

STEPS TO LOVE

**Written by
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Forward

Like many of you I have read many books and tried many things in order to "find" God. Over the last few years I have begun to accept that I can't think my way back to God, so I have surrendered to the Holy Spirit. This has resulted in profound changes in my life. I have learned how to let go of the world and allow myself to be guided moment by moment. I have discovered that the ultimate experience is inner peace. I have found love.

It is so simple and so profound and yet so complicated. My complications come from all the things I have been taught to believe as truth. The real truth is love. When I open to pure unconditional love and allow that to be the ruling force in my life then I find that my life flows. I find that all I need is provided and that much of what I thought I needed wasn't true. My real purpose in this life is to re-awaken to pure unconditional love and it is okay to enjoy the experience as long as I don't become attached to it. When attachments and beliefs become my focus then I give my power away to them and find that I have to fight or struggle in my life. I lose the flow. This is a clear indicator to me that I need to reconnect to love.

I still do energy healing, when I am guided to. I do what I am guided to do as I help people transform their lives into joy, peace, love and abundance. That is what I am here to do at this time while I remember how to re-awaken. I know that there is not just "one" way to find God and that God is not this big guy sitting in heaven. The most important thing I have learned is that I have never been separated from God and I never will. I now view life as a good book, I enjoy it while it's going on but I'm okay with it ending. I am much more than this body/life/mind/time. I am love and I dedicate this book to my Spiritual Guidance who channeled the book through me.

Introduction

In the beginning there was the word and it was good. So began a great book, but times have changed and you aren't looking for a rehash of that same old stuff that is already out there on every bookshelf in the world. You are looking for true answers to your questions about life, love, money, career, happiness and the future. This book is especially written for you. It shows you a new way of being that will allow your life to change. That will allow you to become all that you truly desire to be. Welcome to a new world.

In the beginning was the word and that word was love. That love had no definition; it was a state of being. It was your natural state of being. You were love. You loved everyone and everything. You loved and life was filled with love and joy. You wanted for nothing because as you loved you attracted more love to you. That love came in what ever form you required, be it food, shelter, a mate, children, livestock, etc. There were no limits to how that love showed up in your life. You existed in a state of heaven.

Where did it all go wrong? What changed? Well, you did. You branched out to new places and new experiences. You went to where things were not familiar and some of you started to be afraid of this new way and you talked about that fear and the more you talked about and focused on that fear the more it grew, until one day all had fear and forgot love. You were so entrenched in your fear that you had forgotten that love provides. Love conquers. Love endures. Instead you lived in fear and found that fear retaliates, fear divides, fear brings lack, fear has no basis in reality since true reality is love.

The more you allowed fear to rule your lives, the more you needed someone to blame for what fear had done. So, you blamed each other and you blamed God.

You decided that if God truly loved you he would save you from what you had created. You forgot about free will. God feels nothing but love. God knows no fear or any of the other negative emotions you have brought into your lives. God is Love. But you told and wrote stories about God that made God like you. You made God mean and spiteful. You made God human and then used him to control others. That was your way of attempting to control your lives. It didn't work. It just created more of the fear and other negative emotions that bring no joy into your lives.

Now the time has come for you to see the error of your ways. It is time for you to change yourselves back into the love that you were created to be, the love that you are deep within your hearts. This process is simple and easy for some and difficult and complicated for others. What it is for you depends on what you believe. A belief is just a thought that you have had over and over until you accept it as truth. Beliefs are seldom true but they are a part of you. Believing that change is difficult and time consuming will make change difficult and time consuming. Even those among you who are more connected with the guidance of Holy Spirit have problems accepting the real truth.

You are the product of your thought and beliefs. They are what shapes your lives and determines your experiences. You often look outside of your selves for explanations and reasons for what happens in your lives and it is time to see that the only true answers lie within. That you will never find peace, joy or true love; outside of yourself. Everything you have ever wanted, desired or needed has been within you all the time. You just never knew to look there. This is the real truth of life. All life. Your life. The answers lie within you.

There are three simple steps to take to return to the love that you are.

1. Open your heart and go within.
2. Forgive all that you have ever done.

3. Accept your own connection to all.

Taking these three simple steps will change your life and your world.

