

Natural Healing Express Weekly

Column 225-- 8 Habits of Love part two of three

Last week we started a series on Ed Bacon's 8 Habits of Love in conjunction with Valentine's Day. We discussed the pre-suppositions which are: we are all beloved, the habits need to be embraced and to work and we need to keep an open the heart and mind.

We also discussed in detail the first habit which is the Habit of Generosity. This habit essentially means that we are all wired to be generous, but sometimes life (and other things) cause us to not be. These habits ask us to be bigger than ourselves and to help others by giving of time, resources, kind words or even a hug. There is no need to give more than you can afford. We are asked to be responsible, yet creative in our actions.

The second habit is the Habit of Stillness – It is believed that stillness in life is as much of a physical experience as it is a psychological and spiritual state. This means when our muscles let go of the tension our inner stillness begins to change from being charged and aggressive to being clean and refreshed. As we sit in stillness (and I have to sit, because with my lifestyle, if I lie down to enjoy stillness, it's called SLEEP) anyhow, as we sit (or yoga) in stillness, our body goes through something similar to when you defrag a computer. All of our "fragmented" parts begin to gather back together and we begin to function as a whole being instead of several compartmentalized units. Ever notice that? We all have different roles to play and we are different characters to different people. Such as, you act a little differently with your Mother than you do with your sister or best friend.

As a parent, we act more of a leader to our kids than as their friend. So, do you see that when all these roles collide together at the same time, let's say a holiday, that we can feel a bit more discombobulated then when we experience just one on one times together? Get what I am saying here?

We are different people to the varied people in our life and we have a lead characteristic or two that comes forward the majority of the time when with THAT person. See it now? Sometimes you are a leader, a comforter, a protector, a problem solver and sometimes you are the recipient. Anyhow, that is why the Habit of Stillness is so important as we reunite ALL of our various parts/roles/characters into our authentic self.

The third habit is the Habit of Truth –We start by finding our own internal moral compass. This involves taking a hard look at the internal script that you tell yourself each day as a guide for your behaviors and actions. This script is made up of a set of assumptions that we believe about ourselves, our country, our class and our tribe. What is critical is that we ask ourselves if we have an open heart or a fearful one when making these assumptions. When fear based, we are not in our authentic self.

Practicing the truth requires an inner and deep sense of calm. If you cannot reach this calm, try to use more stillness. When you arrive at Stillness, you can practice truth. To practice truth when having conflicting internal opinions about a certain topic, ask yourself the following questions:

1. Does the Truth that you are hearing exclude a particular religion, tribe or group of people or does it move toward turning the human race into the human family?
2. Does the Truth that you are hearing have the potential to bring you into conflict? Every time we make a stride in following the truth, there is some form of conflict- internally or with one's family, friends, institutions or culture. This is natural and occurs from the collision of two competing stories; one based in fear, one based in love. You will know which one is which and when you understand the conflict and stay in the truth, you will find yourself in a position of resolution. You become the problem solver.
3. As we will come to find, one of the above stories will be fear based - fear of disappointment or disapproval is common here. We have given you the method to resolve the fear, but so many folks choose to STAY in the Fear. Why? Well, I believe, the real question to be answered is simple....Is the fear of the fear or possibly the censure from others worth living a life where you are not true to yourself?.....Probably not.
4. Turn now to the love story, I have now come to understand that I must CHOOSE this new way or else I commit "violence" to my own heart and conscience. The byproducts of choosing the habit of truth are peace, joy, patience, kindness, self-control and the generosity of spirit.

Next week we will discuss more of the habits. Have a wonderful 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.

Website: www.naturalhealingexpress.com Facebook: Natural Healing Express

