

Personal Reflection Exercises...

I give myself permission to love and be loved.



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Loving others is exercise for my soul. Each time I embrace someone, I burn away the unwanted weight of hatred and bitterness. Love is the most basic of human feelings. We are born to love and be loved.

Not only do I give myself permission to love, but I also require myself to look at others through compassionate eyes. **Love is a choice.** Love is not an emotion that rules my actions. Love begins in the mind when I make a decision to love. I express it with my actions and eventually it lands in my heart.

Infatuation is a feeling that takes over the body but disappears after time. Love is different. **The seeds of love take time to grow.** Once they take root, it is impossible to remove them.

I love with passion. I love unconditionally. I love faithfully.

I accept the love of others. I never question whether others truly love me because I fill my mind with positive thoughts. When others tell me that they love me, I believe them. When others extend their love to me, I grab it.

I lay down my guard around others. **When I allow myself to be vulnerable around others, they see a side of me that is easy to love.** I love because there is much more to gain from loving relationships than from relationships of envy and hate.

By focusing on their positive traits, I can convince myself to love even the most difficult people. I can love those whom I have difficulty accepting. The more I love them, the easier they are to accept.

When I have a hard time loving someone, I pray for them. I have found that it is hard to deny loving someone when you care enough to pray for them.

Self-Reflection Questions:

1. How do I respond to the love of others?
2. Do I expect love to just pop into my heart or do I cultivate it?
3. Who can I pray for today?