

1

00:00:00 --> 00:00:05,000

Love meditation

2

00:00:05 --> 00:00:10,000

I breathe calmly and deeply ...

3

00:00:10 --> 00:00:15,000

My breathing becomes even deeper and calmer with each passing moment ...

4

00:00:16 --> 00:00:21,000

I relax my body,

5

00:00:21 --> 00:00:26,000

I relax my heart ...

6

00:00:26 --> 00:00:31,000

I relax my mind ...

7

00:00:32 --> 00:00:37,000

I slow down all my thoughts and their course ...

8

00:00:37 --> 00:00:42,000

I let them flow freely through my mind ...

9

00:00:42 --> 00:00:47,000

I become their observer ...

10

00:00:48 --> 00:00:53,000

I am now releasing all my emotions and feelings ...

11

00:00:53 --> 00:00:58,000

Let them flow freely -

12

00:00:58 --> 00:01:03,000

I am their observer ...

13

00:01:04 --> 00:01:09,000

My body is completely relaxed and relaxed ...

14

00:01:09 --> 00:01:14,000

My mind is now completely silent ...

15

00:01:14 --> 00:01:19,000

I allow myself to feel peace and quiet ...

16

00:01:20 --> 00:01:25,000

Whatever is happening around me -

17

00:01:25 --> 00:01:30,000

I accept it and nothing bothers me anymore in the wonderful state of relaxation in which

18

00:01:30 --> 00:01:35,000

I am right now ...

19

00:01:36 --> 00:01:41,000

Now I imagine golden cords growing out of my feet deep into the ground

20

00:01:41 --> 00:01:46,000

- these are what all tensions and blockages flow from me ...

21

00:01:47 --> 00:01:52,000

It is through these golden ropes that the strengthening energy

22

00:01:52 --> 00:01:57,000

of Mother Earth flows into my interior -

23

00:01:57 --> 00:02:02,000

I feel how the earth is my support, refuge ...

24

00:02:03 --> 00:02:08,000

Now I feel confident and safe,

25

00:02:08 --> 00:02:13,000

I feel now the power and strength of the entire planet ...

26

00:02:13 --> 00:02:18,000

I am calm and calm ...

27

00:02:19 --> 00:02:24,000

I am strong and confident in my safety ...

28

00:02:24 --> 00:02:29,000

Now, when I count down from 5 to 1,

29

00:02:29 --> 00:02:34,000

I will enter an even deeper state of relaxation -

30

00:02:35 --> 00:02:40,000

I will enter meditation ...

31

00:02:40 --> 00:02:45,000

I'm counting down ... 5 ... 4 ... 3 ... 2 ... 1 ...

32

00:02:45 --> 00:02:50,000

I am in meditation ...

33

00:02:51 --> 00:02:56,000

It is nice and pleasant.

34

00:02:56 --> 00:03:01,000

I am safe and calm ...

35

00:03:01 --> 00:03:06,000

I can see the light shining around me ...

36

00:03:07 --> 00:03:12,000

I see LOVE ...

37

00:03:12 --> 00:03:17,000

The Light of Love is in me and there is more and more of Him with each passing moment ...

38

00:03:17 --> 00:03:22,000

Love fills all my thoughts, feelings and emotions -

39

00:03:23 --> 00:03:28,000

Love fills my whole body ...

40

00:03:28 --> 00:03:33,000

I am drunk on kindness which is an expression of love in me ...

41

00:03:34 --> 00:03:39,000

I trust myself and my feelings ...

42

00:03:39 --> 00:03:44,000

I trust my intuition through which the will of God is expressed ...

43

00:03:44 --> 00:03:49,000

God's will is beneficial and safe for me - it does not require any sacrifices from me! ...

44

00:03:50 --> 00:03:55,000

God's will is my fulfilled dreams and goals -

45

00:03:55 --> 00:04:00,000

God's will is my happiness, wealth and love ...

46

00:04:00 --> 00:04:05,000

God's will in me is that I should live really happily, in love and wealth ...

47

00:04:06 --> 00:04:11,000

Here I see the light of love flowing into my heart ...

48

00:04:11 --> 00:04:16,000

I feel nice and pleasant vibrations around my heart ...

49

00:04:16 --> 00:04:21,000

I feel these vibrations and warmth spread throughout my chest ...

50

00:04:22 --> 00:04:27,000

The pleasant warmth of the light of love fills my whole body ...

51

00:04:27 --> 00:04:32,000

I see my whole body radiate with love, kindness, happiness and abundance ...

52

00:04:32 --> 00:04:37,000

I feel this wonderful strength and power that expresses in me the power of love ...

