

MY HEART IS ALWAYS OPEN

I welcome openheartedness into my life, in all its many forms. Each emotional experience has its own merit. Therefore, my heart is always open to whatever a circumstance brings.

Part of staying open is allowing myself to appreciate all of my feelings. If I experience unpleasant feelings, I remind myself that they are just as valid as positive ones. And if I find that I need comfort, I ask someone I trust to help me meet my needs.

By staying open to every emotion, I know that I experience all of the fullness of life.

Love and kindness are especially welcome in my world. I embrace these feelings like good friends, whether I feel loved by the actions of others or through honoring my commitments to myself. And I seek to perpetuate them at every possible opportunity so others may experience them too!

Also, I am open to surprises of the heart. Love sometimes comes in unexpected places. I may think that I want romance with one person but find it blossoming with another instead. Or I may expect to be loved in a particular way by someone, but find myself intensely gratified by their own chosen expression of that feeling.

Today, my heart is wide open, ready to receive the fullness of life.

Regardless of the ways in which emotional experience manifests, I welcome all of my feelings. I seek out opportunities to love and feel loved, and I am constantly surprised and thankful at how frequently they come.

REFLECTION QUESTIONS

1

How can I stay open to all my emotions and experiences, both positive and negative?

2

What steps can I take to welcome love and kindness into my life more fully?

3

How can I remain open to unexpected sources of love and emotional experiences?