

Natural Healing Express Weekly

Column 225-- 8 Habits of Love part 3

We are finishing a series based on Ed Bacon's 8 Habits of Love. In the first article, we discussed the pre-suppositions which are: we are all beloved, the habits need to be embraced to work and we need to keep an open the heart and mind. And, we discussed the first habit which is the Habit of Generosity.

We then discussed the second habit which is the Habit of Stillness and the third habit - the Habit of Truth. This week, we will conclude the habits and next week offer a summary.

So, the Fourth Habit is the Habit of Candor. This is described as how to voice an opinion that may unbalance, anger or put on defensive the person you are addressing. Sound like we all might need this skill? I know I did this week. But, here is the beauty of candor, when SUCCESSFULLY engaged- candor leads us to recognize and value the preciousness and durability of the relationship we have with the person who we are disagreeing. What this truly begs us to understand is – how do I deliver an opposing view to someone that I care about while still being authentic to myself and showing I value the relationship? Well, first we Use our Words! Express yourself in calm and decent yet direct words – Say what you Mean and Mean what you say –in a decent tone. Using the words instead of the physicality is one of the most important facets of candor. Also, move from Fear to Love. If you can express yourself in a loving and kind way instead of coming at someone from the Fear angle, you will be much better received. This requires courage and sometimes backfires. When this happens, remember, it is not within our power to determine or direct how someone else reacts. We are responsible for ourselves. We are not responsible for someone else's feelings and as long as we are trying our best – and approaching the situation from an authentic and loving heart, we need to accept that not all candor leads to a breakthrough.

The Fifth Habit is the Habit of Play. At times, we need to back off and take a look at the world through the eyes of a child, seeing the wonderment, allowing a little slack in the line and just Play. One of my favorite things to do is just "ruffhaus" (rough house) with my sweetie. It releases fear and illness and seems to open the door to creativity. And, by play, it can mean anything that seems fun to you (nothing illegal and hurtful) Skating, coloring, skiing, knitting, tinkering in the garage, whatever works!

The Sixth Habit is that of Forgiveness. I have written several articles on this and there are a few different methods on how to approach forgiveness. However, as I have grown to understand, it comes down to this. It is NOT about the person/situation that upset you. It is about YOU no longer walking around with the anger, hate and drama that CONTINUES to encompass your life. Think about it this way. Yes, the turd that did you wrong acted like a stupid, insensitive, ungrateful and downright mean A-hole. Yes, you are right and they are wrong. But that's THEIR crap! You were just in the splash zone, but now you are carrying the burden. Just stop. Stop the blame game. You gain NOTHING from it. You are keeping the issue alive by trying to correct it. It's time to move on. So, quit spewing the hate, pick up the pieces and get them/it out of your life or put in a manageable position. Learn from it. Forgiveness is NOT about them! It is about you and your freedom. Hate/anger does terrible things to the body. Let it go. You do not have to be their best friend to FORGIVE. Heck, they don't even have to know about it.

You will be shocked at when you forgive, how much positive energy begins to flow your way.

The Seventh Habit is that of compassion. This one is not that hard to understand, but it can be difficult to put into place. And, this definitely does not happen before the habit of Forgiveness. Sometimes the only way I can continue to be compassionate with everyone is to remember the first pre-supposition which is we are all beloved. There is a place inside all of us where this resides; sometimes it just takes longer than you would like to find it! So, I try to find some humor in the obstacles (excuses) presented to get to authentic self. It's my coping mechanism. Being free of fear is key. Unconditional love is also extremely helpful. Compassion leads to healing for all parties.

The Eighth and final Habit is that of Community. One of my favorite quotes is "Any man's death diminishes me, because I am involved in mankind, and therefore never send to know for whom the bell tolls, it tolls for thee." By John Donne. The take is this; we are ALL in this together. Yes, you, your family, your extended family, your church, your community and even that nasty person you are working on forgiving. You simply cannot be a human by yourself. You needed help being born and you will need help dying. We are not the "human race", we are a human family.

When I speak of community, what I really mean is to find your flock. That means team up with folks that help you develop yourself and grow within a positive environment.

Next week we will do a summary and provide a cut and paste.

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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