Energetic Possibilities
A Possibility Path Course
Lesson 5

The Vibration of Love

So much of our world today is filled with information of what is wrong in the world. Stories in news, magazines, social, and even between friends and colleagues is all about what is wrong in our cities, our states, our bodies, our minds, our systems, our businesses, and what is wrong in each other. Very few conversations are all about what is right, what is good, what is beautiful, and amazing in this world. And yet, there are astonishing, incredible, and amazing things in the world, in those around you, and in most importantly in yourself.

When we change from seeing the worst to seeing the best, we can create, attract, and become that in the world. The simplest way to do this is with love.

Love transcends words. Love transcends the need for explanation, understanding why, how, or even when. Love is simply a state of being. It is a vibration. It needs no definition. It needs no space to be understood. It just is. And when we are in the feeling of love, we are in the vibration that allows for the good to come through! It allows for gratitude. It allows for rest. It allows for acceptance. It allows for belief in a better day to come and an appreciation for what is. It can even move us into a greater compassion for who we are as human beings living in this possibility filled world.

1. HERE. Get Grounded.

Find a quiet space and take a few moments to just sit and be. Take a few deep breaths and feel your feet get very heavy. Breathe deep into the ground and feel yourself in the here and now. Be in this day, here, in your body, now.

What are you dealing with and what is going through your mind today?
Is something or someone troubling you that you have a hard time understanding or feeling their intense emotions?

- How do you feel here, now, today?

2. FEEL INTO THE ENERGY

Now, take a few breaths and relax. Imagine a time and space where you just felt pure love. It may be associated with a memory, a person, place, idea, or feeling.

Feel into this energy of love in that time and space. Let whatever comes to you, come to you. Just breath into the feeling, image, idea, and thought floating out there in the space of you..

- WHAT is this memory, space, or place that you felt that feeling of love?
- HOW did it feel?

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3. BRING THE ENERGY IN

Now imagine this feeling of love then expand around you. It grows and grows and grows and grows all around you…. and then allow it to come into you, filling you, feeding you, calming you, allowing you… that love vibration filling up every pore in your skin and cell in your body. It sings with the beauty of love, the energy of love, the beingness of love. Feel into this energy and just allow.

Allow the waves of love to come over you and be in you. Allow yourself to be loved, feel love, allow love. Feel in as the waves go in and out, up and down, all around. No words needed. No explanation needed, just a feeling. Take a few moments and just feel into this feeling as the vibration of love fills up and around you.

Focus in on you and how you are feeling right here, right now. And whenever you need to fill up on love, feel free to do this exercise again.

- HOW does it feel to be in the vibration of love?
- WHAT images, thoughts, or ideas come to mind?

*As you go about your week, notice how things change on how you see the world with your love vibration high. How do you see other people? Yourself?

WRITE down your notes on how this all feels to you.

I LET LOVE BE…

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These energetic experiments are set up for you to find your own answers in your own way. Allow the thoughts to come and go as they please. The insights may come later in time after you complete this assignment that is okay too! Enjoy it and let the insights flow. This is all a process and the process is infinite, as you are!

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