

Meditation and God Journaling – January 28, 2018 On Loving

Meditation on Intention

Opening Prayer:

Most gracious heavenly Father, Open our hearts to a constant state of loving. May we consistently be tune-in and plugged into you in such a way that we are charged by Christ's example with love, compassion and forgiveness for all. May the bond of Christ's love expand our hearts removing ego thoughts and judgmentalness. May we love ourselves just as we are, your precious children and recognize the loving child in all others. With a love this great there is no need for the other commandments. Amen

The first commandment is: Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and **great** commandment. And the second is like unto it, **Thou shalt love** thy neighbor as thyself. **On these two commandments hang all the law and the prophets.**

When you follow the first two commandments the other commandments will be useless because you would never think to do them and peace will prevail.

You have to get the first two commandments down pat to allow all else.

If you knew everything was really all right, and that it always has a happy ending, then you would not feel trepidacious about your future. Everything is really so very all right! If you could believe and trust that, then, immediately everything would automatically and instantly become all right. www.Abraham-Hicks.com

Who could not love God with all your heart, soul and mind knowing that God always has your back and can untangle any little ball of yarn you make and lead you to a higher place if you just allow.

The biggest problems lies in the fact that most of us haven't a clue how to love and truly accept ourselves in this red hot moment. It is really very simple. You pick you. Pick yourself just as you are and accept yourself as a beautiful, wise and kind, child of God. Perfect is all ways. Pick the color of your eyes, pick your hair whether it is curly or straight, pick your home, your car, your parents, your bank account, your kids, your body, your relationships, your job, etc. Until you can accept your life and be at peace with it you cannot move on because what you resist about in life will always persist. Let's take a moment to close our eyes and just be at loving peace with ourselves. Let go of all resistance.

Until you love yourself totally and completely you will never fully allow someone else to love you, because deep down you believe you are un-loveable. Make a list of your gifts, talents and strength and get about the business of loving yourself. Now you have love for your neighbor.

Your Most Important Relationship Is With God... There is no relationship of greater importance to achieve than the relationship between you, in your physical body, right here and now, and the **Soul/Source/God** from which you have come. If you tend to that relationship, first and foremost, you will then, and only then, have the stable footing to proceed into other relationships. Your relationship with your own body; your relationship with money; your relationship with your parents, children, grandchildren, the people you work with, your

government, your world . . . will all fall swiftly and easily into alignment once you tend to this fundamental, primary relationship first. www.Abraham-Hicks.com

Intentional Journaling. Let's take time to Journal and write what we love about ourselves. Anything you hate about yourself turn it around and change your perception and choose to accept it. May your list be long and bountiful. :-)

My husband, David, was a romantic. He once asked me, "What part of your body do you dislike the most?" Without hesitation I replied, "My thighs." Then he said, "May I kiss you there?" Suddenly I shifted my perception and they became the most loved and sensuous part of my body. I couldn't change my thighs but I can always change my perceptions about them. I will forever love them just as they are. What things do you want to change your perceptions about?

Closing Prayer:

Loving Father, Open our minds to the concept of a self-love of our authentic selves just as we are so that we may exude true unadulterated love for all things. That our love, joy, and passion will be contagious and effortless as we recognize the good 'God' in all others. In Chris's name we pray. Amen