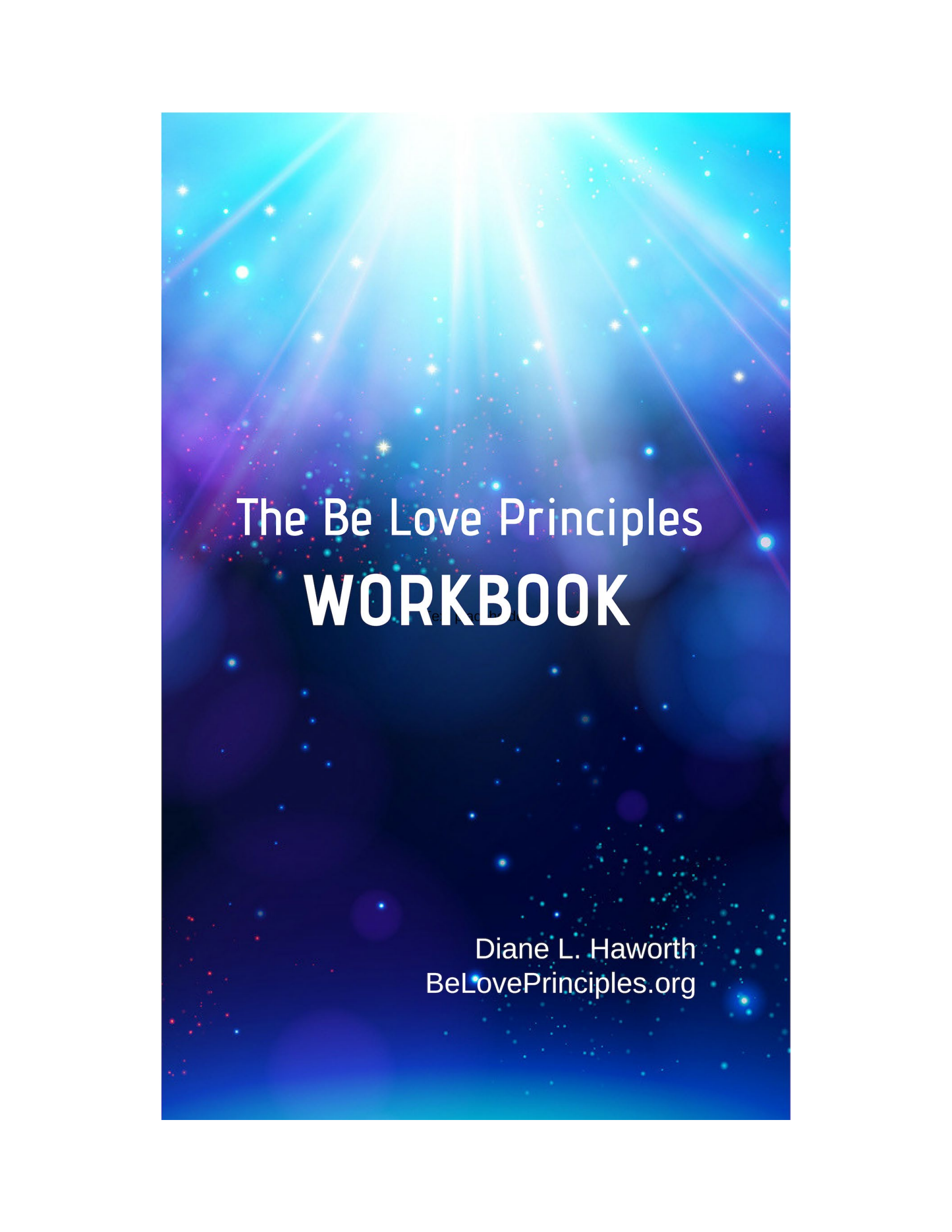




The Be Love Principles **WORKBOOK**

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The Be Love Principles Workbook by Diane L. Haworth

What are the Principles?

The Be Love Principles is a set of four statements that can be used by individuals to learn how to be more loving in their daily lives. It's a specific set of statements to help people "be love" in the world which helps create lives of more love, joy and peace. When used consistently, people discover insights into their own behavior, beliefs and actions and access divine guidance to shift their perspective and experience a truly different life. The Be Love Principles are a way to consciously access the Christ Consciousness that lives in each one of us to be the presence of love, as He was on Earth.

The Be Love Principles:

- *Greet everyone with an open heart, without an agenda.*
- *See the divine essence in everyone.*
- *Forgive quickly, completely and unconditionally.*
- *Remember you are the light. You never left the light of the All.*

How to work with the Principles:

There's no one way to work with the Principles since they are fluid and adapt to the way of each user. So, what does that mean?

As your desire to "be love" grows and you work with these principles, their meaning and applications will deepen to match your growth. And they'll continue to reveal fresh insights into how you can continue to relax into love until it begins to be more natural for you. Why is that important?

