

The Love for No Reason Workbook

based on

Love for No Reason

*7 Steps to Creating a Life of
Unconditional Love*

by **Marci Shimoff**

with CAROL KLINE

Welcome to Your Complimentary Love for No Reason Workbook!

Congratulations!

...on your decision to expand in unconditional love! When you follow the practices in the *Love for No Reason* program, you'll increase your capacity to experience greater love for yourself, for others, and for life.

In this complimentary *Love for No Reason* Workbook you'll find material that will help support your growth and help you raise your love set-point.

Included in this Love for No Reason Workbook are the:

- *Love for No Reason* Self-Assessment
- 14 *Love for No Reason* Exercises
- Love Quotes from *Love for No Reason*

The *Love for No Reason* Self-Assessment will help you to determine your current experience of unconditional love.

The *Love for No Reason* Exercises will help you establish habits that support the experience of deep and lasting love. Take your time as you do the exercises, and remember that every time you choose to do one of the exercises, you are moving in the direction of a greater experience of love!

We have included the **Love Quotes** from *Love for No Reason* as special bonus material. Perhaps you may want to post or carry these quotes with you as an uplifting reminder.

The experience of Love for No Reason allows you to bring the highest and best part of yourself to your family and friends, to your work, to your community, and even to the things that you find most challenging in your life. As your heart opens more and more, you'll become a greater magnet for love and your life will transform.

Enjoy your journey to greater love!

The Love for No Reason Self-Assessment



Rate each question on a scale of 1 – 10, where 1 is “Not at all true” and 10 is “Absolutely True.”

1 = Not at all True

5 = Moderately True

10 = Absolutely True

1. I move through my day feeling grounded—aware, awake, and appreciative of what is happening in the present moment.

1 2 3 4 5 6 7 8 9 10

2. I feel connected to the natural world, including people, animals, plants, water, mountains, etc.

1 2 3 4 5 6 7 8 9 10

3. I feel supported—by my friends and family, and by a friendly universe.

1 2 3 4 5 6 7 8 9 10

4. I have a lot of physical energy and am able to feel my feelings without resisting or suppressing them.

1 2 3 4 5 6 7 8 9 10

5. I feel deserving of love and am able to be assertive without being aggressive.

1 2 3 4 5 6 7 8 9 10

6. I feel an abundance of love in my heart—I give and receive from a sense of fullness.

1 2 3 4 5 6 7 8 9 10

7. I am a good communicator. I express how I really feel and listen without being defensive.

1 2 3 4 5 6 7 8 9 10

8. I am intuitive and see the beauty all around me.

1 2 3 4 5 6 7 8 9 10

9. I experience periods of acceptance and/or peace on a daily basis.

1 2 3 4 5 6 7 8 9 10

10. I feel connected to a power larger than myself and feel higher love flowing through me.

1 2 3 4 5 6 7 8 9 10

Scoring Section:

If your score is 80 – 100: Congratulations, you could be one of my Love Luminaries!

If your score is 60 – 79: You’re well on your way to Love for No Reason.

If your score is 40 – 59: You’re having glimpses of Love for No Reason

If your score is under 40: It’s great that you’re reading this book. Love for No Reason is waiting for you.

Once you’ve completed the *Love for No Reason* program laid out in the book, you can take this self-assessment on a regular basis to chart your progress toward living a life of unconditional love.

The Realization Process—Embodiment



By inhabiting the internal space of your body, you deepen contact with yourself and become more grounded and in the present moment. This sets the foundation for you to experience your true essence of love. Take the time to do this exercise completely, following each step carefully. Notice the profound sense of presence you feel when you finish.

