

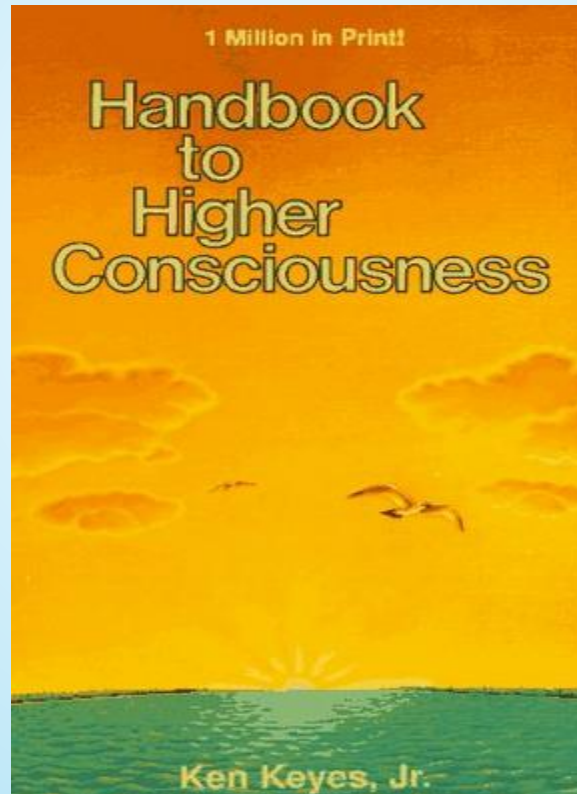


30 DAY

LOVE CHALLENGE

Day 15

12 Pathways To Unconditional Love



[Handbook to Higher Consciousness](#)

**“Beginning today,
treat everyone you meet
As if they were going to
Be dead by midnight.
Extend to them all the care,
Kindness, and understanding
you can muster, and do it with
No thought of any reward.**

Your Life Will Never Be The Same Again.”

~ Og Mandino

Liberating

My Conscious Awareness

1ST Pathway

I am freeing myself from

Security, sensation and power

Addictions that make me try to

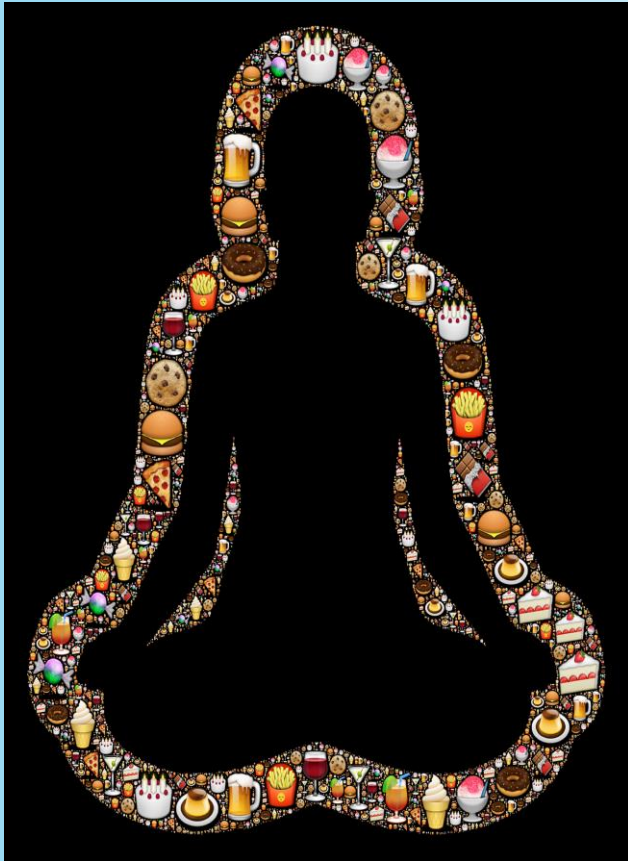
Forcefully control situations

In my life, and thus

Destroy my serenity

And keep me from

Loving myself and others.



