

Being  
**LOVE**  
JOURNAL

**9** SPIRITUAL  
PRACTICES  
*with Writing Prompts*



Thank you for your purchase of Being Love:



Being  
**LOVE**  
How Loving Yourself Creates Ripples of  
Transformation in Your Relationships and the World

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*The Being Love Journal*  
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## About Dr. Debra L. Reble



Consciously merging her practical tools as a psychologist with her intuitive and spiritual gifts, Dr. Debra L. Reble empowers women to connect with their hearts and live authentically through her transformational Soul-Hearted Living™ program. Debra has a thriving private practice in Cleveland Heights, OH and also sees clients virtually.

A soul-inspiring writer, Debra is the author of the award-winning [\*Soul-Hearted Partnership: The Ultimate Experience of Love, Passion, and Intimacy\*](#) with four awards including the Eric Hoffer award. Her second book, [\*Being Love: How Loving Yourself Creates Ripples of Transformation in Your Relationships and the World\*](#) is published by [Inspired Living Publishing, LLC](#).

She is also a contributing author to the International Best-seller [\*Inspiration for a Women's Soul: Choosing Happiness\*](#), as well as the inspirational best-sellers [\*Inspiration for a Women's Soul: Cultivating Joy\*](#), [\*The Wisdom of Midlife Women 2\*](#) and [\*Unleash Your Inner Magnificence\*](#), and coming in August of 2016, [\*Inspiration for a Woman's Soul: Opening to Gratitude & Grace\*](#) all published by Inspired Living Publishing, LLC.

Debra is a popular blogger and writer whose words and wisdom are embraced by readers around the world. She is a frequent guest contributor to [Aspire Magazine](#), and other high-profile blogs. Her popular inspirational podcast, [Soul-Hearted Living](#), airs on iTunes and other platforms and is dedicated to reconnecting women with their heart.

Aspire Magazine Publisher Linda Joy calls Debra an 'Ambassador of Love' and shared, "Debra's writing and words hold a powerful vibrational energy... and that energy is LOVE."

Debra is married, has two amazing children Tom and Alex and lives with her beloved husband, Doug, and yellow Labrador, Shiloh in Cleveland, Ohio. She loves to cook, practices yoga and takes tango and salsa lessons with her husband.

Visit [www.DrDebraReble.com](http://www.DrDebraReble.com) for inspiring content and to claim your complimentary **4-part Soul-Hearted Living Meditation Series**.

Join inspiring content and to continue the conversation join Debra on [Facebook](#) and [Twitter](#).

## Introduction

I'm honored and blessed that you have chosen to walk this journey of love with me. This journal, and the guided meditations you received with it, was created to support your journey through the *Being Love* book and to bring you deeper into the truth of who you are.

I recommend that you create a special ritual that supports you in setting an intention during your inner work with the energy of love. Light your favorite candle with the intention to open your heart. Sit in a quiet space free from all distraction.

You are creating a sacred space as a gift to yourself to awaken to your divine essence as love. Listen to one of the guided meditations or gently close your eyes and focus on the ebb and flow of your breath. Put your attention at your heart center and breathe deeply in and out.

Remain in your heart center until you feel your energies shift to a more calm and relaxed state. Take out the journal and follow the practices within it allowing it to flow with ease and grace.

If you find your mind wandering or you feel distracted, gently let the thoughts move across your mind like the clouds across the sky.

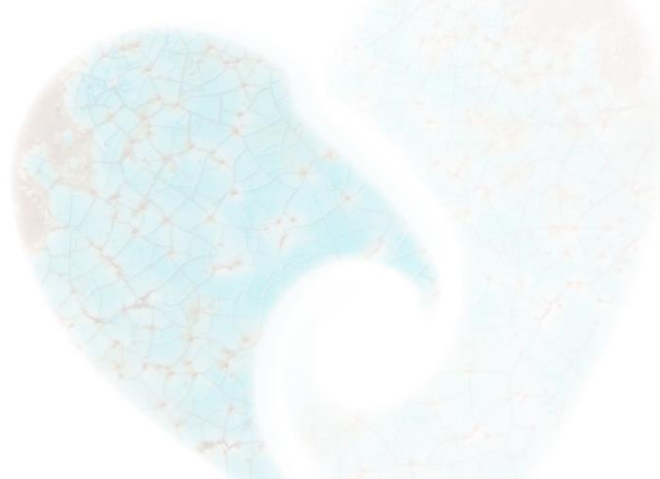
Come back to your breath, come back to your heart and continue with the practice.

