

the **Love** experience  
*[ accessing the euphoric feeling of love ]*

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**A 21-Day Interactive  
Training Guide**

# INSTRUCTION SHEET

## 1) Print out this PDF

## 2) Sign the Love Contract

By making this commitment, you will *guarantee* the experience of more love and joy.

## 3) Fill out the quick Love Questionnaire

Answer these quick multiple-choice questions before starting the 21-day Love Routine.

## 4) 21-day Love Routine

Starting today do the following routine for 21 days straight. For best results, begin your routine in the morning. The earlier the better...you'll set the tone for the rest of your day.

Maxwell Maltz wrote in *Psycho cybernetics* that it takes 21 days to establish a new habit. When you do this routine for 21 days straight, you will experience extraordinary feelings of love and joy and will develop a habit of love.

### 4 Love Steps Every Day for 21 days:

- a) Write out one of the Love Affirmations on paper
- b) Do 1 item from the *BODY* section
- c) Do 1 item from the *MIND* section
- d) Do 1 item from the *SPIRIT* section

Time commitment: about 15-45 minutes each day

## 5) Final Review

THE MOST IMPORTANT STEP! After you've completed the 21-day routine, look back over the past 21 days and see which exercises and practices you can incorporate into your life from now on.

## FURTHER INSTRUCTIONS FOR THE DAILY LOVE ROUTINE

### **Do I have to complete all of the exercises in the Body, Mind and Spirit sections?**

No. If there are some exercises you don't want to do, or just some that you don't get to, that's fine. Just do as many as you can, and if you find some that really work for you, do those as often as you can!

### **Can I do some of the exercises more than once?**

Sure! If you find exercises or practices that you really like, we encourage you to do them as often as you like. But don't be afraid to try out as many of the exercises as you can.

### **Do I have to complete the 4 Love Steps in order?**

No. It's a good idea to start with the affirmations, in order to set your intentions for the rest of the exercises, but after that you can do the body, mind and spirit exercises in any order you want.

### **What if I miss a day?**

Missing a day is okay. It happens. However, if you are really serious about inviting more love into your life and creating a habit of love, you'll want to do 21 days straight. So if you miss a day, just start over at day 1. No harm done.

The exercises and practices in this course are offered to help you access euphoric feelings of love and joy. If you just want to try out the exercises and you don't want to commit to doing them for 21 days straight, that's fine too.

### **What should I do with my affirmations after I've written them?**

Take them with you. Put them in your pocket, put them on your desk, or place them anywhere you'll see them throughout the day. Make a point to look at them as often as possible.

# THE LOVE CONTRACT

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I commit to follow The Love Experience for the next 21 days with effortless ease, grace and enjoyment. I promise to complete the 4 Love Steps each day. By signing this form, I am summoning the force of Love within me now to re-emerge and fully manifest. I easily recognize love in all its forms. I release all my negative perceptions and beliefs attached to Love. Now, the state of pure Love is permanently in my life. I am 100% open and prepared to give and receive love, and to experience feelings of bliss, euphoria and wonder. It is done. Thank you!

Rewrite the contract below in your own handwriting and then sign and date it to start the Love flowing.

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Signature

Date

# LOVE QUESTIONNAIRE

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On a scale of 1 to 10, how much love do you feel toward yourself now?

1    2    3    4    5    6    7    8    9    10

On a scale of 1 to 10, how much love do you feel toward others now?

1    2    3    4    5    6    7    8    9    10

On a scale of 1 to 10, how do you feel physically?

1    2    3    4    5    6    7    8    9    10

On a scale of 1 to 10, how do you feel mentally?

1    2    3    4    5    6    7    8    9    10

On a scale of 1 to 10, how do you feel spiritually?

1    2    3    4    5    6    7    8    9    10

On a scale of 1 to 10, how do you feel emotionally?

