

January 23, 2011

I have been blessed to open myself to learning many approaches to wellness, healing and transformation over the last decade, including physical, mental, emotional, and spiritual modalities. Each of them is valuable. I love having lots of tools – and find that sometimes a particular tool is most helpful for me, and sometimes other tools work better in a given moment. One approach which I use every day, and which is a foundational way of shifting for me, is to ask myself, “What needs to be loved in this situation?”

In order to utilize this approach, there are a few things that you need to understand.

1. Love does not equal approval. Loving myself, someone else, a situation, or what is arising does not mean approving and agreeing with what has happened. It does not mean I would like to repeat the experience.
2. Love is a powerful state of consciousness. ‘Clear seeing’ and love are two sides of one coin. Love has the ability to see things just as they are, and see through busy-ness or distraction on the outside straight through to the heart of the matter.
3. Love is always available.
4. It is possible to learn to access the state of love at any moment. There are several ways to do this.
5. Once you learn to access the state of love, it is possible to direct that state, that love, in any direction you choose. This is also a learnable, doable skill.
6. Loving, meeting what is happening with the open, wise state of love, clears confusion, resistance and obstacles. Once the way is clear, knowing whether to take action, or not, and what action(s) to take, becomes apparent. This process and skill-set become more refined with self-honesty and practice.

So, my invitation for you in this moment is, “What needs to be loved right now?”

Enjoy!

Blessings,

Rhonda