



## A Guide to Creating Your Day of Love

Invest just one day of your life to check out our method for increasing love energy.

You will feel happier, connect with other people more effectively and have more empathy; in short, more love in your life.

Choose a Saturday or your day off...

Make it count.

Create a sacred space for you and your loved one(s).

Practice Human "Being"

It is fun, easy and satisfying.

We hope you enjoy your day.

*Day of Love team*

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## The Medicine of Altruism

"In Tibet we say that many illnesses can be cured by the one medicine of love and compassion. These qualities are the ultimate source of human happiness, and our need for them lies at the very core of our being. Unfortunately, love and compassion have been omitted from too many spheres of social interaction for too long. Usually confined to family and home, their practice in public life is considered impractical, even naive. This is tragic. In my view, the practice of compassion is not just a symptom of unrealistic idealism but the most effective way to pursue the best interests of others as well as our own. The more we - as a nation, a group or as individuals - depend upon others, the more it is in our own best interest to ensure their well-being."

Dalai Lama





## Why a Day of Love?

Life expectancy in the Western world is 82 years for women and 80 years for men, on average, around 29,565 days. Our lives are filled with the business of doing. We've become what we call:

### The Human "Doing"



This includes activities such as building our careers, growing our families and acquiring material possessions, all in the belief that this will bring us lasting happiness. There is much reward and satisfaction with these, however, all this activity means we often miss out on the important balance of mental, emotional and physical wellbeing in our lives because we continually focus on Doing rather than Being.

It is easily possible to begin to address this imbalance by investing just one day in yourself to put the Day of Love method to the test and gain balance. Becoming what we call a **Human "Being"**.

As you feel better after this simple practice, you might enjoy repeating Day of Love days, perhaps even regularly...

## What is a Day of Love?

A Day of Love is a space away from all the demands and distractions of life so that for a day we create the opportunity to quite simply practice Human Being.

This Day of Love Healing Guidebook is a simple way of getting started with increasing your love energy. It lets you experience our proven method based on 2500 year old authentic Wisdom – free and without any obligations.

Take a moment out of your busy day, pause, close your eyes, breath in and out slowly and stop! Remember that when you feel happy and aware in the moment, you are present, relaxed, authentic and ready to take on the world:

### The Human “Being”



### Being Human – Today I feel more happiness

#### Imagine: A whole day charging up your love energy!

Love energy flows freely through your body and the pathways between the main energy centres open up, causing your body to relax, energise and heal. These are the times when our love energy is at its peak, when we feel complete, happy, relaxed, centred and balanced.

#### Happiness Could Be

- Sitting by the fire talking with my partner
- Sharing comfort food on a winter's night with the family
- Great conversation, connecting with my best friends
- Relaxing in a warm bath while enjoying a glass of wine
- Tasting that first chunk of chocolate
- Feeling cosy and cuddly, snuggling in bed
- Moving to that song that makes me want to dance



# Creating Your Day of Love

## Preparation

1. Mark a day on the calendar, a full day, and clear your schedule.
2. Choose whether to spend this Day of Love as a special day for yourself, a family day with the children, with your partner only, with a friend or a couple of close friends. Whomever you choose, this is for the whole day uninterrupted.
3. If you have children you may like to arrange for someone to look after them. You could alternate care of children with some friends doing their own Day of Love at another time.
4. What needs to be completed so that you can be more relaxed on your Day of Love? Jot down a list of these, prioritise and work towards getting them off your mind.
5. Think about what will enhance your day; favourite foods, flowers, ingredients for cooking, candles, books, music, bath condiments. Remember your Moments of Happiness ideas. Add these to shopping list or borrow.
6. **Create your Day of Love** using the **Planner** as a guide. You may like to do this for yourself, for people you are inviting to share the day with, or to collaborate with them.
7. Choose place/places where you will feel safe and relaxed to spend your Day of Love.
8. To dedicate and use this one day to engage your love energy and connect with yourself we provide some resources like music and food recipes which you can [download](#) freely from our website.
9. You might like to incorporate items of personal significance that remind you of past moments of happiness, perhaps photos, poems, your treasures. Similarly, there is the opportunity to create memories of this day's love and relaxation for the future; a music playlist, photos of the day or something that you make together.
10. Read through this guide and the example Planner. Complete your own Planner, download some materials and get prepared. It's that easy!

## On the Day

11. Free yourself from possible interruptions like phone calls, email, texting, Facebook, work activities, people who stress you etc.
12. Trust yourself. Being like this for just one day you gain additional love energy, balance and healing. The human body and mind, when integrated, are powerfully self-healing.
13. Using your Planner, start enjoying your Day of Human Being, a special time for you (and loved ones) living in the happiness of Now, mindful of all your feelings, authentically aware and present in the moment, without anxiety or time stress, filled with happiness and serenity.

## Reflection

14. Spend some time quietly jotting down reflections on your Day of Love. You might like to do this at the end of the day or soon after. If you spent the day with others this is a good opportunity for conversation, then to create and refine your next Day of Love.

