

Affirmative Contemplation



I Am Love- 20 Minute Version

I breathe into my core

A light of divine love

A love that has no limits

And no conditions

A love that embraces all parts of me and my world

The deepest core of my being vibrates with this divine love

The energetic core of my physical body sets the vibrational tempo of unconditional love

And all the cells in my body

Take on beautiful harmonies

Singing the joyful nature of love

That is their essence

That is my essence.

With this love revealing itself in every aspect of my being

I am full whole and complete

I am bright, peaceful, and luminous

The love that holds all things together

The love that is the glue of the universe

The love that is the truth within all relationships

Rings in my being from the most physical to the most energetic aspect of my nature.

Within every breath that flows through me

I hear life's song

With each breath

I feel the rich and holy colors of my true heart deepening and glowing with love.

As each breath flows itself into me

Animated by life itself

I feel my whole field of awareness lifted with joy

I glide on the wave of each out breath with ease, grace, and appreciation.

Each breath awakens in me the love that I am made of

Each breath soothes and softens my entire field of awareness

Every breath is new

Every breath is rich

I allow my breathing to be soft and simple.

I allow my life to be good and happy

My thoughts are bright and inspired

My words are pure and true

My hands are skilled and ready

My eyes smile with beauty

My feet kiss the earth

I am love

I am love

I am love...

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