

IN EACH MOMENT, I FEEL LOVING TOWARD OTHERS

My inner goodness overflows. I am passionate about living life to its fullest. To me, this means giving all that I can to the world. From this heart of service with which I have been blessed, I feel loving toward others in each moment.

My days are full of moments which I can choose to fill with whatever I most want in my life. Because love is my deepest desire, it is what I manifest toward others.

I allow love and compassion to flow through me into the world.

Naturally, I am most pleased with myself when I can be of service to others. I seek out opportunities for this. When other people make my way easier, I see the world as a kinder place. In turn, I hope to facilitate this perspective for them by helping them out whenever I can.

If I ever harbor thoughts or emotions which are less than loving toward others, I pause for reflection. I ask myself why I am feeling this way. I honor my emotions and their source. Then, I look for resolution within myself. I can always find a way to restore my internal harmony so that I can experience the love toward others which is my true nature.

Today, I feel compassion, calmness, and joy when I think of the people in my life.

I open myself to the love that flows naturally through me. And I recommit each day to this practice, which helps me always feel loving toward others.

REFLECTION QUESTIONS

1

How can I cultivate love and compassion in my daily interactions?

2

What practices help me to restore internal harmony and love toward others?

3

How does giving love and service to others enhance my life and relationships?