

Love meditation
I breathe calmly and deeply ...
My breathing becomes even deeper and calmer with each passing moment ...
I relax my body,
I relax my heart ...
I relax my mind ...
I slow down all my thoughts and their course ...
I let them flow freely through my mind ...
I become their observer ...
I am now releasing all my emotions and feelings ...
Let them flow freely -
I am their observer ...
My body is completely relaxed and relaxed ...
My mind is now completely silent ...
I allow myself to feel peace and quiet ...
Whatever is happening around me -
I accept it and nothing bothers me anymore in the wonderful state of relaxation in which
I am right now ...
Now I imagine golden cords growing out of my feet deep into the ground
- these are what all tensions and blockages flow from me ...
It is through these golden ropes that the strengthening energy
of Mother Earth flows into my interior -
I feel how the earth is my support, refuge ...
Now I feel confident and safe,
I feel now the power and strength of the entire planet ...
I am calm and calm ...
I am strong and confident in my safety ...
Now, when I count down from 5 to 1,
I will enter an even deeper state of relaxation -
I will enter meditation ...
I'm counting down ... 5 ... 4 ... 3 ... 2 ... 1 ...
I am in meditation ...
It is nice and pleasant.
I am safe and calm ...
I can see the light shining around me ...
I see LOVE ...
The Light of Love is in me and there is more and more of Him with each passing moment ...
Love fills all my thoughts, feelings and emotions -
Love fills my whole body ...
I am drunk on kindness which is an expression of love in me ...
I trust myself and my feelings ...
I trust my intuition through which the will of God is expressed ...
God's will is beneficial and safe for me - it does not require any sacrifices from me! ...
God's will is my fulfilled dreams and goals -
God's will is my happiness, wealth and love ...
God's will in me is that I should live really happily, in love and wealth ...
Here I see the light of love flowing into my heart ...
I feel nice and pleasant vibrations around my heart ...
I feel these vibrations and warmth spread throughout my chest ...
The pleasant warmth of the light of love fills my whole body ...
I see my whole body radiate with love, kindness, happiness and abundance ...
I feel this wonderful strength and power that expresses in me the power of love ...

I notice how my attitude towards the world is changing right now ...
I perceive everything that is happening around me in a completely different light ...
This light is the existence of the most beautiful feelings of love ...
I am allowing myself to feel love right now,
I am allowing myself to feel happiness, joy, kindness ...
I allow myself to feel divinity in my heart, the glow of the light
of cordiality is the presence of God within me! ...
The presence of God in my heart is pleasant and it harmonizes
my feelings, thoughts and emotions wonderfully ...
The presence of God within me allows me to recognize the most favorable
situations and circumstances for me ...
Now I know that it is love that produces the greatest solutions
to all my situations and circumstances in which I participate ...
I express love in a simple and obvious way through kindness, through joy, wealth and cordiality ...
The love in me gives me confidence and a strength of character that shines with light ...
I notice that there are people around me who clearly reflect my intentions,
my love, kindness, joy and cordiality ...
The situations and circumstances that I am in give me even more
wonderful light, warmth and pleasure ...
Peace and ease that accompany the feeling of love awakens
in me the deepest sense of self-confidence, security and proper character ...
I express the right character through always right self-confidence
and radiating warmth of love and kindness ...
I can see the best things and events happening for me right now ...
I feel pleasure and satisfaction from every moment ...
The strength and power of the earth's interior supports all my actions ...
The strength and power of love and kindness supports my every action, thinking and feeling ...
Love, penetrating my interior, seeps all my thoughts and feelings with a wonderful elixir
of creative potential, so that all events related to me are always the best and best for me
and for everyone else ...
This wonderful feeling is a chariot that carries all my goals and dreams to reality ...
Here I see that my goals and dreams are just reality ...
I see how my whole life is fuller with this wonderful and warm glow
of dreams, goals and love realized ...
I see how the best solutions to all my affairs appear for me - new goals,
even better ones and more wonderful, because the ones I know are already realized! ...
It brings resistance to my life, satisfaction and pleasure, not only for me,
but also for those around me ...
YES! Now I feel love in its full splendor, I feel love inside and outside of me - everything that
surrounds me is love ...
I am a wonderful channel for the flow of love through my interior, through my heart,
body and mind - love flows unlimited ...
It is wonderful when I perceive the world through love - it is happiness and joy,
when every dream and reality in it becomes grounded ...
It is wonderful when I perceive the people around me in the light of love,
kindness and cordiality, because this is when I perceive the Divine most profoundly.
The essence that I am and what is in every human being ...
Already, I allow myself the free flow of love forever ...
Beneficial, innocent and safe for me as I express love through my every action,
thinking and feeling ...
Everything is going well for me, because I am aware of the presence of love inside me,
in my heart, mind and body ...

Now I experience all the abundance of the universe at my disposal as I let love flow through me ...
I can see a stream of pink light flowing from my heart all the time ...
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 ...
It is the awareness of unlimited happiness to which I have a right! ...
I have a right to love, happiness and abundance, so I use it without any limitations ...
My right to enjoy the best is everyone's right - it is the TRUTH that I allow to express itself freely and without limitations in my life ...
Now I know that my safety, calmness, assertiveness is always okay because it expresses myself as I am ...
When I express myself as I am then I make the most of the flow of love through my life, and it's perfectly fine for me and for everyone else who has any contact with me ...
The world for me is a place where I am simply and simply happy ...
For me, the world is a place where I realize all my goals, dreams and aspirations without any limitations, because I always and everywhere listen to love in my heart ...
The voice of love inside me is always clear and heard to me through my intuition and through the kindness that I continue to show ...
Now I feel how all this unlimited power of the light of love comes back to me with a double power of warmth of cordiality and abundance ...
I allow myself to be guided by love forever and express myself through love ...
There is only one power, and that power is within me the light of love -
I know I am the unlimited fulfillment of that power!
THERE IS ONLY ONE POWER AND THIS POWER IS THE LIGHT OF LOVE IN ME -
I KNOW I AM THE UNLIMITED FULFILLMENT OF THIS POWER!
THERE IS ONLY ONE POWER AND THIS POWER IS THE LIGHT OF LOVE IN ME -
I KNOW I AM THE UNLIMITED FULFILLMENT OF THIS POWER!
I thank myself now for the opportunity to feel the fantastic flow of love through my heart, mind and body ...
I thank my Spiritual Guardian and God for help and guidance in life and in meditation, which is invaluable to me ...
THANK YOU... Now I can slowly come back from meditation ...
Once I count down from 1 to 5, I will go back to my normal state and take all the positive effects of this meditation into my daily life ...
I'm counting down ... 1 ... 2 ... 3 ... I wake up slowly ... 4 ... 5 ...
I am here and now and I accept all the positive effects of this meditation into my life.
I accept them and allow them to take root within me.
Now I am happy and willing to return to my everyday activities.