

Chapter 1 : A Guided Meditation Script to Take You Into A Blissful Journey!

Meditations for Deepening Love and millions of other books are available for Amazon Kindle. Learn more Enter your mobile number or email address below and we'll send you a link to download the free Kindle App.

We recommend listening to the audio of this guided meditation in the player above; you can also download it from Dr. We have included a script of the meditation to help you follow it yourself or teach it to others. **Body Position** Close your eyes. Sit comfortably with your feet flat on the floor and your spine straight. Relax your whole body. Keep your eyes closed throughout the whole visualization and bring your awareness inward. Without straining or concentrating, just relax and gently follow the instructions. Take a deep breath in. **Receiving Loving-Kindness** Keeping your eyes closed, think of a person close to you who loves you very much. It could be someone from the past or the present; someone still in life or who has passed; it could be a spiritual teacher or guide. Imagine that person standing on your right side, sending you their love. That person is sending you wishes for your safety, for your well-being and happiness. Feel the warm wishes and love coming from that person towards you. Now bring to mind the same person or another person who cherishes you deeply. Imagine that person standing on your left side, sending you wishes for your wellness, for your health and happiness. Feel the kindness and warmth coming to you from that person. Now imagine that you are surrounded on all sides by all the people who love you and have loved you. Picture all of your friends and loved ones surrounding you. They are standing sending you wishes for your happiness, well-being, and health. Bask in the warm wishes and love coming from all sides. You are filled, and overflowing with warmth and love. **Sending Loving-Kindness to Loved Ones** Now bring your awareness back to the person standing on your right side. Begin to send the love that you feel back to that person. You and this person are similar. Just like you, this person wishes to be happy. Send all your love and warm wishes to that person. Repeat the following phrases, silently: May you live with ease, may you be happy, may you be free from pain. Now focus your awareness on the person standing on your left side. Begin to direct the love within you to that person. Send all your love and warmth to that person. That person and you are alike. Just like you, that person wishes to have a good life. Just as I wish to, may you be safe, may you be healthy, may you live with ease and happiness. Now picture another person that you love, perhaps a relative or a friend. This person, like you, wishes to have a happy life. Send warm wishes to that person. May your life be filled with happiness, health, and well-being. You and this person are alike in your wish to have a good life. Send all your wishes for well-being to that person, repeating the following phrases, silently: Just as I wish to, may you also live with ease and happiness. Now bring to mind another acquaintance toward whom you feel neutral. It could be a neighbor, or a colleague, or someone else that you see around but do not know very well. Like you, this person wishes to experience joy and well-being in his or her life. Send all your good wishes to that person, repeating the following phrases, silently: May you be happy, may you be healthy, may you be free from all pain. **Sending Loving-Kindness to All Living Beings** Now expand your awareness and picture the whole globe in front of you as a little ball. Send warm wishes to all living beings on the globe, who, like you, want to be happy: Just as I wish to, may you live with ease, happiness, and good health. And another deep breath in and let it go. Notice the state of your mind and how you feel after this meditation.

Chapter 2 : Meditations For Deepening Love Collection Chr by NevaMiddleton - Issuu

*Meditations for Deepening Love Collection [Christopher Alan Anderson] on www.nxgvision.com *FREE* shipping on qualifying offers. The collection includes 47 booklets that highlight the author's writings and allows the reader to experience eternal love.*

When I feel like this I know that the greatest thing I can do to support myself is to meditate either by using a mindful breathing technique or by listening to guided meditations. I have collated 10 of my favourite guided meditations, all of which are free on YouTube. No matter what troubles you face in your life, or even if you simply seek some quiet relaxation time for yourself, there is a guided meditation that would be perfect for you. Have a flick through the list and see which one you are drawn to. I really felt as though I had cleansed the energy in my body and recharged all of the chakra energy points within me. I finished this and felt: Perfect for those who: As if an angel had scooped me up into their arms and cuddled all my troubles away. Feel overwhelmed or anxious. The Five Minute Miracle Length: It only takes 5 little minutes to remember to think positive, loving thoughts about ourselves and the world. Want a quick daily reminder to be mindful and to empower themselves to live a joyful, loving life. Blissful Deep Relaxation Length: How deeply, deeply relaxing this is. Are anxious, need a break or want a deep relaxation meditation. How wonderful this makes you feel about yourself and about life. Her voice is exotic and transports you to a safe, beautiful place. Optimistic, loving towards myself and others. Want to boost self esteem and feel optimistic. As though my life is guided by a loving Universe and that everything is unfolding perfectly. Need to trust and flow with the changes in their life. Self love " Body Healing Length: Louise Hay has a special place in my heart and is a powerful catalyst for positive change. Her words are infinitely wise and never fail to touch my heart deeply. Centred , healed, self-love. Wish to change, to heal and to love themselves. For Insomnia, Sleepless Nights Length: Are suffering with insomnia or are afraid of not sleeping. This really does profound healing on a cellular level and I believe we could all benefit from listening to this meditation as it is deeply relaxing and attracts abundance. Deeply relaxed , healed. Require healing, relaxation and positive affirmations. I love this angelic voice and how beautifully this meditation helps us to let go of unwanted baggage. Free and light, I forgave myself and made peace with my past. Need to release guilt, forgive themselves and others, let go of the past. Latest Additions guided meditations created my me! You realise the creative powerful you have within you! You visualise every aspect of the life you want and you create it. Want to manifest the life of their dreams. This is a short meditation which will very quickly relax you and create a place of stillness within you. Letting Go Meditation " Freedom from all Limitations! Letting go feels easy in this meditation. Wish to release limiting beliefs and trapped emotions. I promise you wont regret it!