1    2    3    4    5    6    7    8    9    10

# DAILY CHECKLIST

<p><b>DAY 1</b></p> <p><input type="checkbox"/> AFFIRMATIONS  <input type="checkbox"/> BODY  <input type="checkbox"/> MIND  <input type="checkbox"/> SPIRIT</p> <p>NOTES:</p>	<p><b>DAY 2</b></p> <p><input type="checkbox"/> AFFIRMATIONS  <input type="checkbox"/> BODY  <input type="checkbox"/> MIND  <input type="checkbox"/> SPIRIT</p> <p>NOTES:</p>	<p><b>DAY 3</b></p> <p><input type="checkbox"/> AFFIRMATIONS  <input type="checkbox"/> BODY  <input type="checkbox"/> MIND  <input type="checkbox"/> SPIRIT</p> <p>NOTES:</p>	<p><b>DAY 4</b></p> <p><input type="checkbox"/> AFFIRMATIONS  <input type="checkbox"/> BODY  <input type="checkbox"/> MIND  <input type="checkbox"/> SPIRIT</p> <p>NOTES:</p>	<p><b>DAY 5</b></p> <p><input type="checkbox"/> AFFIRMATIONS  <input type="checkbox"/> BODY  <input type="checkbox"/> MIND  <input type="checkbox"/> SPIRIT</p> <p>NOTES:</p>	<p><b>DAY 6</b></p> <p><input type="checkbox"/> AFFIRMATIONS  <input type="checkbox"/> BODY  <input type="checkbox"/> MIND  <input type="checkbox"/> SPIRIT</p> <p>NOTES:</p>	<p><b>DAY 7</b></p> <p><input type="checkbox"/> AFFIRMATIONS  <input type="checkbox"/> BODY  <input type="checkbox"/> MIND  <input type="checkbox"/> SPIRIT</p> <p>NOTES:</p>
<p><b>DAY 8</b></p> <p><input type="checkbox"/> AFFIRMATIONS  <input type="checkbox"/> BODY  <input type="checkbox"/> MIND  <input type="checkbox"/> SPIRIT</p> <p>NOTES:</p>	<p><b>DAY 9</b></p> <p><input type="checkbox"/> AFFIRMATIONS  <input type="checkbox"/> BODY  <input type="checkbox"/> MIND  <input type="checkbox"/> SPIRIT</p> <p>NOTES:</p>	<p><b>DAY 10</b></p> <p><input type="checkbox"/> AFFIRMATIONS  <input type="checkbox"/> BODY  <input type="checkbox"/> MIND  <input type="checkbox"/> SPIRIT</p> <p>NOTES:</p>	<p><b>DAY 11</b></p> <p><input type="checkbox"/> AFFIRMATIONS  <input type="checkbox"/> BODY  <input type="checkbox"/> MIND  <input type="checkbox"/> SPIRIT</p> <p>NOTES:</p>	<p><b>DAY 12</b></p> <p><input type="checkbox"/> AFFIRMATIONS  <input type="checkbox"/> BODY  <input type="checkbox"/> MIND  <input type="checkbox"/> SPIRIT</p> <p>NOTES:</p>	<p><b>DAY 13</b></p> <p><input type="checkbox"/> AFFIRMATIONS  <input type="checkbox"/> BODY  <input type="checkbox"/> MIND  <input type="checkbox"/> SPIRIT</p> <p>NOTES:</p>	<p><b>DAY 14</b></p> <p><input type="checkbox"/> AFFIRMATIONS  <input type="checkbox"/> BODY  <input type="checkbox"/> MIND  <input type="checkbox"/> SPIRIT</p> <p>NOTES:</p>
<p><b>DAY 15</b></p> <p><input type="checkbox"/> AFFIRMATIONS  <input type="checkbox"/> BODY  <input type="checkbox"/> MIND  <input type="checkbox"/> SPIRIT</p> <p>NOTES:</p>	<p><b>DAY 16</b></p> <p><input type="checkbox"/> AFFIRMATIONS  <input type="checkbox"/> BODY  <input type="checkbox"/> MIND  <input type="checkbox"/> SPIRIT</p> <p>NOTES:</p>	<p><b>DAY 17</b></p> <p><input type="checkbox"/> AFFIRMATIONS  <input type="checkbox"/> BODY  <input type="checkbox"/> MIND  <input type="checkbox"/> SPIRIT</p> <p>NOTES:</p>	<p><b>DAY 18</b></p> <p><input type="checkbox"/> AFFIRMATIONS  <input type="checkbox"/> BODY  <input type="checkbox"/> MIND  <input type="checkbox"/> SPIRIT</p> <p>NOTES:</p>	<p><b>DAY 19</b></p> <p><input type="checkbox"/> AFFIRMATIONS  <input type="checkbox"/> BODY  <input type="checkbox"/> MIND  <input type="checkbox"/> SPIRIT</p> <p>NOTES:</p>	<p><b>DAY 20</b></p> <p><input type="checkbox"/> AFFIRMATIONS  <input type="checkbox"/> BODY  <input type="checkbox"/> MIND  <input type="checkbox"/> SPIRIT</p> <p>NOTES:</p>	<p><b>DAY 21</b></p> <p><input type="checkbox"/> AFFIRMATIONS  <input type="checkbox"/> BODY  <input type="checkbox"/> MIND  <input type="checkbox"/> SPIRIT</p> <p>NOTES:</p>

# LOVE AFFIRMATIONS

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Now all difficulties attached with love have dissolved.

