

## Helpful Healing Thoughts

### 08. Kindness, Acceptance, Unconditional Love

Good evening bright and beautiful people, the next few meditations will deal with the above topic.

As we began this series of meditations, I mentioned that we are strengthening our mental muscles, which leads to expanded thought and a bigger picture of you in the Universe. As with any strength training it requires time, consistency, practice, and patience... ahhhh yes, patience... to create new neural pathways; and repeating those experiences form a habit.

We can change our brain, become better problem solvers, be more creative just by switching things up, making a change. It doesn't need to be a big change, just one small way we do something different, drive a different way to work, decide to take a class you are interested in, try a new food or perhaps a different way to think about ourselves. Any of these provide new sensory input into the brain and lead to expanding and strengthening of the "mind". Which is what we are working with.

What does this have to do with kindness, acceptance, and unconditional love, well, everything!

These attributes are of higher mind. Opening these pathways over and over again lead to staying in higher mind more often until that is where your consciousness resides. What does that feel like...? joy, lightness, harmony, balance to name a few. It's your true nature and state of being. You have forgotten and this is a reminder. You are loved and beloved beyond anything you have known and can understand. With opening up your mind and heart with kindness, acceptance, and unconditional love of yourself, you can know it and it will change you and those around you. And you will really love it!!!!

Now let's begin our meditation. Get comfortable, begin your breathing to align and ground yourself. Take as much time as you need to do this.

With each breathe visualize your energy field expanding to about 5 feet around you. Think about someone you love or appreciate or a place that you love. Breathe and allow your energy to expand. Be with that expansion for a few minutes. Strengthening it with your thoughts. Notice the texture of the energy around you, the colors, the activity in your energy field. Do not try to change what you see or feel, just notice.

Focus on a point in the middle of your forehead called the third eye. Allow a stream of energy to enter through that center and flow through your body and down into the Earth. It will be the color of lavender.

It will grow in strength as you allow it and invite it in. It is through the third eye that you connect with the knowledge of the Universe. Let it move through your cells, breathing it through your body and anchoring into the Earth.

Now affirm “I am a child of the Universe, and I am open to feel the unconditional love of All. I accept my true nature and am willing to pass on that love and acceptance to all sentient beings. I am kind to myself in all ways and thus show kindness to all”. Sit with that feeling flowing through you and when you are ready, open your heart center and allow that energy to flow from you... out and around the planet.

When you are ready, bring all your energy around you, making sure you have grounded the energy and you are ready to open your eyes. Enjoy your glow! Remember who you are! You are held in the highest regard!

Thank you all.

Many of you have asked me to record these meditations. Maybe some time I will; for now, I know that if you read it, study it, do it, you own it and that is how a change is made. Thanks again for your lovely notes to me. I am happy to know that you are enjoying the meditations and that they serve a need.

Blessing in Light and Love,  
Deborah