

First Aid: Love (too much)

Love too much? One way street? Sometimes people have beliefs about themselves, that cause them to miss out on self-love. A healthy amount of self-love is essential for the flow of love, both towards us, and out from us.

If you feel a welling-up of love, and you believe there's no-one who could receive it,

1. Imagine yourself in a circle of flowing energy.
2. You flow love out and around the circle and simultaneously feel the flow of love coming in to you.

Do this at least twice a day.