

MOMENTUM: LETTING LOVE LEAD
WEBCAST CLASS
May 17, 2005
Partner Exercise

1. Recall a time when you felt tense, stressed or emotionally out of balance in some way.
2. Describe your feelings and behavior in this situation.
3. Close your eyes and ask yourself: “What would happen if I let love lead in this situation?”
4. Breathe in deeply, relax and let go. Become aware of your heart and touch into the love that is present. In your creative imagination, describe your feelings and behavior as you approach this situation, letting love lead.
5. Complete the following sentence:

When I choose to let love lead, the way I experience my life is...