Divinε 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: w w w . V a n P r a a g h . c o m

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TURNING FEAR INTO LOVE

Have you ever wondered how the lives of so many people are dominated and controlled by fear? Look around your worldand become aware of it.	For one day, make a journal and write down how many things you see in your daily life which are based on fear. I am not just talking about the news, but actually living. Go aheadyou will be surprised at what you find:

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" Start:

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...

	ear" means to you:
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.	
_	ove" means to you:
With each situation in life, we have	-
the choice as to how we want to	
react with that situation.	
	<u>, ", ", ", ", ", ", ", ", ", ", ", ", ",</u>
Make a list of the	e fears you have had in your
life up to this po	•
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	
and into the choices of life, youbuild. You bring unison, a	
and into the choices of life, you build. You bring unison, a togetherness, a strength.	write how this fear has
and into the choices of life, you build. You bring unison, a togetherness, a strength. On the other hand, there is the	, write how this fear has
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	
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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?	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.
Make a list of the things you love to do and experience in life:	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 stag- nant energy, old tension.
Next to each one, describe, record how you felt you changed inside after experiencing the things you loved to do.	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.
Now look at both the fear list and the love list. Which list have you experienced more and which one is more realistic?	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.
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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	Write down reasons why you have not fully experienced all the things you love to downat is keeping you from reaching your goal?
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	Imagine a window shade. When you choose
as they fly by We look at children	to, you can open that shade and all of the
playing in the distance, we hear their beautiful voices	information of the outside world concerning
Once more, look around at the flow-	you comes into your consciousness. When you
ers dancing together in unison, each	close the shade, you are shut off from the out-
one making the other more	side experiences.
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.	
	Write down a description of your own garden:
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 one-	
ness 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.	

Make a list of colors and next to each one describe how that color makes you feel:	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 is no fear. It just is.
Describe in detail what this guide looks like:	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:	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 ourselvesour 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?
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:
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:
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?	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?
Describe the leaves on your tree:	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?
"Once again write down what you are afraid of and what fear does this leaf represent:	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 andfears,

look at the tree and each leaf of the tree. Ask yourself,	List where you think your fears originate:
"What can I do to make that discol-	
ored leaf completely green?" What	
can you do to transmute the fear	
into love? Is it changing your per-	
spective? Is it forgiving yourself for	
something you did? Is it loving your-	
self more? Go through each leaf and	
see what needs to be changed.	List any people you think are associated with your fears:
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	2002 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
circumstances. For you create the	Write down what can be changed with each
circumstance. Notice, as you think,	leaf:
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.	
	Describe how the tree and garden environ-
Look again at your tree and see how	ment has changed with your thoughts:
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.	
environment with your thoughts.	

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 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.

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.

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.

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

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 reflec- tion. Look now at the lake. Look down and see your reflection. As we	Write down what is holding you back from being a fully realized healthy individual:
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 vari-	
ous situations in your life. Again, don't judge, merely observe it.	What does life really mean to you?
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	14/11 1 2 2 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
love into each situation and see how it makes that scenario different. How does it change it?	Write down various situations which occur in your everyday life. Next to them, note how you react to these situations:
Look into the lake and, as you see	
your reflection on the surface of the	
lake, also see the limitations you	
place upon yourself.	
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	Now write down various situations you have shared with your family and next to each one
oneness. What keeps you from living your highest potential as a spiritual	of them, note how you reacted to the situa- tions:
being? Living as the light of God?	
What limitations have you placed	
upon yourself? See them, now, reflected on the surface of this lake.	
reflected on the surface of this take.	

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:	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 worksituations where you used love, and compassion, and understanding. See how it has changed. And believe thatso it is
Write down any differences you feel in your body or the space around you?	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.
How will this change the way you live your life?	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
Do you look at fear and love any differently? Describe:	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

LIVING WITH LOVE

Everything in the universe is made from the energy we call love. It is this force of God that holds every- thing together. We cannot fully understand or even comprehend the full extent of this force in our limited consciousness, but we can often	When one says they "love" something or someone, what does that fully mean?
close our ego and become attuned to that great part of ourselves.	
This healing power of love is also	
known as the language of the heart. When used properly, with our minds,	
we can bring this powerful force into	
our consciousness and watch its energy transform our lives and the	
lives of everyone around us. Its	
energy can assist us in living up to	
our highest potentials. Love dwells in all things, but one will not	
recognize it outside of themselves	
without first experiencing it within	
their own being.	

