

One True Self

LOVING YOURSELF AND OTHERS



Loving Your Body

We learn through this visualization to love our bodies. The body reflects our emotional and mental state as thoughts are stored and processed within the body. Sensation is also provided by the body and we therefore, feel them through the body. We rarely think about loving our bodies. We prefer to think about how we look, our physical strength or stamina as opposed to truly caring for our bodies. You will find through this exercise that loving the body increases its beauty, strength, and health.

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 do not exercise or eat well, 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.

1. Sit quietly and imagine a pink light filling your field. Imagine the pink light filling every cell in your body. The vital life force fills your body. The cells respond to the pink light. Every cell in your body is alive and responds to this Universal Force. Feel the life force tingle in your body. You feel better and stronger. Your energy level grows.
2. Ask if any specific parts of your body need more energy. Send the pink light to these parts of yourself. Love these parts. Ask if there are any painful parts of your body, if so, what do these parts of the body need?
3. Review your day in your mind. Where there any irritations, anger, frustration, emotional pain? If so, ask where they are in your body. Feel them. Send pink light to these places. Feel how you create stress constantly in your body. See if you can visualize yourself without the stress.
4. What would your body look like if it could create itself, not the way you see it, but the way it wants to be? Ask for this picture and see what happens. If you don't receive a picture, don't worry about it. Just continue and see if you can feel how this might be.
5. What would your life be like if you ate what your body needs and wants? If you exercised in the way your body asks? What would it feel like to rest when you need to rest? To go outdoors when your body would like this? Feel the sensations of this. See if you can form a picture.
6. Now imagine how wonderful it feels to eat well and exercise. Feel the strength that comes from exercise and the feeling of eating good food that your body really wants. Feel yourself listening to your body's wisdom. You are younger, more attractive, and vital in the picture. Choose a time when you felt that way, find a photograph or just make a more positive image to hold as a visual.
7. Increase your energy level. Imagine the time of your life when you had the most energy and felt the best. See yourself waking in the morning as a happy, rested, energetic person.
8. Feel yourself as the person you have just experienced. Fill your body with pink light. Practicing this exercise daily increases energy, strengthens your energy field and body.

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



'Lady of the Light' by
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Question for contemplation:

What can I do today to show my body that I care for it?

How can I nurture my body this week?

Act on the suggestion.