53

00:04:38 --> 00:04:43,000

I notice how my attitude towards the world is changing right now ...

54

00:04:43 --> 00:04:48,000

I perceive everything that is happening around me in a completely different light ...

55

00:04:48 --> 00:04:53,000

This light is the existence of the most beautiful feelings of love ...

56

00:04:54 --> 00:04:59,000

I am allowing myself to feel love right now,

57

00:04:59 --> 00:05:04,000

I am allowing myself to feel happiness, joy, kindness ...

58

00:05:04 --> 00:05:09,000

I allow myself to feel divinity in my heart, the glow of the light

59

00:05:10 --> 00:05:15,000

of cordiality is the presence of God within me! ...

60

00:05:15 --> 00:05:20,000

The presence of God in my heart is pleasant and it harmonizes

61

00:05:21 --> 00:05:26,000

my feelings, thoughts and emotions wonderfully ...

62

00:05:26 --> 00:05:31,000

The presence of God within me allows me to recognize the most favorable

63

00:05:31 --> 00:05:36,000

situations and circumstances for me ...

64

00:05:37 --> 00:05:42,000

Now I know that it is love that produces the greatest solutions

65

00:05:42 --> 00:05:47,000

to all my situations and circumstances in which I participate ...

66

00:05:47 --> 00:05:52,000

I express love in a simple and obvious way through kindness, through joy, wealth and cordiality ...

67

00:05:53 --> 00:05:58,000

The love in me gives me confidence and a strength of character that shines with light ...

68

00:05:58 --> 00:06:03,000

I notice that there are people around me who clearly reflect my intentions,

69

00:06:03 --> 00:06:08,000

my love, kindness, joy and cordiality ...

70

00:06:09 --> 00:06:14,000

The situations and circumstances that I am in give me even more

71

00:06:14 --> 00:06:19,000

wonderful light, warmth and pleasure ...

72

00:06:19 --> 00:06:24,000

Peace and ease that accompany the feeling of love awakens

73

00:06:25 --> 00:06:30,000

in me the deepest sense of self-confidence, security and proper character ...

74

00:06:30 --> 00:06:35,000

I express the right character through always right self-confidence

75

00:06:35 --> 00:06:40,000

and radiating warmth of love and kindness ...

76

00:06:41 --> 00:06:46,000

I can see the best things and events happening for me right now ...

77

00:06:46 --> 00:06:51,000

I feel pleasure and satisfaction from every moment ...

78

00:06:51 --> 00:06:56,000

The strength and power of the earth's interior supports all my actions ...

79

00:06:57 --> 00:07:02,000

The strength and power of love and kindness supports my every action, thinking and feeling ...

80

00:07:02 --> 00:07:07,000

Love, penetrating my interior, seeps all my thoughts and feelings with a wonderful elixir

81

00:07:08 --> 00:07:13,000

of creative potential, so that all events related to me are always the best and best for me

82

00:07:13 --> 00:07:18,000

and for everyone else ...

83

00:07:18 --> 00:07:23,000

This wonderful feeling is a chariot that carries all my goals and dreams to reality ...

84

00:07:24 --> 00:07:29,000

Here I see that my goals and dreams are just reality ...

85

00:07:29 --> 00:07:34,000

I see how my whole life is fuller with this wonderful and warm glow

86

00:07:34 --> 00:07:39,000

of dreams, goals and love realized ...

87

00:07:40 --> 00:07:45,000

I see how the best solutions to all my affairs appear for me - new goals,

88

00:07:45 --> 00:07:50,000

even better ones and more wonderful, because the ones I know are already realized! ...

89

00:07:50 --> 00:07:55,000

It brings resistance to my life, satisfaction and pleasure, not only for me,

90

00:07:56 --> 00:08:01,000

but also for those around me ...

91

00:08:01 --> 00:08:06,000

YES! Now I feel love in its full splendor, I feel love inside and outside of me - everything that

92

00:08:06 --> 00:08:11,000

surrounds me is love ...

93

00:08:12 --> 00:08:17,000

I am a wonderful channel for the flow of love through my interior, through my heart,

94

00:08:17 --> 00:08:22,000

body and mind - love flows unlimited ...

95

00:08:22 --> 00:08:27,000

It is wonderful when I perceive the world through love - it is happiness and joy,

96

00:08:28 --> 00:08:33,000

when every dream and reality in it becomes grounded ...

97

00:08:33 --> 00:08:38,000

It is wonderful when I perceive the people around me in the light of love,

98

00:08:38 --> 00:08:43,000

kindness and cordiality, because this is when I perceive the Divine most profoundly.

