

## WE ARE LOVE ON A MISSION: A GUIDED MEDITATION

---

Let's suppose for the purposes of this meditation that the universe is formed and driven by unconditional love, or we can call it evolutionary love. It is this love's outpouring that creates worlds, that holds the planets in their positions, holds the electrons in their orbits circling the nucleus at the heart of their atoms. The Love that powers evolution, pushing up the tendrils of consciousness latent in all things further and further into the light, drawing us towards our evolutionary destiny. At the time of the big bang, love exploded into countless points or droplets of love of which you are one. Feel yourself as a point of evolutionary love within a greater love, a point of love on a mission, a point of love with a passion to express its unique identity, its unique purpose in this place, in the world, at this time. You are the universe from a particular point of view; you are love expressing as a particular point of concern. Only you can be you. As love naturally wants to share itself, so you want to share what is uniquely yours, making explicit your contribution to the world we live in. We are love on a mission.

\*\*\*\*\*

Ground yourself, extending your energy down to the center of the earth and bringing up the (red) earth energy to fill your body and focus it in the area of the heart. Bring down a beam of (white) energy from above, letting it fill your being and focus it at the heart.

Bring awareness to the area around your heart. Breathe into and through your heart. Feel your heartbeat. As you breathe on your own heart, it glows more and more brightly. Visualize the

warmth and glow of this evolutionary love radiating within yourself, and if you feel comfortable, on out to your community, the global family and the cosmos. As evolutionary love moves through you, affirm and see that as you love, everyone and everything blossoms, reaching its highest potential, for its greatest good. Visualize infinite evolutionary love as a sacred fire, blazing like the fire of the sun. This infinite love reaches out like a beam of light or a tongue of flame.

As your body is filled with the fire of love, let it radiate out from every cell of your being, filling the universe with the fire of your particular point of love, intermingling with all the other countless points of love and yet keeping your unique center, your unique point of view.

As you infuse yourself with evolutionary love, see yourself blossoming in the fullness of your highest potential. Then radiate it out towards your family and friends, seeing them all in radiant fullness; then your community, country, planet, universe – all moving towards their highest expression.