2ND Pathway

**I am discovering how my
Consciousness-dominating addictions
Create my illusory version
Of the changing world
Of people and situations
Around me.**



3RD Pathway



I welcome the opportunity

(Even if painful)

That my minute-to-minute experience

Offers me to become aware of

The addictions I must re-program

To be liberated from

My robot-like emotional patterns.

Being Here Now

4TH Pathway

I always remember

That I have everything i need

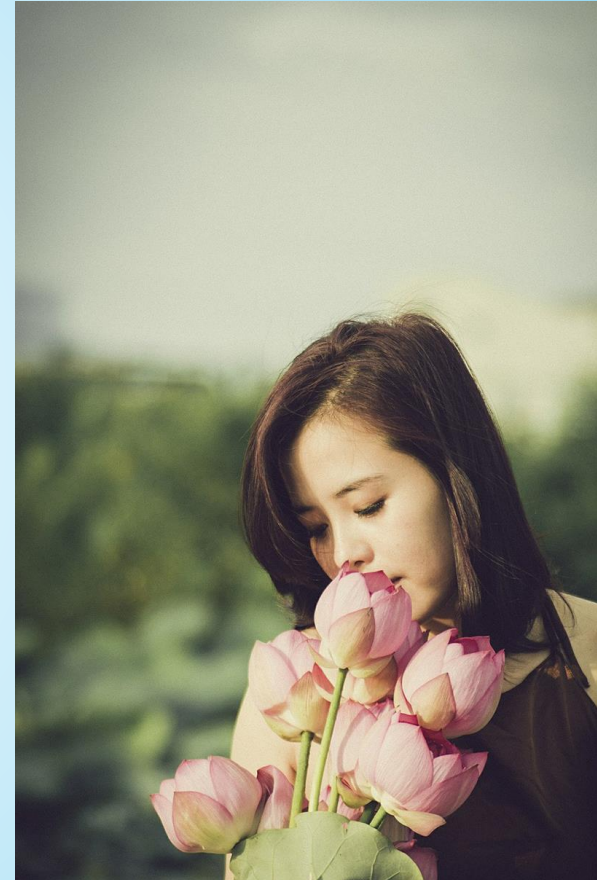
To enjoy my here and now

Unless I am letting my consciousness

Be dominated by demands

And expectations based on

The dead past or imagined future.



5TH Pathway



I take full responsibility

Here and now

For everything I experience

For it is my own programming

And actions that create

The reactions

Of everyone around me.

6TH Pathway

I accept myself completely

Here and now

And consciously experience

Everything I feel, think, say, and do

(Including my emotion-backed addictions)

As a necessary part of my growth

Into higher consciousness.



Interacting With Others

7TH Pathway

I open myself genuinely

To all people

By being willing

To fully communicate

My deepest feelings

Since hiding in any way

Keeps me stuck in my illusion

Of separateness from other people.



8TH Pathway

I feel with loving compassion



**The problems of others without
Getting caught up emotionally
In their predicaments
Which are offering them
Messages they need
For their growth.**

9TH Pathway

I act freely when I am

Tuned in, centered and loving,

But if possible I avoid acting

When I am emotionally upset

And depriving myself

Of the wisdom that flows

From love and expanded consciousness.



