

August 6, 2011

Meditation on the Heart Center.

About the heart ... What is it I really want to say?

Here I am. Here you are.

Let's love each other.

All the things that seem so important, aren't really. Things of this world are always changing, and they will come, and they will go. Thoughts will come, and go. Feelings come, and go. Experiences come, and go.

And so what?

What I really want to say is.... Love matters. Give yourself the gift of love. Are you willing to love yourself even when you think you are not loveable? Love yourself when you make "that" mistake, even love yourself "for" making that mistake, feeling "that" feeling, reflect on actions taken which you regret? Facing yourself and loving those shadowy places inside -- those places where it's hardest to be present and hardest to be honest with yourself -- is what matters. And when you do this enough times, the love you give yourself takes root in your heart and blooms in your life. Everybody benefits.

What could be better?

Love,

Rhonda