

Natural Healing Express Weekly

Column 227-- 8 Habits of Love Summary

Last week, we finished the definitions of Ed Bacon's 8 Habits of Love. This week we will do a final summary which includes a CUT and PASTE Option. So, let's start with that.

8 Habits of Love Pre-Suppositions:

- A. We are all beloved.
- B. The habits need to be embraced to work.
- C. We need to keep an open the heart and mind.

8 Habits of Love – Quick Definition

1. Habit of Generosity - This habit asks us to be bigger than ourselves and to help others.
2. 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. Sitting in Stillness means finding the quiet in yourself.
3. Habit of Truth - We start by finding our own internal moral compass and aligning in truth.
4. Habit of Candor - Candor, when SUCCESSFULLY engaged leads us to recognize and value the preciousness and durability of the relationship we have with the person who we are disagreeing or with whom we are speaking our truth.
5. Habit of Play – This means taking a look at the world through the eyes of a child, seeing the wonderment, allowing a little slack in the line and just playing.
6. Habit of Forgiveness – This means forgiving the person/situation that wronged you for your own FREEDOM. It is NOT about them, it is about you releasing yourself from the drama/anger/hate and not letting it accumulate in your body.
7. Habit of Compassion – This means showing empathy to those in your path – understanding that you can be upset about the behavior of a person, but realizing the person is more valuable than their action. 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.
8. Habit of Community - The take is this; we are ALL in this together. We are not the “human race”, we are a human family.

In summation, the 8 Habits of Love teach us that we can be the change needed in the world. We can operate from the standpoint of Authentic Self according to our internal compass. These habits give us a “game plan” of sorts to help map that out. A huge shout out to Ed Bacon for his work regarding this topic. I hope you have enjoyed this series and if you want more info regarding this series, feel free to get in touch with us.

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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