



## **DEEPENING IN LOVE WORKSHEET**

Writing down your insights is very helpful, and we encourage you to keep a journal of your explorations.

1. Feel your body, take a few moments to settle in.
2. Be open to your current experience, whatever it is.
3. Bring curiosity and kindness to yourself.

### **We can deepen our awareness of love.**

Our bodies are outfitted to feel and generate love.

The more awareness we bring to the feelings of love within us, the more we embody love.

Start by simply feeling your body. Take a few moments to notice how it feels when you bring your awareness to the presence of love within you.

When you say “I love you” to someone that you genuinely love, how does it feel?  
When you stop for a moment and consider something you are truly grateful for, how does that feel?

---

---



---

How do gratitude and love go together in your experience?

---

---

---

Pause for a moment and feel into this.

We can enhance our embodiment of Love.

When we spend 20 minutes a day sitting still and filling with love, we nurture ourselves in our very essence. It is essential to refill, refuel, and build our capacity to embody more love.

Most of us give and give and give, but we don't replenish ourselves.

Do you take time to refill yourself with Love?

---

---

---

We suggest you make it a priority for yourself, to take 20 minutes every morning to sit quietly, with all your devices turned off, and do nothing but fill with and absorb



pure love. By doing this consistently you will deeply replenish yourself with nurturing, healing love in the core of your being.

The feelings we generate emit signals that we all pick up on. By feeling, embodying, and generating more love, we Uplift ourselves, each other, and the planet, as we permeate our world with ripples of positive, high-frequency vibrations of love.