



2010 Being Unconditional Love

Let's begin the new by giving yourself permission to feel and know that you are not alone.

By allowing yourself to feel and know yourself to be part of the flow of the giving and receiving of energies of unconditional love and bathing in that love, support, nurturing and allow yourself to let go of any resistance to that unconditional love.

As you stand in your pillar of light grounded in physicality and extending down deep into the Earth, allow your awareness to expand from your heart centre and encompass your entire being. Be aware of any cords that may exist with others that are not in, of and for love... unhealthy relationships, feeling of obligation, of disempowerment, of guilt, of blame, of playing roles, allowing others to play roles to fulfil needs you have in yourself.

As you stand in your light, in your integrity, in your love, in your power, in your wisdom, in this moment choose to release these roles. Any roles that no longer serve who you are and who you are becoming. Visualise them in any way that is appropriate, like a line drawn with wet paint connecting you to a person, the connection is the role, the expectations that you both have. Allow unconditional love, like a shower of water, to slowly wash away and cleanse these connections.

By first accepting full responsibility for the role that you play, and for your attachment to the role. Feel into your family, are you playing any roles with them? Be aware of how you feel. Monitor your response, if you have a reaction, you have a connection, allow it to be released and cleared. And as you stand in your power and love choose to respond in a new way in all of your relating, in all of your experiences. Choose to be aware when someone wants you to play these roles, when one wants you to take care of them, when you want them to take care of you, and in that moment, recall this moment where you chose a new way.

This is grounding the new – remembering the clear choice you made and how that felt and then in as many moments and responding from this new clear space.

Release any fears that you have about letting go of these connections, roles, these energy exchanges. As you stand in your love, know absolutely that you are loveable and you are worthy and you have no need for these roles. Allow them to dissolve and choose a new way, staying connected in your heart. Allowing yourself to feel any guilt, blame, any need for forgiveness, any fear that comes up and allow them to be cleansed with love.

Accept the roles that you play with others are the roles you play within yourself. Accept the truth and as you stand in your light and love, make a commitment to yourself as you recognise these inner roles that you play, have played and can now see for what they are and how it is easier to stay stuck and small while playing roles with others. Now you see and feel that the new for you is to let go these roles and respond in each moment as if it were a new moment



Allow yourself to connect even more deeply into your heart with a feeling of love which is absolutely unconditional. Allow it to flow above, below, before, behind, within and without. Clear the way for the new, clear out the old. Breathe in through your heart and out through your heart, strengthening the relationship you have with yourself, allow yourself to be more aware of yourself and what you are doing, thinking and saying. Be mindful, hold yourself steady in the light, think light, feel light, breathe light, and give yourself permission to become light, an ever increasing amount of light.

Remember in all moments who you are and why you are here and playing small does not serve anyone or anything. Choose to be here now in all moments, being aware, being the best that you can be and settling for nothing less. Breathe and expand, feel the potential of unlimited expansion and ever increasing awareness – this comes from remembering your priority as a spirit in form and all you do, be and say as a spirit in form.

Breathe in through your heart and out through your heart and know yourself in truth.

Go forth and practice and en-joy!

Biography of Linda King



Linda King is the co-founder and General Manager for the Insight Foundation.

Linda's life has led her through a range of counselling courses from which she has developed her own unique approach. Linda's journey has included the study of colour therapy, nutrition, organic farming, flower essence therapy and creative artistry. She has a deep connection and love of both the animal and mineral kingdoms.

Having been a successful business woman, Linda now dedicates her life to giving back, through selfless service to those who wish to actualise their potential. Those who are committed to freeing

themselves of self-imposed limiting thoughts and beliefs and to embrace each opportunity life presents with positivity - even when it's challenging and character building.

Linda's extraordinary insight into human nature assists people to transform their lives in a profound and lasting way.

Source Centre is right here and now love in action. By taking life in without judgment, in gratitude for the opportunities provided by the universe and to radiate love - nice and simple. The training courses offered will assist you to shift your perspectives on what is important in life and assist others to do the same. I look forward to the journey towards wholeness.

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