1. Sitting comfortably, close your eyes, and begin by focusing on your breath. Watch how your breath comes in and out through your nostrils.
2. Feel that you are inside your body, inhabiting your body. Imagine your awareness being pulled down into your body as though weights were inside your body pulling your awareness in and down. Instead of just thinking about or being aware of your body, you can feel that you actually are the internal space of your body. There is no difference between your body and your self.
3. Feel as though you are inside the various parts of your body, starting with your feet. Be in the soles of your feet, feeling the skin as though you were inside your skin feeling outward. Inside each part of your body, attune to the feeling of your own aliveness, what it feels like to be you, living inside your body.
4. Feel that you are inside your lower legs and your knees. To help yourself feel that you are inside your body, place your hands on each side of one knee. Feel that you inhabit the space between your hands. Experience how it feels to be your knee being touched by your hands. Now feel that you are inside your thighs. Attune to the feeling of your aliveness inside your lower legs, knees and thighs.
5. Bring your attention to your abdomen and feel that you are deep inside your pelvis and stomach area, attuning to the quality of your aliveness inside these parts of yourself.
6. Proceed with the same process to the area of your chest, your shoulders, arms and hands. Attune to the feeling of your aliveness inside these areas.
7. Feel that you are inside your neck, and inside your whole head (your face and your brain). Attune to the feeling of your aliveness inside your neck and head.
8. When you have completed inhabiting each area of your body, inhabit your whole body at once. Attune to the feeling of your aliveness, inside your whole body at once. If we say that the body is the temple, you are sitting inside the temple of your body.
9. Next, bring your attention to the space outside your body, in the room. Experience that the space inside your body and the space outside your body is the same, continuous space; it pervades you. You are still inside your body, but you are permeable, your body is pervaded by space.
10. Sit quietly for a few minutes before opening your eyes. Then, with your eyes open, see if you can still sit inside your body, and feel that the space inside and outside your body is the same, continuous space.

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Circles of Support Process



This exercise helps you sense how you are supported in life and then consciously register that sense of support to rewire your brain's neural network. This allows you to experience greater inner calm and safety and open more fully to love.

1. Find a protected setting – perhaps in your favorite spot at home, in a church or temple, or under a tree—somewhere you feel safe. Close your eyes and notice how you're feeling. Are you feeling more watchful, more nervous deep down than you truly need to be?
2. Bring to mind the sense of being with someone who cares about you; recall a time you felt relaxed and safe; remind yourself that right this minute you're safe.
3. Take a few deep breaths with l-o-n-g exhalations and relax. Keep helping yourself feel more sheltered, supported, and safe—and less vigilant, tense, or fearful.
4. Let these feelings of safety sink into you so you can remember them in your body and find your way back to them in the future.
5. Mentally take stock of your circle of support—physical, emotional and spiritual. Review the resources inside and around you that you can draw on to deal with whatever life throws at you. Again, let your mind and body register the feeling of being supported and safe. Spend at least one full minute savoring each circle of support. The longer, the better. When you feel complete, open your eyes.
6. To reinforce this neural pathway, each day notice the ways in which you are being supported in your life. Pay attention to them and mentally register them. Take them in. Whenever you feel anxious, breathe and find that bodily sense of safety and support you've been practicing. Recognizing the support you have and remembering that feeling of inner safety will help you relax in the current moment.

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Free Your Hara—Awaken Your Vitality



This exercise will help you free the energy in the area of your vitality center (also known in the martial arts as the *hara*, the center of being) through specific movements and breath. You'll be moving and breathing in ways that will wake up your brain and expand your breathing capacity, your energy, and your aliveness.

1. Sit at the edge of a chair with your feet flat on the floor. Place your hands behind you on the seat of the chair and lean on your hands throughout the exercise. It's important to move gently and slowly through these steps.
2. Leaning on your hands, round your back, and pull in your belly as if you were slouching forward (see photo 1). Exhale as you do this. Then reverse the movement: roll your pelvis forward, arch your back and push your belly out, making a big round belly (see photo 2). Inhale as you do this. Do this entire movement four times and pay close attention to the sensations in your belly, lower back, hip joints, and spine.
3. Repeat Step 2, except this time, reverse your breathing: Inhale as you round your back and pull your belly in. Then exhale as you roll your pelvis forward, arch your back, and push your belly out. Do this four times.



4. Lift your right hip off the chair and roll it toward to your left side, pushing your belly out. Your weight will have shifted to the left hip (see photo 3). Inhale as you do this. Return to your starting position as you exhale. Do this movement four times. Repeat the same movement to the other side four times.
5. Combine all four movements. Still leaning back on your hands, make a full circle with your pelvis: round your back, roll your pelvis over to the right and continue all the way around to complete the circle. Notice the movement in your rib cage and spine and allow your whole back to move freely with your pelvis. Breathe at your own pace. Do this circle four times in one direction. Then reverse the direction and do it four more times. Feel the vitality and life force within you

Do this exercise any time you want to experience greater energy and aliveness.

The CORE

(Center of Remaining Energy) Technique



This technique allows you to feel your feelings fully. It guides your awareness into the center of the energy field of your incomplete feelings, and completes the experience of the energy that's been held in your body.

