

LOVER VISUALIZATION

Turn on some soft comforting music, close your eyes, relax, center yourself with a few slow, deep breaths, and in your imagination feel yourself passionately *embrace your beloved* – whether this is someone wonderful already in your life, or someone wonderful that you hope to attract.....

Feel your Beloved, right there with you, your arms wrapped around each other.

Notice the sound of their breathing.....

Notice the scent in the air.....

Notice the sensation of both your hearts beating.....

You *feel* all the love *they are feeling for you*. You can *feel* how much they *care* about you. It is all so *True*, it is all so *Wonderful*. Let these feelings flow through your entire being.

Enjoy it!.....

Bask in it.....

Now gaze into your Beloved’s eyes, and see them gaze into yours with so much love.....

Your Beloved smiles, and you *hear them say to you*:

“I love you so much.”

“I am so happy to be here with you.”

“You are the most amazing person I’ve ever met. I love how you can make me laugh! I love what a wonderful lover you are!”

“I love everything about you. I’m madly in love with you! I want us to spend the rest of our lives together, growing and laughing and loving.”

Feel the tender loving way they are looking at you.....

Feel all the sweetness, all the adoration, all the care.....

Now give yourself a few moments, and *hear* your Beloved say *all the rest of the wonderful things that you have been dreaming of hearing*.....

Then squeeze them gently with so much love, gaze deeply into their eyes, and *tell them all the loving things that you have wanted to tell them*.....

Now take a deep breath, and *feel* all the gratitude, all the overflowing joy, because your Beloved is right here, right now, in your arms, loving you deeply and completely. *Feel* all the gratitude and joy that this moment has finally arrived and *everything is perfect at last*.....

Your Beloved adores you. You can feel, and accept, their unconditional love flowing to you in warm waves.....

Feel and *send your own* unconditional love, along with all your adoration, to *them*.....

You know that neither of you would wish to be anywhere else right now, but right here in each other’s arms.....

You know, and feel, deep within your heart, that this is exactly how life is supposed to *be*, this is exactly how life is supposed to *feel*.....

Feel it!.....

Love it!.....

Rejoice in it!.....

You *know* this life exists! You know that *it is yours*. Let yourself *feel this certainty.....*

Then give each other one last little romantic squeeze, and let this scene dissolve into a new one:

Your dearest friend is standing in front of you and is saying, “It’s so amazing! This great relationship you now have is so wonderful! I’m so happy for you! I’m so happy for you *both!* *You have everything you want!*”

Say “Thank you, you’re so right!”

Then smile, let what they just told you sink in. and let yourself *just feel the wonder, feel the happiness.....*

Bask in all these feelings for as long as you want.