



## - Sehr Hilfreiche Meditation auf dem Weg der Heilung -

Aus dem Buch: The Greatest Manifestation Principle in the World, Carnelian Sage  
Erhältlich auf Amazon oder als kostenfreies Hörbuch auf [www.spiritcentrum.com](http://www.spiritcentrum.com)



# Love's Pathway

Being in a state of love is an absolute necessity if you want to be connected to the energy field which is responsible for the fulfillment of desires. The quality of „being loving“ is not the same as „being love“, and neither does it have the same effect.

You might say, that some of the most loving people that you've ever known hardly manifest their desires or live the good life. It's important to note that just people seem loving doesn't mean they are in harmony with the energy field. They may display the „outward appearance“ of lovingness, but it's possible that their loving behavior is motivated by insecurity, fear, a desperate need to be loved, pity, manipulation or control of others, to extract reciprocity or gain favor, or a host of other things that have nothing to do with love.

There are also some people who are masters at the conspicuous display of generosity and kindness, which may be done for admiration and applause of people – and not born out of genuine love. And then of course, there are those who are fundamentally loving, but their prevalent thoughts center on low-energy emotions such as shame, anger, guilt, fear, frustration, resentment or judgment. In all of these cases, the individual is not **“being” love** but simply **„going through the motions“ of love**, thereby never really connecting to the energy field.

**The best way to connect to the energy field and remove the obstacles to the awareness of love's presence within one's self is by doing the following powerful exercise that I call:**

## „Love's Pathway“

1. Close your eyes and breathe deeply 3 or 4 times, while saying the following to yourself:  
**I am the full expression of God's love. Just as God is love, so am I. I am love.**
2. Hold in mind the image of someone you love. This could be a family member, a spouse, boyfriend, girlfriend or significant other. Then imagine yourself putting your arms around that person in a loving embrace while simultaneously saying **„I love you“** in your mind. Hold on to this feeling of love, allowing it to spread throughout your entire being.
3. While holding on this feeling of love, silently say to yourself, **„I feel love.“** After a few moments mentally say, **„I feel God.“** Then finally, in your mind say, **„Thank you,“** allowing the feeling of gratitude and appreciation to wash over you.
4. Remain in this state of **being love** for a few minutes, imagining the love in you **radiating** outward in an egg-shaped sphere of vibratory energy that flows out onto all people, encompassing the world and the universe.

You may repeat the process, holding in mind the image of another loved one in the next cycle, and still another loved one in the next cycle.... „ (from Carnelian Sage, p. 99 to p. 101)