The benefits are great! You'll feel less triggered, less fearful and much less worried than before. You'll discover a new freedom of thought and experience a new joy in your life. Does that mean you're permanently free of life's challenges? No. You'll discover a much different experience when you approach challenges from love than from fear, however.

Suggestion:

In meditation or prayer, ask to be shown the meaning of each principle. As you work with the them, you'll understand each at a different level and how to use them as a personal tool for your spiritual growth.

Do the work:

In meditation or prayer connect to your divine heart. Ask to be shown the significance of each statement for you at this precise moment in your life and write your answers below or in your journal. Take your time. You can do one statement per day or dedicate a significant block of time to journal about the entire list of Principles. The key is to feel connected to a wisdom greater than your own. Tap into the wisdom of your divine heart for these answers.

The significance of “Greet everyone with an open heart, without an agenda” for me today is:

The significance of “See the divine in everyone (and everything)” for me today is:

The significance of “Forgive quickly, completely and unconditionally” for me today is:

The significance of “Remember you are the light. You never left the light of the All” for me today is:

Suggestion:

Use each statement as an inquiry, first for yourself, then towards others and finally in situations.

Do the work:

Think about each question then write your answers below or in your journal.

Personal: Look in the mirror and ask, “How can I greet myself today with an open heart, without an agenda?”

Others: Think of someone you’ll likely see, speak to or think about during the day and ask, “How could I best greet _____ with an open heart, without an agenda?”

Situational: Think of a possible confrontation, or any difficult scenario and ask, “How can I approach _____ with an open heart, without an agenda?”

Personal: Look in the mirror and ask, “how can I see the divine essence in myself today?”

Others: Think of someone you have an issue with and ask, “show me the divine essence in _____.”

Situational: Recall an issue, challenging event or trauma and ask, “show me the divine essence in _____.”

Personal: Think of a troubling personal issue or a feeling of guilt. Look in the mirror and say, “teach me to forgive myself quickly, completely and unconditionally.”

Others: Remember someone who you feel resentment or judgment towards then ask, “show me how to forgive _____ quickly, completely and unconditionally.”

Situationally: Recall a family, community or world event that seems unforgivable and ask, “show me how to forgive quickly, completely and unconditionally.”

Note:

Forgiveness can be a challenging concept for many of us. The important thing here is to be willing to open the door to forgiveness. Remember forgiving doesn't mean you agree. Forgiveness frees the one who holds the resentment. Search your heart and see if you're ready to be open to forgiveness. Even if the act you're thinking about seems unforgivable, you could simply ask, “show me how to be open to forgiveness” or “I want to be ready to forgive. Show me how.”

Personal: Imagine sitting in the golden light of the Christ Consciousness and ask, “remind me that I am the light...show me what it feels like to be the light.” What was your experience?

Others: Think of someone you love (or someone you don't) and imagine you all as one in the light. Describe your experience:

Situational: Think of a celebration, tragedy or any situation or event and imagine putting it in the light of the All. What does that experience feel like:

Suggestion:

Journal on the question “how can I be love today?” Understand your awareness of being love at any given time will evolve as you set this intention daily. The more often you use this journal prompt, the more love will reveal to you. Connect to your heart as you begin and simply write what comes. Remember to love yourself through this process. No judging. You can also use this idea for sentence completion exercises or as a conversation starter at your next family dinner or event.

Do the work:

Commit to journaling on the questions above for 30 days and note how your answers vary over the month.

Complete this sentence 10 times:

One way I could be love right now is:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____

Suggestion:

Explore ways to feel more loved and loving for 30 days...or make it a lifelong practice.

Do the work:

During your morning meditation, prayer or spiritual practice state your intention to feel loved and loving that day. Ask Love/God/Universe "show me how to feel loved and loving." Feel into your heart and listen for the answer then complete this exercise:

One way I can feel loved today is:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

One way I can be more loving today is:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Final Suggestion:

Keep the Be Love Principles handy on your phone, laptop or printed out and taped to your bathroom mirror. The Principles work. Your opportunity is to use them to remind yourself of the beautiful soul you are. Practice the Principles. Use them. Live them.

Do the work:

Shut your eyes and sit in meditation or silent prayer. Relax. Focus on your heart area. Place your hand on your heart and feel into the divine space within. Ask your own inner wisdom how best to use the Principles right now.

Follow the guidance you received. Come back and repeat exercises in this workbook, explore the resources on the www.BeLovePrinciples.org website and read "Tips for Living the Be Love Principles." Use the graphic on the last page as a visual reminder of the Principles.

Thank you for being courageous enough to review this workbook. The spiritual path can be a rocky one but only when we fail to see the tools that have been given to us. The Principles are a gift to you for your spiritual growth.

I'll see you on the path...

Diane L. Haworth

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