

Affirmative Contemplation



I Am Love- 3 & 7 Minute Version

Sitting upright

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

I am love

I am love

I am love

www.AffirmativeContemplation.com

www.YOFA.net

All text, images, and sound recordings on this website are copyrighted and may not be duplicated or reproduced without permission.
Copyright © 2005 Rebbie Straubing. All rights reserved.