

Natural Healing Express Weekly

Column 224-- 8 Habits of Love (3 part series) / Happy Valentines' Day

A few years ago, I wrote an article on the history of Valentines' Day. We received a lot of fun feedback on that and if you want to read it, feel free to go to our website and click on the Newsletters icon and search for Valentines' Day. You may be slightly amused. So, this year, as we approach our "romantic holiday" I thought it would be appropriate to discuss Ed Bacon's (not a known relative to Kevin, but possibly with six degrees of separation a connection can be made) 8 Habits of Love. And, of course, I am taking a LOT of liberties as I extrapolate on his work.

We will discuss the habits of people who are in love, learned to love and have had love enduring. We intend to offer hope to those searching for love. If truth were to be told, aren't we all looking in some way? Maybe not romantic love as February 14 suggests, but a feeling of relief that somewhere out there SOMEONE feels LOVE for us? It may be a parent, grandparent, child, puppy, best friend or liquor store attendant (giggle) but on this earth SOMEONE does feel love you! And of course, your Heavenly Father does as well. He loves those perfect imperfections. And your friends probably do, too!

Anywho... here are the principles of which the 8 habits of love are based.

- A. We are all beloved –this means don't get all caught up in labels and associations and religious barricades. This is deeper than an identity or a division. We are talking about the universal dynamic that runs through every family, tribe, sect and ideology. It's simple, we are all in this together and we are ALL Beloved.
- B. Embrace the habits – if you want change, be the change. If you cannot embrace the wisdom of these habits, it's kind of like not putting gas in your car and expecting it to take you somewhere – Ain't happening sugar, you gotta do your part.
- C. Open your Heart and your Mind-You simply cannot experience the full effect of this adventure if you continue to look at the person you have labelled an SOB as an SOB and expect these habits to help neutralize your situation. One has to lay down the sword and open your heart to authentic love (which does not warrant thinking about how you will pick up your sphere and stick them in the head first when this is over) You must also open your MIND to wisdom and a calmness and a way of thinking that "the ole carcass" hasn't tried before. I know, old dog, new tricks—but puh-lease....for five minutes- give it a shot---you have probably already bought the chocolates and the card, so let's go for maximum benefit in actually having a HAPPY Valentine's Day.

So, without further ado, here is the first step of the 8 habits of Love

1. The Habit of Generosity – Humans are wired to be generous, but life, teachings and experience beat us down. Fear happens. So what do we do? Generosity comes from going into our authentic self and knowing that Love is NOT a zero-sum game. Whenever someone loves, more love is generated. Life flows, Imaginative ideas multiply, cooperation and goodwill spread. Creativity-limiting fear diminishes.

What are the pre-suppositions for this behavior? Here we go!

- A. We believe the Universe is Kind----that's the cosmic click---Yes, we witness negative and evil, but most of the time this is at the hands of extremists. And there are a heck of a lot more people out there doing the KIND thing and the "RIGHT" thing or we would not have survived this long. Think it through when you look at the Gas Station attendant asking to pray with the robber that has a gun to her head. Witness dear ones. And LOVE. See that soul of the hurt person in front of you, not the Behavior. Their behavior is a result of HURT. Believe in KINDNESS
- B. Communicate Kinship- When you are in your authentic self- Share it brothers and sisters! SHOW UP for someone. The habit of Generosity is often about giving emotional and/or spiritual support. Let's face it, YOU have been through some rough stuff in your life and guess what? You made it through! Share that story and let someone else know there is light at the end of the tunnel.
- C. The belief is scarcity is a MYTH. You may not have a million dollars in the bank, but you are rich in many talents. You can speak a language fluently, you live in the richest country in the world, you probably rarely miss a meal and most of the time, you are probably pretty witty. I know this to be true because we live in God's country here in our area and we think we are hilarious. Why? Because we are survivors and we have learned to live life here with a grain of salt, a get it done attitude and the hilarious sayings our grandparents pounded in our head. One's like "don't eat yellow snow", "pull the choke out when you start the truck" and my personal favorite "if your aunt had balls she would be your uncle". Anyways, we are NOT living in scarcity here people, you don't have to "hold everything back for a rainy day". You know what happens? You DIE with it. And then the state gets some of it, and then your relatives fight over it and then your legacy becomes more complicated and negative than it should. Share yourself and do the things YOU want to do in a responsible way! Witness the gifts of you during your lifetime!
- D. The more we give, the more we receive. Generosity invites us to focus on something larger than ourselves. It may not seem natural at first but learn to give and even more importantly, learn to RECEIVE. If you are a GIVER most of the time, it may be harder for you to receive; but if someone GIVES you something, be gracious. Especially if the gift is from a child. Make a big deal of it; don't overlook the fact that even if you don't love the gift, they thought enough of you to GIVE it. Don't be a turd. And, the more YOU give, the MORE you receive.
- E. Don't struggle to be Generous – Give time, give a kind word, give a hug. None of this costs money. If you are shy, WRITE a letter of encouragement. Cook someone a meal, but don't struggle to make it happen. Do what you can afford.
- F. Be Open to Creative Problem Solving – In my household, we have adapted "creative solution time" This is when everyone gets to offer a solution to our current issue without being judged. That means that no matter how ridiculous the idea may seem, we hear it out. Why? Because almost every time when we get "so far out there", we find an boundary and work backwards from there. And many times, we take of grain of the craziest idea and apply it as part of the solution, so if we didn't offer "creative problem solving time", FEAR of rejection or lack of confidence would have held that solution back.

G. Blessing of Gratitude- At the end of this, we chose to Thank God for our Blessings and our time together. We all know life can change on a dime and we are mindful that our opportunities today may not be our opportunities tomorrow. We usually say one thing we are grateful for and thank God we live in a country where we are free to choose.

So have yourself a Happy Valentine's Day and know you are LOVED. More on this Series next week!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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