



Love Meditation

I am happy and grateful I am able to receive unconditional love

I am happy and grateful I am able to give unconditional love

I am happy and grateful the love I receive is compassionate

I am happy and grateful the love I receive is healing

I am happy and grateful the love I receive is inspiring

I am happy and grateful the love I give is compassionate

I am happy and grateful the love I give is healing

I am happy and grateful the love I give is inspiring

I am happy and grateful I now receive unconditional love

I am happy and grateful I now give unconditional love

One observation for this meditation to indeed empower you to experience true love: **mean every word you say**. As you repeat the words actually feel what you say, **know in your heart that what you say is true**. You will know you are on track when indeed there is no conditioning in the love you experience.