All my negative constraints, beliefs and perceptions about love have disappeared.

I love myself completely, exactly as I am.

I now express BIG love to all those I meet.

I am a radiating divine love.

Divine love flows through me now.

I am soaked in unconditional love now.

Big Love radiates from me at all times.

Love comes to me easily and effortlessly.

I give and receive love easily and joyfully.

Others love me easily and joyfully.

I now feel loved and appreciated by all.

I express love freely.

When I give love, I am instantly supplied with more.

I radiate love to all persons, places and things.

People love me and I allow their love.

I breathe in universal love now.

I attract loving, beautiful people into my life.

I always deserve love.

I attract loving relationships into my life.

I project love to everyone I meet.

I love and approve of myself.

Love happens with effortless ease, grace and enjoyment!

Love finds me easily and effortlessly every day.

Love fills my whole world every day.

I learn self-love and share limitless love with people now.

I am ecstatically appreciative for the love I encounter every day.

I deserve love.

Love is real.

I radiate pure, unconditional love toward all.

I am surrounded by love.

My heart is open to love now.

Love always opens new possibilities.

The core of my being is an infinite well of love.



# BODY

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## **Singing**

Singing does wonders for your health, plus it can be a lot of fun. Even if you can't carry a tune, you can always sing along to a CD or hum one of your favorite songs.

## **Yoga**

There are many different types of yoga, and the benefits include enhanced posture, flexibility, strength, increased energy flow, peaceful feelings and more.

I was turned onto The 5 Tibetan Rites, and I've enjoyed doing them so much that I do them at least 2-3 times a week. It is a set of 5 exercises that take about 10-15 minutes to do. If you sit at a desk for most of the day, like I do, you'll notice that these exercises really help create more flexibility and ease tension in your back. (~Justin)

You can find a good instructional video here:

<http://theloveexperience.org/resources/#videos>

## **Dance**

Dancing helps with strength, endurance, flexibility and overall well-being. Moving your body to music for 10 or 15 minutes will get a lot of positive energy flowing throughout your body and give you a sense of joy and wonder.

## **Exercise**

You don't have to go out and get a gym membership just to exercise. You can go for a walk, a jog, a bike ride, do yoga, Pilates, pushups, sit-ups, play sports, or anything you want. Whatever you do, just make sure to enjoy it, because exercise isn't meant to be a chore.

## **Nutrition**

Treat your body well today by eating as healthy as you can. Eat lots of your favorite fruits and vegetables, have a big salad, make a healthy smoothie, skip dessert, etc. Just make sure to eat healthy foods you really enjoy, because if you don't enjoy them, what's the point?

## **Massage**

Treat yourself to a massage today. If you can't afford to get a professional one, ask a friend or a family member. You could also offer to return the favor. Massages can help

to relieve stress and release endorphins which reduce pain and give you a natural euphoric feeling.

**Deep Breathing**

Spend 3-5 minutes breathing deeply and slowly. Hold your breath slightly before letting the air out. You should notice afterward that you feel more relaxed, open and tranquil. You can do this simple exercise any time you feel stressed or anxious.

**Spend Time Outdoors**

Make a point today to get out into nature and just take it all in. Listen to the sounds of the birds. Feel the sun on your face, or the coolness of the shade. Smell the dry leaves or the blossoming flowers. Enjoy the beauty of the trees, or the sunset, or the stars. Leave behind your problems and stress, and just *be* in nature. It's a euphoric experience.

**Stretching**

Spend 5-10 minutes today stretching any muscle that feels tight. Make sure to breathe deeply as you stretch. In this day and age, we usually spend a lot of time sitting, which isn't a very natural position for the body. By stretching out your neck, shoulders, back, arms, legs and any other part of you that feels stiff, you'll notice an immediate feeling of relief and relaxation.

**Music**

Make time today to listen to one of your favorite CDs. Don't just put it on in the background while you're doing something else, but sit and listen with your full attention. You can sing along, dance, play air guitar, or do whatever brings you the most joy.

