

# *Divine Love*

**Find Your Own Answers...**

*Learn to turn fear into love and to live with love.  
Find out what love means, and how to bring the healing  
powers of love into your life now.*

*Divine Love*  
**Workbook**

**by James Van Praagh**

**For more information about the author, his products  
and appearances, visit:**

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After you have created this list, go over it and try and replace each item with a solution of how to turn it around with a positive view. For instance, if you see a neighborhood watch sign warning burglars, perhaps the sign can read instead: "we are friendly neighbors, all caring for each other, so beware....."

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The reason I want to start you off this way, is to have you begin to change the way you view things. Your perspective can change from negative to positive. Yes, we still will have concerns and fears... but, they won't have to necessarily rule our lives. Describe what "fear" means to you:

*I believe that each one of us can change fear into love and begin to look at life from a whole different perspective. It all begins with ourselves...*

*A wonderful meditation, based upon years and years of my work and questions from people regarding fear and love, has evolved...*

*Together, we will take the journey of  
Turning Fear Into Love.*

*I am that I am and besides me there  
is none other. I am the power of the  
attraction within thee. So I set  
myself free.  
- Ernest Holmes, Love and Law*

*Fear is an illusion. There is only love.  
Fear separates, Love joins.*

*With each situation in life, we have  
the choice as to how we want to  
react with that situation.*

*All of our situations in life are  
derived from these two elements.  
One is love. And love builds...*

*When you bring love into your life  
and into the choices of life, you  
build. You bring unison, a  
togetherness, a strength.*

*On the other hand, there is the  
element of fear: the illusion, the  
separateness, the struggle,  
the negativity.*

**Describe what "fear" means to you:**

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**Describe what "love" means to you:**

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**Make a list of the fears you have had in your  
life up to this point:**

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**Next to each one, write how this fear has  
limited you in some way:**

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Now, go through the list and see just how many fears you have experienced. Did you get through it? Are you still here?

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Make a list of the things you love to do and experience in life:

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Next to each one, describe, record how you felt you changed inside after experiencing the things you loved to do.

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Now look at both the fear list and the love list. Which list have you experienced more and which one is more realistic?

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*We are positive, loving, spiritual beings. Our natural state is that of love. Therefore, when we are true to our natural state of being, we can bring forth only love into our lives.*

*Let's take a journey together and discover how to turn fear into love.*

*As you sit in your fully-relaxed state, it is time to remember to breathe.*

*Breathing fresh oxygen into the body will help sustain relaxation. When you exhale let go of old stagnant energy, old tension.*

*Remember, in meditation, it is very important to always remember to breathe...*

*Throughout the body, there are many centers where psychic energy is concentrated.*

*Begin by placing your awareness behind your forehead. This is known as the third eye center. I like to refer to the center as the window to the outside world.*

*As you gently close your eyes, find yourself sitting on a marble bench looking at your own spiritual garden. This is a garden of reflection and as you look around and scan the entire garden, become aware of its beauty. See the manicured trees cascading down the path. Notice the green, green meadows of grass.*

*Each blade is in a perfect place. Perhaps there are many flowers all around, a myriad of flowers: roses and daffodils and lilacs. All pinks and blues, yellows and reds, greens, purples and oranges. All are growing bright and high... all growing toward that bright golden sun which is streaming from the heavens above.*

*As we sit on our bench, feel the beautiful light of the golden sun touching your skin. As we slowly look around, a soft wind blows and touches us... We hear birds singing as they fly by... We look at children playing in the distance, we hear their beautiful voices...*

*Once more, look around at the flowers dancing together in unison, each one making the other more beautiful. Look again. See how much brighter the flowers have become.*

*Brighter... bright reds and oranges, yellows and greens and blues.*

*Purples and lilacs. Not only do you see them with your eyes, but you feel them with your entire being.*

*Become one with them. Feel the color. Feel the brightness of light.*

*Feel the beautiful flowers and trees, the birds and children, the very expression of life itself. Feel their life energy. Feel the colors. Feel the oneness of all of life. That string of the God force in every living thing. As you feel, you become aware of the perfection of life, that everything is in perfect unison with life. Feel that God force of love within each part of these beautiful lives.*