## Day of Love Energy Work

As a result of your Day of Love vital energy channels and energy centres open up and your life force will start to flow less impeded. You will feel relaxed and may even feel euphoric. Your love energy flow is supported allowing a deepening of the connections with the people you love.

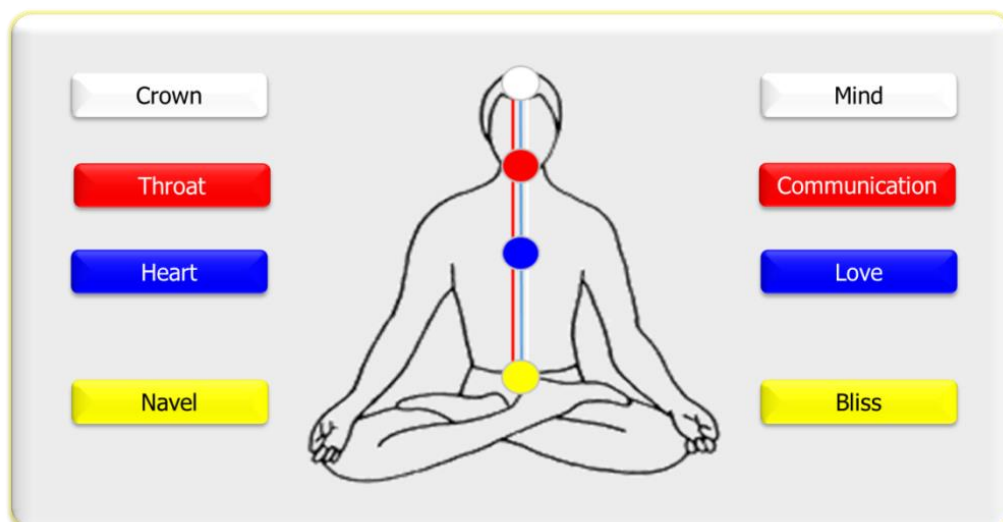
Practicing Altruism and Love towards others gradually increases our positive emotions, neutralises the negative ones, and our own Positivity becomes second nature.

At Day of Love we focus on the four high function energy centres in the body.

These are the four corner stones of mental, emotional and physical well-being, the human operating system for balance, happiness and fulfilment in our lives.

They are:

1. Crown – Spiritual Energy and Intuition
2. Throat – Communication and Connectivity
3. Heart – Love and Altruism
4. Naval – Energy and Drive





## Working with Our Internal Energy

In Buddhist meditation practice these four centres are visualised, engaged, activated and utilised for healing and energy work because they relate directly to the vital functions of the body mind. In the West there is now increasing scientific understanding and evidence that these energy centres are powerful enabling factors supporting physical and mental health, mental processing abilities and positive emotional states.

It is important to feel our emotions without being enslaved by them. Having negative emotions but not acknowledging them can harm us. There is great benefit in having times of calm and peacefulness. Mindfully reconnecting with these feelings of calm and peace can help us when negative emotions come up.





We have created a guided meditation audio MP3 for you. Please download it now from our website before you begin the session. Allow 15 minutes for this activity.

Everyone can enjoy this guided meditation because it is easy to do and you don't need to be a "meditator" to enjoy it.

This guided process is designed to slow you down with calming music and a serene voice to guide you to a space of tranquillity. There are longer and longer pauses between the speaking until it stops completely. Then the music becomes the background to your meditation for the remainder of the session.

Meditation is generally centering, calming and relaxing. It is not a trance state or a sedative. In case you fall asleep, it is important that you do not have candles burning.

Sitting cross-legged with a straight spine is great. Gaze at a spot about a meter away from you slightly downwards, or at any image that you like which you know has a calming effect on you. If you want to close your eyes to help you concentrate on the guided meditation that is all right too. If you need to be more comfortable, sit in a natural position that you can stay in for 15 minutes, for example sitting on a chair with a straight back and your feet flat on the floor.

It is best not to lie down, as many people fall asleep. A hard surface like the floor rather than a bed or sofa is best if you do. Prop your head up so that it is tilted at slight angle. We recommend that you don't look at large water bodies like the ocean or directly into light sources like candles, as they can be distracting and reduce your ability to relax completely and stay alert.

Put your headphones on and take three deep breaths in and exhale forcefully. Next, breathe gently and naturally without either forcing your breath or holding it. Notice your breath going into your body and out of it.

When you feel ready, press "play" and listen.

When you emerge from this experience, take a few moments to transition back into your environment. Stay alert and focus on your perceptions. How do you feel? What did you experience during the meditation? You may like to jot down your thoughts and feelings. Sharing these in a conversation with a loved one can be helpful.