Chapter 3 : Guided Meditation Audio - Listen for free

Read "Meditations for Deepening Love" by Christopher Alan Anderson with Rakuten Kobo. A collection of twenty-four meditations created to bring forth a deepening of one's experience of love.

We are moving in the direction of meditative awareness for many reasons, not the least of which may be to maintain our individual and collective sanity, or recover our perspective and sense of meaning, or simply to deal with the outrageous stress and insecurity of this age. By stopping and intentionally falling awake to how things are in this moment, purposefully, without succumbing to our own reactions and judgments, and by working wisely with such occurrences with a healthy dose of self-compassion when we do succumb, and by our willingness to take up residency for a time in the present moment in spite of all our plans and activities aimed at getting somewhere else, completing a project or pursuing desired objects or goals, we discover that such an act is both immensely, discouragingly difficult and yet utterly simple, profound, hugely possible after all, and restorative of mind and body, soul and spirit right in that moment. It is indeed a radical act of love just to sit down and be quiet for a time by yourself. Loving-kindness, compassion, sympathetic joy and equanimity are rigorous meditation practices, used for the most part to cultivate one-pointed concentrated attention, out of which the powers of these evoked qualities emerge, transfiguring the heart. Just naming these qualities of heart explicitly and making their role explicit in our practice may help us to recognize them when they arise spontaneously during mindfulness practice. As well as to incline the heart and mind in that direction more frequently, especially in difficult times. These practices, and in particular loving kindness, can often serve very practically as a necessary and skillful antidote to mindstates such as ferocious rage, which may, at the time of their arising, be simply too strong to attend to via direct observation unless one's practice is very developed. It makes them more approachable and it makes them less intractable. But with practice direct observation itself, on its own, becomes the embodiment of loving-kindness and compassion all by itself, and is capable of embracing any mindstate, however afflictive are toxic. And in the seeing of it and the knowing of itâ€”in open-hearted non-reactive, non-judgemental presenceâ€”we can see into the nature of the anger or grief for whatever it is. And in the seeing, in the embracing of it, in the knowing of it, as we have seen, it attenuates, weakens, evaporates, very much like touching a soap bubble or like writing on water. Evoking and giving yourself over to feeling the qualities of the selfless love and kindness they accord you, or accorded you, and the whole aura or field of their love for youâ€”right here right now breathing with these feelings, bathing in them, resting in the warmth and radiance of their heartfelt embracing of you just as you are. Or drinking in the experience that you are unequivocally and unconditionally loved and accepted as you areâ€”without having to be different, without having to be worthy of their love, without having to be particularly deserving. In fact, you may not feel particularly worthy or deserving. That does not matter. It is in fact irrelevant. The relevant fact is that you were or are loved. Their love is for you, just as you are. For who you are now, already, and perhaps always have been. Allowing your own heart to bask in these feelings, to be cradled in them, entrained into them. To be rocked moment by moment in the swinging rhythmic beating of the loving heart of another. And in the cadences of your own breathing, allowing your heart to be held and bathed in this way, by the warmth of this radiant pulsing field of loving-kindness. And if you encounter some difficulty in bringing to mind or conjuring up such a person from memory in this moment, then seeing if you can imagine someone treating you in that way. And imagining with great vividness the feelings of love and kindness and regard. And that can actually serve equally well in this practice. As you feel ready, and whenever you feel ready, seeing if you can become the source as well as the object of these same feelings. In other words, taking on these feelings for yourself as if they were your own rather than those of another. Lingering as best you can with the rhythmic beating of your own heart. Cradling in your own heart these feelings of love and acceptance and kindness for yourself beyond judgment of any kind. Just basking in feelings of loving kindness akin to the all-loving embrace of a mother for her childâ€”Where you are simultaneously both the mother and the child. Resting here in these feelings as best you can. From moment to moment. Bathing in your own kind regard. Your own complete acceptance of yourself as you are right here in this very moment. Letting this feeling be