**Write down reasons why you have not fully experienced all the things you love to do; what is keeping you from reaching your goal?**

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**Imagine a window shade. When you choose to, you can open that shade and all of the information of the outside world concerning you comes into your consciousness. When you close the shade, you are shut off from the outside experiences.**

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**Write down a description of your own garden:**

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Make a list of colors and next to each one describe how that color makes you feel:

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*This garden is life. This garden reflects you. It is an outside expression of who you are and what you're all about. So, look now at this garden. Take it all in. As you become one with that garden – and as you sit there upon your bench, overlooking the reflective garden – bring yourself to a place where there is no judgment. A place where there is no fear. It just is.*

Describe in detail what this guide looks like:

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*It just is life.... so just be. Just be life itself. For you, also, are the expression of God. As you are sitting upon our bench, ask to see your healing guide standing in front of you. And as we think, so that becomes. For thought is the great creative energy and as we are sitting there, we sense that this being stands in front of us. Look now at their face. See how they are dressed. Look now at your healing guide. They are standing in front of you.*

Write down the message your guide gives you:

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*Begin to feel their light and feel their compassion. Open your hands and take their hands in yours. Feel their beautiful energy, their healing energy. What message do they have to relay to you? Listen to the message they have created just for you.*

*Take away the fear. Take away the ignorance. Take away the pain. Take away the darkness and bring us back to ourselves...our true selves. Bring us back to light. Bring us back to oneness. Bring us back to creativity. And bring us back to love.*



*There is no judgment whatsoever.  
There is only compassion from our  
guide, this healing guide who knows  
us, who loves us for what we are,  
and who helps us in being the best  
we can possibly be.*

**What illusions do you think you live with?**

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*As we walk down this path, with  
each step we take with our guide,  
we are reassured of their love. It  
seems, as we look into our guide's  
eyes, that through their eyes we can  
actually see ourselves, the trueness  
of who we are. We see ourselves like  
we've never seen ourselves before.*

**Reflect for a moment on who you are and  
write down the first impression you receive:**

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*We are loving, wonderful beings.  
Sometimes it takes someone else to  
remind us of who we really are.*

*Our guide takes us down the path,  
step by step, and around a bend. As  
we make this turn, there is another  
bench. They tell us to sit there. This  
is our first stop.*

*Look at the view in front of us. Our  
guide tells us to concentrate. Close  
your eyes for a moment and beware  
that the garden you are about to see  
in front of you is a garden of your  
own beliefs. It truly reflects what  
we believe.*

**Write down what can be changed with each  
leaf:**

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*We notice that this garden is not as  
rich and beautiful and colorful as the  
first garden we entered. This garden  
seems bare, dull, and darker. Look  
now, and see the kinds of colors  
there are.*

What do the branches look like on that tree? Do they move towards the heavens? Do they stay closer to the earth? Are they spindly? Are they strong?

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Describe the leaves on your tree:

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“Once again write down what you are afraid of and what fear does this leaf represent:

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*Our guide points to a tree in the middle of this garden. This tree, they tell us, is the tree of our emotions. This tree reflects what we think of ourselves and how we carry the emotions of others with us.*

*Look again at the tree. Are there any leaves on the tree? If there are, what color are they? Perhaps, they are brown. Are they discolored?*

*These leaves represent our fears and negative emotions. Or, perhaps, expectations that others have placed upon us. Our guide informs us to take a leaf from the tree and look at that leaf.*

*We look at the fear. See it in front of you now. Do not be afraid. You are merely observing. Where does that fear come from? Who does it come from? What are we holding onto that we should let go of? What is it that holds us back from being whole?*

*Do not judge your fears. Simply observe them. Do not come from a place of judgment, but merely observation. Remember that one cannot always have a positive, without exploring the negative. We should*

*make friends with our fears. We need to go inside ourselves and see why we are afraid. What about ourselves is not complete? As you evaluate your tree of life, the various leaves of negative emotions and fears,*

look at the tree and each leaf of the tree. Ask yourself, "What can I do to make that discolored leaf completely green?" What can you do to transmute the fear into love? Is it changing your perspective? Is it forgiving yourself for something you did? Is it loving yourself more? Go through each leaf and see what needs to be changed.