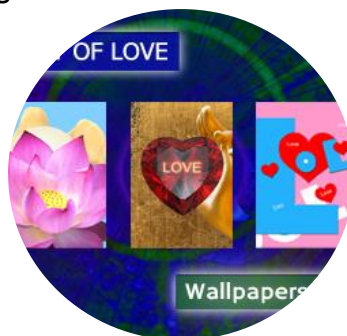
It is important to rehydrate and reconnect. Have a drink like a tea or water. As you drink, Notice; how does it taste? How does the glass or cup feel; texture, temperature...? You can be authentically present in this moment.

## Day of Love Resources

The Day of Love Healing materials include this free guidebook and downloads.

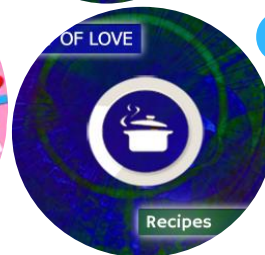
Click on an image for our [free downloads](#).

13 stunning Smart  
Phone Wallpapers with  
the message of Love



5 Pieces from our exclusive  
Ambient Music Healing  
Collection.

(Best with headphones).



6 Day of Love Energy  
Recipes from the  
wonderful people at **Ripe  
Deli**

Additional resources to enhance your own Day of Love, available now from the home page of our website [Inspirational Reading](#)

Inspirational Reading  
with this guide



## Message from the Day of Love Team


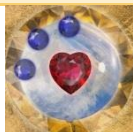
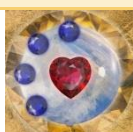
We hope that you enjoy your Day of Love; your peace, happiness and relaxation, and have a sense that integrating more of this into your life will be beneficial.


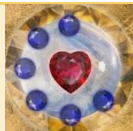
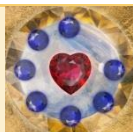

We certainly do enjoy our Day of Love experiences.

We would appreciate your feedback on your Day of Love. Send us an email at [dayoflovenet@gmail.com](mailto:dayoflovenet@gmail.com)

## Day of Love Planner Example








Here is an example Day of Love Plan with some suggestions that might work well for a Couple.

Sequence	Activity	Time
	<b>Preparing the Ground I</b> - Dropping off kids? Some people to ring, shopping for the day so we don't have to pop out later. Any tasks we need to complete so we can stop and relax?	<b>Previous Day</b>
		<b>On the Day</b>
<b>Breakfast</b>	Take your time, prepare and consume your food with mindfulness and joy. This is YOUR day together, make it last!	Who knows? ½ hour
	<b>Flower Arrangement</b> – Buying flowers and arranging them yourselves together can be a very fun activity. How about getting some rose petals to strew around the bedroom, on the bed and in the bath? [Yes, men can do it too!]	½ hour
<b>Morning Tea</b>	Select raw fruit and veges, ginger, chia seeds and juice them. Have a light snack, maybe something you really love eating or that you prepare together, share, enjoy...	11ish ¼ hour
	<b>Making your own Massage Oil</b> – Use a base of Almond Oil and mix in a few drops of your favourite scented oil. (available from wholefood shops, pharmacies, health food shops. Some are premixed and really easy to use.) Trial ☺	
<b>Lunch</b>	Could do one of those delicious ripe recipes... <a href="#">Raw Energy Recipe</a>	1ish 1 ½ hours
	<b>Making your Mix Tape</b> - Select your favourite happy music and put a play list together on your iPad, iPhone or computer. Maybe you have a CD	2ish 1 hour

	collection or some vinyl you can put out for listening to tonight?	
	<b>Healing and Meditation</b> - Beach, park or bush walk, feeding birds... Maybe download the Healing visualisation and do a short healing on you and your partner, tuning into each other? Put on some <a href="#">ambient music...</a>  Guided Meditation	3ish  1 hour
<b>High Tea</b>	Cake? Chilli Chocolate to share? Coffee? Tea?	4ish  ½ hour
	<b>Relaxation</b> - Listening to some music and doing light breathing exercises.  Relaxation, maybe a glass of wine? Just sitting, becoming aware of our body and watching ourselves and the world around us...  <a href="#">Binary Star Eclipse</a>	
<b>Dinner</b>	Quick and easy:  <a href="#">Chilled Samurai Salad</a>  BBQ? Frozen Dinner? Ice Cream? Takeaway?	7ish  1 ½ hours
	<b>Preparing the Ground II</b> - Cleaning, cleansing, tuning into each other's relaxation. Maybe giving each other massages? Play your mix tape or music of choice, have some snacks, champagne, glass of wine to unwind even further...	8:30ish  1 hour
	<b>Relaxation</b> - Whatever you feel like doing except: TV, movies, anything that turns you into couch potatoes or Zombies, lol. Could read to each other, tell stories, share happy memories, do <a href="#">some energy work</a> or short meditation.  Enjoy your night. Love and light...	9:30ish



# Your Day of Love Planner

Sequence	Activity	time
	<b>Preparing the Ground</b>	<b>Previous Day</b>
		<b>On the Day</b>
<b>Breakfast</b>		
		
		
<b>am Tea</b>		
		
<b>Lunch</b>		
		
		
<b>High Tea</b>		
		
<b>Dinner</b>		
