



Contributing Article Writer - 2018

EMBODY YOUR TRUE DIVINE ESSENCE

You Are Divine LOVE

By Maya Bringas

Your true essence is the unconditional love of Source. That is what you are. What we all are as we are One with Source. There is no separate you nor I, for we are united together as One being, One light, One child of Source. The love of Source is always unconditional. There is never any judgement, nor condemnation. You have always been and forever are so dearly and completely loved. Source knows only the divine Truth of who you are which is LOVE.

When you judge yourself or something or someone else, your perception is not based on divine spiritual Truth. Such judgement needs to be lovingly and gently released so that true perception is revealed. Only love is real. Anything that is not based on unconditional love is not, because Source (and you), are only unconditional love. It is so vital to be loving, kind, gentle, patient, and compassionate with yourself. As you do, you embody your true divine essence and enable the falsities to fall away. All done with more ease and grace as you nurture your well-being with love along the way.

See yourself and everything in your world as Source sees all. See with LOVE. When you do, you see past the false illusions of the ego's fear to what is really there. Peace, love, unity, harmony. See everyone as the divine light that they are and you honor and affirm to yourself the divine light that you are.

"Child of Light, you know not that the light is in you. Yet you will find it through it's witnesses, for having given light to them they will return it. Each one you see in light brings your light closer to your awareness. Love always leads to love." A Course in Miracles (T-13.VI.10:1-4).

You can connect with your sacred heart within daily to align to the divine love that you are. The following exercise will help you to really feel and embody this love. Place your hands on your heart chakra in the center of your chest. Close your eyes and take a few slow, deep, gentle breaths. As you breathe in, allow your belly to expand outwards as you affirm to yourself in your mind, or aloud, "I AM the love that flows in through me." And as you exhale, draw your belly inwards and affirm, "I AM the love that flows out through me." Feel the connection with your sacred heart within as this loving energy expands. Continue breathing in and out with these affirmations until you feel immersed with this glorious love that resides within your sacred heart. You are a beacon of love. You are nourishing your whole being with your divine love as you also extend it out into your world. Close this exercise by affirming, "I AM Love, I AM Love, I AM Love." You can start each morning with this short exercise, to help you to stay centered in your heart throughout the day.

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Alberta, CANADA



Maya Bringas

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