

The Gift of Love



**I Agree Today
To Be the Gift of Love.**

**I Agree to Feel Deeply
Love for Others
Independent of Anything
They are Expressing,
Saying, Doing or Being.**

**I Agree to Allow Love
As I Know It
To Embrace My Whole Body
And Then to Just Send It
To Them Silently and Secretly.**

**I Agree to Feel It, Accept It, Breathe It
Into Every Cell of My Body on Each In-Breath
And On Each Out-Breath
Exhale Any Feeling Unlike Love.**

**I Will Repeat This Breathing Process Multiple Times
Until I Feel It Fully and Completely,
Then Consciously Amplify in Me
The Feeling of Love and Project It to Others
As The Gift of Love.**

**This is My Secret Agreement —
No One Else Is To Know it.**



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