self-sustaining, natural, in no way forced or coerced. Even tiny tastes of it are balm and sucker for all the negativity and self-criticism and self-loathing that can lie beneath the surface of our psyches. In resting here in this field of loving-kindness, this embrace of loving kindness, you may find it useful to whisper to yourself inwardly the following phrases, or hear them being whispered to you by the wind, by the air, by that breath, by the world, or even asserted more strongly with great feeling: May I be safe and protected and free from inner and outer harm. May I be happy and contented. May I be healthy and whole to whatever degree possible. May I experience ease of well-being. Gently at your own pace, over and over, inwardly whispering, inwardly hearing, feeling, sensing, affirming: May I be healthy in the whole to whatever degree possible. At first, it may feel artificial to be saying such things to yourself or even thinking them. Ultimately, both vanish into the feeling of being safe and free from harm in this moment, into the feeling of being contented and happy in this moment, the feeling of being whole in this moment, since you already are whole. The feeling of resting in ease of well-being far from the dis-ease and fragmentation we endure so much of the time. This feeling, this very feeling, is the essence of loving-kindness. But, you might object, if this is a selfless practice, why am I focusing on myself? On my own feelings of safety and well-being? On my own happiness? One response would be: Your loving-kindness cannot be either loving or kind if it does not include yourself. Because the field of loving-kindness is limitless. In this case, tuning the instrument is itself a huge act of love and kindness not a means to an end. Once you have established a fairly stable field of loving-kindness around yourself and have lingered here for a time in the feeling of being held and cradled and rocked in its embrace, you can intentionally expand the field of the heart just as we sometimes expand the field of awareness in the mindfulness practice. We can expand the field of loving-kindness around our own heart and our own being, inviting other beings either singly or en masse into this growing embrace. This is not always so easy to do. Otherwise, you can simply keep embracing yourself as the recipient of your own love and kindness, either using the phrases we are already using or modifying them to suit yourself. Can you hold this person in your heart with the same quality of loving-kindness that you have been directing towards yourself? Whether it is a child or a parent, a brother or a sister, a grandparent or other relative near or distant, a close friend or a cherished neighbor, singly or together. Breathing with them or him or her in your heart. Holding them in your heart. Imagining them in your heart as best you can. Because, just to let you know, this practice is so intrinsically powerful that none of the imaging of yourself or others needs to be very vivid for it to be hugely effective. And wishing them well: May she, he, they be safe and protected and free from inner and outer harm. May she, he, they be happy and contented. May she, he, they be healthy and whole to whatever degree possible. May she, he, they experience ease of well-being. Lingering, moment by moment, in the field of loving-kindness within your own heart. With these phrases as you voice them silently to yourself, and even more with the feeling behind them. Feeling the intention behind the feeling, the intention and feeling behind each phrase. May she, he, or they be healthy and whole to whatever degree possible. May she, he, or they experience ease of well-being. And again, cradling him, her, or them in your heart, wishing them well: May she, he, or they be safe and protected and free from inner and outer harm. May she, he, or they be happy and contented. Perhaps feeling the sense of struggling in maybe even maintaining your focus or your concentration. And simply, over and over again, including yourself in the field of loving-kindness and coming back to the phrases whispered, spoken inwardly to yourself, resting in the feeling radiating out of those phrases, and underneath that, out of your heart. And from here, if you care to, you can once again expand the field of awareness to include one or more individuals who are actually problematic for you in one way or another, with whom you share a difficult past, perhaps. Who may have harmed you in one way or another who for whatever reason you consider to be more of an adversary or an obstacle than a friend. This does not mean that you are being asked to forgive them for what they may have done to hurt you, or to cause you or others harm. You are simply recognizing that they too are human beings, that they too have aspirations, that they too, in all likelihood, desire to be happy and safe. So, as best you can, and only to the degree that you feel ready for it, or at least open to experimenting with it, extending loving-kindness to them as well, for all the difficulties and problems lying between you: May she, he or they be healthy and whole to whatever degree possible. May she, he or they experience ease of well-being. Just as with the cultivation of mindfulness, where we can rest

