

— **Change Your Beliefs Now** —

HOW TO FIND ABUNDANT LOVE

Guide & Meditations

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Change Your Beliefs Now

Welcome to Miracle Grids: [How to Find Abundant Love.](#)

This guide will help you find an abundance of love in your life. Two meditations are provided, to help you find and hold a resonance of love, happiness and joy.

This is a three step process to finding and having abundant love in your life.

If you have any questions about using these meditations, contact me at Susan@ChangeYourBeliefsNow.com

Visit my website for other interesting and fun information and spiritual tools: <http://ChangeYourBeliefsNow.com>

HOW TO FIND ABUNDANT LOVE

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Introduction:

Wanting love is a beautiful desire.

In order to find abundant love, it helps to first understand what love is to you. Think about this for a moment. *What are some of the things that you do with someone you are attracted to, before you fall in love?*

- Do you try to know them, find out who they are and what makes them interesting to you?
- Do you respect them by honoring their thoughts and feelings?
- Do you give to them with your words or actions?
- Lastly, do you commit to them by being honest and trustworthy?

If you are in or have been in a relationship, how do you know you've found a truly loving relationship? Check out these feelings and see if you agree?

- Do you feel a sense of safety?
- Do the person's actions bring you pleasure?
- Do you feel you can trust them and desire to be honest and open with them? Do you feel intimate & caring?

Now how do you feel? Do these qualities cause you to feel warm and tender? Here is the dilemma.

You cannot attract someone in your life to love you unless first, you feel genuine love for yourself.

So how does one feel enough self love to attract a loving relationship? Ask those questions again thinking about your relationship with yourself.

Can you sense the feelings of openness and freedom? That is how we came into this world, open and free with love.

When we all came into this world, we believed that we were loved completely and unconditionally. But, as we grew and others provided rules for our life experiences, we took on beliefs that love came with costs and conditions. When we are living with beliefs that love includes duties, obligations, sacrifice or suffering, then we do not love ourselves unconditionally. Finding abundant love involves us loving ourselves without excessive rules or criticism.

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Introduction (continued):

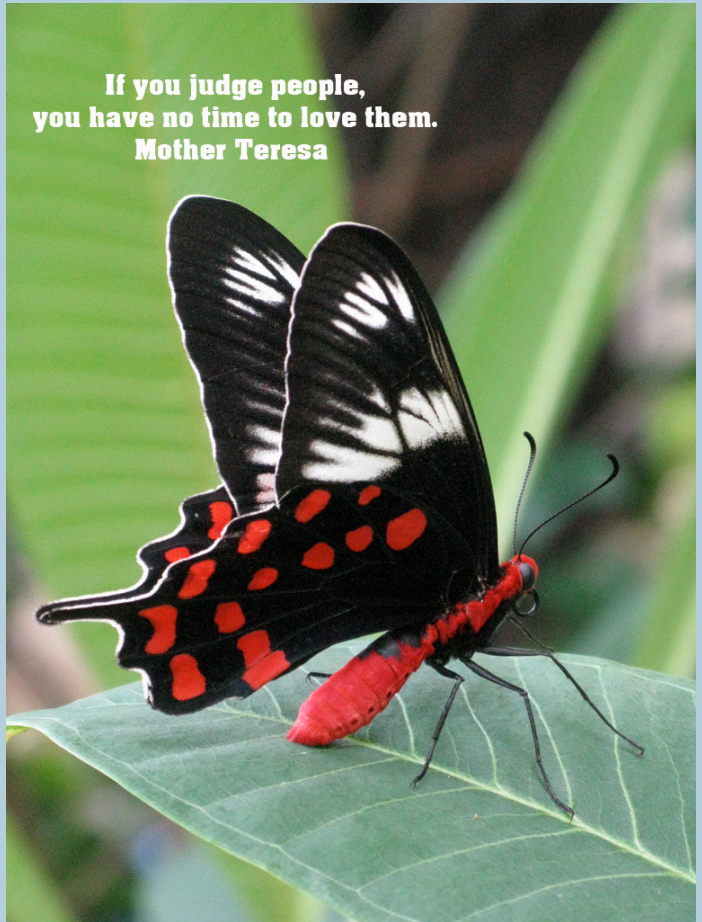
Do you feel this way about your current or past relationships? The guide and meditations will help you achieve this next step to finding abundant love.