(Personal note: I like to listen to music in the background sometimes when I'm doing something like working out or surfing the internet. However, I notice that when I just sit back and let myself fully take in one of my favorite songs, I feel a sense of euphoria that I could never feel if I weren't fully concentrating on the music. ~Justin)

# MIND

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## ❖ Love Interviews

You can download these at <http://theloveexperience.org/resources/#interviews>

### ☑ **Dr. Nick Good, founder of Success Ultra Now**

Dr. Nick explains that we don't really need to *generate* Love, because Love already exists within us. He also explains a practice called Ho'o pono pono, which he says is the most powerful, most empowering, most enlightening thing we can do.

### ☑ **Timothy Freke, author and philosopher**

Tim explains what Big Love is and describes how to experience the feeling of Love any time you want.

### ☑ **Tim Sanders, author of *Love is the Killer App***

Tim tells us how we can change our mindset from a scarcity mentality to an abundance mentality. He also shares tips from his latest book *Saving the World at Work*

### ☑ **Allen Silberhartz, host of the *Bridging Heaven and Earth* show**

Allen explains how important it is that we build up a momentum of going to that quiet place within us where we get in touch with unconditional love. He lists a number of techniques for doing so, and says that as we focus on filling our lives with doing positive things, the negative things naturally fall away.

### ☑ **Cynthia Larson, author and intuitive, founder of *RealityShifters.com***

Cynthia explains how a lot of our power structures and institutions have a vested interest in disempowering us and not teaching us the power of love. She will also guide you through a love meditation.

### ☑ **Dr. Joe Rubino, certified success coach and cofounder of *The Center For Personal Reinvention***

Dr. Joe explains how we can alter our perceptions and our interpretations of events in order to feel more love, feel better about ourselves, and be more loving toward people

### ☑ **Dr. Lisa Love, author and life coach**

Dr. Love explains how love and happiness are bound together. She also brings to light many of the false ideas we've come to believe about love through the influences of movies, songs and media.

**Harold Becker, author and founder of The Love Foundation**

Harold shares the one question we can ask ourselves in order to get in touch with the infinite power of unconditional love. He also explains how he transformed his life by choosing to accept himself unconditionally.

**Michael Mackintosh, meditation expert with Success Ultra Now**

Michael gives you a technique for expanding your awareness so that you can experience love at all times.

**Robert Roskind, author of *2012: The Transformation from the Love of Power to the Power of Love***

Robert explains that learning how to experience more love is more of a process of *unlearning* and getting rid of all the barriers to love that have been imposed on us, or that we've imposed on ourselves.

**Lisha Marie & Jay Dee, intuitive counselors at [ShiftingYourEnergy.com](http://ShiftingYourEnergy.com)**

Lisha Marie and Jay Dee talk about the instant power of chanting, and the joy of creating music. Lisha Marie also explains how love is all that is real and everything else is just illusion.

❖ **Inspiring Reading**

- Read the *Love Activation* eBook (hint: read it in sections, 15-20 minutes at a time)
- Find an inspirational book at your library, book store, or even on your shelf

See <http://theloveexperience.org/resources/#books> for our list of recommended books

❖ **Enlightening Videos**

- Start your day with one of the enlightening videos we've found and prepared for you

You can watch these videos at <http://theloveexperience.org/resources/#videos>

❖ **Internet Love Resources**

- Check out our list of Love Links for some truly mind-blowing information

See <http://theloveexperience.org/resources/#internet>

# SPIRIT

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## ❖ Guided Meditations

These meditations will help you to focus your thoughts on Love, and you'll be able to experience the *incredible feeling* of Love within your body.

You can download them at <http://theloveexperience.org/resources/#meditations>

- ☑ **Morning Love Meditation - by Michael Mackintosh of Success Ultra Now**
- ☑ **Universal Love Meditation - by Michael Mackintosh of Success Ultra Now**
- ☑ **"Feel the Love" Meditation - by Cynthia Larson of Reality Shifters**
- ☑ **Heart Soul Meditation - by Nick Good of Success Ultra Now**

## ❖ Love Exercises

- ☑ **Ho'o pono pono**

This Hawaiian Healing technique originally from Dr. Ihaleakala Len is powerful and simple. Repeat these 4 phrases over and over silently or aloud:

*I'm sorry.*

*Please forgive me.*

*I love you.*

*Thank you.*

Direct these thoughts toward any person, thing or situation when you feel upset or irritated about anything. The concept behind Ho'o pono pono is that everything outside of yourself is a manifestation of your psyche. Dr. Len healed an entire mental ward—without ever seeing the patients—by looking inwardly and practicing Ho'o pono pono. This power is generated by you taking full responsibility for the external manifestations of your thoughts, feelings and mental state.

