

## I Am Loving Meditation

<http://danettemay.com/loving-meditation/>

Today is a new day.

Today is a powerful day, and the day you get to release all your judgment for yourself and others.

You can create the life you desire in body, heart, mind and spirit.

You already have the tools within you. These tools are your thoughts and your beliefs.

Take a minute to get comfortable. You may be sitting up, supporting your back, laying down, or standing up.

I want you to close your eyes and just feel the air going into your lungs, this life-giving air full of love, filling up your lungs.

As you breathe in through your nose, I want you to really notice the breath going in through your nose, down into your lungs, down to your belly, filling it up as deep as you can. And once it's as full as it can be, I want you to slowly exhale out, passing the air past your belly, your chest, and up your throat and out of your mouth.

Take a minute and breathe a few times like this, just noticing your breath, noticing it traveling into your belly, filling up your belly, filling all the crevices of your belly, and then slowly exhaling it out.

I want you to see a beautiful, white-yellow light, like the sun. Feel it coming in through your heart, filling up the space around your heart. You may feel a warm sensation as you bring this light into your chest, into chest, into your heart. See it, the bright sun and warmth moving up your chest, into your throat, into your head, filling up all the space in your head.

See this beautiful, radiant light as it now moves back down to your throat, through your chest, past your heart, into your belly, down past your navel, into your hips. Sit with it for a while until each section is filled with this radiant, warming light. Let it move down your legs to the bottom of your feet.

Once you have filled up your body with this beautiful warm light, I want you to think of someone you love dearly, someone who means the world to you. See them in your mind. Feel the love that you have for them. All the little things that they do that are so endearing, kind and wonderful and the joy they bring to life. Bring that image to your heart. See them. Feel them. Send them all the love you can from your heart. See yourself giving them Love from your heart to theirs.

Now I want you to see you in your mind as if you stepped in front of a mirror. You step in front of this mirror and you see yourself. You're looking back at yourself. You're looking at yourself in your mind as if you were watching a movie of yourself. See your arms, your hair, your face, the way your lips are. Send it without judgment. See that person in the mirror, see you in your mind's eye. See beyond the physical, see into that loving heart yourself and keep sending that beautiful warm love. Send your hair, your arms, your hips, your legs, your loving strong hands and feet, unconditional love. Take that image of you to your heart and let it sit in the beautiful, radiant yellow light of love.

Repeat these words either out loud or in your mind:

I am loving me.

I am loving my hair, my teeth, my arms.

I am loving my hips, my thighs, and my smile.

I am thankful for me being me.

I am loving me.

I am loving my hair, my teeth, my arms.

I am loving my hips, my thighs, and smile.

I am thankful for me being me.

I have love for me.

With one last inhale, feel the nourishing loving breath enter into your heart, down through your abs, your stomach, and send out all the love you are feeling back up to your lungs, out your throat and into the world.

With gratitude gently open your arms, bring your hands to your heart and thank yourself, God, the Universe or Source for giving you this time to sit in love and thank God, Universe and Source for loving you.