Having Abundant Love can be broken down into a **three step process**. It starts with separating who you truly are inside, from how you behave with others. When we find out who we are deep inside, it becomes possible to set aside some of our self-criticisms and negative judgments. We create a space inside for really accepting ourselves. We claim our sense of real value and worth.

You become free and trust that abundant love will enter your life. Finally, you can recognize what you truly deserve in a loving relationship with others.

Now try reading slowly through the following steps. It can take days or weeks to carefully consider their meaning for you.

**If you judge people,
you have no time to love them.
Mother Teresa**



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Step One

Self Evaluation – Releasing Negative Judgments

This step involves an honest evaluation of you, by you.

When we think honestly, we can separate out who we are, from the outside activities and influences that affect our behaviors, thoughts and beliefs. We CAN separate our behaviors from who we are. Declare now that you can do this.... Make this CHOICE!

Have you ever done something you regret? How do you react? Did your actions change your inner image of yourself?

Sometimes we hope that berating ourselves will make everything right, but it doesn't really help and just leaves us feeling bad. Instead, try feeling remorse and self-forgiveness.

Life is a learning experience. Your life experiences are meant to learn from whether they are successes or mistakes. How many successful people were successful on the first or even second try? Not many.

We are not born having the skills to express strengths. We learn these skills as life goes on. Seriously, did you instantly know how to

use your mind and body the instant you were born? No, you learned how to interact with others with practice. Let this sink in, so you can give yourself a break for not always doing life perfectly.

If you have behaved sorrowfully or regrettably, you can still separate those behaviors from who you are. Did your actions change your inner image of yourself? You are still a wonderful, loving caring person. You just made a mistake.

Sometimes we hope that feeling regret will make everything right, but it doesn't really help anything and just leaves us feel badly. Filling ourselves with regret, rather than genuine sorrow, remorse and self-forgiveness, never fixes anything.

If this helps, consider this. Life is a learning experience. Maybe our life experiences are meant for us to learn from our successes and mistakes. Maybe we are here to learn how to love better. Maybe the Divine expected us to make mistakes, and wanted us to learn and make different choices. Give yourself some time to let that in.

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Self Evaluation – Releasing Negative Judgments

Sometimes we are prepared, as our life experiences unfold, and sometimes we are not. That is the way life is, it happens.

There is nothing that you could do that is beyond the forgiveness of the Divine.



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Self Evaluation – Releasing Negative Judgments

We can keep our value and worth coming from within ourselves, not from events in our life or from what others think of us. Your value and worth are very important to finding and having abundant love.

Action Steps:

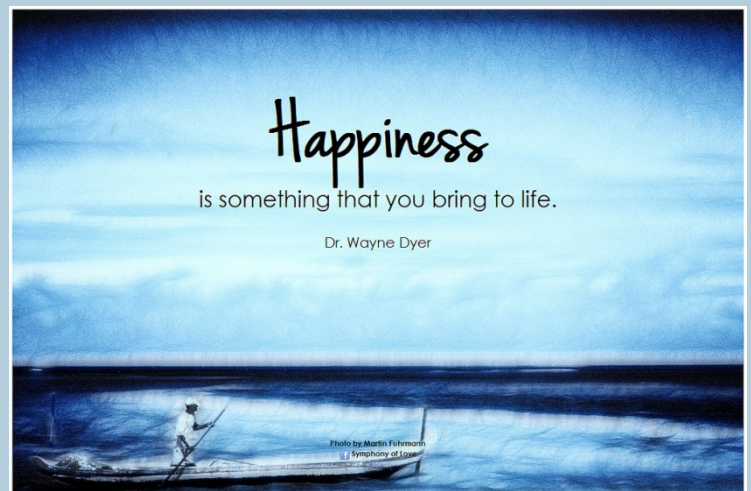
1. If there are regrets from your past that are holding you back from truly loving yourself, sit in a quiet space and think about the situation. Try to replace those feelings of regret with feeling sorrow, until a feeling of remorse settles in. Can you feel that? Take however much time you need.
 - **Tip:** There are times when we want to avoid bringing up memories of pain. Allow these thoughts in, and consider how human it is to want to feel better and avoid pain. Let that compassion in. Can you sense the remorse in your motivations?
2. Now forgive yourself and make new choices to do better the next time. Then know that you may need to practice a bit before you have enough strength to succeed.

