

I Am Love

1 to 30-minute Mini playsheet

The **I am Love Meditation** is a *Mantra* Meditation. If you've never done one of these before, let me explain a few things before you take a pew on your meditation cushion...

WHAT IS A MANTRA?

The word mantra can be broken down into two words: 'man' which means mind, and 'tra' which means transport or vehicle. Hence, a mantra is an instrument of the mind; a powerful sound or vibration you can use to travel deep into a state of meditation. This sound or vibration you use can be in the form of a word or phrase that has special meaning, and can be said internally or out loud.

Now while you can say a mantra *internally* and see results, it's far more potent when you say it out loud, because you're then using sound and vibration to create healing, which is traditionally what mantra is about. By repeating a mantra out loud, we introduce the vibrational frequency of that mantra into ourself, so that we too begin to resonate at the frequency of the words we speak.

There are even tales of mantra practitioners who were so at one with their mantra that if they cut themselves, their spilled blood would spell the words of their mantra! Whether or not this tale is true, there is certainly enough evidence to show that mantra can create deep transformation in our psyche and thus our body.

HOW DOES MANTRA WORK ITS MAGIC?

We already have mantras repeating in our head. You may know this as negative mind-chatter; 'I'm not good enough', 'I'm not pretty enough', 'I'm not worthy', and so on it goes. If these are the words you are telling yourself daily, then of course life won't feel so great. What we think of most, all the thoughts we have on repeat, they filter out into our physical reality.

What we're doing when we do this Mantra Meditation, is we're starting to reprogram that chatter into *healthy* chatter. We're loosening the old thoughts and thinking patterns. Scientific studies into neuroplasticity of the brain support this. These studies show that by replacing negative thoughts with a 'mantra', you are literally rewiring your brain while simultaneously weakening habitual thinking.

Changing our programming - thinking patterns and childhood conditioning that creates negative self-chatter - is behind any physical changes we see in our life. Repeating powerful mantras such as 'I am love' gently begins to loosen subconscious mind patterns and limiting beliefs, so you're free of self-sabotaging patterns and old hurts.

If you consider a pose in yoga is a posture of the body, a mantra in the same way is a posture of the mind.

The longer you spend in meditation, and the more frequently you meditate, the quicker you will access your subconscious through this meditation, and thus be able to loosen beliefs even faster. It's much like going to the gym. While you'll probably feel pumped, you won't see much muscle definition after just

one session, but after a month of daily workouts, your body will start to change quite noticeably. The same happens with the mind. The more you commit to practising a Mantra Meditation like this one, the more change you'll notice in the way you approach life and how you feel about yourself. And what's really beautiful, is that everything in your life will start to reflect this mantra - **I am love** - so that you have a much more beautiful experience of the world we live in.

WHY THE MANTRA 'I AM LOVE'?

Many of us go on a search for love. We look for it in other people, in expensive clothes or jewellery, and generally we are forever looking, never *finding*. This is because the love we seek is *within*. At our core, we *are* love. We are not the thoughts we think, the money we have or the car we drive. We are *love*. And the more we can let go of the conditioning that would make us think otherwise, the more we can connect in with our truth. **Love.**

That is why I have chosen, what *I* believe is the most potent mantra a person could have 'I am love'. This supersedes any other mantra because it is saying the truth. The bare, naked truth. And what's great about hearing and believing the truth, is that we invite simplicity into our life. We start to connect with what really matters.

We live in such a complex world that it can get easy to get lost in all the details and influx of information. This mantra helps you reconnect with who you *really* are, under all that childhood conditioning, so you can be more at peace and realise your truth; reacquaint yourself with the love within. For when we believe that we are love, we act and behave very differently, and thus attract in a very different experience of life.

HOW TO DO THIS MINI

I suggest doing this mantra in the traditional **Easy Pose** - using a cushion to prop up your booty if that makes the seat more comfortable for you. If in this pose, you can sit with your hands on your knees, palms up, or in a specific mudra. The other option which I love, is lying back in **Base Position**, so you can enjoy the benefits of your body letting go of anything that is not love (at an accelerated pace), that you've been storing in your body.

Close your eyes. Take a few slow conscious breaths all the way down to your stomach to help you arrive fully in your body. When you're ready, begin to chant your mantra. Inhaling, then exhaling the mantra 'I am love'. Inhaling, exhaling the mantra 'I am love'. Once you find your rhythm, make the conscious decision to really *connect* in with the words. Let them resonate through you. *Feel* them. Over time you may find the words simply *become* you. For ultimately they *are* you! Continue chanting your mantra 'I am love' for anywhere between 1-minute and 30-minutes.

Cultivating a daily meditation practice helps cultivate a more present, more balanced and more easeful way of being in your body, which ripples out into every other aspect of your life.

The longer you chant this mantra, and the more often you practise it - the deeper you will go and the more you will learn about yourself. As you begin to reprogram your brain using this mantra, you will start to experience a more healthy inner conversation which will lead to more ease and love in your life, so you feel more confident in who you are and all that you do. When we truly believe, with every ounce of our being, that we are love, then all we will experience is **love**. Yes please!