



Sibella Circle Member & Visionary Leader

UNLOCK YOUR SOUL TREASURE AND SHINE

Opening the Cosmic Valentine

By Bobbe Bramson

Priority Mail! Your daily Cosmic Valentine has just arrived!! It emits a pure, sweet vibration that asks 'Will you be mine? Will you remember my Love for you?' Answer honestly: Do you A) Open it? B) Set it aside for later? C) Lose it under a pile of junk mail? D) Throw it away?

Many of us close our hearts off behind barbed wire or insurmountable walls. And with good reason (if we are to believe what our false ego tells us). We've been hurt, betrayed, criticized, rejected, etc. We all have painful stories whose scripts continue to enforce the illusion of separation. So here's a Valentine's challenge: This February let's spend 29 days in loving appreciation of our deservedness, beauty, strength, and wisdom. Let's create some Let-Love-In rituals, amp up our self-love mojo, and devote quality time to seeing ourselves as Spirit does.

To heal resistance to Love, begin by reminding yourself at key points during the day that Spirit is sending you Love. So you must deserve it, right? Consciously breathe in Divine Love and on the exhale let it nourish and sustain you. Muse in a journal, asking questions like: How can I cultivate a more willing heart? What does my soul know about Love that I've forgotten? How can I become more patient with myself? Where do I hide from Love...what scares me about it? Focus on one revelation and decide to act.

Whenever I am hard on myself I turn to the Angels, those messengers of Divine Love who assist us in remembering our True Essence. They are expert at helping us uncover and dissolve the blocks that hold Love at bay. Gentle Archangel Chamuel, Angel Cassiel, and Angel Hadraniel are powerful advocates of self-love. Call out their names from deep within your heart and ask them to bless you with an infusion of Divine Love. Take a moment in stillness to know their Presence and 'listen' with all of your senses. Ask to remember Heartspeake, the language of Love, Acceptance, and Grace, so you can talk kindly to yourself with the respect you deserve.

Surrender your heart's burdens to them. You may feel a comforting warmth as your heart center opens. Perhaps you'll become aware of a grudge that is hardening your heart and find the courage to release it with forgiveness. You may discover grief that has been suppressed for many years, or you may just feel lighter and freer, calmer and more peaceful.

Invite Amarushaya, Angel of Blessings, to help you create rituals of Love. Set up a beautiful altar with pictures of Kuan Yin, Jesus, or other devotional pictures. Immerse yourself in a warm rose-petal bath. Wear or hold pink quartz, diopase or kunzite. Write a love letter to your younger self. Make an I-Love-Me collage.

When we commit even one small act of self-love a day we say "YES" to our Cosmic Valentine. We acknowledge that we are indeed esteemed, beloved daughters of the Divine.

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Angel Heart to Heart

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