3. Listen to the **Happiness and Joy meditation**. Repeat these steps as many times as needed.

How to you know when you've mastered this step?

We complete the process of forgiveness when we take responsibility to make new choices for our lives. You may not be able to make it right with someone you may have hurt, but you can choose to make it right with others the next time. Again, have enough compassion to give yourself time to practice these new skills.

Take some time and allow in the gentle caring and tenderness for yourself with all of these new thoughts before moving to step 2.



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Step Two

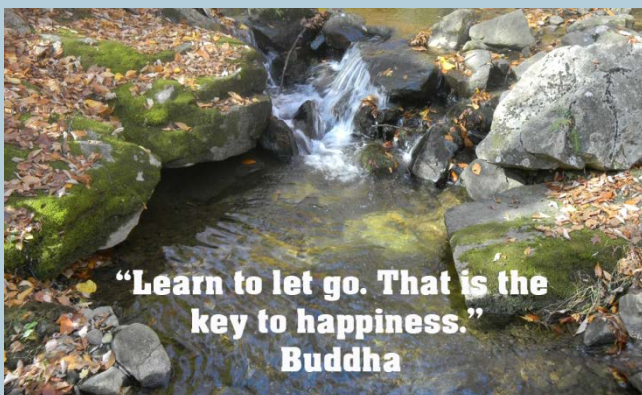
Self Acceptance – Claiming Value & Worth

Think how wonderful it feels to have chosen who you are inside. Be glad that you have stepped away from judging yourself and your behaviors. You are ready to claim your inner sense of worth and value.

This step is about understanding you have value in this world. You have impact on other people. Your kind words can change a person in ways that you can never imagine. Your integrity, character and successes are an inspiration to someone. There is a person who holds you dear in their heart. *Can you sense the value that you are in this world?* Take a moment and let that all in.

Action Steps:

1. Respond to the affirmation questions to reinforce your sense of worth and value.



Say these to yourself during the day. Continue and see how you are gradually claiming your worth and value.

- *How am I going to enjoy, discovering my worth?*
- *How am I going to unravel the mystery of my value?*

2. Listen to the meditation *Finding Love*. Be quiet now. Connect with that highest part of you. Feel your value and worth now. Take some time and feel how it strengthens you and brings freedom to your life.

How to you know when you’ve mastered this step?

Did you know we all have a highest part of us inside us? Some call it a Divine Spirit. It has the highest and best interest for us and all others we interact with. Your highest self has been keeping your value and worth for you. They have been waiting for you to claim it and hold it inside of you. When you have some quiet time, try to get in touch with that highest consciousness or your Divine Spirit that lives inside you. Can you feel your value and worth? You are ready for the next step.

Step Three

Feeling Abundant Love

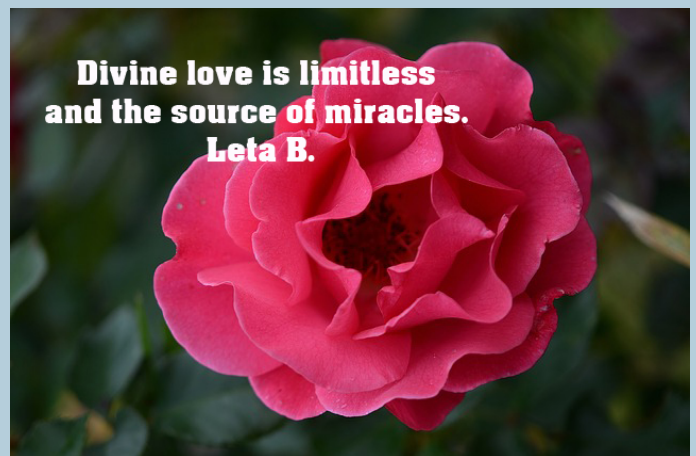
There are times that we just cannot find the strength to change. Finding strength is a skill that can be learned. If you have successfully completed the previous steps, you will start to notice abundant love in your life. Abundant love can come from a significant other, friends, strangers and most importantly, yourself.