1. Sit comfortably and close your eyes.
2. Notice any anxiety or uncomfortable emotion you're feeling in your body. That anxiety or emotion has an energy field. If it didn't, you wouldn't be able to feel it. Notice where in your body you feel that energy.
3. Locate the area of greatest intensity in the emotion or anxiety's energy field.
4. Let your awareness go right into the center of the most intense part of the energy field. If you look for it, you will very likely find a little vortex or "eye of the hurricane" at the very center of the intensity. Feel right down into the center of that for a few minutes.
5. One of three things will happen:
 - a) The sensation will become more intense.
 - b) The sensation will seem to stay the same.
 - c) The sensation will start to fade away or soften.Notice which one of those you are experiencing.
6. Continue to allow your awareness to feel right into the center of the most intense part of the energy of the sensation.
7. Bring your awareness in closer, like a laser beam, to whatever is left of the sensation, again finding the center of intensity in the remaining energy. Feel down into it, experiencing the essence of the energy. The goal is to feel down into the energy of the sensation so thoroughly that there's nothing left to feel.
8. If there's any sensation of the energy left, continue to place your awareness in the center of the most intense part of whatever is left of that energy. You're not looking for insights, just to experience the energy.
9. You may need to do this a few times for the energy to feel complete.
10. When you feel complete, spend a few more minutes just sitting easily with your eyes closed before getting up.

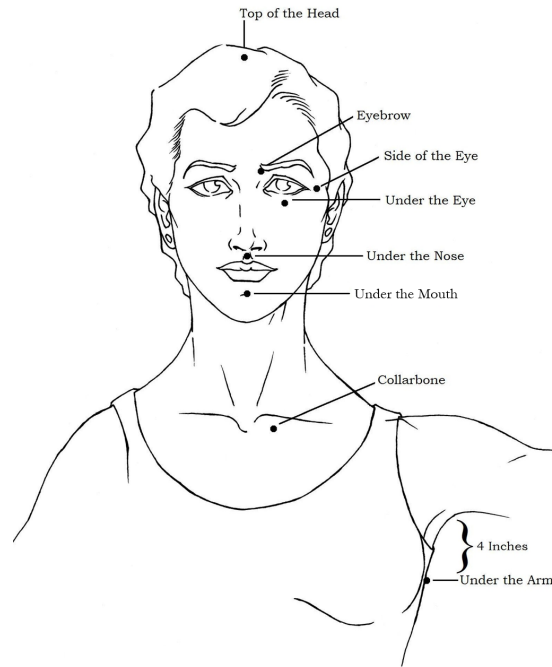
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An EFT Tapping Exercise for Loving the Unlovable in Yourself



In this exercise, you will be clearing the belief that you're unlovable.

1. Identify something specific about yourself that makes you feel unlovable. (For example: "I'm overweight" or "I've failed at _____" or "My partner broke up with me.")
2. Using the diagram at right, find the eight points that you'll be tapping lightly, using your index and middle fingers.
3. Starting at the head, tap each point long enough to say the following statement at each point: "Even though I feel unlovable because _____ (state why you feel unlovable—your answer from #1), I wonder if I could accept myself anyway."
4. Starting at the head again, tap each one of the points long enough to say the following statement at each point: "Even though I still feel unlovable because _____, I'm open to accepting myself anyway."
5. Starting at the head, tap each point long enough to say the following statement at each point: "Even though I might still feel unlovable because _____, I choose to love and accept myself anyway."
6. Starting at the head, tap each point long enough to say the following statement at each point: "I deeply and completely love and accept myself anyway."
7. Take several deep, relaxing breaths. Focus on the problem again, and notice how much more ease and acceptance you feel toward yourself.



Experiment with doing this exercise regularly, choosing different issues to focus on as they arise. Over time, you will feel a much greater level of love and self-acceptance.

Used by permission of Pamela Bruner. For a video of this process, visit: www.MakeYourSuccessEasy.com

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Ho'oponopono

Reconciliation and Forgiveness



This is a very powerful, “go-to” technique for removing anything blocking our ability to love. Based on an ancient Hawaiian kahuna system of healing, it is a simple, yet profound way to restore harmony and develop Love for No Reason. Dr. Ihaleakala Hew Len, the master teacher of modern Ho’oponopono, brought this forgiveness practice to the attention of millions of people. It’s based on the principle of taking total responsibility for everything that happens to you. It doesn’t matter whether you are the injured party or the person who did the injuring, when you shift your energy, it shifts the energy of the relationship. It can also be used to remove anything blocking self-love. Ho’oponopono allows you to bring the vibration of forgiveness into any situation.

