

Ways to Share Your Love: Meditation Leader Guide ¹

This guide provides gentle, 3-minute meditations for each session of the 'Ways to Share Your Love' small group course. These meditations are designed to help participants center themselves, open their hearts, and connect to the session's theme.

Session 1: Radiate Love in Your Daily Actions

Close your eyes and take three slow, deep breaths...

With each inhale, breathe in love. With each exhale, release tension.

Picture yourself surrounded by a soft, warm light.

Feel that light radiate from your heart with each breath.

Silently affirm: 'I am love. I bring light into the world.'

Session 2: Use Your Voice and Platform

Close your eyes and take three cleansing breaths...

Place your hand gently over your heart.

Imagine your voice as a channel of love and truth.

Silently affirm: 'My words are kind. My voice uplifts and connects.'

Feel gratitude for the ways your voice brings healing.

Session 3: Build Loving Communities

Close your eyes and breathe into your heart space...

Picture a circle of people surrounding you, all connected by threads of love.

Feel supported and safe within this circle.

Silently affirm: 'I am part of a loving, supportive community.'

¹ Created using writings by Dr. Michael Obsatz and David Tillman used ChatGPT to summarize – September 2025.

Session 4: Transform Challenges with Love

Take a few slow breaths, releasing tension with each exhale...

Visualize a challenge or painful experience being surrounded by a gentle light.

Let the light soften and transform the energy.

Silently affirm: 'Even in hardship, I choose love and compassion.'

Session 5: Inspire Inner Reflection & Self-Love

Breathe gently and bring awareness to your heart...

Feel the breath nourish your whole being.

Silently affirm: 'I am lovable, loved, and loving just as I am.'

Allow a sense of peace and appreciation to settle within you.

Session 6: Believe in the Ripple Effect

Breathe slowly and deeply...

Picture a single drop falling into still water, creating ripples.

Each ripple is an act of love you've shared—seen or unseen.

Silently affirm: 'My love ripples outward and makes a difference.'