99

00:08:44 --> 00:08:49,000

The essence that I am and what is in every human being ...

100

00:08:49 --> 00:08:54,000

Already, I allow myself the free flow of love forever ...

101

00:08:55 --> 00:09:00,000

Beneficial, innocent and safe for me as I express love through my every action,

102

00:09:00 --> 00:09:05,000

thinking and feeling ...

103

00:09:05 --> 00:09:10,000

Everything is going well for me, because I am aware of the presence of love inside me,

104

00:09:11 --> 00:09:16,000

in my heart, mind and body ...



105

00:09:16 --> 00:09:21,000

Now I experience all the abundance of the universe at my disposal as I let love flow through me ...

106

00:09:21 --> 00:09:26,000

I can see a stream of pink light flowing from my heart all the time ...

107

00:09:27 --> 00:09:32,000

This light never ends because its source is GOD - THE GOD IN ME IS THE SOURCE OF LOVE! ... God is in me - God is in every sentient being - God is everywhere ...

108

00:09:32 --> 00:09:37,000

It is the awareness of unlimited happiness to which I have a right! ...

109

00:09:37 --> 00:09:42,000

I have a right to love, happiness and abundance, so I use it without any limitations ...

110

00:09:43 --> 00:09:48,000

My right to enjoy the best is everyone's right - it is the TRUTH that I allow to express itself freely

111

00:09:48 --> 00:09:53,000

and without limitations in my life ...

112

00:09:53 --> 00:09:58,000

Now I know that my safety, calmness, assertiveness is always okay because it expresses

113

00:09:59 --> 00:10:04,000

myself as I am ...

114

00:10:04 --> 00:10:09,000

When I express myself as I am then I make the most of the flow of love through my life,

115

00:10:09 --> 00:10:14,000

and it's perfectly fine for me and for everyone else who has any contact with me ...

116

00:10:15 --> 00:10:20,000

The world for me is a place where I am simply and simply happy ...

117

00:10:20 --> 00:10:25,000

For me, the world is a place where I realize all my goals, dreams and aspirations

118

00:10:25 --> 00:10:30,000

without any limitations, because I always and everywhere listen to love in my heart ...

119

00:10:31 --> 00:10:36,000

The voice of love inside me is always clear and heard to me through my intuition

120

00:10:36 --> 00:10:41,000

and through the kindness that I continue to show ...

121

00:10:42 --> 00:10:47,000

Now I feel how all this unlimited power of the light of love comes

122

00:10:47 --> 00:10:52,000

back to me with a double power of warmth of cordiality and abundance ...

123

00:10:52 --> 00:10:57,000

I allow myself to be guided by love forever and express myself through love ...

124

00:10:58 --> 00:11:03,000

There is only one power, and that power is within me the light of love -

125

00:11:03 --> 00:11:08,000

I know I am the unlimited fulfillment of that power!

126

00:11:08 --> 00:11:13,000

THERE IS ONLY ONE POWER AND THIS POWER IS THE LIGHT OF LOVE IN ME -

127

00:11:14 --> 00:11:19,000

I KNOW I AM THE UNLIMITED FULFILLMENT OF THIS POWER!

128

00:11:19 --> 00:11:24,000

THERE IS ONLY ONE POWER AND THIS POWER IS THE LIGHT OF LOVE IN ME -

129

00:11:24 --> 00:11:29,000

I KNOW I AM THE UNLIMITED FULFILLMENT OF THIS POWER!

130

00:11:30 --> 00:11:35,000

I thank myself now for the opportunity to feel the fantastic flow of love through my heart,

131

00:11:35 --> 00:11:40,000

mind and body ...

132

00:11:40 --> 00:11:45,000

I thank my Spiritual Guardian and God for help and guidance in life and in meditation,

133

00:11:46 --> 00:11:51,000

which is invaluable to me ...

134

00:11:51 --> 00:11:56,000

THANK YOU... Now I can slowly come back from meditation ...

135

00:11:56 --> 00:12:01,000

Once I count down from 1 to 5, I will go back to my normal state and take all the positive

136

00:12:02 --> 00:12:07,000

effects of this meditation into my daily life ...

137

00:12:07 --> 00:12:12,000

I'm counting down ... 1 ... 2 ... 3 ... I wake up slowly ... 4 ... 5 ...

138

00:12:12 --> 00:12:17,000

I am here and now and I accept all the positive effects of this meditation into my life.

139

00:12:18 --> 00:12:23,000

I accept them and allow them to take root within me.

140

00:12:23 --> 00:12:28,000

Now I am happy and willing to return to my everyday activities.