How does it work? According to Dr. Len, “Ho’oponopono works on the inside of you to create a change in the outer world that you perceive. These four sentences clear out unconsciously accepted beliefs, thoughts, and memories you don’t even know are holding you back, and return you to a state of love—which is the natural state of the Divine and of the world.”

Sit quietly and mentally repeat over and over to yourself:

I’m sorry

Please forgive me

Thank you

I love you

You can have yourself in mind or another person or situation as you do this process. When you use this as a daily practice, you will notice that areas where you previously felt defensive, sad, hurt, judgmental or angry (any kind of upset) will begin to soften and you will feel more compassionate and loving.

The Self-Empowerment Questions



Honor your power by taking responsibility for your part in creating your experience of life the way it is. These questions will help you discover what's really going on beneath the surface.

1. Set aside some time to be alone. Have paper and pen ready.
2. Ask yourself the following questions and write down your answers:
 - What is a difficult or troubling situation in my life?
 - What payoff or benefits do I get for keeping it like it is?
 - What costs do I pay for keeping it like it is?
 - How am I creating or allowing it to be like it is?
 - What am I pretending not to know?
 - What do I want?
 - What actions could I take and what requests could I make to get it?
 - When will I do that?
3. Put the actions you came up with on your calendar and follow through. Or tell a trusted friend what you've committed to do and ask for their support in doing it.

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HeartMath Inner-Ease™ Technique



Practicing inner ease generates heartwave coherence and creates “flow” by helping to regulate the balance and cooperation between our heart, mind, and emotions. This technique “primes the pump” of Love for No Reason.

1. When you are stressed or your heart feels shut down, acknowledge your feelings as soon as you sense that you are out of sync (feelings such as frustration, impatience, anxiety, overload, anger, judgement, etc.)
2. Take a moment and do heart-focused breathing: put your hand on your heart area and pretend you are breathing in and out through your heart. Breathe slowly and gently, until your breathing feels smooth and balanced, not forced. (This is proven to help create coherent wave patterns in your heart rhythm.)
3. During the heart-focused breathing, imagine with each breath that you are drawing in a feeling of inner ease and infusing your mind and emotions with balance and self-love from your heart. (Research from the Institute of HeartMath has shown that radiating love and self-care through your system activates beneficial hormones and boosts your immunity.)
4. When the stressful feelings have calmed, affirm with a heartfelt commitment that you want to anchor and maintain the state of ease as you re-engage in your projects, challenges, or daily interactions.

Used by permission of the Institute of HeartMath www.heartmath.org

Heaven and Earth Meet in the Heart Meditation



1. Sit comfortably, close your eyes, and take a few deep, relaxing breaths. Let go of your everyday thoughts and put your attention on your breath for a moment.
2. Picture a glowing liquid flame, like lava, in the center of the earth. This is the life-force energy of Mother Earth.
3. Imagine the loving energy of this flame flowing up from the center of the earth to the ground below you. See it entering your body through the soles of your feet. Feel the energy move up through your legs, your pelvis, your stomach, and into your heart. Let the life-force energy of the earth rest in and nurture your heart.
4. Take a few deep breaths and feel your heart for another moment, experiencing this energy filling and expanding it.
5. Now, picture high above you a golden luminous light, like the sun. This is the life-force energy of the heavens above, Father Sky.
6. Imagine this loving, grace-filled light flowing down from above, entering your body through the top of your head. Feel the life-force energy of the sun move down through your head, neck, shoulders, and arms, and into your heart. Let this luminous energy of the heavens rest in and nurture your heart.
7. Take a few deep breaths and feel your heart for another moment, experiencing this energy filling and expanding it.
8. Picture these two energies that are both resting in your heart, merging together into oneness, creating a sphere of radiant golden love. Feel the merged energy of the earth and the sky relaxing and melting your heart open. Let the sphere of golden love expand throughout your body.
9. Now imagine that your heart is a golden bowl open to receiving all of the love and blessings that are coming to you today. Sit for a few minutes experiencing this openness and love.
10. Gently bring your attention back to your body, wiggle your fingers and toes, and then slowly open your eyes.

Nonviolent Communication: Speaking



NVC is often referred to as the “language of the heart” because it awakens empathy for yourself and others. The next time you’re upset with someone, use this four-step NVC process to concisely describe your observations, feelings, needs, and requests. It will help you honestly express yourself, calmly and clearly.

