



Creating A Love Picture

Consider developing a “Love Picture” to assist you in healing the destructive pictures of the heart. A Love Picture is an image or visualization that evokes in you a deep feeling of being loved. When you concentrate on a Love Picture while doing The Healing Codes, it increases the positive healing frequencies that cancel out unhealthy beliefs and negative emotions.

Your Love Picture will be unique to you. Some people use visualization easily and can relax while dreaming about being in a state of total forgiveness and unconditional love. Others may be able to capture the feeling of being loved only sometimes when the conditions they are doing the Codes in are just right. You can picture anything loving and peaceful that works for you. Perhaps it is being filled with the light and life and love of God that we pray in the Prayer/Request. Perhaps it is remembering special moments in life like being held as a child or holding your own newborn child. You might surround yourself in your imagination with everyone who has truly loved you. Feel free to include those masters of unconditional love, animal companions.

Try to include total forgiveness and unconditional love in your Love Picture. You could also include peace and love (yours and others); light and truth; and God’s peace and love. Including all five senses in your Love Picture is very effective. What sounds, sights, smells, tastes and feelings elicit a feeling of safety, calm and well-being in you? You could also imagine practical details you would like to manifest in your life, such as more peaceful sleep, relaxation, feelings of happiness and satisfaction in the now, and actually enjoying the now.

Even if you have not had the experience of being loved unconditionally in your life, you can create a memory for yourself of being loved. Your body will respond to positive images and emotions whether they are remembered or imagined. You may imagine feeling cherished, precious, peaceful and happy, in harmony, tranquil and serene as the ways in which you would like to experience love. Or you may visualize feeling invigorated, enthused, energized, revitalized and confident that “life works for me.” Some people have a Love Picture that evokes a feeling of value, credibility, deserving and worth, while others may visualize feeling consoled and comforted. You may imagine receiving a great gift, or being in a powerful place in nature. Many people imagine crawling into Jesus’ lap and being held in his loving arms.

Whatever your experience and preferences may be, consult your own heart and imagination for a meaningful Love Picture, and use it to replace destructive memories with love and joy and peace.