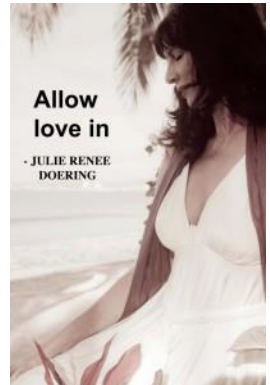


How Love Opens the Miraculous Flood Gates

You have had a time in your life, if not many times, when you were deeply in the love vibe. Just for a moment, imagine how it felt to be expanded in the love vibration. Perhaps you were in love with your sweetheart and felt like you were walking on a cloud. Maybe it was just after the birth of your child. Even if the feelings were fleeting remember when love visited you and blessed you with a chemical and spiritual euphoria.

In this expansion, you felt loving to others. You became gentle and patient and had room to be emotionally generous even with people who would have typically rubbed you the wrong way. The nature of love is the doorway to miracles.

Did you know that you do not need to be in love, or having a baby to get into the flow of love?



Five Simple Steps to Love and Miracles

Morning celebration. Awaken each day and greet the day with love in your heart! A great way to amplify the feelings of love is to recount all the things you are grateful for. Praise and thank God for the gifts of life you are already experiencing.

Allow your daily routine to trigger moments of praise and thanks throughout the day. As you enjoy a meal or partake in a glass of pristine water, praise and thank the universe for the great abundance that constantly flows to you every moment.

Find ways to praise and thank others for their contributions. Every day, there are people who offer you their assistance. From the mailman to the store clerk to the phone attendant on a service call. Genuinely thank them. See through the eyes of love and let their gift to you become the first pebble to drop in an ocean of rippling waves of love radiating out into the community.

Slow down, breath deeply and enjoy peaceful meditation. Love is the product of a relaxed nervous system and excellent brain chemistry. Put aside the stressful challenging lifestyle for a life of balance. Your life will be better and if you are successful in this quest, you will indeed grow younger.

Be generous with your elders and children. Write a real love letter. A letter from the heart acknowledging the special role these family members play for you. Embellish the letter with generosity and appreciation.

Love is a choice. It is not elusive; you can experience love every moment you choose it. With love all things are possible. The highest expression of love is the love you choose, regardless of the right or wrong of others: you get to choose to be loving. You can choose to resonate as love.

The science of love is regeneration. The spirit of love is connection. The mind of love is peace. The body of love is vitality. Be love and miracles will flow each and every day of your life.

I greet this day with love in my heart!