1. **Observation:** Take a few deep breaths before talking to help calm your emotions. Speak in a clear and audible voice, using short, succinct statements. Using “I” statements, describe what you observed—as though you’ve watched the event on a video or listened to it on an audio tape (“I saw” or “I heard”). Tell just the facts. For example, you might say, “I saw you come in the door and drop your coat on the floor,” or “I overheard you tell Dan that you’re going to fire me at the end of the month.”

Don’t embellish your statements with what you felt, conjectured, or assumed about the situation. Omit name calling or blame. For example, don’t say, “You’re such a slob—you’re always leaving a mess around here!” or “I can’t believe you’re going to fire me!”

2. **Feelings:** Now share the feelings that arose in response to the observed event. For example, “When I saw you come in the door and drop your coat on the floor, I felt frustrated and disrespected.” Stick with direct feelings such as fear, sadness, anger, hurt, or hopelessness. Avoid feelings that describe your desire to attack, accuse or shame someone, such as “When I saw you walk in the door and drop your coat on the floor I felt like smacking you.”

3. **Needs:** Now state the need that is underlying your feeling. An example of sharing a need: “What I need is order in our shared space.” Or, “I need to know if it’s true that you’re planning to fire me soon.”

4. **Requests:** Now make a request for a concrete action. Requests work best when they are realistic and clear, such as “I ask that you hang up or put away your things when you come home.” Or, “Would you be willing to lower my pay rather than fire me?”

Requests that do not work well are ambiguous, open-ended, and non-specific, such as “I request that you always keep this place tidy.” “Always,” requires too open-ended a commitment and “tidy” may mean something different to you than it does to the other person.

5. When you become experienced with the process, you can combine all four steps into two sentences: When I observe (see, hear, etc.) _____, I feel (emotion or sensation)_____, because I need (something I value)_____. Would you be willing to (concrete action I would like taken)_____?

Bravo! You have just communicated without creating hurt or violence on the planet. This is really something to celebrate.

Compassionate Listening



1. Quiet your mind and become fully present to the other person, genuinely seeking to connect with their heart—their “core essence.”
2. Silently anchor yourself in the core of your being by breathing into your own heart. It is here that you will access compassion and the spaciousness to hold the other’s feelings and experiences – their pain, fears and judgments—with care and respect.
3. Maintain eye contact and an open, relaxed posture. Avoid trying to control the situation. By withholding your own thoughts, judgments, interpretations, or advice, you remain in service to the speaker.
4. Stay open and present. Imagine yourself creating a sacred space for the other person to freely explore their inner landscape. They are finding their own pathway through the terrain.
5. Allow silence. This helps the speaker to hear themselves more deeply, and to touch the feelings under the surface.
6. Let your facial expression match the feelings being expressed. The speaker will feel “heard” by the empathy in your eyes.
7. If you find yourself distracted by your own thoughts or judgments, simply notice and release them, just like a meditation practice, and return as fully as possible to the speaker. As you become more skilled and present, the speaker will feel safe to explore at deeper levels.
8. Offer only reflection. When people hear the details of what’s important to them reflected back, or their own feelings, a whole new world of awareness and understanding opens up, and oftentimes, solutions or “next steps” naturally emerge. Take care to offer pure reflective listening! Interjecting your own interpretations, advice, or analysis is not helpful.

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Dissolving Limiting Beliefs with the Option Method



Dissolving limiting beliefs will shift your perception and open you to greater love. Ask the following questions for any belief that limits your love or hurts you in some way.

1. Write down a negative judgment or limiting belief that keeps you stuck or blocks your experience of love. A belief is a perception of reality or a conclusion that you've come to, based on past conditioning. Some examples are "I'm not good enough," or "I can't do it."
2. Write the following questions on paper. After you ask the question, notice your first thoughts, body sensations, images, then write your responses without editing:
 - *Do you believe that?* Even if you believe it just "sometimes," it's still affecting every decision you make.
 - *Why do you believe that?* You have some reasons you've used in the past to build your case, trying to prove the belief is true. Explore those here.
 - *Do you know if it's true?* Ask yourself why might you believe something that you don't know is true?
 - *What might concern you if that belief were gone?* This is a crucial question to answer. In other words, "What might happen that you wouldn't like if that belief were gone?" There's a concern about the belief being eliminated, otherwise it wouldn't be there. It's serving you in some way. Let this question sink into your heart and it will awaken you.
3. If another limiting belief is uncovered during this process, then begin with Step 1 again and question a new belief.

Simply questioning your limiting beliefs—and the reasons you may have been holding on to them—allows those limiting beliefs to start dissolving automatically. When you realize a limiting belief is no longer true, you feel freer, happier, and more open to love.