Spend time each day to reconnect with your heart and tap into the essence of love.

## Practice #1: **Vulnerability Opens Us to Our Essence as Love**

*"Acknowledging our need for love and connection is the first step in embracing our vulnerabilities and discovering the essence of ourselves as love." ~  
Dr. Debra L. Reble*

**Practice leaning into your vulnerabilities.** Spend time alone in quiet reflection, whether meditating at your desk, sitting in a garden, looking out a window, or writing in a journal. Begin with five minutes at the beginning and end of each day, then gradually increase the time to allow your vulnerabilities to surface.



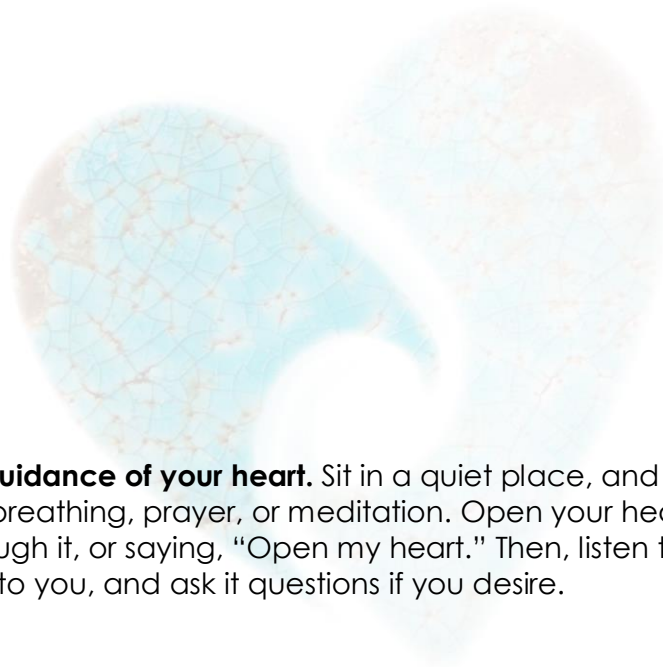
**Identify the types of situations that cause feelings of vulnerability by journaling.** Ask, "What is the energy in my body telling me? What person or situation makes me feel vulnerable? What is the person or situation showing me about the origin of my underlying pain?" Discuss the sources of emotional pain that triggered any reactions with a supportive friend or therapist.

For more journaling prompts on this practice refer to chapter one in *Being Love*.

## Practice #2 **We are the Source of Love**

*"Awakening to our authentic selves as love leads us to letting go of who we think we should be and embracing who we actually are." ~ Dr. Debra L. Reble*

**Give yourself permission to follow your heart in some new way.** Let go of something that no longer serves you, and choose something more appropriate to your current life.



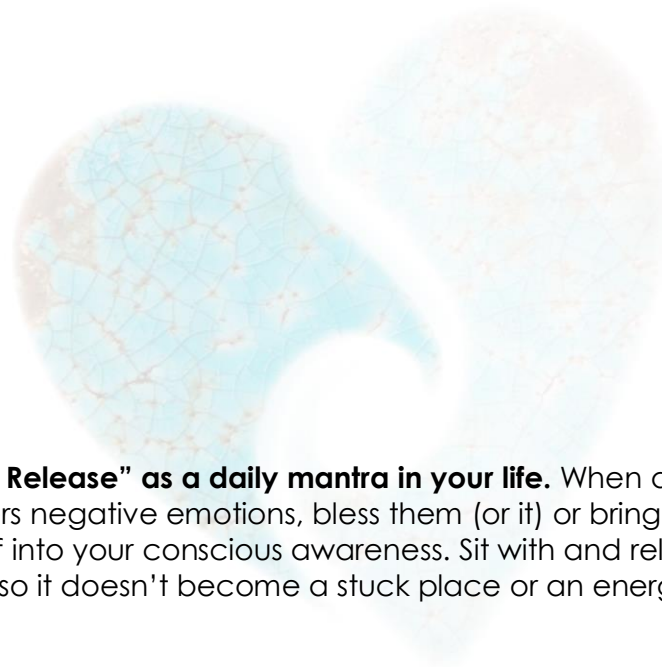
**Focus on the guidance of your heart.** Sit in a quiet place, and enter a trancelike state through breathing, prayer, or meditation. Open your heart by touching it, breathing through it, or saying, "Open my heart." Then, listen to the voice of your spirit speaking to you, and ask it questions if you desire.

For more journaling prompts on this practice refer to chapter two in *Being Love*.

