

Fill Yourself With Love

by Colette Lafia, author
of *The Divine Heart*.



Find quiet moments



Each day, find some quiet moments to simply be. Pause and take a few deep breaths. Breathe in the love that is sustaining us at every moment, and breathe out the energy of love into the world around you.

Practice Listening



Listen with a compassionate and caring heart. Ask someone today, “How are you?” and take time to simply listen. Listening is everything—no pressure to give advice or fix anything. Throughout the day check in with yourself about how you are doing?

Delight in the Seasons



Notice the gifts of winter, spring, summer and fall, that are all around us - the beauty of bare branches, or blooming wildflowers, or sunny days, or changing leaves. Pay attention to how each season invites you to renew the vision you have for your life.

Be Kind to Yourself and Others



Practice the gentleness of acceptance for yourself and others. Breathe in compassion for yourself, and breathe out acceptance for someone in your life. Remembering that most of us are feeling both joy and sadness.

Cultivate Gratitude



During the day, make a habit of pausing for a moment, and noticing something you are grateful for—the apple you're eating, the work you just completed, an encouraging text from a friend. The energy of gratitude fills the world with more love!

Nurture Your Heart



Identify what can keep you anchored in your heart—is it being in nature, finding moments of meditation or prayer, reading poetry, talking to someone you trust? Commit to staying connected to what grounds you in love. You may like to make a list to remind yourself from time to time.

Value Connection



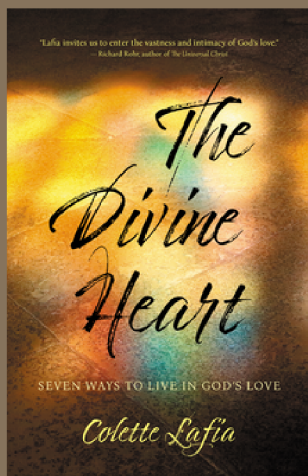
Let us continue to remember that connection is important for our well-being. Can you find daily ways to stay connected to life and love through people, animals, and nature? Recognize how interconnected we all are with each other, and with all of creation.



Colette Lafia

Colette Lafia is a San Francisco-based writer, spiritual director, and international retreat leader who invites us to see ourselves as a manifestation of Divine Love.

Colette is a faculty member as well as graduate of the Spiritual Directors' Institute at Mercy Center in Burlingame, CA. She also completed the Living School program, in the Christian contemplative and mystical traditions.



She is the author of *The Divine Heart: Seven Ways to Live in God's Love*, a 2022 Nautilus Book Award winner; *Seeking Surrender*; and *Comfort and Joy*, named one of the best spiritual books of 2008 by Spirituality & Practice. Colette's a regular contributor to Gratefulness.org.

Learn more at ColetteLafia.com.