Used by permission of Deborah Mendel and Lenora Boyle www.ChangeLimitingBeliefs.com

Inner Chamber—The Heart of Intuition



1. Close your eyes and receive a few deep breaths. Imagine gathering all the bits of your attention, focus, or energy into the center of your head behind your third eye (between your eyebrows).
2. Gather any of your attention that's on your past, and bring it to the present...right here, right now. Gather your attention back from the future...bring it to the present. Bring that and any other scattered attention into the "still point"—a point of light in the center of your head. Breathe.
3. Imagine sliding down a tube from the center of your head into the space of your heart. Look around and find a door. This is the door to the inner chamber of your heart (a space reserved just for you and your essence--some call it Spirit, God, or Higher Self).
4. Open the door, enter, and then close the door securely behind you. Look around at this inner space and notice how it looks. Move to the center of this space and allow a Golden Light from above to connect into you.
5. Feel the walls of your personality melt away, allowing only inner truth & insight to remain. Experience for a moment, the "real" you.
6. What important question do have? Ask it. Allow your deep answers to emerge. Let yourself be surprised. Answers can be feelings, thoughts, images, or a knowingness. When you listen long enough (open to the space and allow), answers will come out of the silence. What insights do you get? Rest in this space as long as you'd like, asking other questions, too.
7. When you feel complete, say "Thank you," then exit the chamber, closing the door behind you. Be sure to bring your answers with you as you go back up the tube to the center of your head.
8. Take a moment to let the wisdom of your heart fill your mind, and then your eyes slowly. You may want to write your answers down.

Used by permission of David and Kristin Morelli.

For an audio version of this exercise, visit www.EverythingIsEnergy.com/love

Meditation for Oneness



This meditation guides you through all the energy centers of the love-body so that you can experience greater love and expansion of consciousness. Combining gratitude and the power of your attention, you activate, cleanse, and develop each of the centers, which connects you to wholeness.

1. Sit comfortably and close your eyes. Take a few slow, deep breaths.
2. Place the tip of your tongue on your upper palette.
3. Say an opening invocation or prayer to connect you to Presence—use whatever feels meaningful to you.
4. Be aware of your crown chakra (oneness center). Say silently, *Let me be a channel of Divine Energy. Thank you for being my center of Divine connection and illumination. Namaste.* Take a moment to feel your gratitude for this center.
5. Be aware of your third eye chakra (vision center). Say silently, *Thank you for being the center of my inner world and empowering my higher knowledge. Namaste.* Take a moment to feel your gratitude for this center.
6. Be aware of your throat chakra (communication center). Say silently, *Thank you for being my center of communication. Namaste.* Take a moment to feel your gratitude for this center.
7. Be aware of your heart chakra (openness center). Say silently, *Thank you for being my center of love, mercy, and compassion. Thank you for the love for all that is. Namaste.* Take a moment to feel your gratitude for this center.
8. Be aware of your solar plexus chakra (self-love center). Say silently, *Thank you for being the center of my power and will to align with my soul and Divine will. Namaste.* Take a moment to feel your gratitude for this center.
9. Be aware of your sacral chakra (vitality center). Say silently, *Thank you for being my center of vitality and creative power. Namaste.* Take a moment to feel your gratitude for this center.
10. Be aware of your root chakra (safety center). Say silently, *Thank you for being my center of abundance, supply, and power of the earth. Namaste.* Take a moment to feel your gratitude for this center.
11. Sit quietly for a few minutes before opening your eyes.

Used by permission of John Douglas. For the audio version of the meditation this exercise was adapted from (called Meditation for Power Development), go to www.spirit-repair.com

Invitation to Divine Grace: Grace Points and Divine Grace Prayer



Grace Points are pressure points in the hands that when gently touched activate the energy meridians in the body that are connected to the heart. Consciously using intention or prayer while holding these points allows your body to relax and moves you into an open, receptive state of clarity and peace.

The grace points are found in the soft tissue of the hand (either right or left hand).

Point #1—The Main Grace Point (middle of the palm):

Releases contracted energy so insights are clearly received, anchors positivity, and brings greater peace.

Point #2—Body Release Point (center of the side of the palm):

Releases unmoving, stuck energy (issues, judgments, beliefs, emotions, pain etc.) from the body.

