

The “Love it Out of Your Life” Exercise

This exercise will help you remove things you don’t want from your life by using the healing power of Love. We’re speaking of Love, not as an emotion, but as a quality of Source Light that flows from your Spirit in the center of your heart. Saying that you Love something from your heart allows your Spirit to Light to that circumstance.

These statements of loving affirmation go deep into cellular memory. Each time you make these statements, speaking from your heart, you are releasing triggers and separating yourself from the condition. State aloud how you love your situation, and then how it makes you feel. Do this over and over. The repetition will release the cellular memories and blockages you have in your body, including within your DNA.

Emotions will come up when you do this exercise. With repetition the emotional charge will eventually go away. Hold patience and keep offering Love.

The Technique.

Step One: Verbally say out loud your love for the condition that you want to release.

Step Two: Staying in your heart, express your love for the difficult emotions that you feel as a result of the condition.

Example 1:

“I love having back pain!”

“I love being sad that it is difficult for me to participate in physical activities because my back hurts.”

Example 2:

“I love not having enough money!”

“I love being worried and stressed about paying rent and disappointed that I can’t do other fun things.”

Example 3:

“I love having too much to do!”

“I love feeling overwhelmed and exhausted at the Herculean efforts that are required to fulfill all of the responsibilities I have undertaken.”

Remember to speak these statements aloud from your heart.

Depending on the depth of the emotional charge that is held within a particular situation, you might need to repeat this exercise hundreds or even thousands of times until the charge is gone.

It will be worth it!

This exercise was developed by Ron Amatron of the Creation Lightship.

The “Love it Out of Your Life” Worksheet

What would you like to release from your life? What patterns, situations, or health issues cause you frustration, worry or concern?

Create a list of three current challenges. (You can of course write more, if inspired:)

- 1.
- 2.
- 3.

Now create two statements for each of these circumstances.

The first statement is the circumstance, the second is how it makes you feel.
(See the examples on the previous page to understand the process.)

Situation #1:

I love _____.

I love _____

Situation #2:

I love _____.

I love _____

Situation #3:

I love _____.

I love _____
