

Fearless Love Meditation



1. Begin the meditation practice with several deep breaths. As your body begins to relax envision breathing in love with each inhale. See the love, like rays of light, entering you and filling in all the emptiness within you, occupying all the space you have cleared by the letting go practice. Recognize that you now have an even greater capacity to hold and carry love because you have released what doesn't serve you.
2. Continue “filling” yourself with love until you sense that you are overflowing with love's light and energy. If you have identified a specific area within your physical or emotional body that needs some healing, focus on breathing love and its healing light into that area.
3. Next allow the love to flow from you like rays of light, radiating out as spirals that form larger and larger circles as they expand. Envision those spirals of light traveling to the people dearest to you and see them bathed in light.
4. See the spirals of light continue to grow and extend farther and farther—to your neighbors, your entire community, your nation, your continent, the entire planet. There is no end to this fluid light of love. You can spread and share it endlessly and it will never expire or be exhausted.
5. Focus the love on specific people or situations that you know can benefit from extra love right now.