

The Gift of the Healing Frequency and Power of Love

Love is the sustaining frequency of I AM, the foundation of all substance in the Multiverse. Allowing all resistance to Love to melt away places you in an empowered vibration that gives you access to peace-filled, abundant living. Applying that Love frequency to all you see, here, feel, think, and experience opens up dimensional doors to reveal the full panorama of life.

The initial and primary focus of that Love is to your Self, particularly your body. This precious part of us has been discounted and devalued so often that it now shows only a portion of its magnificence. Viewing the body as who we really are, and then showering it with judgments and wishes and denials and disgust lowers our vibration significantly and compromises our joy. This cultural attack on the body and how it is supposed to be has brainwashed us to view oneself as less than, as what's wrong with me, as I have this condition, as I am not____. On and on it goes. This beautiful, incredible, miraculous creation listens and reflects the input dutifully to give us what we affirm and focus on.

Turning the energy of love onto this creation in an intervention is a necessity, especially in these times of fast change and spiraling new awareness. The call is now made to love your body with all your heart. Celebrate the uniqueness and capacity and durability and healing ability and spontaneity. Let the salve of love infiltrate the thinking patterns and actions that have dumped upon and threatened this body. It is no longer acceptable to feed the devaluing of our earthly vehicle.

The power of universal Love is all encompassing and will create energetic results immediately. Descending through energetic bodies the Love will manifest into the physical for visible results that will inspire you and energize you to reclaim your beauty. Let the Love vibration be the first thing you see in all your moments. Let it be the barometer that guides your response and experience of life's offerings. The fundamental substance of this Multiverse is at our disposal 24/7. Calling it forth and consciously applying it to the forms of living exponentially expands its results. Hesitate not to use it like the breath. In fact, with every breath, breathe Love in and, with the exhalation, send it out to feed all and elevation the vibration of life itself.

Actions

The gift of the Love frequency is endless. Sweep it through you to reclaim your true power. Then give it...

Take note of your judgments toward your body. Do not hide any. Lay them all on the altar of your awareness. Understand that your body is a reflective faithful servant of your mind's thoughts and beliefs. Now, turn each judgment into a celebration of that which it judges. Verbalize the beauty and functionality and holiness of each. Choose to feed love into that which you have criticized and judged. Prepare to witness the Transformation.

In the vibration of Love, begin to experience all of life. Wherever you go and whatever you do, infuse the vibration consciously into that which is before you. Nourish yourself with the all-powerful nutrients of Love to lift you and sustain you in unabashed joy.

Allow the endless supply of Love to fill you and reflect back to you. See and feel that all around you are sending you Love . Let it in. Know that the more you give the more you receive. Open up the faucets to full and bathe in the reclamation of you. When your thoughts or actions do not reflect Love, then acknowledge the choice and amplify the call and reception of the Love vibration to infuse that which has occurred. Invite and celebrate the new expression.

Affirm daily the power of Love to return your body to its designed capabilities and expression. Witness it with knowing.

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