

Awakening To The Love That /s You.

This is not a means to provide you with more information or knowledge. It is an invitation into the depths of your TRUE SELF, so that you can discover this within and experience the truth in the most natural unfolding of you for you.

To provide you with more information and knowledge would be coating the layers of the person that you've already identified yourself to be. Truth goes beyond identities, habits, memories, imagination and belief.

Truth is beyond the seeker and has always been and always is.

Allow these words to settle inside of you. Sit with them. Be still with them and watch. Be the witness to all that rises within you.

You have the power to do this. All that you are seeking is inside of you. You are powerful beyond measure. Don't let anyone tell you otherwise. Especially not your own thoughts.

These are beyond concepts and are meant to be openly received. See what resonates with you deeply and allow the natural unfoldment of pure consciousness to reveal itself to you.

Meeting yourself where you are, as you are. Because you are your own best gift. You are worthy of your love, compassion, and attention.

The 12 Truths of Love:

Don't take my word for it. Dive into the experience of what is set before you and discover the Truth for yourself.

Becoming Aware of You.

Falling in love with it all.

1. Love isn't personal.
2. Love is always present.
3. Love is intuition.
4. Love is grace.
5. Love is the key.
6. Love is in everything.
7. Love loves to love.
8. Love honours where you are.
9. Love sees everything.
10. You are love.
11. Love is your source and supply for everything.
12. Love is _____.

Love Isn't Personal

If love was personal, it would be dependent on what kind of person you are, your beliefs and how you identify with the world... and to some extent we were all taught that love is a very personal experience. Good things would never happen to bad people and bad things would never happen to good people. So is love beyond our perception of good and bad? Is it beyond the conditions of the "person" we believe ourselves and others to be?

Let's find out.

Get a blank piece of paper. Leave one side completely blank and on the other side write down everything that makes you identify as a person in point form. For example, your gender, the roles that you play, what you wear, your hair colour, body type, your age, your status, your location, what you own, etc. Write down everything you can think of that is associated with your "person".

When you are finished take a moment looking at this piece of paper, and consider how much this person (you) carries around every day. How does it make you feel? What sensations show up in your body? How much do you let this define you and limit you? Give yourself time to experience all of this.

What if you didn't have to carry any of this around?

Now flip to the blank side. Put nothing on it. Just look at its emptiness, you without everything that makes you a person. Sit with this and allow yourself to experience this emptiness. How does it make you feel? What sensations show up for you? Are you still you in the emptiness? Can you still experience love here? How do you define yourself here?

This is an invitation into truth, not a tutorial on how to be. Whatever your experience was/is, is perfect for you. Awareness is medicine. Do whatever you want with this experience. Journal about it. Contemplate it. Take yourself through it again.

Give yourself space to be with your intimate experience.

Love Is Always Present

How you define “love” will determine if love is always present for you. If love is attached to expectations, outcomes and certain conditions then love won’t always be present for you.

So where is the love?

Let’s revisit the blank page from the last page you were just on. If love is truly unconditional (not dependent on expectations, outcomes and conditions) then where is it and how do you experience it in all things?

Could love be experienced as emptiness, in this blank space?

There’s only one way to find out. Rest in the emptiness and watch everything else. Watch your thoughts, ideas, images and concepts pass by. Just watch them and also notice there is space that you are watching from, and space in between them. Where do they go after they pass?

What is experienced here as you focus your attention on simply watching everything? When you are simply present? Are you able to be present without getting involved with your thoughts and images?

What is your experience? Journal it or sit with it. Revisit this when it feels right.

Love Is Intuition

Intuition, also known as our 6th sense, has the power to guide us beyond our physical senses. Can you recall a time in your life where you were guided by your intuition and the end result was love for yourself or for another? Even if it didn't turn out the way you had thought?

Think of a time when you followed your intuition and recall what happened? What did you sense in your body? How was it loving towards you? What would have happened if you didn't trust your intuition?

Does your intuition feel like contraction or expansion in your body? Does it scare you or bring you pleasure? Get to know your intuition on a deeper level. Cultivate a love relationship with it? Do you follow it out of fear or love?

For the next week or so invite intuition into your experiences and simply become aware of its presence. Notice what you notice from a place of curiosity and lightheartedness.

Journal your experience, awareness and insight that comes up for you.

Love Is Grace

Throughout my life, I've made some decisions that perhaps weren't the best at the time, and if I truly reflect back at what led me through that experience; it was grace. The more I become aware of grace the more I can tell you it feels like a light that sparkles and keeps me warm and protected. It is subtle and yet so incredibly strong. It is refinement in the slightest way and yet so incredibly powerful.

Life is Grace itself.

The more aware of Grace you are the more you can feel its presence.

This an invitation into the Grace in your life, to get to know and cultivate a deep everlasting love relationship with it.

- 1.) Recall a memory where perhaps you made a decision that you regret or should have known better. How did you come out the other side of it? Allow yourself to sit and journal all the details on how grace was present? What were some subtle significant things that happened that brought you through it.
- 2.) Re read what you wrote and highlight "LIGHT" words. Light words are those words that revealed something to you.
- 3.) Expand on this LIGHT WORDS and create a poem titled "THE LIGHT OF GRACE."

Let your poetry be free form. Don't think about it too much. Allow yourself to be completely free.

Read this poem out loud back to yourself in front of a mirror. How did it make you feel?

Journal about your experience if you feel called to doing so.

Love Is The Key

I often say that your heart has all the answers you need, and to this day my heart has never let me down.

