



## FEBRUARY 2023 NEWSLETTER

We use the word love as both a verb and a noun. Be a love, be in love, I'm in love, love yourself, be loving to others – familiar daily expressions. But we often forget that love is an energy. An unconditional soul energy that emanates from our heart, infiltrating every cell in our body. We have all experienced unconditional love and acceptance by another human somewhere in our life or I don't think we would be here. Think about that for a minute. That energy of love binds us one to another. And so often we rationalize ways not to accept that love energy. Rather, we talk about love as something objective or transient, a feeling that comes and goes in our life, we project it as only coming from other people, or occasionally a nice feeling from things we do for ourselves and others- so often we perceive love as being outside of ourselves out of reach and we, not worthy. So, when we at FTLOH, chose this BE THE ENERGY OF LOVE theme and you read this, there's a part of you that knows exactly what we mean. So let us help you access, use, and BE that energy of love.

Here is a simple, often heard, yet profound concept: **Follow Your Heart's Path**. When we are in our heart's energy of unconditional love, that's the best part of us. In this place, there is less room for guilt, for fault or blame, or judging self or others, or seeing daily life through the perspective of winners or losers. If you are human, of course you have these feelings present, but instead of working with ourselves, we often project and direct them outside of ourselves to other people, ideas, institutions etc. This is where the bigger awareness and self-work come in! Practice accessing feel/sense/see the discomfort, pain, turmoil, resistances, and fears we feel, yes, we acknowledge them. Then, it's up to us to diminish the negative reaction or charge they emit inside of us. So, to counter, we can access our heart energy by bringing purposeful focus to the center of our chest. This is where meditation and breath work help us to feel and experience our own self-love, self-worth, and heart energy. Once there, shower or shine the heart light on to the pain of those hurtful experiences and the negative thoughts about self, others, and negative emotions you have been holding onto. As you practice this over and over you will begin to feel and notice the negative perceptions begin to diminish, dissolve, shift, and/or change– the charge/reaction/rumination lessens until it is gone. You're reading this because you want to know and grow more deeply in how to use and BE LOVE energy – Follow your Heart's Path. Join us as we practice.

***Meditation: For the next few moments of practice, allow yourself to acknowledge and embrace all those negative feelings and emotions. Just notice and be with them.*** Breathe, focusing on how the breath feels moving through your body. After several breaths, and when you feel grounded and centered, focus on your heart center. Try visualizing and/or feeling a small warm sun right at your heart center. Remember times in your life where you have given and received unconditional love. Keep breathing until that feeling infiltrates your heart center and you feel it. Be with this feeling until it is steady and strong. Now, acknowledge the negative emotions or feelings and just notice them. Embrace your humanness and make no one, including yourself, wrong. Breathe. Now just take a another breath and shine that warm heart light on those negative emotions, feeling, and/or areas in your body where there is blame, guilt, pain, hurt etc. Feel those areas of stress and discomfort ease and as you shine your heart light. You may also feel those thoughts and feelings moving down through your body as your exhale. Work with this as long as it takes. You will feel lighter. Let yourself and others off the hook! Return to your heart center and BE LOVE. Repeat, repeat, repeat! This is the work for walking you heart path. Forgive yourself. YOU CAN BE LOVE . . .

[Feb classes - https://www.fortheloveofhealing.com/events/](https://www.fortheloveofhealing.com/events/)

[YouTube Content- https://www.youtube.com/channel/UC5jEilycqPCMPmeRxuiBqjA](https://www.youtube.com/channel/UC5jEilycqPCMPmeRxuiBqjA)

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For The Love Of Healing