

Personal Practice: Love

Positive Aspects; Cultivating the Feeling of Love

Supplies: A Journal or paper and writing utensil

On the cover of your notebook write: *My Book of Positive Aspects.*

It would be beneficial to set aside at least 20 minutes for this process on your first day, but after that, you could continue in smaller increments of time. However, you may discover the benefits of this process to be so rewarding, and the good feelings within the process so satisfying, that you may want to spend even more time at it.

Next, at the top of the first page of your notebook, write the name or a brief description of someone or something that you always feel good about. It could be the name of your lovable cat, your best friend, or the person you are in love with. It could be the name of your favorite city or restaurant. And as you focus upon the name or title you have written, ask yourself these questions:

What do I like about you? Why do I love you so much? What are your positive aspects?

Then, gently and easily, begin writing down the thoughts that come to you in response to your questions. Do not try to force these ideas, but let them flow easily through you onto your paper. Write as long as the thoughts flow, and then read what you have written and enjoy your own words.

Now, turn to the next page and write another name or title of someone or something that you feel good about, and then repeat the process until your 20 minutes has passed.

You may discover, even during the first sitting, that you will have managed to activate within yourself such a powerful feeling of appreciation and well-being that ideas of other names or titles for your Book of Positive Aspects will continue to flow to you; and when they do, take the time, if you can, to enter those titles at the top of other pages in your book. If you feel you have the time to ask the questions: *What do I like about you, why do I love you so much, and what are your positive aspects?* Then do so at that time; if not, wait until tomorrow, when you begin the process again.

The more positive aspects you search for, the more you are going to find; and the more positive aspects you find, the more you will search for more. In the process, you will feel wonderful and your feelings about both things you love and things you do not love will improve. And even better: This feeling will become so practiced that it will begin to dominate your feelings throughout the day, and all aspects of your experience will now begin to reflect this.

As soon as your notebook is filled, you will probably find yourself eager to purchase another and another, for there is a true power of focus in the experience of writing, and there is a true power of seeing the people and things with which you share this world through the eyes of God.

Adapted from the book, *Ask and It is Given*, by Esther and Jerry Hicks.



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