## Practice #3 The Transformative Power of Love

*"The transformative power of love liberates and heals us so we can realize our soul potential and create a more fulfilling life." ~ Dr. Debra L. Reble*

**Release negative energy after stressful days by taking a shower or bath to clear your energy field.** Drink water to release toxins in the body. Engage in exercise and activities such as yoga, massage, acupuncture, or energy work to release energy blocks and open you to the flow of positive energy.



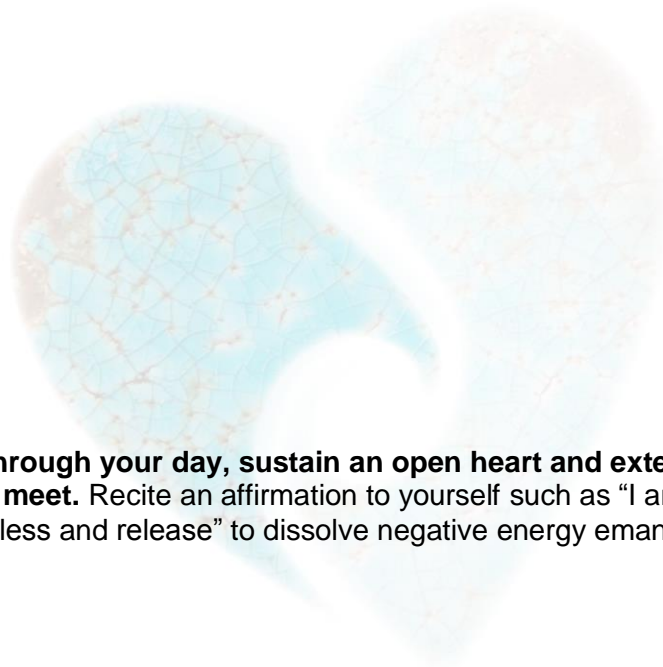
**Use "Bless and Release" as a daily mantra in your life.** When any person or situation triggers negative emotions, bless them (or it) or bringing this unhealed part of yourself into your conscious awareness. Sit with and release whatever pain surfaced so it doesn't become a stuck place or an energy block.

For more journaling prompts on this practice refer to chapter three in *Being Love*.

## Practice #4 **Attracting Love by Being Love**

*"In every relationship, in every moment, we demonstrate love or fear. The more we express love toward others, the more we see that we are lovable, and discover how to love more intimately." ~ Dr. Debra L. Reble*

**Let every thought resonate with an intention of love to support yourself and others without conditions or expectations.** Catch or change any negative thoughts as soon as you become aware of them, and replace them with positive ones, even if you are angry or upset.



**As you move through your day, sustain an open heart and extend love to whomever you meet.** Recite an affirmation to yourself such as "I am love," or say "Namaste" or "Bless and release" to dissolve negative energy emanating from such situations.

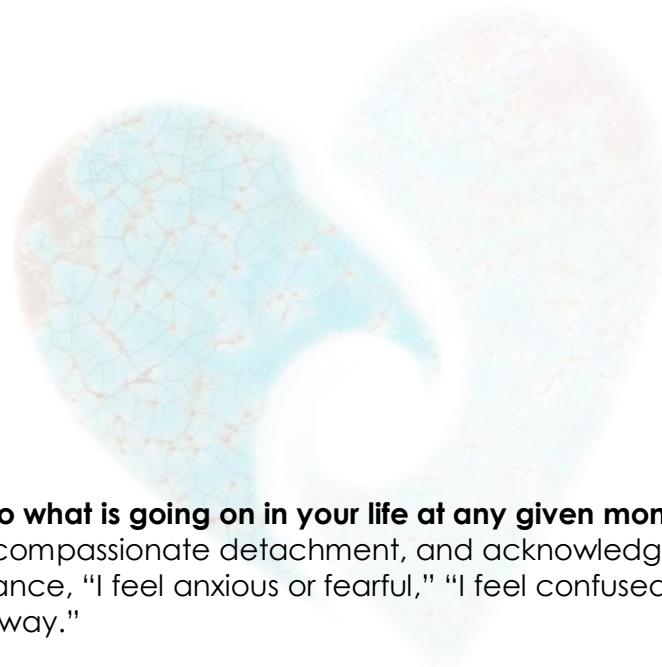
For more journaling prompts on this practice refer to chapter four in *Being Love*.



