

# Make a Living Commitment to Love

Building a Loving consciousness and practicing the art of choosing Love in every moment is a life-time quest. It never ends. It is always beginning. The place or level at which Love can begin to transform us is our Threshold. When we decide to dedicate every moment of our lives to Love, Thresholding becomes a process of growth, discovery, and healing. Our commitment to Thresholding needs to be renewed every day – in every moment if necessary. Like Love, it must live within us.

## INSTRUCTIONS FOR USING THE LIVING COMMITMENT TO LOVE

### **Creating your Own Commitment Statement**

The forth and final commitment statement has been left blank for you to fill in. In the process of Thresholding there will always be an issue or growth-point that is unique to your own journey. By filling in this part of the commitment document, you are increasing your conscious participation in Love and you are adding your own intention to a strong field of supportive energy. You can re-write and change this as many times as you like. Although it is recommended that once you choose something, you stay with it for a minimum of 6 – 8 weeks. In general, this is how long it takes to integrate a new decision, habit, or vibration into your life.

As you create your statement, be sure to write it in the present tense and to keep it affirmative. For example, if you want to focus on committing to bring more Love into your relationships, you could write: I will no longer withhold Love from those around me. However, this is both future-oriented (I will) and it is focused on what you don't want to do (no longer withhold.) A far more powerful statement would be: I freely and fully give Love in all of my interactions and relationships. This is phrased as if it is happening right now and it is affirming to what you do want.

### **Signing the Document**

It is strongly recommended that you print and sign the pdf. The visual reminder of your signature will reinforce the strength of your decision in both your conscious and subconscious awareness.

### **Reading the Document**

Read the commitment document at least once every day – or multiple times throughout the day. When you read it, do so with your hands held in your heart center, your back straight, and a strong, clear, and passionate tone in your voice. Please know that a growing number of people all around the world are energizing the same commitment on a daily basis. By participating in this exercise you are not only bringing your own commitment to life, you are contributing to an expanding field of Love that will grow to encompass the entire planet. (For further explanation of this phenomena, please review the section in chapter eight of *Love Threshold: Practicing the Art of Choosing Love in Every Moment* entitled “The Square Root of the Hundredth Monkey.”)

Also, as you read your own commitment statement, remember that others are doing the same as well. Add a sense of support, camaraderie, and mutual admiration to your reading of this part of the document. As you read, know that you are not alone in your growth and learning.

## LIVING COMMITMENT TO LOVE

I am an excellent practitioner of Love. Everyday I am inspired to use my time, energy, and attention to integrate Love into more and more of my life. I am growing in my practice and I joyfully dedicate myself to it right now.

I am listening for Love and all of its guidance. I am asking, "What is the Loving thing to do?" and I enthusiastically accept that the answers are already within me. In this moment, I throw my self and my life open to receive.

I gratefully celebrate the presence of Love in my life. I step forward with courage and live it fully. I am responsible for the experience of Love in my life. I freely live a life of conscious Love and I free all others to walk whatever path is best for them.

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Signature \_\_\_\_\_