

Sweetness of Life

By: Dr. Nancy Moonstarr, PhD, LCPC

If you've forgotten what it's like when life is sweet, here are some tips. I was stimulated to write this piece when a friend of mine shared excitement about finding a great new relationship. She summed up the feeling around it as sweet. So I decided to ask others, what else creates life being sweet. Responses I received indicated times when their life was in a calm, loving or peaceful place. A teacher in a course I am taking recently reminded me, that love is always present. Love is something we all want to experience and a beginning for us in any endeavor or experience we undertake—even if we don't recognize it as love or have it connected to a romantic partner. "Under the taking on" of something in a positive sense, we feel some stirring in us that feels good and love-like.

Life takes on a new feel and ok-ness with being in a place of love. Finances, divorce and changes around kids, job and other responsibilities somehow move to a less urgent place. We feel 'in the flow'. Possibilities open up and healing from past hurts is available. In an instant, life's past can be transformed. Recall that love of anyone or thing begins this luscious movement away from negative contamination of events and condemnation of self or other. Being in love with anything such as Nature, an animal, baby, new romantic partner or warmth from a bath can begin this process.

What to do when we get stuck or need a nudge? Well here are some suggestions. Create a list of ten or as many people you would call or email or contact if you really needed help beyond yourself. This list of others can potentially give one a 'jump start' on this task. I say 'jump start' because the fact remains that we all carry love with us every moment anyway, but sometimes we forget. When we forget we may be too far down the rabbit hole to get ourselves back on track so need to lean on another. A therapist, on-line help, videos or attending a group designed to assist in this way may also help. If you're ready to refresh yourself, do it this way:

To refresh this process for yourself, follow these steps:

1. Breathe as deeply as is comfortable and soften or close your eyes. It's helpful to practice breathing on a regular basis to calm and focus ourselves.
2. Notice what thoughts are going on in your head and attempt to not judge them. Allow thoughts to be available and acknowledged without selection.
3. Clear your mind as best you can, by letting go of thoughts without resistance. This is having thoughts flow in and out, but not stopping them. You might attempt to see if you can be free of thoughts or experience what it would be like if thoughts were no longer in your mind.
4. Chose an intention, a thought, an idea of what you'd like to get into your mind to experience. Examples could be; I see this conflict I am in, calmly leading to resolution, or today I offer three people my undivided attention, without interruption, or I now allow myself to open to love.
5. Image yourself having and sensing what it feels like to have your intention, even momentarily. (See a suggestions in the paragraph below if needed.)

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6. Acknowledge any resistance. Make a note of what might be in the way of your intention. Identify resistance with a name or phrase and develop a relationship with it, as if it is real and someone you will become friends with.

Further, you can write out what you experience relevant to the above ideas. If you find you cannot get a feel for what it would be like to attain your intention, ask a close other to do it for you and describe exactly how it feels to be that or have that intention working in one's life. Every time you create that feeling, that is specifically associated with creating what it is you desire or your intention, you deliver a positive message to your neurons, brain and environment. That intention sets you in motion to move into it, or get more of it. Remember to focus your thoughts upon what you want, not what you don't like or want. Again, if you need to tap into someone else's eyes and heart to feel it, then use them to assist you. Remember to write about any resistance and see how far back in time you are able to go to identify that which is stopping you. See if you can identify precisely what prevents your intention from reaching you. Write, read, seek help and research into this to release or at least identify a beginning place to heal next. Remember, there is help, and we are always at the beginning of something or other. If more than one person has recommended a direction to take or help to seek, it's probably worth your while to check that out and follow-up with their suggestion. On a final note, you can draw more sweetness into your life by following these six suggestions diligently. These precious principles will come up again in future articles and group work...so get familiar with them.

Loving, brilliant thoughts from Dr. Nancy Moonstarr.