

# Finding Love Through the Heart

By Jennifer Yost, MA

Many of us who have not yet met that perfect someone whom we want to be in intimate relationship with have spent excess energy searching outside ourselves. The answer to this great love showing up is within you. Reading that statement, you may be thinking, "great, 'within me,"

I'm tired of everything being about me!" How you feel about yourself and others, will be what you attract.

Examining your belief systems about love may also serve useful insights into the results of your love life. Do you feel deserving of love? Are you better at giving than receiving? Do you appreciate your good traits as well as

your bad traits? Do certain circumstances in your life need to be different before someone can show up? Do you believe that there is someone out there for you? You can ponder and process all you want, which can be useful, but perhaps there is a simple, yet profound way to dissolving all your issues around love.

What if you were to just stop for a moment and bring your awareness into your heart center and out of your head? Try this now. Bring your breath into your heart, notice how that feels. If a thought comes in, redirect your awareness back into your heart. Now, try bringing the word "yes" into your heart center. Notice what that's like. Centered in your heart may seem like a vulnerable, undefended place. However, when you are centered in your heart, fear has no power at all. It is much easier to forgive and accept yourself and others from this place, rather than wrestling around

in your mind with numerous thoughts. You free yourself by saying, yes to the moment. "Yes" is the nature of the heart, spirit and human come together in this doorway marked yes.

The allowing of love requires practice, it is all a choice. Practice saying "yes," in your heart.

Mind will tell you, "But I don't believe it."

Reassure Mind, "It's alright," and say, "yes," again.

Mind may say, "What are you doing, I don't even know what this word means here."

Peacefully answer, "yes."

Mind wonders, "How do I know what I am saying yes to?"

You don't, and so the adventure begins.

This depth of acceptance

has to be a conscious, sometimes forced decision in the beginning; you are going against habits of a lifetime. You are not aware of the times when you close your heart and say "no," because it's a highly developed skill at this point. You do it without thinking. "Yes" requires practice.

Next time you find yourself sulking, questioning, wondering about where the romance is in your life, just bring your awareness and the word "yes" into your heart and be open to what shows up.

Jennifer Yost, MA, reiki master, has a private practice combining psychotherapy, reiki, quantum healing, and teaches reiki. Visit [www.integratehealing.com](http://www.integratehealing.com)

## Change Your Relationship With Yourself First

by Eric Dowsett

Often the first place we look when seeking to restore balance and harmony in our lives is outside in the world. We work harder, smarter and, in general, busy ourselves in an effort to manipulate or improve situations around us. All this do-ing takes energy, time, and often money.

We have been conditioned to do more and, in some cases, even to blame others for our situation and for the discomfort we feel, physically, emotionally and psychologically. We are so caught up in this old conditioning that we never really question what is happening or why it is happening.

For millennia humans have sought to control their environment at great cost. Individuals form into groups, groups into communities, communities into sub groups, and so it goes. We have sought shelter from the vagaries of life in numbers, believing that a collective offers some security and a sense of belonging. Yet, the collective belief that holds communities together is based on a shared point of view about how life needs to be in order for its members to feel safe and valued. But, when one group disagrees with or feels threatened by another, the result of these clashing points of view can lead to war.

There is an underlying energetic cause for this conflict, and as such, an energetic solution is possible. A community doesn't need to give up its values or points of view; it simply has to recognize that these are no better or worse than any other.

As the world moves on, change is inevitable. By holding onto a fixed point of view, one immediately creates an environment that holds the seed of conflict. Others holding onto a different point of view will certainly challenge beliefs that are threatening or different than their own. This has been the nature of the human race, how we have dealt with challenges and overcome opposition.

Looking around the world today we must surely ask ourselves, is this time-honored tradition working? Is it allowing change on a fundamental level or is it simply another revolution, exchanging one "dream" for another?

If we reduce a point of view to a cellular level, we can see how habit has created our reality and how, through constant identification with emotions and belief patterns, we

have helped to create a world that is an expression of a mix of our internal conflict and internal balance. Internal conflict results when we believe that we are our emotions and our points of view, rather than the more accurate understanding that we are the one experiencing the emotion and having the thought.

When we recognize that the emotion is not ours and the thought is not ours, we can begin to step outside of our past conditioning into a world that no longer offers the same experiences, challenges or conflict. There is nothing new in this. The Buddha taught this concept 2,500 years ago.

It is not easy to imagine that an emotion or a thought could not be ours. Since it arises in our awareness, who else could it belong to? Yet, looking at this from a cellular perspective, it is easy to see how we have come to personalize all feelings and thoughts. Through noticing changes we experience on an emotional level, we can see how often these changes are affected by different environments and people nearby. And, when we understand how our emotions are affected by others, we can be more objective about them and see that by taking these emotions personally we become them.

When we realize this is happening, that is the moment of choice. We can either continue to follow an old path and identify with feelings, or step outside of the feelings and simply observe. The more you practice this way of being, the easier it becomes to free yourself from a limiting past and all that results from it.

Try it for yourself the next time you experience anxiety for example. Tell yourself "this is anxiety; it is not mine; this is what anxiety feels like, but it is not my anxiety." Practice and notice how liberating this is. The less we personalize with emotions, the greater our opportunity for reduced conflict on a cellular level, and the less conflict will arise in our daily lives.

Simply put, when you change your relationship with yourself, the world around you will follow.

Eric Dowsett has been teaching personal awareness around the world for 20 years and will be offering a workshop in Woodinville in February. For more information contact Madeline Eyer, (425) 351-1030 or visit Eric's website, [www.ericdowsett.com](http://www.ericdowsett.com).

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