with one object of attention or expand the field to include varying levels of objects of attention, so in this loving-kindness practice we can linger for days, weeks, months, or years at differing levels of the practice, all of which are equally valid and equally healing, and all of which ultimately include each other. Or if you care to direct loving-kindness only toward those who you know and love, or even one person over and over again, that is just fine too. Any level at all at which you care to cultivate and direct loving-kindness is fine, is perfect. And ultimately embodies all the others anyway. Or you may find that at times they just slip in, unbidden somehow. This is interesting to note. If you are not consciously inviting them in, how come they are showing up anyway? And how are they getting in? Hmmm! Maybe your heart is bigger and wiser than you think? In the spirit of the boundlessness of the heart and of love itself, we can expand the field of loving-kindness even further to include our neighbors and neighborhood, our community, our state, our country, the entire world if you will. You can include your pets, all animal life, all plant life, all life, the entire biosphere, all sentient beings. You can also get very specific and include specific people, even political leaders in the field of your loving-kindness. Difficult as that may be if you differ strongly with them and find yourself judging them and even their basic humanity harshly.

Chapter 4 : This Loving-Kindness Meditation is a Radical Act of Love - Mindful

Get this from a library! Meditations for deepening love. [Christopher Alan Anderson] -- A collection of twenty-four meditations created to bring forth a deepening of one's experience of love.

In addition, grades are shown to improve for students who participate in mindfulness programs. Giving kids the tools to help them fend off negative thoughts and behaviors, build self-confidence, focus, and treat others and themselves with respect and appreciation is a gift they will have for the rest of their lives. Tim Ryan instituted the Skills for Life program in Ohio schools to teach deep breathing, meditation, and other problem-solving skills to elementary-aged kids. What they found was that these practices helped kids balance their emotions, cut down on bullying, and increased awareness, and both students and teachers are excited about the program. In a world where electronics rule behavior and disconnection is a rising problem, our next generation needs to build the muscle of awareness—why leave it to the school system to provide these programs and tools to your kids? The Balloon This guided meditation brings a visual component to a very simple deep breathing exercise. You can do this standing or seated. Relax your body and begin to take deep inhales and slow exhales through the nose. Expand your belly as much as you can. Slowly let the air out of the balloon through the nose as you release the breath from the belly. Encourage your kids to feel their entire body relax each time they exhale, each time air is slowly being released from the balloon. Encourage them to stand up in a relaxed way and follow these steps: Ask them to think of their favorite color and picture a giant balloon of that color in their mind. Then have them take a slow, deep inhale through the nose, filling up their tummies with air as if trying to blow up a giant [their favorite color] balloon. As an option, you can also have them stretch their arms open and overhead to represent expansion and the big balloon. This one will likely elicit giggles and awareness of their breath. Follow the Leader This meditation works best for kids who are at least 5 years old. Ask your child to picture their best friend or a sibling—someone they do everything with or someone they look up to. Then ask them which one your child or their best friend usually leads. Usually one friend is the one who decides things—the one who is more of the leader; the other one is the friend who usually follows the leader. Ask them which they are. If they are the leader, you can tell them to picture themselves as the breath. If they are the follower, you can ask them to picture themselves as the mind. And that you are just like the mind—the follower, and your big brother is just like the breath—the leader. Sit down comfortably and close your eyes. Bring all of your attention to your breath and slow it down, taking deep inhales and slow exhales. Try to focus your mind on the breath and follow as the breath inhales and exhales. Count your breaths at the end of every exhale. Allow it to remain focused on being the follower. Count to 10 slowly, always at the end of each exhale, continuing to let the mind follow the breath. Guide your kids with these steps: Sit down or lie down comfortably and close your eyes. You can use pillows or blankets to make yourself as comfortable as you can be. Take a few deep, cleansing breaths as you begin to relax. Bring all of your attention to your right foot, noticing how it feels. Squeeze the right foot, making a fist with your entire right foot and all five toes; tense and squeeze it tightly. Hold this tension for two deep breaths. Then release all tension in the right foot suddenly. Relax it completely and notice the tension release. You may feel a tingling sensation in the foot. Take a deep breath, and then move on! Move your attention to your left foot. Same instructions as for the right foot. Move slowly up and around the body, squeezing one body part at a time to create tension, immediately followed by the contrasting sensation of release and ease. Follow each part with a deep, cleansing breath. Right foot, left foot Right ankle and calf, left ankle and calf Right knee, left knee.

Chapter 5 : 3 Kid-Friendly Meditations Your Children Will Love | The Chopra Center

Classes consist of two guided meditations and a teaching to help us solve our daily problems, improve the quality of our life and develop inner peace. These drop in classes are suitable for everyone and you can start any week.