This may be the simplest invitation into your heart that I know of, but that doesn't mean it isn't powerful. The simple is sacred.

I talked about this in my book as well. Do this daily so you build and/or deepen the relationship between you and your heart and all the love that is available for you here.

Simply close your eyes. Take a few big deep inhales and exhales, allowing all of your attention and focus to come into your heart. Place both hands over your heart and ask your heart, "What does my heart need today?" Wait for the answer, it will come and it will be a simple answer. Anything complex that comes through is the ego trying to complicate the heart's simplicity.

Love is the Key and it's inside your heart. Can you listen and give your heart what it needs?

Journal about your intimate experience with your own heart.

Love Is In Everything

This has become such a deep knowing for me, it is hard to expand on how love is in everything. It just is. It doesn't require any justification.

As an invitation into this truth I propose this exercise. For one day write down everything that you see with your physical sense of sight or become aware of it and take this contemplative question with you throughout your day; *Is Love In That?*

For all the yes's that you get, ask yourself to become aware of how love is in that. For the no's, make a note of them and revisit them at a later time.

You can do this same exercise with your thoughts (this can get a little tricky), but only because they are your thoughts.

Any time you get stumped come back to the last exercise of asking your heart, Is LOVE in this?

You may not get a yes for absolutely everything and that is okay. This exercise expands you outside of how you perceive your reality currently.

If you can't see the love in everything, can you love that?

Can you trace it back to the thought that says, no, love is not in that?

Can you trace that thought to a memory in your life where love was not in that for you?

Can you love that memory?

Journal your experience and most of all be kind and gentle with yourself through this process.

Love Honours Where You Are

Have you ever just wanted someone to meet you where you are? To accept you for what you're experiencing and not try to change you or fix you? That's love. Love does that constantly and the easiest way to experience this is to give this love to yourself.

Wherever you are, however you are feeling this very moment, I want you to honour yourself.

Write down where you are? Where is your attention and focus right now. Be completely honest and transparent with yourself. How are you feeling? What do you wish were different right now? Leave nothing out. Be fully transparent. Write it all down and then read it out loud in front of the mirror and after every sentence say, *and I honour you.*

When you feel complete, sit in front of the mirror for a few extra minutes and say I love you 3 times until it feels real and sincere, always making eye contact with your own eyes.

If you wish to journal about your experience, I invite you to do so and honour that as well.

Love loves to love.

That's triple the LOVE! If love had a job it would be to love. If love had a purpose it would be to love. If love had a passion it would be to love. Love simply loves to love and is ever so content doing so. That is because it is unconditional. There are no strings attached when it comes to love's love.

And this love is always present and available for you.

Sit with these questions?

What areas of my life am I choosing not to love based on certain conditions?

How could I bring more love into these areas and what would that look and feel like?

What would allowing more love to flow to these areas of my life provide me?

Journal your answers and decide 1 thing you can do to start allowing more love to flow through your life. See if you can do this consistently for 1 week and notice what happens. Follow up with yourself and see if anything has shifted for you.

Love Sees Everything

Love hides nothing.

Fear hides. Shame hides. Guilt hides.
But love see's it all.

Become the witness:

For 1 day watch everything. Create space in between you and everything else. Your thoughts, behaviours, actions and words.

Creating space allows you to embody pure awareness.

What is it like being aware of everything?
What did you notice about yourself?
Were you wanting to get involved in all of your thoughts?
What does "space" feel like in your body?

I invite you to journal about all of your experiences so you can continue this inward journey into awakening the love that is you.

We are space, the "witness" to all that we "see" everything through the eyes of witness. When we truly recognize this we see everything. Nothing is hidden.

You Are Love

Imagine throwing away everything (similar to the, Love Isn't Personal truth). Throw it all away. Your belongings, your people, your job, your roles, your identities, your belief systems, your emotions, your body, your thoughts, your mind, etc. What happens to you? Are you still there, do you still exist?

Is love still there?

What is your experience of love here?

Write your experience down.

Can you expand it even further into the spaciousness where all of the other things you thought were you, you discarded for a fleeting moment?

How far can you expand love?

Does love have boundaries?

Limitations?

Where does love begin and end?

Journal your experience of deep diving into these questions.

Love Is Source

Love is God. God is love and love is the source of all that is. We came out of love and return to love, or rather love never leaves because we are an extension of source.

Imagine with me for a second if love is the source of everything; your energy, your money, your relationships, your body, your home, your career and you knew this deep down to be a truth; how would you describe your life?

Could everything in fact be working for you? If that were true, how could the most difficult situation or maybe even your bigger problem be the source of love?

It always amazes me who asking more empowering questions can flip the script and have us looking at what we consider problems as possibilities.

If love is source, what's possible in your life right now?

Will you gift to yourself answering this question?

Could you write down one problem and write 10 possibilities for that problem?

Go ahead I dare you to lean in love as source.

Love _____

The 12th Truth about love lies within your heart. In fact all of love's truths do. These words I used to describe these truths hold within them, energy. So, it isn't so much about the words, but how they feel inside of your body and in your experience. I simply used the best words that felt the most aligned when describing love.

So ask your own heart, what is the truth about love?

Journal about it.

What would it be like to lean into this truth more and more every day?

And if you did, what did you notice?

This is just the beginning of Awakening the Love that Is You. These fundamental truth exercises can be revisited over and over and over again, and I promise that each and every time it will take you deeper and deeper into the Love that is You.

All my love and gratitude,
Amy