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The Healing Power Of Love

by Rebbie Straubing

In praise of love, lift your gaze and open your heart.

In service to love, open your hands and let go of your burden.

In a world that lives by the motto, "Seeing is believing," how do we come to believe in the power of the invisible? You cannot see love and yet it is beautiful. You cannot touch love and yet it can heal you.

The Body of Love. Why bother cultivating the presence of love in your life? This invisible protein builds your muscles. It makes you strong. This unseen balm brightens your face and makes your skin glow. This hidden vitamin provides the missing ingredient that fixes what's broken and upgrades your functioning. It lubricates your joints and smoothes your digestion. It balances your metabolism and maximizes your brainpower. Your body, when permeated with love, is a brand new body. All parts work in harmony and you become the best version of you.

The Love Within. Where do you find this love that solves all your problems? It resides within every particle of your being. Within each atom, cell, organ and system of your body, you can find another dimension of love. All you have to do is look for it and it will reveal itself to you.

Is one atom more beautiful than another? Yes. The atoms infused with the energy of love compose themselves into things of beauty. In your imagination, call forward the love within your atoms. Atoms are made of love so it is not difficult for them to comply. They are happy to have their love called forward and they shine more brightly as you ask this of them.

Atoms of love build cells of love. Speak to your cells. Ask them to show themselves as love. Call upon their nature as love. See your cells honoring and loving each other and in love with their job as faithful units of your body's structure. Feel their enthusiasm for the well-being of the organs they form.

With atoms flowing love into your cells and cells brightly shining their love into your organs, feel the invisible beauty of the love that shapes each of your parts. Built from love, they function with ease and cheerfulness and together they form systems of magnificent functioning based on the brilliance and genius of love.

These systems, infused with love, beating your heart, breathing your air, digesting and metabolizing, generate a field of power and delight that extends far beyond your skin. This field beautifies not only your body, but your home and your relationships. This love that comes from deep within you, spreads far beyond you and ignites love in others.

The Mind of Love. By consciously calling to you the love tone within every level of your body, your mind becomes tuned to love. Thoughts that ring in harmony with the love between your cells coalesce in your mind. You perceive them as moments of realization. The solution to a problem may appear to your mind plain as day. Even though you were struggling long and hard with this dilemma, now, effortlessly, in the hum of love, the pieces of the puzzle come together in your awareness and the problem dissolves. An insight of depth and clarity replaces your angst. The mind of love is a well-oiled machine

and it can lift burdens with more ease and effectiveness than the most powerful steel machinery. It can advance your life with more precision and value than the most cutting edge technology.

Speak to Love. Although you cannot see love and you cannot touch love, you can speak to love. You can call its name and it will hear. You can ask love to reveal itself more and more to you. You can praise love for its infinite abundance and nurturing presence. You can understand love as the foundation of the universe and of who you are. You can know love as the invisible face of God.

Dr. Rebbie Straubing is the author of "Rooted in the Infinite." Rebbie is a workshop leader, Abraham Coach and spiritual writer. You can get her free eCourse at <http://YOFA.net> and sign up for YOFA Jhe Sessions at www.AlignmentforHealing.com.

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