Contributors control their own work and posted freely to our site. If you need to flag this entry as abusive, send us an email. The landmark book written by three eminent psychiatrists, *A General Theory of Love*, adds that because we influence each other via our limbic systems, "What we do inside relationships matter more than any other aspect of human life. In the classic book, *Colorus of Love*, J. Lee describes six types of love that create partnerships, with the first three being the primary forces: Psychologist Dorothy Tennov devoted her career studying this experience, and labeled this passionate form limerence. The literal meaning is a love of beauty, and finding someone with the right "chemistry" often trumps other considerations. When we search for an ideal type of partner fueled by the longing for fulfillment, it typifies this type of love. Lewis calls "Phileo," is the love between friends, a strong bond that forms when people share common interests, values or activities. While storge can develop a deep level of intimacy, it generally lacks passion. Pragmatic lovers think rationally about their expectations in a partner, and select them through checking off their list of required attributes. Partners sharing this orientation are often committed to working toward a common goal. In cultures where arranged marriage is practiced, this approach is very common. Plato also said that love is a mania -- a good kind of madness. Ed Wheat, a physician and marriage counselor, describes this form of love with the Greek term Epithumia. Many times it is associated with lust, coveting and codependency. While epithumia love can draw couples closer together, the danger is an uncontrolled desire to possess or own which can ultimately damage the relationship. It strives for a quality of unconditional love and sees relationship as a sacred gift. It also manifests in altruistic service to others. And the list could go on if we include the subtle flavors of love found in other kinds of relationships: While connections with others are profoundly impactful, an even deeper foundation for meaningful relationships starts with the one we have with ourselves. There is no scarcity of love: It is as close as your own heart. Allow a little over three minutes for each section: While the Body Wise practices are gentle, always modify any instructions to care for your physical needs. Feel free to modify any aspect of the meditation, always honoring what feels appropriate in the moment. All of the meditation themes can be explored in depth, so if you happen to have more than 10 minutes, you are invited to linger. Sit comfortably and bring attention to the center of your chest. Imagine a loving, warm fire glowing in your heart. Let each breath fan the fire, allowing your heart energy to be strong and steady. Now imagine the warmth of your heart traveling down your arms and into the palms of your hands. Gently rub the palms of your hands together, intensifying the sensation of warmth and loving energy found there from your heart. Place the palms of your hands on your body, transferring your heart energy through loving touch to your forehead, neck, shoulders and arms. Replenish the heart energy into your hands with breath as needed. Now bring the loving energy to your solar plexus, belly, and lower back. Now sit, letting your hands just rest at your sides, and feel a full body glow, a radiant and loving halo, around your whole body. And even if we did receive what psychology would deem "good enough" parenting, as adults there continues to be a deep longing for being seen for whom we are, and being accepted as lovable as we are. Using your paper and pen, write a letter to yourself that expresses things you wish you would have heard, or heard more often, from your main caregivers. The letter can be free form, or you can use the template below. May you flourish in your life with loving relationships, fulfilling work, and joyous well being. Be a sponge, taking in the love that is yours. Love, in its purest form, does not reside in the marketplace, a product whose size and quantity is there to be bartered. Pure love does not come with a price tag of how one should perform. It is not a chip to be earned for good behavior. Love lives beyond the formula of a "something" to give or receive. Or like air that flows in all directions at once, rather than "to" and "from. Look around you and consider that life loves itself by becoming the myriad of forms it takes. Life loves itself by living through you. Life loves itself by living through all beings. Be open to the unexpected appearances of love in your life, and know that love is most easily recognized when we pay attention with fresh eyes and an open heart. Perhaps it will come in the form of a

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stranger holding open a door when your arms are full of packages, an appreciative glance from the love of your life, the sound of laughter brightening your day, or the smell of coffee in the early morning hours. And as your heart fills with these love gifts, you may find love naturally flowing outward as well from the generous nature of your heart. Visit Leslie on Red Room , where you can buy her books. For more by Leslie Davenport, [click here](#). For more on meditation, [click here](#).

Chapter 6 : Chakra Meditation For Deep Healing And Balancing

My students love guided meditation and relaxation. Some of them come to the class for this very reason - to finish in a mindful shavasana. I recently started recording some guided meditation and relaxation, too.