Action Steps:

1. Pay attention to the hints and clues as abundant love shows up in your life.
2. Ask yourself these questions to discern if it really is abundant love.
 - Do they try to understand you and Know who you are?
 - Do they Respect you by finding your thoughts and feelings are important to them?
 - Are they Responsible by responding to what happens in your life?
 - Are they Intimate with you by being caring, tender and open with you? Do they view both of you as ever changing people?
 - Are they Committed to you by being honest and trustworthy with you?
3. Use the meditations, **Happiness and Joy** and **Finding Love**, to help you stay on course. Pick whichever one feels right. Both are helpful to keep a positive emotional state of being. This is the mindset required to have abundant love in your life.
4. Now trust that abundant love will come to you.

How to you know when you've mastered this step?

Use the same abundant love criteria to evaluate how you treat yourself. If your thoughts waiver from being kind and gentle, tell yourself more kind and gentle thoughts about yourself during the day. When you feel loving towards you in each moment you are feeling abundant love.



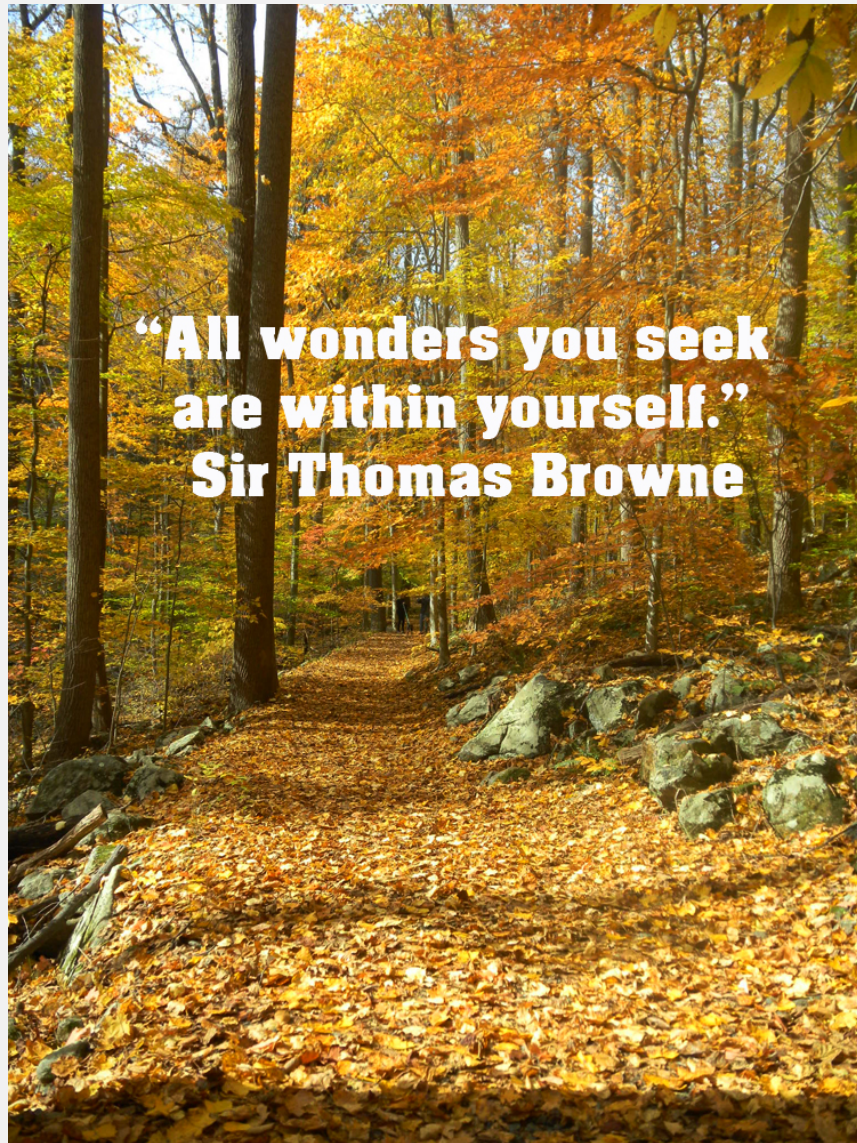
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**“All wonders you seek
are within yourself.”
Sir Thomas Browne**