## Practice #5 The Gift of Transparency

*"Creating a safe haven of love with another person also requires loving ourselves without qualification." ~ Dr. Debra L. Reble*

**Surround yourself and spend more time with positive people.** People who listen well, respond meaningfully, and accept your point of view even if they disagree or make different choices. Make note of who these people are, and where they fit into your life.



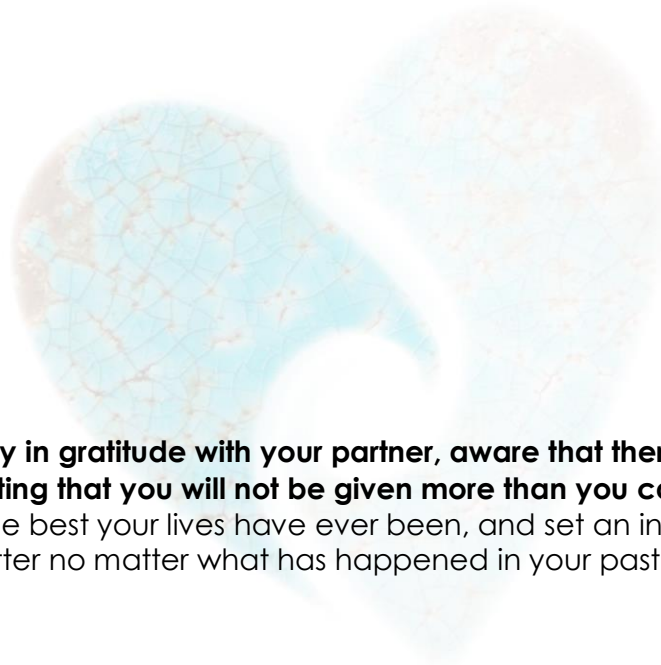
**Pay attention to what is going on in your life at any given moment.** Observe your thoughts with compassionate detachment, and acknowledge your feelings by saying, for instance, "I feel anxious or fearful," "I feel confused," or, "I am acting in an insecure way."

For more journaling prompts on this practice refer to chapter five in *Being Love*.

## Practice #6 **The Pinnacle of Intimacy**

*"Opening up and speaking our truth lays a secure foundation for heightened intimacy." ~ Dr. Debra L. Reble*

**Work toward creating a mutual flow of forgiveness in a close relationship by not holding on to past grievances and hurts.** Consciously refrain from bringing up a friend's or partner's past mistakes when interacting with them in the present.



**Begin each day in gratitude with your partner, aware that there are challenges ahead but trusting that you will not be given more than you can handle.** Visualize an image of the best your lives have ever been, and set an intention to make them even better no matter what has happened in your past.

For more journaling prompts on this practice refer to chapter six in *Being Love*.

## Practice #7 **The Soul of Love**

*"As we inspire others through our love, we begin to create a global climate of love, where all living beings can continually express their soul's purpose and their own unique reflection of universal love energy. " ~ Dr. Debra L. Reble*

**Become aware of daily experiences that inspire you, create joy, or make your heart sing.** Record these experiences in a journal, notice the elements contributing to them, and let these guide the choices you make.



**Engage in Mindfulness Meditation:** For a few minutes each day, tune inward, center yourself, open your heart, and be present to reinforce universal love. Share your mindfulness practice with other

For more journaling prompts on this practice refer to chapter seven in *Being Love*.

## Practice #8 **Become an Ambassador of Love**

*"Being an ambassador of love means broadcasting love in all interactions with others for our own benefit and that of humanity." ~ Dr. Debra L. Reble*

**Practice Silence in Motion Meditation:** Make eye contact and use all means of nonverbal communication to connect with someone without speaking. Smile, open your heart and beam love energy toward them.



**Become a positive source of inspiration for others.** Express yourself and embrace life without reservation. By simply being yourself, you can help the people in your life see how one person can make a difference by being a living example of consciousness.

For more journaling prompts on this practice refer to chapter eight in *Being Love*.

## Practice #9 Transforming the World through Love

*"Every person is being called to circulate love as a healing energy within themselves, with others, and in the world." ~ Dr. Debra L. Reble*

**Listen to one of the Being Love guided meditations** that you received. Light your favorite candle and create a sacred space free of distractions. As you begin your guided journey allow yourself to drop down into your heart and fully feel the love. When you come back from your sacred journey write down any feelings or insights that you experienced while tapping onto the essence and energy of love.



**Tap into your heart space throughout the day.** You can initiate the power of love (that you experienced on the above meditative journey) any time by placing your hand on your heart and focusing your attention there.

For more journaling prompts on this practice refer to chapter nine in *Being Love*.