Using A Guided Meditation Script for Peace and Tranquility Guided Meditation Script Use this free guided meditations outline and guided meditation script to experience a deep feeling of peace, tranquility and transcendence. Meditation is a wonderful experience and provides an opportunity to draw deeper into your own being. Guided meditation opens the door to calm the mind and nurture the spirit and does not take any work or effort on the part of the practitioner since you are passively being guided by an outside source. This customized meditation script can be used anytime. You can have someone read it aloud while you relax into a deep state of calm, or you can record this in your own voice and play it back whenever you need it. Recording the guided meditation script on tape works well, so you can play it over repeatedly. As it is read or recorded, talk very slowly and take time to pause a while between sentences to allow the words to permeate the consciousness, bringing you into a deep state of relaxation. A soft, calm voice is most beneficial. Choose a quiet environment where you can sit in a comfortable chair, preferably with your feet flat on the floor, choosing a time when you will not be disturbed. Turn off the phone and other devices and lower the lights. It is important to have a stress-free and peaceful environment while the guided meditation process unfolds. Guided meditation can also be done in a group. Group meditation is very powerful due to the concentrated, cumulative and resonating higher brain wave frequencies that are generated in the room. Group meditation radiates a powerful source of energy and healing, and is a very effective way to bring about profound changes in whatever needs to be changed or healed on a personal or universal level. This simple but powerful guided meditation script will assist you in your personal goal, whether just for relaxation or for achieving spiritual enlightenment. Guided Meditation Script courtesy of Giselle Toner at <http://> Feel the breath as it enters with a cool feeling and then warming as it gently travels down into the lungs Fill the lungs with a deep inhale, bringing in energy, vitality and prana, the life force As you exhale, feel the body releasing toxins, stress and any negativity that has accumulated, as it drains down into the ground Stay with this breath, focusing on the feeling of deep peace for ten deep inhalations and exhalations Feel the subtle vibration of energy that runs through the body Become aware of the warmth and tingling of every cell Feel the energy that is in the extended environment, out to infinity, in the entire cosmos, in every part of nature and in every living thing Bring all those energies together and feel them as one Visualize all of that energy shining as brightly as a thousand suns Bring the shining glow of bright energy over the crown of the head Feel it starting to funnel down into your body from the top of your head, slowly going down into your face and neck, traveling down into the shoulders, down the arms, all the way down to the fingers Feel the healing energy and light going down into your chest and let that healing light fill your heart. Allow your heart to feel the magnificent healing, warmth and unconditional love Stay with this feeling of warmth and love for five deep slow breaths Feel the healing light go down into your hips Feel it continue traveling down your legs all the way down to your toes Your whole body is now filled with Divine Healing Light and Energy Allow that Healing Energy to completely fill all physical areas that need healing energy Feel it warming, healing and expanding through the areas Now bring your awareness to any emotional difficulties and allow the Divine Healing Light to bring peace and healing to any emotional issues or traumas Bring your awareness to any intentions or desires that you may have Hold the thoughts of those intentions or desires as you allow the Healing Energy to bring your deepest desires to life and your intentions into reality Stay with this deep, relaxing, peaceful feeling of bliss. When the guided meditation is over, stay seated or lying down, then gently bring your awareness back into the room. Stay in this place of deep peace and relaxation as you surrender completely for a few more moments, then give thanks to your Higher Self and know that you have completed a very healing and profound practice.

Chapter 7 : Formats and Editions of Meditations for deepening love [www.nxgvision.com]

Read "Meditations for Deepening Love - Collection" by Christopher Alan Anderson with Rakuten Kobo. The collection includes 47 booklets that highlight the author's writings and allows the reader to experience eternal lov.

Now, the question for men is, do you see into the soul of woman? Do you see her unity? Eternal love cannot be yours until you do. When you do, eternal love cannot be denied you. And women, do you see the soul of man, his individuality? Do you see that man holding the division of male and female with all his might just for you? That is where your eternal love lies. To enter the sanctuary of love we must know that very soul of our sexual other. And I will tell you that the distinct essences of male and female will never change. Male and female are from the beginning and will always be. Meditations for Deepening Love Author Bio: His quest has been to define and express an eternal romantic reality from which a man and a woman could together stand in their difference and create a living universe of procreative love. Anderson began these writings in The first writings were published in On a personal note, when Mr. Anderson was asked to describe the writings and what he felt their message was he responded, "Spiritual procreation. Mankind has yet to distinguish the two sexes on the spiritual level. In this failure lies the root of our problems and why we cannot yet touch the eternal together. The message of man and woman balance brings each of us together in love with our eternal other half right now. Anderson, Christopher Alan Publisher: First Edition Design Publishing Illustration: Meditations for Deepening Love - Collection Pages: Ardbeg, Isle Of Islay, Scotland. Everything In The Plumb Bob!

