

The Ability to Give and Receive Love

"I am deeply grateful for the awesome frequency of Love as it sustains the fabric of the multiverse. I give thanks for my willingness to give and receive love with no expectations to myself and all others."

Love is the frequency that is the primary building block of all creation. It is the frequency that sustains life. It elevates living beings to their true expression, allowing each to be fully present in their unlimited power. Love is the elixir that will salve any wound. It is the frequency that brings joy and peace, both within and without. It is unending and self-sustaining, flowing freely everywhere within and without us.

Living in a dimension of duality we must experience the separation of love into what it is not. Though this is impossible, we have bought into and support a framework that puts love in degrees. We are taught to search for it and find it and lose it and grieve it. We are encouraged to give it but not to receive it. We are taught that it is a conditional commodity that is reserved for special ones. We are taught that we are not necessarily deserving of love and that we must seek approval in order to get the love we want. We are taught through music and film and story that love hurts and manipulates and is only for the few, that it can be bought and sold. You get the picture...

And all the while, Love just is, feeding and nurturing and sustaining all of life and beyond. Our opportunity in these times is to learn to see and accept ourselves as Love. Our priority must be to open our hearts to give freely to ourselves first, then to others, then to all of life. Healing the woundings within takes a choice and a focus to care for our inner child with commitment and consistency and joy.

The actions this week are three-fold: to notice and acknowledge Love as the all that is; to purposefully send love to our inner selves(child) and choose to receive and accept it; and to give and send love to others with conscious consistency.

- Knowing the fabric of the Multi-verse is Love, choose to see and hear and touch and smell and taste with that awareness. Allow each moment to amplify the presence of Love. See it everywhere. Hear it in the wind. Acknowledge its presence and claim it through your thoughts and words and deeds. Be Love, see Love...
- The only one who can nurture your personal wounding back to wholeness is you. Devoting your moments to nurturing your inner little child self will bring a healing to the losses. Only you can consistently show up for yourself, provide yourself with what you need 100% of the time, be the one who never leaves. No human soul, no matter the depth of the relationship, can ever provide us with all we need when we need it. So, take time to acknowledge your inner little one. Get out pictures and display them. Write letters to him/her praising and celebrating. Play with the child self...consciously. Any attention will grow quickly into an expanding self-esteem that shouts of Love.
- As long as we have love we have a way. From a solid place of self love and nurtured inner child you are able to give freely knowing the love you give is infinite, replenished the moment it is sent. So see all people through eyes of love. Recognize their unique expression of God in the flesh. Bless everyone you see. See only beauty in everyone. Refrain from criticism and judgment for the next 5 minutes, then the next 10...
- Interested in changing how you experience this dimension, visit Living the I AM. Want to heal the relationship between you and your inner child, consider Inner Child Mentoring. Want to clear your energetic past to live as Love consistently, consider The Rebirth of I Am process. Need some songs to support you, then download As Long As We Have love, I Am Love, Love Is My Work, Love the One You're With, Love Your Body. So Love yourself! Love everything! Love ya!

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Taken from the E-Book, [Weekly Gratitudes](#)