

Hello, this is Lorraine with [thedivinewithinyou.com](http://www.thedivinewithinyou.com).

Welcome to my Heart Alignment Meditation.

Let's take a few moments together to pause from everything and to become fully present, right here, right now, in the center of our hearts, knowing, as Louise Hay has said, that there is enough love in our hearts to heal the entire Universe.

I invite you to tap into your heart, breathing into your heart, breathing from your heart. If it helps you to place a hand on your heart, feel free to do that.

Begin to feel the fullness of the love that resides in your heart.

To access that love more fully, you can think of someone or something, or of a precious pet that you love very much, and allow that love to expand.

Begin to feel deep appreciation for this person or pet or thing in your life. And as you feel that glow of love and appreciation expanding, send that love to all of your loved ones, family, friends, and extend that out even further to the entire family of humanity, to all our brothers and sisters on this planet.

We extend our Love and Light to Mother Earth as well, appreciating her glory and magnificence.

I invite you to remain in this heart centered space for as long as you like, and know that you can truly live your life from this space, and know that all that needs doing will get done in an easy, graceful flow.

You'll be Divinely guided and led, and able to access your inner wisdom and truth from this peaceful place, and live a life of fullness and joy.

So, enjoy being in your heart, and know that as you come back into the activities of the day, that you carry this loving heart-centered space within you naturally and effortlessly, for this is your true nature.

God Bless You and Namaste!

Lorraine Lewis is spiritual teacher, coach and facilitator. Peaceful Connection provides Energy Healing, Trager® Approach, Spiritual Coaching, and much more! Please visit www.thedivinewithinyou.com for additional information.