



Love Does Have the Power to Transform My Relationships

Mindful Minutes Printable

I value the relationships in my life because Love is the greatest gift, and I acknowledge that it is truly a profound source of healing and inspiration. Both the acknowledgment of Love and my relationships, even though rocky at times, push me to my furthest reaches and lift me to my highest heights. The bond I share with my family and friends is a divine source of life to me.

Of course, there are certainly and inevitably people who seem easier to love than others. There are moments where I will feel hurt or disappointed by those I hold most dear. During these times, I take pause in order to tap back in to Love as a source of strength.

Love challenges me to see others for the person they want be, instead of judging them by the mistakes they make. It is entirely my prerogative to weigh the intentions of people's hearts rather than focusing on their perceived shortcomings – which can sometimes seem easy to do. This helps me continue to be honest about my feelings and present with myself. Having honesty about my emotions, and acknowledging all of my feelings and sensations, are paramount to my healing and deepening connection with Self-Love.

I give over selfish interests regarding others in my life. The basis of my personal relationships is not what I can seek to gain from others. I hold the knowledge that it is always within my personal power to

tune in at these times and ‘see’ what it is I feel I am lacking. The concepts of ‘lacking’ and ‘getting’ are illusions only. Neither of these two concepts have any sway within me. Maintaining loving presence, in all of its forms and without judgment, is the focal point from which I aim to view situations around me.

There are different types of Love, and I will acknowledge them all. Tough Love and Soft Love are two sides of the same coin, and each is required at different times. And there are all types of Love in between. Love is not pain, and I will not allow my Love to be misused or abused. I will continue to strengthen my understanding that Love is the ultimate tool for deep and lasting transformation.

Compassion is the key to loving others in spite of their perceived shortcomings. My relationships are transforming into deep and loving bonds through the power of empathy and compassion. I will take note of any engrained criticisms I hold, and be more gentle with myself and toward others.

With all of this, I am able to transmute pain and challenge into peace. Compassion continues to flow through me and I am kind and trustworthy. As time goes on, I will nurture my relationships and all those that treat me well ... including myself.

Self-Reflection Questions.

1. If I were to sense into it right this moment and be honest with myself ... how easily do I allow my Love to flow?
2. Can I recall any transformations within the relationships in my life up until this point? How did they transform, and what potentially initiated the transformation?
3. How can I direct my day in such a way that I will create new and lasting tendencies in my life toward Love, and my acceptance of it?