

*How To Love Yourself Completely*  
Meditation #6

Make yourself comfortable, close your eyes, and begin to let yourself relax... Simply become aware of the rhythm of your breathing, your breath moving in and your breath moving out... Now allow your breathing to take you to a quieter, deeper place within yourself...

Now take a moment to remember some recent times during the last few weeks when you had very strong feelings in response to a person, or situation. Allow some of those moments to come back to you. These are moments when you felt strongly in response to something or someone.

Now begin to focus on a memory of one moment, knowing you can focus on the other moments later if you so desire...

Recall the circumstances that evoked the feelings. Who was involved and what happened? Allow yourself to be there again as you begin to feel what was touched in you...

Now see if you can stay connected to this feeling in your body... Try to move toward it rather than away from it. What sensations do you experience in your body when you stay with this feeling?

Is there another feeling that starts to emerge that is deeper than the initial feeling? Try to stay with the way your emotions may shift.

Now ask yourself, "How does this feeling serve me? What is the guidance that this feeling is giving me?"

Stay with this until you have a sense of what your feeling is indicating... What direction is it giving you? How can you honor that feeling? ... And what might your deeper Self be saying to you about how aligned or unaligned you are with it in that moment?

Only when you are ready, taking all the time that you need, you can gradually begin to bring your awareness back to your present surroundings and write whatever you would like to remember. Know that you can return to this meditation as often as you need.