

Litany of Love

I let go of all that hinders and embrace all that supports emotional maturity, refinement and mastery.

I am an individuated expression of the One Being, having a human experience.

The One Being of unified consciousness is all that is.

I feel the One Being in, through and around me.

Nothing is external. The other and I are one.

The Sacred flows within everything. Consciousness is ever-present.

I enter the Present Moment and abide in Stillness. I rest in the unknown, in the mystery unfolding.

I act from feelings of maturity, refinement and mastery.

I listen deeply to what Life is saying and merge with what is.

I serve the wholeness of Life.