Chapter 8 : 10 Best Guided Meditations on YouTube

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We have included a script of the meditation to help you follow it yourself or teach it to others. **Body Position** Close your eyes. Sit comfortably with your feet flat on the floor and your spine straight. Relax your whole body. Keep your eyes closed throughout the whole visualization and bring your awareness inward. Without straining or concentrating, just relax and gently follow the instructions. Take a deep breath in. **Receiving Loving-Kindness** Keeping your eyes closed, think of a person close to you who loves you very much. It could be someone from the past or the present; someone still in life or who has passed; it could be a spiritual teacher or guide. Imagine that person standing on your right side, sending you their love. That person is sending you wishes for your safety, for your well-being and happiness. Feel the warm wishes and love coming from that person towards you. Now bring to mind the same person or another person who cherishes you deeply. Imagine that person standing on your left side, sending you wishes for your wellness, for your health and happiness. Feel the kindness and warmth coming to you from that person. Now imagine that you are surrounded on all sides by all the people who love you and have loved you. Picture all of your friends and loved ones surrounding you. They are standing sending you wishes for your happiness, well-being, and health. Bask in the warm wishes and love coming from all sides. You are filled, and overflowing with warmth and love. **Sending Loving-Kindness to Loved Ones** Now bring your awareness back to the person standing on your right side. Begin to send the love that you feel back to that person. You and this person are similar. Just like you, this person wishes to be happy. Send all your love and warm wishes to that person. Repeat the following phrases, silently: May you live with ease, may you be happy, may you be free from pain. Now focus your awareness on the person standing on your left side. Begin to direct the love within you to that person. Send all your love and warmth to that person. That person and you are alike. Just like you, that person wishes to have a good life. Just as I wish to, may you be safe, may you be healthy, may you live with ease and happiness. Now picture another person that you love, perhaps a relative or a friend. This person, like you, wishes to have a happy life. Send warm wishes to that person. May your life be filled with happiness, health, and well-being. You and this person are alike in your wish to have a good life. Send all your wishes for well-being to that person, repeating the following phrases, silently: Just as I wish to, may you also live with ease and happiness. Now bring to mind another acquaintance toward whom you feel neutral. It could be a neighbor, or a colleague, or someone else that you see around but do not know very well. Like you, this person wishes to experience joy and well-being in his or her life. Send all your good wishes to that person, repeating the following phrases, silently: May you be happy, may you be healthy, may you be free from all pain. **Sending Loving-Kindness to All Living Beings** Now expand your awareness and picture the whole globe in front of you as a little ball. Send warm wishes to all living beings on the globe, who, like you, want to be happy: Just as I wish to, may you live with ease, happiness, and good health. And another deep breath in and let it go. Notice the state of your mind and how you feel after this meditation. Research suggests that kind people tend to be more satisfied with their relationships and with their lives in general. It involves mentally sending goodwill, kindness, and warmth towards others by silently repeating a series of mantras. Open hearts build lives: Positive emotions, induced through loving-kindness meditation, build consequential personal resources. *Journal of Personality and Social Psychology*, 95, They also reported greater life satisfaction and lower depressive symptoms following the intervention, compared to when they started. Research suggests that when people practice loving-kindness meditation regularly, they start automatically reacting more positively to others—and their social interactions and close relationships become more satisfying.

Chapter 9 : Loving-Kindness Meditation | Practice | Greater Good in Action

Meditations for Deepening Love Author Bio: Christopher Alan Anderson (-) received the basis of his education from the University of Science and Philosophy, Swannanoa, Waynesboro, Virginia.

