

SELF LOVE 12 STEPS

1. Breathe in the love, breathe out the love (often)
2. Imagine a seed of light glowing gently and brilliantly in your heart
 3. Fill your whole heart with the light
 4. Fill your whole torso with the light
 5. Fill your whole body with the light
6. Connect to The Omnipresent Source of Light, And Your Higher Power- take your awareness through the clouds and up into the stars, you are looking for the brightest source of light
7. Connect to the omnipresent source of light - See that light pouring down through the stars, down through the clouds and down into the top of your head. Lovingly flowing down through the neck, into the shoulders, down through the arms, out the hands down through the torso, down through the hips, down through the legs, over the knees and into your feet
8. Here we grow white roots of peace, and send them down, through and into the earth
9. Mother earth is so happy we have shown up to connect with her that she sends her light and love up through our roots, up into your feet, into your legs, up into your hips into your torso, lovingly up through your heart and chest, down through your arms, out the hands, up your neck, and up into your head, and up and through the connection we already created, up through the clouds, into the stars, connecting with the omnipresent source of light we first found.
 10. As is above, so is below
 11. As is within so is without
12. We are the beings between heaven and earth. Welcome home.
Love is who we are.