feet on the floor, put your hands i your lap, and close your eyes. Meditation is an awareness of sel Take the time and commit yoursel to relaxing. Listen closely to the sound of my voice as I gently guic you through the process of comin into the center of your being. We start first by placing our aware ness on our breath. We will begin inhale through the nose to a coun of three and then exhale through mouth, also at the count of three. Breathe rhythmicallylike the ebb and flow of the ocean. And as you continue this rhythm, become aware of your body and bring it to its perfect balance, center and rhythm. Tense them and slowly release them. Now tighten the muscles in your fa and then relax them. Good. Next: your shoulderstight them and roll them up to	Actually envision yourself lying on the ocean. Feel the ocean touch your body and every time it does you feel more and more relaxed.	At the beginning of every meditation exercise and, in order for your meditation to have the most optimum
Take the time and commit yoursel to relaxing. Listen closely to the sound of my voice as I gently guic you through the process of comin into the center of your being. We start first by placing our aware ness on our breath. We will begin inhale through the nose to a coun of three and then exhale through mouth, also at the count of three. Breathe rhythmicallylike the ebb and flow of the ocean. And as you continue this rhythm, become aware of your body and bring it to its perfect balance, center and rhythm. Begin with you head and neck. Tense them and slowly release them. Now tighten the muscles in your fand then relax them. Good. Next: your shoulderstight them and roll them up to your ears then roll them around in front of you and behind you and	Describe how the body feels right now:	to take a few minutes to properly ground and center yourself in the body. Begin by finding a straight back chair in which to sit. Place your feet on the floor, put your hands in your lap, and close your eyes.
ness on our breath. We will begin inhale through the nose to a coun of three and then exhale through mouth, also at the count of three. Breathe rhythmicallylike the ebb and flow of the ocean. And as you continue this rhythm, become aware of your body and bring it to its perfect balance, center and rhythm. Begin with you head and neck. Tense them and slowly release them. Now tighten the muscles in your fand then relax them. Good. Next: your shoulderstight them and roll them up to your ears then roll them around in front of you and behind you and		sound of my voice as I gently guide you through the process of coming
become aware of your body and bring it to its perfect balance, center and rhythm. Begin with you head and neck. Tense them and slowly release them. Now tighten the muscles in your for and then relax them. Good. Next: your shoulderstight them and roll them up to your ears then roll them around in front of you and behind you and		Breathe rhythmicallylike the ebb
Good. Next: your shoulderstight them and roll them up to your ears then roll them around in front of you and behind you and		become aware of your body and bring it to its perfect balance, center and rhythm. Begin with your head and neck. Tense them and slowly release them. Now tighten the muscles in your face
		Good. Next: your shoulderstighten them and roll them up to your ears then roll them around in

Now the muscles in your arms: tighten and release. Your hands: make a	Describe how the body feels right now:
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.	In a single control of a big one Way and the
Now the body is fully relaxed and	Imagine you are part of a big sun. You are the
you're prepared to begin your	center of that sun. Write down any feelings
meditation.	which come over you when you do this:
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.	
	Describe the room you have created in detail:
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 win-	
dow treatments are of	
your choosing.	

Write down something you love about your appearance:	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
Write down the objects one at a time that are in the room:	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.
North to cook object with the county of your	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
Next to each object, write the aspect of your personality which is replaced with the object:	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 recognizea part of yourself that you love.
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You may discover things about yourself, elements about yourself, you've never before discovered. As you see these faces, one at a time, become aware of their love for you. Now, see them all stand before you. In the reflection in the mirror, see them all next to each other looking at you. And as you do, concentrate on their heart center. Look at their heart. As you do, envision a brilliant green ball of light emerging from their heart center. Envision this green ball of light becoming brighter and brighterand larger and larger. This green light represents their love and energy – their capacity for love, unconditional love, their healing love.	Make a list of the people you love in your life right now and after their name write a characteristic or trait you especially love about them:
Look more closely and notice that this green light is connected to your own heart center. They are connect- ing their love energy directly to you. As you breathe in, experience and	What part of them is a reflection of you?
feel the love they have for you. Take	
the love that they express to you	
within your being. Bring it in with	
the breath. Experience it now. And	
as you exhale, give them your love.	
Send out your own beautiful green	
energy of unconditional love direct-	
ed to each one of them. And notice	
how you feel when you give out that	
love. When you exhale that love to	
them and inhale their love to you. It	
is an overflowing of energy back and	
forth, back and forth.	
•	

Write down their name(s):	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.
Reflect and write down the feelings you are experiencing now:	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 darknessthe 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.

Open the doors of wisdom, healing, and hope. Take away limitations of others with this light. And take away	Note any changes you feel about who you are, what you feel and your sense of "love" in your life:
limitations you've placed upon your-	in your me.
self, through fear, the expectations	
of others, or ignorance.	
Own this inner beauty, your soul,	
your new awareness, and insights of	
yourself. Go forth into the world with	
a new sense of accomplishment and understanding. Shine your loving	
thoughts everywhere they need to	
be. Rest. Rest in this new state	
of your being.	
For to know love, is to see truth. And	
to love another, is to love self. It is	Make a list of people, places and situations
when we love that we are in com- munion with God. Peace.	where you feel, there is an absence of this loving energy and where you would like to
And now, take this awareness with	direct it:
you in your conscious state. Bring	
that loving light and energy to all	
around youevery day.	
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For more information on James Van Praagh, his work and his appearances visit:

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