

Using the Love Set

Explore the power of the Love Set in ways that feel intuitively right for you or experiment with the experiences below, on your own or with a partner.



Love Meditation

Select an essence that speaks to you by reading the descriptions, dowsing through the set, or using applied kinesiology. Once you've identified your selection, take three drops of the essence. Sit quietly and breathe into your heart center. Imagine filling your heart with light. Call up feelings of love and gratitude for a person in your life or past experiences that brought you joy. Try to sustain these heightened feelings for 20-30 minutes. If your mind interrupts the experience, gently turn your focus back to your breath and refocus on love and gratitude.

If you practice this meditation with another person, try extending the field of love you're generating to include your partner.



Journeying for Guidance

Identify a question or issue related to love that you'd like to explore with a partner or on your own. Ask the spirit of the essences to offer information that will guide you, going forward. Choose one to three essences and take three drops of each. Sit quietly or lie down for 15-20 minutes. Pay close attention to any physical sensations, emotions, or thoughts that arise as well as images, scenes, memories, or colors. Do not try to direct the course of this experience, simply observe whatever comes up.

After the journeying experience, record everything that you can remember in a journal. You might need to set this material aside for a day or two, but when you're ready, return to your write-up and look for symbols, metaphors, or emotional material that offers information about your question. You might find it helpful to share what you've written with a partner or trusted friend and ask for their insights.

Repeat this experience after a few days with the same question or issue in mind. Ask the essences to help you access additional or clarifying information.



Eye Gazing

Choose an essence to take with your partner. Find a comfortable place to sit, set a timer for 10 minutes, and begin looking into your partner's eyes. If you start to feel distracted or restless during the exercise, gently return your focus to your partner's gaze and breathe into your belly.

After the meditation, talk about what you each experienced. What thoughts or feelings came up for both of you? What about the exercise surprised you?



Enhancing Connection & Intimacy

Choose any of the essences in the set to amplify closeness with your partner. Consider setting an intention for your relationship. You may want to create a simple ceremony around selecting and taking an essence together. Light a candle and create an altar with objects that are significant to you both. After taking the essence, make some space with your partner to connect in whatever ways feel best—through talk, touch, etc.

Continue taking the essence for a week and notice how you feel. Pay attention to any shifts (even small ones) in your relationship and make time to share what you've noticed with one another.



Questions?

Contact us at info@deltagardens.com or (603) 601-6929. Visit deltagardens.com for info on upcoming events.