Point #3—Ancestry (Genetic Lineage) Point (the web between the thumb and forefinger):

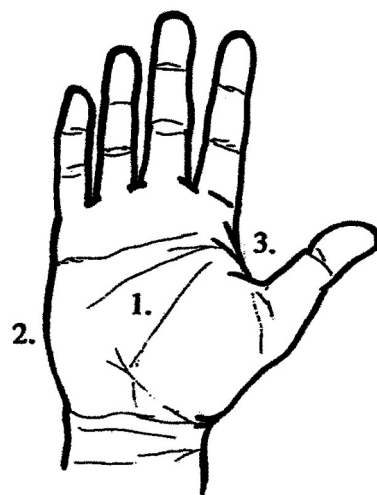
Releases issues, judgments, beliefs, emotions, etc., that have been passed down through the DNA or taken on through family connections.

Process:

1. To begin, simply have the intention of inviting Divine Grace into your life.
2. Using the thumb of one hand, touch the main grace point (point #1) on the other hand. Hold that point for 30 seconds while repeating this prayer:

I open to Divine Grace and allow it to fill me now. I am living in Divine Grace as I move through my life. I trust Divine Grace to give me everything I need. Divine Grace is holding me now. I am overflowing in the fullness of Divine Grace. And so it is.

3. Repeat the same process for the body release point (point #2) and the ancestry point (point #3)



Grace Points used by permission of Edward Conmey www.PeacePath.org

Excerpt of Divine Grace Prayer used by permission of Connie Huebner www.TransformationalPrayer.com

Love for No Reason: Love Quotes



There is no difficulty that enough love will not conquer...

No door that enough love will not open, no gulf that enough love will not bridge, No wall that enough love will not throw down...

It makes no difference how deeply seated may be the trouble, how great the mistake, sufficient realization of love will resolve it all.

If only you could love enough, you would be the happiest and most powerful being in the universe.
—Emmett Fox

- *The most important resource isn't time, or oil, money or gold; it's love. Without this, we may have everything, but life is nothing.* —Kute Blackson
- *If I told patients to raise their blood levels of immune globulins or killer T-cells, no one would know how. But if I can teach them to love themselves and others fully, the same changes happen automatically. The truth is: love heals.* —Bernie Siegel, M.D
- *When one has once fully entered the realm of love, the world— no matter how imperfect—becomes rich and beautiful; it consists solely of opportunities for love.* —Soren Kierkegaard
- *We are made by love, we are made of love and we are made for love! Everything is love anyway. Our hate is love turned sour, jealousy is love turned bitter, our fears are love standing upside down, greed is love gone overboard, attachment is love gone sticky.* —Khurshed Batliwala
- *Where can I not find love? There is nowhere I cannot find love. It is the only thing that exists. It's the greatness of who you truly are. It is everything.* —Isha
- *Don't settle for love of this or that, he or she; that is all so, so small. Stubbornly hold out for love itself — beyond everything.* —Bruce Allen
- *The love you seek is seeking you at this moment.* —Deepak Chopra
- *There is no mistaking love. You feel it in your heart. It is the common fiber of life, the flame that heats our soul, energizes our spirit and supplies passion to our lives.* —Elisabeth Kubler-Ross
- *Love is what we were born with. Fear is what we have learned here. The spiritual journey is the relinquishment—or unlearning—of fear and the acceptance of love back into our hearts. Love...is our ultimate reality and our purpose on earth. To be consciously aware of it, to experience love in ourselves and others, is the meaning of life.* —Marianne Williamson
- *There is no fear where love exists.* —The Bible