Realizing Cosmic Consciousness

10TH Pathway

I am continually calming

The restless scanning

Of my rational mind

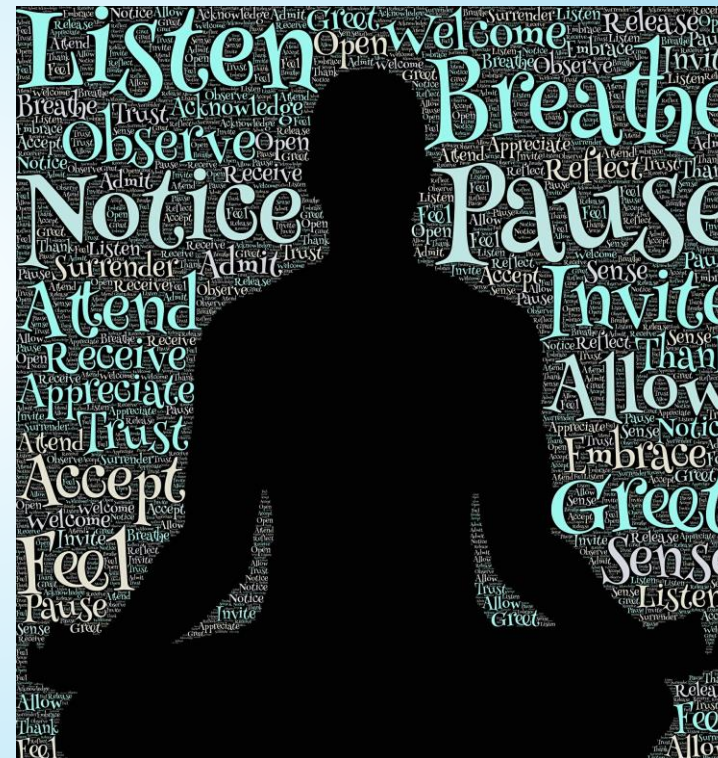
In order to perceive

the finer energies

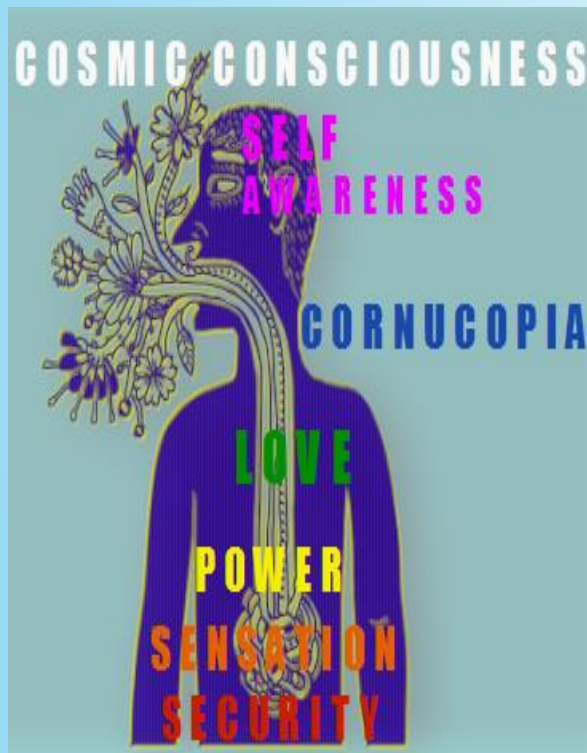
That enable me

To unitively merge

With everything around me.



11TH Pathway



I am constantly aware

Of which of the seven centers

Of consciousness I am using,

And I feel my energy, perceptiveness,

Love and inner peace

Growing as I open

All of the centers of consciousness.

12TH Pathway

I am perceiving everyone,

Including myself,

As an awakening being

who is here to claim

His or her birthright

Of the higher consciousness planes

Of unconditional love and oneness.



“You Have No Need To Travel Anywhere.

**Journey within yourself,
Enter a mine of rubies
And bathe in the splendor
Of your own light.”**

~ Rumi

“The Love That Saves Us

**Is not the love that might come
To us in the future,
But rather the love we can give
To whomever is around
Right now.”**

~ Marianne Williamson

This 30 Day Love Challenge is Serious and Life Changing

You will see amazing results

If you seriously intend to

Expand your loving – and -

Love fearlessly and openly



As We Close **Remember**

Start each day focused on love
In every moment feel the love
End each day realizing love
Every day repeat the love pledge

Start Each Day **Focused on Love**

In every moment ask...

"What would love do now?"

For Me

Knowing all that I do brings me

Closer or further from love

End Each Day
Realizing the Power of Love
Review The Moments You...

Turned away from love

Shared your love freely

Felt loved by others

The Love Pledge

Every Day I Develop Greater

Awareness and communication

Acceptance and forgiveness

Compassion and tenderness

Love, trust and respect

For My Self And For Others

Love Agenda for Today

In Your Love Habits Journal

Unconditional love

Choose One Pathway

What Can You Do Now To Follow That Pathway?

Share Your Pathway In The Facebook Group

References

Ken Keyes, Jr.

The Handbook To Higher Consciousness



Dr. Erica Goodstone

RELATIONSHIP HEALER

Helping You Heal Through Love



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