Step 1. Open your heart and go within

When you began to come from fear, you closed your heart. You felt that you had to close it to protect yourself from all that you were imagining. That is the funny thing about fear, most of it comes straight from your own imagination. It's not real. You make it up. You fear what might happen in the future. You fear what has happened in the past. You create things to be afraid of. You even write books and make movies to make you afraid, as if you couldn't come up with enough on your own!

So now you have closed your heart. You have built a wall around it so that no one can ever get close enough to hurt you. You have created a prison but you don't seem to realize that you are your own prisoner. What do you gain from this prison? What do you gain from denying love in your life? Misery, pain, guilt, blame, shame, doubt, worry, etc. That is what you have gained. Has it been worth it?

Some of you have been locked down for so long that you don't even feel anymore. You don't allow yourself to feel. You see feelings as weakness. A weakness in your defenses. A way for others to get into your heart. If you doubt the truth of this then we encourage you to look at your own medical statistics. How many of you are dying from heart attacks, strokes, hardening of the arteries, heart failure, etc. Doesn't this show that you have set yourselves up to die rather than to open?

To open your heart you have to give up the fear. You have to accept that you don't need to be afraid. This needn't be a huge step, small steps work and are easier for most of you to do. So here are some small first steps for you to take in opening your heart.

- Spend 5 minutes a day sitting in a natural setting and enjoy nature.
- Spend 5 minutes a day petting a dog or cat or any animal that you love.
- Spend 5 minutes a day remembering a happy moment in your life.
- Spend 5 minutes a day smiling and laughing.
- Spend 5 minutes a day being grateful for someone or something in your life.
- Spend 5 minutes a day in meditative peace.
- Spend 5 minutes a day just accepting and loving yourself.

This is just the beginning. Pick one or more of these activities and do them every day for one month. You are allowed to spend more than 5 minutes, you should naturally find yourself expanding the time as the days go by. This will start to break down those walls around your heart.

Some of you want to take bigger steps. You feel ready to go all out to open your heart. You want instant results. We have some steps for you as well.

- Spend 10 minutes or more every day looking yourself in the eye in a mirror and telling yourself only good things about yourself.
- Spend 10 minutes or more every day with your hands over your heart asking it to reveal it's wisdom to you.
- Spend 10 minutes or more every day feeling that your heart is open and you are sending love out to the world.
- Spend 10 minutes or more every day journaling what is right with your life.

Now there are things that you can stop doing that will help you to open your heart at a faster rate. These are little things that have become habits for many of you. Give up the news in all forms. This leads to much tension and fear for those who listen to or read the news. Give up reading or watching or listening to anything that does not leave you feeling uplifted. This requires that you notice

your own feelings and honor them. Give up gossip. It serves no good purpose and only adds to the wall around your heart. Give up self-criticism and stop spending time with those who criticize you. They are sharing their opinions, not the truth. Do this for 30 days and it will start you on the path to having an open heart. You will feel lighter and freer as the days go by. You will wonder why you ever allowed so much negativity in your life. You will change.

Here is a meditation designed to open your heart to love:

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### **Open Heart Meditation**



Make sure you are sitting comfortably and wearing loose clothing. Begin by taking a three deep slow breaths. With each breath you are relaxing more and more.

Begin to notice the top of your head. Notice if it feels tight or loose, heavy or light. See if you can feel the weight of your head. Notice the weight of your eyelids. Let your eyelids drop naturally over your eyes. Feel the top of your head



relaxing. With each breath, your head is becoming more relaxed. Feel your eyelids becoming heavier and more relaxed. Now relax your face. Feel all the muscles in your face relaxing. Feel your jaw drop a little from gravity.

Feel your head, neck and shoulders letting go and relaxing. Let your shoulders drop. Let the weight of your arms and hands pull your shoulders down. Imagine your relaxation continuing to move down into your arms, across your elbows and down into your forearms and wrists. Imagine that all your tension is flowing out your fingertips and dropping to the floor.

Imagine a wave of relaxation moving down your spine. Feel this warm, peaceful sensation moving one vertebra at a time until it reaches the base of your spine. Your back and spine are now completely relaxed.

