



What is Love?

There is only one true source of unconditional love, and this is the pure God energy available for each and every one of you. A thousand times stronger than fear, love is the most powerful force in the universe. Love is the language of the soul, because our soul knows pure unconditional love, which is who we truly are.

The Angels want you to know there is so much love available for you right now. Love is as abundant as the air that you breathe. Take a deep breath and breathe in love.

When you choose to focus on love, and what's right about your life, then you are allowing more love to come back to you. Love acknowledges what's right and makes you feel open and strong. Fear focuses on what's wrong with your life, and makes you feel unlovable, weak, stuck and blocked.

Why do I not have enough love in my life?

It's your fear of love that keeps you from receiving love. Deep down you feel that you are unlovable or if the real you shows up expressing your true feelings, you will not be loved and might even be rejected. Do you indulge in sabotaging or self-protecting behaviors that push away?

Ask yourself right now how open you are to receiving love. If you are only open to receiving 25% of love because of past hurts or being blocked by fear, then guess what? God is sending you 100% love, but you are only able to receive 25% of it.

How can I receive more love in my life?

Focus on the love that you already have in your life, express your gratitude, act loving towards others, and give them the gift of love. The universe always seeks balance and will give you more of what you give out.

Practice keeping your heart open to love and ask Archangel Chamuel to help you with this. Focus on what people are doing right rather than playing old tapes about what they are doing wrong. Train your mind to focus on what's right in your life.

Human love

Human love often focuses on getting love and giving it only when things are going right, when it is easy to give and receive love. Human love focuses on keeping score of how much love has been received by a person, and the ego often hoards love out of fear of love leaving, losing it, or having someone else take it. This is not real love but flawed human thinking about love.

Committing to daily acts of kindness

Daily acts of kindness and love take discipline. We can demonstrate love because we are already filled with love from a higher source, and we have made the commitment to love and form new loving habits. Yes, we get challenged when other drivers cut us off, our teenage children are acting up, or we feel tired from a day's work and our spouse wants attention. You might even face a crisis like getting fired from your job, but don't allow life's experiences to harden your heart. Turn to God to refuel you and ask the Angels for help.

I promise that if you make a decision and commit to demonstrating your love, you can expect outrageous levels of happiness, abundance, anti aging (yes, love releases wonderful chemicals into your body), and for your life to be lifted to a whole new level of happiness.

Affirmations to support you:

- ∞ I know that I am loved, and I bask in the energy of love.
- ∞ I fill my thoughts, words and actions with love.
- ∞ I am a beautiful and loving person; my life is overflowing with love.
- ∞ Miracles expand in my life as I joyfully give and receive love.

May the energy of love guide all your thoughts, words and actions.

Sending you all much love, light, laughter, ease and joy.

Angel hugs,

Bridget

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