

It's a Sweet Life: Chocolate as a Teacher of Consciousness

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is even more space to allow for the sweet bliss of life. I buy chocolate lip balm and lick my lips. I light a chocolate soy candle, take a full, slow breath, and exhale, "Yummmmm." I take a soul-nourishing bath with chocolate soap and a triple chocolate body scrub.

The smell is delicious; the textures are divine. My inner world is peaceful and quiet.

The stillness is sweet... no pushing, no pulling, no trying, no achieving, no go-getting. The "wantings" seems to be on vacation. I'm aware they may come and go, and I'm okay with it.

So, how can you see that what you are reading is not just my story, it is not merely someone else's life experience, but rather, an invitation for you to discover what sweetness is alive within

you, and in this life that you are perceiving as your reality?

How can you accept this moment just as it shows up, and find something sweet and pure in it to appreciate, or even love? Can you love life when it's sticky and gooey, when you've left your favorite gourmet chocolate bar in the trunk of your car all day and it's now a melted mess, or when it has crunch and you really wanted smooth and



creamy?

Try it out with a piece of rich, dark chocolate and see for yourself how deeply present you can be in "the now." Allow a moment with chocolate to be a remarkably yummy way to quiet your mind and feed your soul. It's a treat that invites your inner child to giggle, while your heart blossoms open.

With gentle awareness, and a welcome absence of commentary, what naturally arises for you in this space of openness? Perhaps you notice a sense of greater relaxation, spaciousness, or gratitude begins to surface. Or, perhaps with chocolate as your guide, as a wise and seemingly unexpected teacher of consciousness, you dive into the realization that we *all* are like delicious pieces of chocolate that have

especially sweet centers. At our core, we too, are sweet.

Underneath our layers of conditioning, the walls, defenses, masks, roles, and our ego's endless posturing, we're really just sweet people who mean well, and want goodness, love, and compassion for every living being on the planet. Beyond our personalities and all the forms within and around us, we can melt into the sweet, pure, radiant light of our peaceful, formless, true divine nature. We can, in one simple, decadent moment, be reminded and awakened to the peace that always rests within us.

John Lennon said it so well, "Imagine all the people, living life in peace..."

You may say I'm a dreamer. But I know, I'm not the only one. Join me, won't you? Let

us dream, live, laugh, and love out loud together in peace (with some chocolate on our lips).

Julie Dittmar and her partner, Matt Kahn, are the founders of True Divine Nature. They are dedicated to serving the lives of all who are called to awaken at this time. They are passionate spiritual teachers and intuitive healers who invite seekers of all faiths, to discover their true nature. They are the creators of new CD, "The Chocolate Meditation - Being One with the Sweetness of Life." For additional teachings, or speaking schedule, please visit www.TrueDivineNature.com, or e-mail Julie@TrueDivineNature.com

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