

Meditations on One of the Eight Aspects of God

Love

1. Imagine Christ gazing deeply into your eyes. Feel his eyes and his gaze drawing from your heart through your eyes all pain, all disappointments, all bitterness, and saying to you, "These are my burdens now, they're no longer yours."
2. Think of someone or something you love with great devotion and purity. Now release the thought of that person or thing and hold on only to the love itself.
3. Think of God as your dearest Friend or Beloved or Mother or Father, Teacher, or Child—whatever relationship is sweetest for you. Try to attune your consciousness to that consciousness.