Now allow the wave of relaxation to move down your chest and abdomen. Feel each of your internal organs relaxing with each breath. Feel a wave of warm, peaceful energy moving over your abdominal area. Let the wave move down to your hips and buttocks. Feel yourself relaxing into the chair.

Imagine your relaxation continuing to move down into your legs, across your knees and down into your calves and lower legs. Imagine that all your tension is now flowing out of the tips of your toes.

Take a deep breath, deeper than before, and with the next exhale, let out an audible "sigh". Imagine you are breathing a sigh of relief. With the next breath, let everything go. Feel your entire body relax and let go. There is nothing to worry about, nothing to fear, enjoy this peaceful moment.

Bring your awareness to your heart center at the middle of your chest. Begin to connect with the energy in this area of your body by noticing how you are feeling now. If your mind begins to wander, give yourself permission, without judgment,

to focus back in this present moment.

Spend a few minutes experiencing each of the following. Allow yourself to become aware of how you feel as you think of these things.

Think of the last time you truly felt love for someone else. Feel it again now.

Remember the last time you touched something with your physical hands that you truly enjoyed. Give it color, shape, texture. Was it warm? Cool? Embrace how good it felt. Feel it again.

Recall the last time someone in your life told you they loved you or shared affection with you? Revisit these emotions. Feel it again, embracing it deeply into the heart

Visualize your favorite pet. Imagine it with you now giving you love and joy. As you did before give the animal color, texture and size. Feel what it was like to be with that loving being.

Ask God (God, Allah, Buddha, Jesus, Goddess, etc. use whatever name you are most comfortable with) to enter your heart and fill it with love. Be open to receiving.

Spend several minutes embracing these wonderful feelings deep in the heart center of the body. You may feel warmth in your chest or spreading through your body. Don't judge what you feel, just experience it.

When you are ready take a few moments to ground yourself back into your body. Take a few deep breaths and allow yourself to return to the present. Take several moments through out your day to return to these loving feelings.

## Step 2. Forgive all that you have ever done.

Many of you carry around a lot of guilt. Guilt over what you have done or imagined that you have done. Your guilt, like your fear, is self created. You have been taught that if you do certain things you should feel guilty. This teaching stems from the teaching that you are separated from God and have to prove yourselves worthy of getting back into God's good graces. This is a false belief. You have never been separate from God, you can not be. God is a part of you, and can not be removed. God is Love and does not judge. People judge.

You judge yourselves and find yourselves guilty. That guilt eats away at you both figuratively and literally. You have many diseases caused by the guilt and blame that you have placed on yourselves. When you believe that you are guilty then you feel the need to be punished. This need is expressed in your lives. Some of you feel that you are unlucky. If you looked within your own thoughts and beliefs you will find something or many things that you are feeling guilty about. This guilt keeps you from feeling worthy and deserving. This keeps you from allowing luck in your life. Some of you feel that you will never get ahead in life. Again if you look within yourself you will find guilt that keeps you from feeling worthy and deserving. You have decided that you are just not good enough. This is your belief and it is not true.

It is time for you to release all this guilt. It is time for you to stop looking for guilt in yourself and others. It is time to see yourself as the whole and complete spiritual being that you are. It is time to forgive.

Forgiveness can be easy or hard, remember what you believe is what you create. This is true forgiveness, not just a matter of saying "I'm sorry." To truly forgive

you must open your heart and allow love to flow. You must truly release whatever it is you have been holding against yourself. Some of you may feel the need for retribution to those that you feel that you have wronged. If this is what your heart guides you to do then do it. If it is what your mind guides you to do then ask your heart first. Your minds create many stories and they are not real, so do not follow your mind without asking your heart. Some of you may want to write letters to those you feel that you have wronged. Write them but do not send them unless your heart says to. Sometimes writing a letter and then burning it has more value than mailing it. No matter who you believe you are forgiving, you are forgiving yourself. You are releasing the bonds that you have placed on yourself. You are the only one who has suffered with all the guilt and regret you have carried around all these many years. It is you who is being forgiven.

