

## **10. Hopeful Healing Thoughts**

### **Part 3: Kindness, Acceptance, Unconditional Love**

Good evening Beautiful People,

Tonight, we will have another meditation on above topic. As our world takes a break from normal activities, and we are not necessarily with our usual group of family and friends, it's a good time to reflect on our relationships. By relationships I am referring to people, activities, institutions, careers, etc. We will focus on people specifically tonight and it will be up to you to take it into the rest of your life, the process is the same.

When we feel disconnected in our relationships, loneliness, dissatisfaction or frustration can result. While you may be tempted to focus on what is lacking in your connections with others, you may want to consider your inner connection with yourself since that is where intimacy begins. Ah, yes, it always comes back to the self! Remember, we are mirrors for each other.

When you focus on developing a stronger connection with your higher self, your soul, you will bring a greater sense of connection to your other relationships, creating harmony, a grounded-ness and balance within yourself which can translate to deeper intimacy and connection in all relationships. By recognizing the source of feelings of disconnect, you will find the remedy. The remedy is kindness of self, acceptance of self, love of self without reservation. Then and only then can your relationships be truly healthy, free in expression, and a depth of satisfaction for a life well lived. And let's remember, this is a process.

Get comfortable, begin your deep breathing and when you are feeling yourself expanding...ground, center and align your energy with the heavens and the earth. Breathe in love, breathe out gratitude...continue with that for a few minutes.

Visualize a column of white light flowing into you from the Universe moving through your body into the center of the Earth, anchoring the energy into your body. Using your breath, move the energy to all parts of your body, into every cell and moving beyond your body into your energy field. Be an observer...and also

feel the Light...observe the Light... colors, texture, the movement. Just be with it for a few minutes.

Now bring your attention to first your navel and then about three fingers below your navel...you can put your hand on your belly and feel the spot...it may even be slightly tender. This will be our point of focus. This is the area of our body where we store old memories that continue to create issues and problems for us daily. Stay connected, don't drift from here. There is nothing to fear. It is from here that we create loneliness, frustration, disconnect, and other fears. We are going to cleanse this area and recreate personal power, and boundless energy for you to live your life from and to share with others and the world. The world is waiting for you!

From the white light, pull the frequency of orange light and move it around in the this area of your body... give it as much time as it needs...then allow the orange light to move down your body into the ground, letting Mother Earth have the energy to transform it for another purpose. Create an intention and affirmation that you are allowing all the energy of the past that you do not need at this time, to leave you now, creating space for new healthy thoughts and ideas to emerge from your deeper, higher self...of wholeness, creativity, purpose, clarity, strength, health...whatever it is you may need. This is your birthright; you are a perfect child of the Universe. Be with that feeling for as long as you need.

When you are ready, takes some deep breathes, wiggle your toes and fingers and come back into your body. Remember, you have every right to live a full happy life; every day every moment.

Thank you all so much. Again I thank you for your notes and stories. I appreciate each of you and the interesting journeys you travel! Love and Light to you,

Deborah  
deborah@ah healingplace.org