

One True Self

LOVING YOURSELF AND OTHERS



Creating Loving Relationships

We learn through this exercise to love ourselves and the people in our lives by sending them positive thoughts and feelings. When we imagine loving someone else and the other person loving us, we create loving relationships.

Read the exercise carefully before practicing it. Imagine each step before practicing and notice your feelings. It is normal to experience resistance. Even if you don't have loving relationships, practicing the exercise will help. Note: We lack what we want because we have no idea how it feels or looks. The exercise teaches us to imagine the desired state.



'Mountain of Light' by
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1. Sit quietly and imagine a pink light filling your field. When done correctly, you will feel better and stronger. Thoughts and emotions are imbedded in any part of the body that is not well or painful. By imagining love for the body, life force actually fills the cells. The cells respond to pink light. Every cell in the body is alive and responds to positive thought.
2. See a movie screen approximately 3-6 feet in front of you. On the screen, see the person you love.
3. Think about all of his/her good qualities. List them in your mind. Now remember what it feels like when he/she acts in that way toward you. If you don't know how it feels, make it up. Imagine it. Send pink light to the person. Say "thank you for being the wonderful person you are".
4. Imagine one of your happiest times with this person. Now isolate the feeling from the event. Imagine having that feeling today, right now with this person. Imagine the two of you together with this feeling right now or later today. Send pink light to both of you on the screen.
5. While this picture is still on the screen (you and this person together today, happy), notice what you like about this person. Notice what you like physically about this person: hands, hair, eyes, voice, height, presence. Now amplify it. Make yourself more aware of it.
6. Keep the same picture on the screen - you and this person loving each other today. Now remember a time when this person made you feel wonderful. Remember what he/she said or did. Imagine this or something better is happening now.
7. See yourself and the other person smile at each other and say, "I love you." Feel what a wonderful life the two of you have together. Send pink light to the picture.
8. Draw the picture back into yourself. Let the screen dissolve.

It is important to feel successful and happy about completing the meditation. Smile outwardly and inwardly at your success after completing the exercise.