About And Mission Chakra meditation for deep healing and balancing In order to appreciate the benefits of chakra meditation, we first need to look at the significance of the chakra centers themselves. The entirety of the body is a perfect reflection of our beliefs, thoughts and emotions. It is the physical manifestation of our inner beliefs about who we are. When we initially dreamed this present dream our lives we continued on the path of awakening into the truth of who we are, at whatever point in our spiritual workshop we left off in the last dream. The body and everything we experience here is a pictorial representation of what we believe to be true about ourselves, although generally, most of these beliefs are in the unconscious mind. The health of a chakra is governed by our beliefs about ourselves in the particular area of life that the chakra is related to. For instance, the root chakra relates to our sense of connection with our fellow human beings, as well as survival issues. If a person believes they are unsafe and trust is difficult, this chakra will tend to be pulled in and not joined in harmony with the other chakras. This will affect the organs in the area of the root chakra, such as the sex organs. What do chakras look like? On the other hand, if there is dis-ease in a chakra, it tends to catch my attention. In chakra meditation, for different people, and at different times, chakras can appear in a variety of ways. Generally, what is highlighted in my awareness are places of constriction, density, cloudiness, numbness, separation or pulling back from the other chakras, and lack of movement. In some cases there is a quality of folding in, as if the chakra is trying to protect itself. When I sense a chakra center that is struggling, noticing what area of the body it is in helps me become aware of the underlying beliefs related to the chakra. Our bodies are walking rainbows! If you hold a crystal up to sunlight it displays beautiful vibrant rainbows that can give you an idea of what a healthy, happy chakra system looks like. Although there is generally a predominant color associated with each chakra, I often see colors within a chakra that are different than the traditional color associated with it, as well as a variety of textures, feelings, voices, and layers. There are many different perspectives on what each chakra relates to and many different variations within each individual. The information I offer below is what I perceive in working with clients and myself. The Crown Chakra, which is the 7th Chakra, is at the very top of the head. It appears with the color violet and pure white Light. It is linked to our awareness of Oneness with Source, integration of the Whole, living in the now, meaning, devotion, inspiration, and conscious alignment with Pure Awareness. It resonates with the color indigo and is linked to inner vision, unity perspective, divine understanding, discernment, wisdom, intuition, and intelligence. The Throat Chakra is the 5th Chakra, at the base of the throat, and is blue in color. It is linked to expressing and being our truth, taking responsibility for our own needs, surrendering our will to the Divine, trusting Source, decision making, personal authority, and manifesting creative impulses. The Heart Chakra, which is the 4th Chakra, is in the center of the chest. It displays the colors green and pink. It is linked to love as a union of spiritual and human love , compassion, confidence, trust, expansion, acceptance, openness and inspiration. The Solar Plexus, which is the 3rd Chakra, goes from just below the heart down to the navel. The Sacral Chakra, which is the 2nd Chakra, is located just below the navel. Resonating with the color orange, it is linked to our inner child, creativity, innocence, vulnerability and spontaneity. The Root Chakra, the 1st Chakra, is at the base of the spine and is red in color. How the chakras relate to our lives We are conditioned to believe that when we are upset it is because something happened to us that caused the upset. However, this is exactly backwards. When an upsetting event occurs, such as pain, disease or discomfort in the body, or an "outer" circumstance such as losing a job or a relationship, that occurrence is a reflection of an "upset" that was already within us, usually below our conscious awareness. The event of your partner wanting a divorce is a manifestation of a part of you that is "divorced" from another part of you " a place where you have pulled away from yourself. However we experience being treated by someone else is a reflection of how we treat ourselves, which is how we believe usually unconsciously we SHOULD be treated. The chakras would reflect the beliefs as well, most likely in the solar plexus and heart in this example, as well as the throat and the first

two chakras, to varying degrees. All the organs and cells in the areas of the body related to the chakras would also be affected. Healing occurs spontaneously when we allow it to in chakra meditation. In the previous example, there would be a corresponding emotion and body sensation tied into the upset regarding the divorce. In this case, a powerful chakra meditation would be to simply be with this body sensation and give it full permission to be here as it is. You can learn about how to do that here. By staying with the sensation itself, the emotions and related chakras that are compromised will begin to open and heal on their own, and chakra clearing occurs automatically. Even after witnessing this many times in WellBeing Alignment Sessions, and also in working with myself, I am awestruck every single time I watch the process. These bodies really do know how to heal themselves. We just need to allow them to do it. This facilitates inner harmony and balance as your entire energy field shifts to a more unified whole. Once our energy field is aligned with wellbeing in this way, healing begins organically. Our innate intelligence knows exactly how to take care of the mind, emotions and body, once we turn toward our inner conflicts rather than away from them. So what is the underlying cause of any distress or suffering? All suffering is the result of believing we are a separate part rather than the Whole that we are. This is like a wave in an ocean looking for water, not realizing it IS water, one with the entire ocean it is appearing in. But if its identity is based on a self-concept of being a separate wave, it will suffer. This basic identification about what we ARE creates our entire belief system. If we believe we are a separate part, our beliefs will be about being inadequate and incomplete. Accordingly, our beliefs create our thoughts, emotions, and bodies. They also create the entire movie of our experience. On the other hand, when we begin to directly experience that we are Pure Awareness, One with all that is the entire ocean, not just a seemingly wave appearing in it, our beliefs, thoughts, emotions, body experience and our lives begin to reflect the peace that we know ourselves to be. Therefore, for a chakra meditation that will allow the chakras to heal and balance themselves, I recommend any meditation that brings your attention to yourSelf as Pure Awareness. As we focus on the Light that we already are, we spontaneously release what stands in the way of our experience of love and wellbeing. The following exercises and meditations focus on the "inside" cause which causes the "outside" to shift: I recommend these first: