

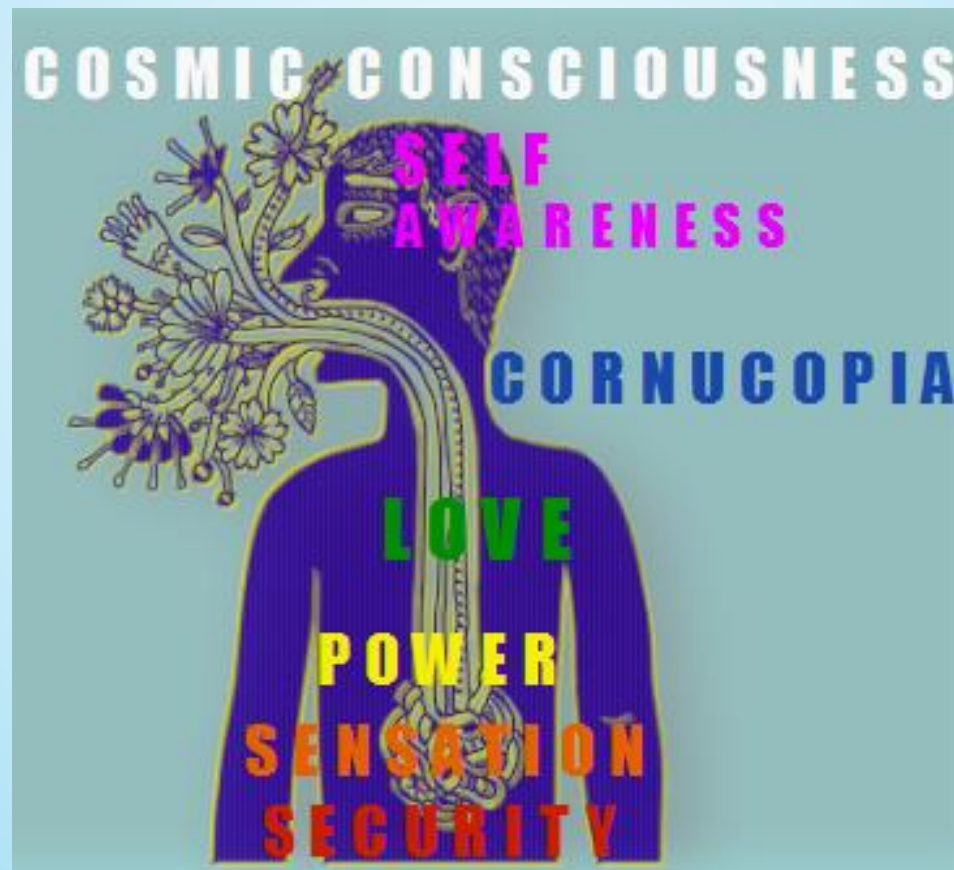


30 DAY

LOVE CHALLENGE

Day 16

7 Centers Of Love Consciousness



1 - Security Center

**Continual struggle to get enough
Food, shelter, security, love, sex....**



2 - Sensation Center



**Continually seeking happiness
By providing yourself with
More and better pleasurable
Sensations and activities
(Food, sex, music, touch....)**

“The Real Voyage Of Discovery

**Consists not in
Seeking
New landscapes
But in having
New eyes.”**



~ **Marcel Proust**

“The World Is Full Of Magic Things,

Patiently waiting

for our senses

To grow sharper.”



~ W.B. Yeats

3 - Power Center

Dominating people and situations

Using hierarchy, manipulation and control

To increase attention

Pride, prestige and wealth



Power

**“Nearly all men
Can stand adversity,
But if you want to test
A man’s character,
Give him power.”**

~ Abraham Lincoln

Love And Power



**“The day the power of love
Overrules the love of power,
The world will know peace.”**

~ Mahatma Gandhi

4 - Love Center



Transcend subject-object feelings

See and feel vibrations and rhythms

With flowing acceptance

See **you in everyone and everyone in you**

Feel compassion for others' suffering

Start to love everyone unconditionally

The Good Life

We cannot change our past.

We cannot change the fact that

People behave in a certain way.

We cannot change the inevitable.

The only thing we can do is

Play on the one string we have

And that is our **attitude.**

~Charles r. Swindoll

5 - Cornucopia Center

Your World Becomes A “Horn Of Plenty”

**You know you live in a perfect world
Because life's experiences and messages
help you to re-program yourself**



”If You Completely Accept Something,

It changes.

If you completely accept it,

It shifts.”

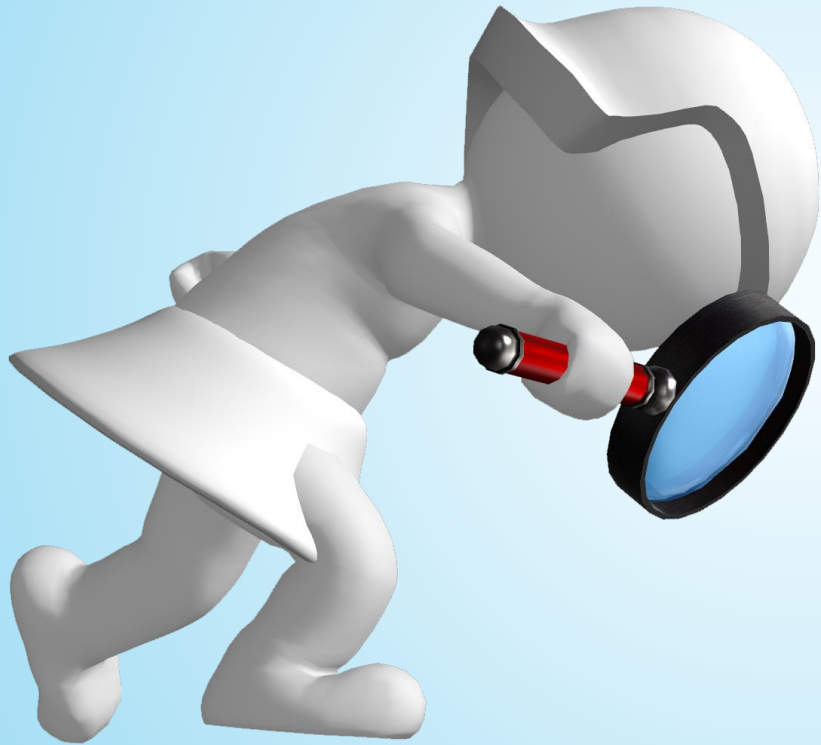
~ Eckhart Tolle



Self-Acceptance

**“If you don’t find comfort in your own skin
You will never find comfort in the world.
Don’t expect the world
To accept you for who you are,
When you don’t.”**

~ Philip Mckernan



**“What you seek,
You already are.”**

~Deepak Chopra

6 - Self-Awareness Center

**You watch your body and mind
Behave in a state of low awareness
Witness your dramatic life games
From a place of non-judgment
Free from fear or vulnerability**



The Mind

"The Mind Creates All Suffering.

Whenever you are tempted

With any form of evil, sin, lack -

Resist not evil. Sit quietly. Realize this:

God is great and the only principle of life

God is the source of all being.

This thing bothering me now is mind

Presenting a picture to me –

As if thy will can be found in the external world."

~ Joel Goldsmith

**“Faith,
Consciousness,
And awareness
All exist
Beyond the thinking mind.”**

~ Ram Dass

7 - Cosmic Consciousness Center



You become pure consciousness

Realize and accept your oneness

With everyone and everything

“The Earth Has Disappeared

**Beneath my feet,
It fled from all my ecstasy,
Now like a singing air creature
I feel the rose
Keep opening.”**

~ Hafiz

**“When we transcend
Our own thoughts,
We get in touch with
The womb of creation.”**

~ Deepak Chopra



The 7 Chakras



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

In Which Center Of Consciousness Are You?

What Has To Happen For You To Move To The Next?

Share Your Center In The Facebook Group

References

Ken Keyes, Jr.

The Handbook To Higher Consciousness

Joel Goldsmith

The Infinite Way



Dr. Erica Goodstone

RELATIONSHIP HEALER

Helping You Heal Through Love



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