

THE LOVE EXCHANGE

Best to sit or stand facing each other.

Close your eyes and go inside and think of something that connects you to LOVE (Feel that calming effect of INNER PEACE. It may be thinking of your baby brother or sister, or your parents, or your best friend, or a favorite pet, or the beach. Use whatever thought works for you to achieve that feeling.)

Then open your eyes and look at the person in front of you and imagine sending that LOVE out of your eyes to the other person.

Smile and receive the LOVE they are sending back to you too.



***PLEASE LIVE, SHARE, TEACH AND SUPPORT THIS WORK FREELY.
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