Love for No Reason: Love Quotes *(continued)*

- *Awake, my dear. Be kind to your sleeping heart. Take it out into the vast field of light and let it breathe. —Hafiz*
- *Your task is not to seek for Love, but merely to seek and find all the barriers within yourself that you have built against it. —Rumi*
- *Love is based on our capacity to trust in a reality beyond fear, to trust a timeless truth bigger than all our difficulties. —Jack Kornfield*
- *There are four questions of value in life... What is sacred? Of what is the spirit made? What is worth living for, and what is worth dying for? The answer to each is the same. Only love. —Actor Johnny Depp, in the film, Don Juan deMarco*
- *Everything that happens to you is either for your enjoyment, for your growth, or for both. —Jim and Jori Manske*
- *The word for love and breath is the same in many languages. —Sweet Medicine Nation*
- *Anything fully felt turns to love. —Arjuna Ardagh*
- *Love is not an action, not a giving or receiving; it's a state of being. There's only one true form of it and that is unconditional. Love that isn't unconditional is just need. Everyone is intrinsically unconditional love – it's our nature..” —Tom Stone*
- *Know the wholeness, perfection and beauty that you are. Learn to rest in that place within you that is your true home. Find the love you seek, by first finding the love within yourself. —Sri Sri Ravi Shankar*
- *God sends the letter of love, of bliss, of happiness to the address of the person you are, not to the person you think you should be. —Stuart Mooney*
- *Whatever you are doing, love yourself for doing it. Whatever you are feeling, love yourself for feeling it. —Thaddeus Golas*
- *There is a light which shines beyond the world, beyond everything, beyond all, beyond the highest heaven. This is the light which shines within your heart. — Chandogya Upanishad*
- *My crown is in my heart, not in my head...nor to be seen; my crown is called contentment. —William Shakespeare*
- *Open the window in the center of your chest, and let spirit fly in and out. —Rumi*
- *For true love is inexhaustible; the more you give, the more you have. And if you go to draw at the true fountainhead, the more water you draw, the more abundant is its flow. —Antoine de Saint-Exupery*
- *If we could read the secret history of our enemies, we should find in each life sorrow and suffering enough to disarm all hostility. —Henry Wadsworth Longfellow*

Love for No Reason: Love Quotes *(continued)*

- *Three things in human life are important: the first is to be kind, the second is to be kind, and the third is to be kind.* –Henry James
- *How heavy the empty heart; how light the heart that's full.* –Beth Nielsen Chapman
- *No drop of precious love is ever wasted.* –Maharishi Mahesh Yogi,
- *The holiest place on earth is where an ancient hatred has become a present love.*
–from *A Course in Miracles*
- *Wake at dawn with a winged heart and give thanks for another day of loving.* – Khalil Gibran
- *However your mind wanders, wherever you journey, return to savoring the luminous space of the heart. Again and again return to where the breaths meet, fuse, and transform into each other. Rest the attention in your blessed core as you practice this and continually be reborn into the thrill of a new world.* –The Bhairava Tantra Sutras
- *Once love begins to flow from me, I can follow that flow back to its wellsprings.* –David Spangler
- *There are men who would quickly love each other if once they were speak to each other; for when they spoke they would discover that their souls had only separated by phantoms and delusions.*
–Ernest Hello
- *What comes from the heart, goes to the heart.* –Samuel Taylor Coleridge
- *You can't sing with a closed heart. You just can't do it. And if you try, as soon as you start singing, your heart just naturally opens more and more.* –Deva Premal
- *Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.*
–Thich Nhat Hanh
- *The first duty of love is to listen.* –Paul Tillich
- *We can remain in a state of love when we recognize that everyone is doing the best they can to get their needs met.* –Eckhart Tolle
- *If the doors of perception were cleaned everything would appear to man as it is, infinite.*
–William Blake
- *Differences in religious beliefs, politics, social status, and position are all secondary. When we look at someone with compassion, we are able to see beyond these secondary differences and connect to the primary essence that binds all humans together as one.* –His Holiness the Dalai Lama
- *You wait for the right person, when right in front of you is a living Buddha, a living Christ in the form of the man staring at you. When you dare to open your heart and love, you are free. This is living infinity.* –Kute Blackson

Love for No Reason: Love Quotes *(continued)*

- *The heart's intuition brings the freedom and power to accomplish what the mind, even with all the discipline in the world, cannot do if it's out of sync with the heart. –Doc Childre*
- *We live in succession, in division, in parts, in particles. Meantime within man is the soul of the whole; the wise silence; the universal beauty, to which every part and particle is equally related, the eternal One. –Ralph Waldo Emerson*
- *One day when I was sitting quiet, it came to me: that feeling of being part of everything, not separate at all. I knew that if I cut a tree, my arm would bleed. –Alice Walker*
- *Wisdom is knowing we are all One. Love is what it feels like and Compassion is what it acts like. –Ethan Walker III*
- *Love is what brings you back to yourself, to realize that your limitations are an illusion. Your real nature is infinite, unbounded, love. –Janet Attwood*
- *Grace isn't a little prayer you chant before receiving a meal. It's a way to live. –Jacqueline Winspear*
- *It is not how much you do, but how much love you put into the doing that matters. – Mother Teresa*
- *Dedicate yourself to LOVE. Decide to let Love be your intention, your purpose, and your point. And then let Love inspire you, support you, and guide you in every other dedication you make thereafter. – Robert Holden*
- *May the long time sun shine upon you*
All love surround you
And the pure light within you
Guide your way home
— Gaelic blessing