

Message 04 - The Radiance of Love

This technique is a strategy intended to assist you in remembering who you are. It also helps you remember who everyone else in your reality is too. Doing it well enables you to live beyond judgment and limitation and tap into the greater ground of being and knowing. You then can identify with your greater Self better than before. This is part of your evolution and personal expansion. And there is no end to the amount of love that you can experience and the bounty that can come to you from the practice of this technique.

First of all, practice this technique with yourself in the morning before you go into your day. Look at yourself in the mirror and look into your eyes and look at your face and body. Instead of thinking about the texture of your skin, or are you having a bad hair day or not, or whether you have too much weight or not enough, or your ears are this way or your nose that way or too many wrinkles or pimples, let it go. Don't even go there.

Instead, speak to yourself as you see yourself in the mirror: "You are a divine being. You are a light being. You are a Spirit and a Soul, beloved of God/Goddess/all/that/Is who knows your name. You are special and there is no one else like you. Your uniqueness has many gifts. You are valuable. You are worthy. You are more powerful than you know. You are loved by many on this side and the other. I love you and I appreciate you and I care for you." Send love from your heart to the heart of the one reflected in the mirror before you. Pull love from your Universe through your heart and send it to your reflection's heart as well. Feel the love as best you can.

Once you do this for yourself, practice this technique during the day for every one else that you meet. At first it may be difficult to get your attention away from their gender, their clothes, their hair, their appearance, their mannerisms and the words that they use. But with practice you will be able to see people as the light beings they are, and think to yourself "there goes someone precious and beloved by God/Goddess/All/That/Is, a beautiful light being, a beautiful being."

You see, when people act cruel to another or when they act very unconsciously they are still light beings. *They* may not know it but why don't *you*? If you can recognize this then you can function in a new love based reality whether they do or not. Your reality

therefore is no longer a condition on any others' perceptions of you. Once you see people this way, open your heart and send them love, or at least the intention of love. If you don't feel love for the person, your intention will ultimately enable you to radiate this love from your heart chakra wider and wider, brighter and brighter.

In the morning when you see yourself in the mirror and you love that person in the mirror that is reflecting back at you, and you love these people that you see during the day, love will come back to you tenfold. You will receive so much more and you'll be free from the limitations and restrictions with which your society and your consensus collective have imprisoned you, from day one. Your life will be beautiful, reflecting you.

We surround you with our Light and Love,
Galexis