To forgive you open your heart. You feel the love. You think of what you feel guilt (or any negative emotion) about and you say something like this, "I love you. I have done things that I now wish I hadn't done. I can not change the past but I do forgive the past. I commit to releasing what I have done. I allow myself to heal. I forgive and release all. I forgive and release all. I completely forgive and release all. I now choose to love and accept myself." Doing this will bring up emotions, especially if you look in a mirror while saying it. You may cry, allow it. It is part of the release. Allow yourself to feel.

What should you forgive? Everything. You can tell when you are holding onto old hurts or resentments by looking at your health. These old emotions settle into your body. They can show up as cancer, arthritis, pain, diabetes, and many others. You may look at your habits. If you have problems with addictions then there is something that you are trying hard not to face in your life. If you are abusive or being abused, there are issues that need to be forgiven. That is why

you should forgive all. You can not over forgive. It is something that you do for your life, for your happiness, to bring back your joy. Forgive and be free.

## Step 3. Accept your own connection to all

You have believed for some time that you are a separate and complete individual. This is not now nor has it ever been true. You are not separate. You are connected to the Creator. You are connected to all other beings. You are connected to All. This is the truth. We are always with you to guide you and comfort you. We are here to assist you, if you but ask. You have freedom of choice so we can not come in and take control of your life. We only do what you allow us to do. Allow us to guide you and your life will change. You will no longer have any need to worry or stress over situations. We will always guide you to what is for your highest good. It is what we do.

How do you connect with us. There are many different ways of connecting:

- Meditation
- Visualization
- Channeling or automatic writing
- Journaling
- Singing
- Dancing
- Creative activities like painting, knitting, sewing, pottery, etc.
- Dreaming

The key to all of these ways is to stop thinking and open yourself to love. That is what we are, Love. That is what you are, Love. That is our connection. When you open and allow pure unconditional love into your heart, you allow us into your heart. When you allow us into your heart we can talk with you in whatever way works best for you. Some of you will hear us, some will see images, some will feel us, some will just know and some will do a combination.

We are not limited in how we connect with you. Just as you are not limited in connecting with us except by your beliefs.

Here is a simple meditation that you can do to connect.

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## SIMPLE MEDITATION

For this meditation you'll need to set aside 30 minutes or more each day, it doesn't matter what time of day but it may be easier if you do it at the same time each day to establish a pattern.

Before you begin, you need to find a quiet place where you will not be disturbed. This place can be indoors or outdoors. Tell everyone not to disturb you. Remember to unplug and/or turn off phones, pagers, audible email alerts, etc. Make sure your clothing is nonrestrictive and you have a comfortable place to sit.

Look at the clock or watch and notice the time.

Close your eyes

Take a deep breath

Decide how long you will have your eyes closed (not asleep).

Important things to remember about successful trance meditating:

Do not suggest to your mind that you will sleep. This is not sleep, it is a deep state of trance. If all goes well, your brain will drop into an alpha and then a theta brain wave. During this time you will be attempting to achieve a very restorative state in your brain and body without entering a sleep state. Your mind will keep track of the time without your conscious knowledge and you will usually open your eyes at the exact time.

If you have decided on 30 minutes, say the exact time that you will be opening your eyes that is thirty minutes from now. Say to yourself, "I will open my eyes at \_\_\_\_\_ and emerge feeling energized and refreshed."

Relax your body. There are many ways to do this. Here are some suggestions:

- Relax your muscles sequentially from head to toes, as in the heart meditation
- Focus on your breathing.
- Counting breaths starting at from 1 to 20.
- Counting from 5 - 1 while repeating "Deeply relaxing".
- Use a method that you know works for you.)

Connect to your guidance. You will be talking to God, Goddess, the Source, Buddha, the Universe or whatever name works for you. I will use God in my examples since that is an easily recognized name. Here is an example of what you can say: "Dear God, I have come to realize that I am not separate from you and I am ready to connect. I (State your name), allow myself to connect with the highest possible source for only my highest good. Thank you God."

