

# All of Me

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Meditation Exercise: Ignite your senses.

1. Put yourself into a relaxed posture. (sit, lie down, pull your legs in, wrap yourself in your throw)
2. Close your eyes and open your mind's eye and heart
3. Enjoy Breath (life). Breathe deeply in through your nose and slowly exhale through your mouth (repeat for 10 breaths)
4. Enjoy a normal breath - continuing in through the nose and out from the mouth

Visualize and continue with normal breathing

- Genesis 1:27 – God spoke: "Let us make human beings in our image, make them reflecting our nature." (Message Version).
- Repeat that verse to yourself. How does it make you feel? What does that love...that intention look like? Do you recognize the honour it is to be the reflection of the Creator of love itself?
- Take your last few breaths breathing in the words "I love you" and exhaling the words "Thank You"

# All of Me

” Write it down and pour some love on it

” 1. What area of your life would like to pour some love on through prayer?  
” Write it down and throughout the day silently pray about it.

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” 2. Write your second love letter to yourself. Remember to start, My Dearest  
” (your name) and end with "Love Always". (If you need more room, use the note page)

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” 3. What is your body needing that is good for it that you haven't given yourself in a  
” while? List 3 things, and before the day is out, exercise one of them.

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