

Prayer of Unconditional Love

I love myself unconditionally. I am without blemish. I am God's miracle. I delight in caretaking the amazing creation that I am. I deeply honor myself and all creation that lives within me. I deserve unconditional love from me, my best friend. I am loved by God. Why not love myself as God loves me. I accept my body, my emotions, my powers, my joys and sorrows, my happiness and pain. I accept my everything. I am beautiful and divine and totally deserving of my own respect and embrace. I love myself. I love myself. I love myself. And in so doing I love life.

I decided some years back that if God totally loves me and totally loves everybody I ever talked to, and totally loves every animal, every insect and every blade of grass and plant and every facet of life, then why would I want to not be 100% loving. If God can be totally forgiving in regard to anybody's anything. If God can keep saying, "You know you really messed up there but you know there's always another chance. Let me find another way to support you. If God can be totally understanding of everybody's weakness, then gee, why shouldn't I. I really gave that not just a lot of thought, but a lot of heartfulness. Over the years I still come back to it today. I come back to that concept. Gee, you know what, if God, or if that person's soul, or if life can be totally, totally embracing, all loving, unconditionally caring, and responsive, then maybe I can do that too because, after all, what God is, lives in me as well. So my final thought to share with us is this. God loves you totally, and you certainly, if you want, can do the same for yourself. And just open to love. And let yourself move into and experience and celebrate the magnificence that love is within yourself.

Bill Bauman