As you think, notice... that so it is. For the mind is the greatest creative tool that God gives us. For God is creativity. And God flows through us always. God says 'yes.' Our egos say 'no.' Use that God force. Use that God creative energy. Bring forth love into your life to change all the circumstances. For you create the circumstance. Notice, as you think, so it is...

And in your mind, as you realize what it is that needs to be changed, so it begins... Notice now that by simply having the thought of wanting to change, it is reflected in your tree.

Look again at your tree and see how it is beginning to grow and expand – larger, higher, full of life. Notice how your thought – by replacing fear with the element of love --- changes the tree. Change is a surrounding garden. Look. Become aware. You are creating the environment with your thoughts.

List where you think your fears originate:

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List any people you think are associated with your fears:

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Write down what can be changed with each leaf:

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Describe how the tree and garden environment has changed with your thoughts:

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You feel your guide's hand upon your shoulder. It is time to move on. We stand and look back at our guide's face. See and feel the compassion in their face, the love in their eyes. They shake their head with an affirming nod. "come along" they say. "Let's move on to our next place of reflection."

We continue to walk down the garden path. And as we walk with each new step, a new understanding of ourselves and our lives is noted. Just feeling our guide's hand in ours and experiencing what we just did, we realize the limitations we place within ourselves.

List all the limitations you place on yourself:

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What unrealistic expectations are we living?  
Whose expectations are they?

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*We realize we live others' expectations and not always our own lives. We need to live our own lives, for we are unique God beings. Each one of us, our likes and our dislikes and our feelings, are real and genuine. These feelings need to be expressed, and need to be lived.*

*As we continue our walk down the path, we hear a slight buzz in the air. Our guide tells us that we are feeling life as it happens. You are feeling the joy of people creating life in its highest form: Love. Our guide tells us to turn around and look out in the distance. We see before us a beautiful, serene lake. There are ducks and swans swimming with their babies trailing behind them. Everything seems in unison. Everything seems perfect, just the way it should be. This is really life, the unity of life.*

*Our guide tells us that this lake is also a reflective pool and tells us to take a few moments to look onto the water's surface. As we do, this magical lake will assist us in learning more about ourselves.*

*We gaze upon the surface of this lake, and instantly we see our reflection. Look now at the lake. Look down and see your reflection. As we stare at our reflection, a rippling occurs. We notice scenes playing out on the water's surface. We begin to see our lives, and various situations in life. See them all, one at a time... See now how you react to these various situations in your life. Again, don't judge, merely observe it.*

**Write down what is holding you back from being a fully realized healthy individual:**

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*Do you react out of control, out of fear, out of love? How would each one of these scenarios change, if you brought love into each of them? Try it now and bring the element of love into each situation and see how it makes that scenario different. How does it change it?*

**What does life really mean to you?**

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*Look into the lake and, as you see your reflection on the surface of the lake, also see the limitations you place upon yourself.*

**Write down various situations which occur in your everyday life. Next to them, note how you react to these situations:**

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*Begin to see the fears you place upon yourself. See how they affect your body, your health, your sense of well-being. See how they affect your sense of peace, your sense of oneness. What keeps you from living your highest potential as a spiritual being? Living as the light of God? What limitations have you placed upon yourself? See them, now, reflected on the surface of this lake.*

**Now write down various situations you have shared with your family and next to each one of them, note how you reacted to the situations:**

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Now, look at different situations at work. See the people that you work with and notice how you handle various situations. Is it done out of control? Out of fear? Or out of love? Write them down and how you react next to each one:

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Write down any differences you feel in your body or the space around you?

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How will this change the way you live your life?

