

Your Abundant Flow is...





*Love is the
vibration of
Existence itself.*

It's as if our earthly lives were specifically created to provide us with millions of opportunities to learn and demonstrate love.

We get to experience the power of love in action and feel the negative consequences of a lack of love.

Learning what it means to love ourselves and others, despite interacting with those who act in unloving ways, seems to be the primary purpose of life.

Jeff Janssen – 10 Life-Changing Lessons from Heaven

Love all the parts of yourself, even those thoughts and feelings you may have labeled as negative. If you feel anger or doubt, love those feelings as much as you love your feelings of joy and peace. If you feel unforgiving or unloving, love those feelings too.

Love all of what you call your “imperfections.” You don’t change them by denying or hating them. You change them by loving them. As you love your negative feelings they can evolve into their positive expressions.

Sanaya Roman – *Spiritual Growth*

Without loving myself first, I'd never be able to go on to truly love or help others. For the first time I felt that I didn't need to worry about anything other than being who God made me to be. It was such a sense of relief to feel that I was good enough and to believe it with my heart.

NDEr comment – *10 Life-Changing Lessons from Heaven*
by Jeff Janssen

What if we all stopped judging ourselves?

Look in the mirror...

“LIFE LOVES YOU.”

“I LOVE YOU...I REALLY LOVE YOU.”

“My mind is very creative and I choose to think loving & happy thoughts today.”

What if we all stopped judging ourselves?

**What is it like to be me
when I'm not judging myself?**

**One good thing that could happen
if I judged myself less is...**



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