

LOVING KINDNESS

COMPASSION

Years ago, during a therapy session I was receiving, I leaned forward in my chair, and with my clenched fists pounding the tops of my thighs, I proclaimed adamantly, through gritting teeth, "I **WANT** THAT *JOB!*" (Referring to a job I had applied for and wanted very much.)

LOVING KINDNESS

Bear Sahlfeld, the wise-woman-therapist I was so fortunate to have guiding and supporting me, softly, gently replied, "Jane, let's try an experiment. I'd like you to say that again, with the same strong feelings, and *this* time, I want you to open your hands, and lay your palms face-up on top of your thighs. Keep your hands very soft and relaxed, and bring your awareness to your breath. When you feel ready, go ahead and say that again, with the *same* feelings you expressed earlier."

CURIOSITY

Until she lovingly invited me into this 'experiment,' I was completely unaware that I had been clenching my fists. Glancing down at my hands, I was met with the stare of my white knuckles looking up at me, my fists in tight little balls of fear-filled rage. Feeling a bit stunned in my moment of new self-awareness and observation, I also felt curious. I sat back in the chair, brought my awareness to my breath, gently opened my fists, turned my hands palms up, and rested them upon my thighs. How could the same hands look *SO* different?

TRUST

As I made eye contact with the teacher in front of me, she lovingly guided and encouraged me, "Go ahead, Jane. Say that again, with all those same feelings, *just* like you did before." Appreciating the encouragement, I opened my mouth, and to my surprise, nothing would come out. I could not say it. Not sitting like *this!* She continued to encourage me. I kept trying. It was impossible to repeat those words, with that adamant energy, while sitting this way.

SPIRITUAL AWAKENING

With her loving patience and non-judgmental attitude, combined with my own curiosity, my willingness to be vulnerable and look honestly at myself, and my desire to learn something new, (that *is* after all, why I was there!), I came to realize that from that *profoundly contracted* place of fear and rage, with tightly closed hands, it was *utterly impossible* for me to '**receive**' all that I was being offered, including the job I wanted! I was encouraged to move back-and-forth between these two different approaches to 'receiving what I want,' first returning to the contracted, fearful, demanding posture, next to the softened, open, receptive posture, really getting to know how each of them *felt in my body*. Finally, I rested in the 'receptive' mode, and wept tears of relief as this new awareness and understanding...this new choice...vibrated throughout my entire being. I continue to learn to recognize when I have clenched my heart, and I remind myself then that I want to be soft and open, breathing into love, and exhaling love.

UNIVERSAL LOVE

Now, all these years later, there is, again, something shifting from deep within me. It began coming further into my *conscious awareness* during a much treasured and valued Acutonics treatment I was blessed to receive recently by Martha Flannery. As dear Martha placed one tuning fork on my third eye area, and one on the back of my head, directly behind the third eye area, and I breathed into the vibrations moving through my mind, my bones, and my body, I became aware of an image of an explosion happening inside my brain. This explosion was *not* violent, *nor* was it disturbing. It felt powerful. It felt important. It felt required. As I continued to listen and feel, I realized the explosion I experienced was the *breaking down* of my previous ways of viewing and perceiving. This complete dismantling of my worn out and limiting perspectives was a welcome relief to me! I felt completely at ease and filled with a new sense of spaciousness, creating an opportunity for me to look at life and the world with fresh eyes, with new vision.

We have all experienced moments and periods of time in our life in which we feel suddenly touched by a new way understanding, a fresh way of viewing, a completely changed way of responding to life. We may recall that ***breathtaking sense of awareness*** that ***there is no turning back!!*** No returning to the old way of being in the world. We also know the feeling of relief when we loosen our grip and become willing to let go, *freeing* ourselves from what we have genuinely outgrown. We are familiar with that Wise internal voice that beckons us to stretch outside our comfort zones, time and again, out into the unknown territory of a new canvas.

LOVE, LOVE, LOVE

Have you ever noticed how many differing descriptions there are amongst us for what 'love' is, how it looks, how it feels, how it presents itself? Just as an experiment, what are the first words that come to you when asking yourself how *you* define love? When we choose to take notice, how many examples of love are we touched by in just one day, or in just one hour?? How do we feel when we take the time to notice love being offered to us by the Universe, in all its diverse and multi-faceted ways? How do we feel when we practice loving kindness in our daily interactions? How do we feel when we offer our love as a free gift to ourselves, to others, to the world around us, to everything? What happens to our spirits when we intentionally *derail* our cynicism, our grumpiness, our negativity, our victim mentality, and instead, *choose* to 'be' love, to 'breathe' love, and to 'exude' love?

MAY WE EACH GENTLY OPEN OUR HEARTS TO MORE FULLY TO RECEIVE AND EXPERIENCE THE LOVE ALREADY FLOWING TO US IN EVERY MOMENT OF EVERY DAY, SHARING IT FREELY IN RETURN, FOR THE PURE AND SIMPLE JOY OF IT ALL!

Written by Jane Ellen: March 16, 2007