

HOW TO BE LOVING

THE JOURNAL

Relax your mind.
Connect with the Divine.

Danielle
L A P O R T E
A HEART CENTERED
APPROACH TO LIVING

 **sounds true**
BOULDER, COLORADO

HELLO, FRIEND,

The light is within. That's what the mystics tell us. Does that ring true for you? Maybe it's unsettling—which is understandable, since humans have been wrestling with illusions of separateness and a yearning for Divine Guidance for *eons*. But really . . .

The answers are within us. We just need to slow down *often enough* to hear them.

Use this journal as a reflection tool. Go stream of consciousness or treat it like a diary of your deepest questions. Use it to listen to your heart.

Then trust what you hear. And then use your free will to work that wisdom into your thoughts, words, and actions.

A heart centered life is a reflective life. Yearly visioning is great, but *regular* introspection keeps us close to our life force—and to each other. And when there's more reflection, there's more light.

Each page here is a portal to your Radiance. See what's inside of you.

Always with Love,

A handwritten signature in black ink. The name "Danielle" is written in a cursive, flowing script. Below the name, there is a large, stylized loop that forms a heart-like shape, and to its right, a small "XO" mark.

The Metta Bhavana Prayer

May I be happy.
May I be healthy.
May I be free of suffering.
May I be free of mental anxiety.
May I live in peace.
May my life be blessed with ease.

May you be happy.
May you be healthy.
May you be free of suffering.
May you be free of mental anxiety.
May you live in peace.
May your life be blessed with ease.

May we be happy.
May we be healthy.
May we be free of suffering.
May we be free of mental anxiety.
May we live in peace.
May our lives be blessed with ease.

The Metta Bhavana Prayer was translated from Pali (the original language of most Buddhist prayer and teaching). Metta means "Loving Kindness;" Bhavana means "cultivation."

According to legend, a gathering of monks were having trouble meditating in the woods. The Buddha heard their complaints and gave them a spiritual tool: the Metta Bhavana Prayer. They went back into the forest, practiced the prayer relentlessly, and how about this? They emerged enlightened. Powerful prayer.

be
open
to
accepting

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