



Video Transcript

Make It Love & Send It Out with Compassion: A Guided Meditation

Hi, I'm Maria Marshall here with Gaia Goddess, and thank you for joining me for this meditation on

alchemizing pain into love. We're going to get comfortable either seated or laying down.

Take a couple of minutes to grab whatever you need, and then we'll begin.

Now that you're nice and comfortable, we're going to take three deep breaths to ground into our bodies.

You may want to sigh on the exhale, signaling to your body it's time to relax.

In this meditation, we'll explore how to cultivate and channel love even in our most challenging moments.

Did you know that you can generate love for yourself during times of heartbreak, loneliness, or deep grief?

Love isn't just something we receive from others. It's a force we can cultivate within.

The same is true for joy.

It's not something that deepens on external circumstances. It's an inner resource, always available to us.

Now, let's begin this practice together.

Think of someone or something that fills you with pure love.

Perhaps a beloved pet, a child, parent, or friend.

Allow that feeling of love to arise naturally.

Feel that feeling in your heart.
Now, let's channel that love. Breathe in deeply.
Drawing love into your heart, place your hands on your heart center.
With each inhale, breathe in love for yourself.
With each exhale, imagine this love expanding.
Let's practice together. Breathe in love.
Exhale.
Send it throughout your body. Breathe in. Love.
Exhale. Let it flow outward.
Breathe in.
Love.
Exhale. Send it throughout your body.
Breathe in.
Love.
Exhale. Let it flow out.
Now, let's transform our emotions.
If you're holding pain or grief, breathe into it.
Keep breathing into it.
Whatever you're holding that may be painful in your heart,
breathe love into your heart.
Visualize this energy transforming into love by sending it love.
Send this transformed energy out through your heart. and hands.
You can even direct this love to someone or something that you cherish.
Breathe in,
breathe out, and feel this love blessing the world around you.
Now, let's add some lightness. Breathe in joy for your inner child.
Invite in. playfulness, and giggles.
Allow yourself and your inner child to feel lightness and delight.
Yes, joy co-exists with our deeper emotions.
Within you lives an infinite capacity for love and joy,
even amid sadness. grief, or pain. You can access these healing energies.
They're not just emotions.
They're transformative tools for healing.
Practice this whenever you need to reconnect with love.
Whenever you need to extend compassion for yourself.
Whenever fear and anxiety come up,
you can always return to love.
You are the alchemist of your own experience. turning pain into love,
grief into grace.
On the next inhale, allow yourself to draw in more love.
And this time, let it remain in your heart.
Feel that love,
perhaps a smile on your face and

the lightness of being. Your true self.
You have just intentionally alchemized painful emotions and turned them into love.
Remember, the world needs all the love that you are.
And when you're ready, take in a few more deep breaths as
we finish out
this meditation. Coming
back into your body.
Back to your waking reality with even more love.
Thank you for joining me for this meditation. Everything can be alchemized into love.
I wish you much love and light on your journey.