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Do you look at fear and love any differently? Describe:

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*As you look upon the water, see how your life would be different when you use the element of love. Become aware of the situations in your family, the situations at work...situations where you used love, and compassion, and understanding. See how it has changed. And believe that...so it is...*

*Now, slowly, it is time to come back into the consciousness and the awareness of the physical world. Begin to become aware of your feet on the floor once again. Become aware of your legs. Become aware of yourself sitting down. Become aware of your back, your shoulders, your chest, and your stomach; your arms and your hands, your neck and your head.*

*Become aware of your physical body. Become aware of what has changed in the physical body. What feels different now? Become aware of what a wonderful instrument your physical body is. Become aware, once again, of this physical body and the space around the body. Determine what is different about yourself. What is different now about the space around you? Is it lighter? Do you notice colors? Is it denser, brighter, lighter? What have you learned? What have you become aware of on your journey? Perhaps it is the beauty of who you are. Could that be it? Perhaps you have become aware that you are God -- You are the light. You are love. And so it is...*







Now the muscles in your arms: tighten and release. Your hands: make a fist with both hands, tighten, and release. Good. Let the energy flow.

Become aware of the muscles in your chest and abdomen. Tighten them and now relax. Now become aware of your back. Tighten the muscles and then relax them. Upper legs: tighten and release. And now to your calves: tighten and release. Let it go. And, finally, tighten up your feet, even curl your toes, tense them and then release them. Very good.

Now the body is fully relaxed and you're prepared to begin your meditation.

As you sit, imagine a beautiful ribbon of gold light flowing from the top of your spine down through your spine to your lower back. See this bit of light, going in and out of the spine as you open yourself up and become one with your being-ness.

This ribbon of light is the source of life, your energy.

Once again, become aware of your breath and begin to breathe slowly and rhythmically... in and out ...

Now, in your mind's eye, begin to envision a room of beauty. Design it any way you wish. Perhaps, there is furniture you love. Fill it with that furniture. Create the walls any way you like. Even the windows and window treatments are of your choosing.

Describe how the body feels right now:

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Imagine you are part of a big sun. You are the center of that sun. Write down any feelings which come over you when you do this:

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Describe the room you have created in detail:

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**Write down something you love about your appearance:**

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**Write down the objects one at a time that are in the room:**

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**Next to each object, write the aspect of your personality which is replaced with the object:**

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*It is a room filled with all of the items and possessions that you love.*

*In the corner of this room against a wall, there stands a large mirror. Go now and stand in front of it and see the reflection of yourself.*

*As you look at your reflection, become aware of every part of your being, from your head all the way down to your toes. Do not judge yourself, but just become aware of yourself. Aware of how you appear to yourself.*

*While still looking at yourself in the mirror, begin to see – in that reflection – those objects in the room which you love so dearly. See each one, one at a time.*

*As you see them, realize that each object reflects a part of an aspect that you love about yourself. Look at every object, one at a time. Examine it. What does that mean about you? Ask yourself, “What does this represent about myself?”*

*Next, begin to see those loved ones in your life. Begin to see their faces in the mirror. See them one at a time.*

*Why do you love them? They are also a reflection of a part of you that you recognize...a part of yourself that you love.*



Write down their name(s):

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Reflect and write down the feelings you are experiencing now:

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*We cannot give love until we are able to receive love. Receive it now. You deserve it. See yourself being filled with this loving energy and see yourself, as you're filled, as a perfect loving being. As you give and receive this energy, notice the difference inside your body and inside your mind. How good you feel inside. Your heart center opens and as it does, you'll experience new and higher forms of happiness and joy, a sense of knowingness, a new sense of awareness about yourself and everyone in your life, everyone on your path. For everyone is on your path for a reason: to learn, to receive, or to give love. Enjoy and rejoice in a new sense of you. Begin to see yourself in a very different light.*

*In this state of complete restfulness, begin to imagine all those places or people in your life where there is a feeling of distrust, negative thinking, or darkness...the absence of light.*

*Begin to send forth this green heart light energy to those people, places, and situations. Send your light energy, your love energy to where it is needed most. Illuminate the darkness and ignorance by bringing forth this light. Radiate your own light into all parts of the world, into various countries and their governments. Bring healing, bring a light, bring an awareness to these places.*



**For more information on James Van Praagh,  
his work and his appearances visit:**

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