

**LIVING LOVE  
WEBCAST CLASS  
February 23, 2006  
Partner Exercise**

- 1. Describe an aspect of yourself that you find difficult to love.**
- 2. Is there any consideration, hesitation, or reason *not* to be loving that you could give up?**
- 3. How could you love and better care for this aspect of yourself?**
- 4. Now close your eyes, put your hands on your heart, and open to the Living Love inside of you. (pause)  
Take in a deep breath and breathe in Living Love. As you exhale, breathe out negativity. (pause)  
Say to yourself: “I love me anyway.” (pause)  
Experience Living Love flowing through you.**
- 5. Put a smile on your face and love in your eyes. Looking through the eyes of Living Love, how do you see this aspect of yourself?**
- 6. Listening from the Living Love inside of you, what is your spiritual heart’s guidance to you?**