Image you are standing in a beautiful place. (This can be a meadow, a beach or any where you feel safe and relaxed.) See a being of light coming towards you. Feel the love radiating from this being. See the smile on the face of this being as they get closer and closer to you. Now the being is standing in front of you. They raise their hands and you place your hands in theirs. Feel the love flowing to you. Take a deep breath and let it go with an audible sigh. Feel the peace, stillness and love.

This being is your higher self or your guide. They are here to talk with you. Ask a question like, "What do you want me to know?" Imagine the being of light



giving you an answer. The answer may come as a vision, words, feelings or you may just experience a profound sense of love. There is no one right way or one right answer. Whatever you experience is right for you.

When you feel it is time to end say, "Thank you."

Open your eyes and take three deep breaths.

Record any insights or observations in writing or on audio so that you can review them at a later date.

Now go out and take on the day knowing that you are Loved and never alone!

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Remember that this is just one of many ways to connect. All roads will lead to connection with us so use whatever works best for you. The important thing is to connect, not how. We just want to talk with you and offer you the guidance that we have for your life. You are capable of so much more than you know. Connect to us and learn how to change your life and your world.

This book provides you with the very basics of opening, forgiving and connecting. There are many other ways and you may need to work with others of them to be successful. You may also choose to work with an expert like a coach to achieve your results faster and easier. This is something that is definitely worth your investing in. Here are some methods of releasing negative thoughts and energies that you can try out.

Emotional Freedom Technique

Emotional Freedom Techniques (EFT) is an emotional, needle free version of acupuncture that is based on new discoveries regarding the connection between your body's subtle energies, your emotions, and your health. EFT has been reported successful in thousands of cases covering a huge range of emotional, health and performance issues. **It often works where nothing else will.**

<http://www.emofree.com/downloadeftmanual.asp>

Ho'oponopono

Ho'oponopono means to make right. Essentially, it means to make it right with the ancestors, or to make right with the people with whom you have relationships. We believe that the original purpose of Ho'oponopono was to correct the wrongs that had occurred in someone's life including Hala (to miss the thing aimed for, or to err, to disobey) and Hewa (to go overboard or to do something to excess) which were illusions, and even 'Ino (to do harm, implying to do harm to someone with hate in mind), even if accidental.

<http://hubpages.com/hub/hooponopono>

The Work

Based on Byron Katie's direct experience of how suffering is created and ended, The Work is an astonishingly **simple process, accessible to people of all**

ages and backgrounds, and requires nothing more than **a pen and paper** and **an open mind**.

Through this process, anyone can learn to **trace unhappiness to its source** and eliminate it there. Katie (as everyone calls her) not only shows us that all the problems in the world originate in our thinking: she gives us the tool to **open our minds and set ourselves free**.

<http://www.thework.com/index.asp>

About the Author



I am Barbara Reynolds, Life Coach, Energy Healer, Speaker and Author. I've learned that everything that is happening in my life starts within my thoughts, feelings and beliefs. I have also learned how to change my thoughts, feelings and beliefs which has changed my life enormously!

To some people taking responsibility for their own life may be scary but it is really very freeing if you think about it. It means that we are each in control of our own destinies. We are not at the mercy of employers, spouses, doctors, the economy, etc. We each have the power to create the life of our dreams. I'm living the life of my dreams and my dream is to assist others in living lives full of joy, peace, love and abundance.

If you have issues or fears that you would like to eliminate from your life I'll be happy to work with you. Your fears/issues are what stops you from reaching your goals. This applies no matter what the goal, i.e., stop smoking, healing aches and pains, finding the perfect job, having enough money, getting along with your spouse/children/coworkers, clearing clutter from your mind/office/home, etc.

I am a Reiki Master and I have trained in a variety of energy healing methods (i.e., Kundalini Reiki, Chakra Clearing, Abundance Reiki, Shamballa, and Ethereal Crystals, etc.). I have been guided to develop Thought Transformation and Soul Clearings. I also work with, Channeling, EFT (Emotional Healing Technique), The Works, Ho'oponopono, Z-Point, ETHOS Method, Meditation, TAT, and Forgiveness as well as many others.

If you want to learn more you can go to my website at www.divinelyguidedhealing.com or you can contact me at dgh.info@sbcglobal.net