

Connecting With Love Exercise

The point of this exercise is to help you connect with love more strongly. The more you connect with love and appreciation, the happier you'll be, the more intuitive information you'll get and you'll be in better alignment for all the good life has to offer. Plus, it feels good.

Take out a sheet of paper and write down any limiting belief, past resentment or negative thought that you have. This is your starting point.

Next, write down any thoughts, physical sensations or feelings that this evokes for you. If it evokes "nothing" that's a perfectly acceptable answer, as it's a distinct feeling characterized by a lack of anything else.

Now write down something you appreciate about that thought, feeling or physical sensation. It doesn't matter how small or insignificant you think the appreciation is, if you can find even one thing to appreciate, write it down.

If this is difficult, I recommend appreciating that you're aware that you are experiencing it rather than living in denial. Go easy on yourself. This is a skill that gets stronger as you practice it.

EXAMPLE:

Topic: Relationships

Limiting Belief: I feel like I can't handle a lot of close friends. It's too overwhelming.

Thoughts it Evokes: I'm stressed because I feel like my life would be better with more close friends, but I don't know how to connect with them and I don't know where to find people I'd connect with.

Love Response: I love and appreciate myself for wanting good friends. I'm glad I want to find people to connect with. I know there are wonderful people that I can connect with out there, and I'm glad that I'm being selective. I deserve good friends who love and appreciate me.

I recommend spending as much time mining the appreciating/love for each limiting belief and negative experience you encounter, since this will help you move out of the negativity and into the positivity.

When you're first starting out, schedule 10-15 minutes to work on this. You can always do more, and the more you do, the more you'll release and let go of the old resentments. Positivity tends to outweigh negativity, especially when it's concentrated like this.