(Personal note: I've tried this exercise a number of times. There have been times when I was angry at someone and that person was angry with me, and there was a noticeable tension in the air. So I did this exercise over and over in my thoughts for about 5-10 minutes, and there was a *huge* shift. The tension just fell away and all of a sudden the two of us felt totally loving toward each other, without saying a word! ~Justin)

**Forgiveness exercise**

This exercise will release any anger, resentment and negative energy you may be holding onto.

Focus on any person, place or thing that causes feelings of anger, resentment or negativity.

Take a deep breath and say this affirmation (silently or out loud):

*"I fully and completely forgive you for everything that has happened between us. I no longer hold any resentment or anger toward you and I wish you happiness and total fulfillment."*

Repeat the affirmation as many times as you want and to as many people as you want.

(Personal note: The first time I did this exercise, I wrote a list of every person I knew and said the affirmation toward each person individually. I experienced an unbelievable surge of energy, and it felt like a huge weight had been lifted off me! ~Justin)

**Gratitude & Appreciation exercise**

Think of everything you are grateful for today. Write each one down, using a full sentence, such as:

*I am grateful for \_\_\_\_\_.*

Or

*I really appreciate \_\_\_\_\_.*

Look over the list and feel the feelings of gratitude and appreciation at least once today. Throughout your day notice more things to appreciate and be grateful for.

**Love Visualization exercise**

For this exercise, you'll want to get comfortable in a chair or on your bed. Imagine yourself experiencing a feeling of pure love. What might be happening in order for you to experience this? Are you with your friends or family? Are you singing, dancing, talking, laughing, playing or celebrating?

Take a few moments to get a good mental picture of this scenario of pure love and joy. Now imagine that every single person in the world is feeling that same feeling of pure love. Imagine everybody in the world, no matter what they are doing, is in a total state of love, joy, peace and happiness. Every person feels so good that the love and joy are contagious.

Spend as much time as you want holding this visualization. See the faces of the people. Watch them play, laugh, sing and have fun. Feel the feeling of love growing stronger and stronger in the world, and within your own heart. Notice how good it feels to share in this feeling of love and joy with the entire human race!

### **The Love Blast**

If you're in a hurry, this quick technique will blast love to anyone no matter where they are:

1. Think of a person who needs love.
2. Close your eyes and picture that person clearly.
3. For 60 seconds, think loving thoughts toward that person (i.e. I love you, I appreciate you, thank you for being my friend etc.).
4. Imagine a white light emanating from your heart and surrounding the person and room they are in.
5. After 60 seconds open your eyes and say thank you.

### **Ecstasy and the Heart**

This exercise feels *really* good! The goal is to feel feelings of appreciation and gratitude in your heart.

Start off by thinking about something or someone you appreciate. Once you begin to feel a positive buzz of gratitude and appreciation, focus your awareness on your heart. Now imagine your heart feeling these feelings. Breathe in and fill your heart more deeply.

This exercise comes from Tom Kenyon. For further instructions and information about this exercise, visit <http://tomkenyon.com/ecstasy-and-the-heart/>.

### **Random Acts of Love**

Think of a person you'd like to show love to and consider ways to express your love. Most people think in terms of romantic love, but that isn't the only option. You can show love to anybody, regardless of your relationship to them.

Just try to put yourself in the other person's shoes and consider what might make them feel loved.

It could be something as simple as offering them water, food, beer or wine. It might be planning a surprise birthday party for them. Buying someone lunch or dinner is a very universal act of love. You can do this in any country and people will most often receive your love. This exercise can be a lot of fun, and it allows you to use your creativity to the fullest.

(Personal example: I was out at Mosiac, a bar in Raleigh, and I bought the performing drummer a rum and coke. ~Aaron)

# FINAL REVIEW

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Congratulations on completing 21 days of Love Experience. Please take a few moments to look back over the last 21 days.

1. Take out The Love Questionnaire sheet that you filled out before beginning the course, and fill it out now using a different color pen. Note any progress you have made.
2. Answer the following questions:
  - a. What were your favorite exercises?

- b. How has The Love Experience affected your life?

3. Consider which love exercises and practices you might be able to add to your daily or weekly routine.

4. Send us your feedback!

We'd love to hear how you've benefited from The Love Experience. We also want to know how we can improve it.

Please send your comments, suggestions and praises to:  
[support@theloveexperience.org](mailto:support@theloveexperience.org)