

Valentines Day: The gift of an open heart.

What a better way to start Valentines Day than to give ourselves the gift of feeling the love from within. This makes it so much easier to then give and receive love in the world, with our friends, family's partners and children. When we think of Valentine's Day we often think of romantic love and wanting love from the other often more than being love or giving love to another. But love is so healing when we can feel it from within; we then have more to give.

One way to begin to feel love from within is this: Close your eyes and take a moment and focus on the energy around your heart, you may even want to place one hand on your heart. Think of someone or something that you love that really brings you joy. It could be your cat or your child, your partner, or something in nature. Whatever it is for you, allow yourself to feel this love for this thing or being, and begin to notice how you feel inside your body, how does your attention shift? Do you notice the energy in around your physical heart shift? Just notice how it feels when you're tuned into this feeling of love. Just take a few moments and rest or pause here....allow yourself to feel connected to the place where all is well and all is good.

Now begin to send all this love you feel toward this thing you love, towards yourself.... Begin to feel you're whole being, being flooded by love, love for all of you. Feel compassion for all of you, whatever you consider to be good or bad, or right or wrong about you. Allow this love to flow through your entire body, feeling the peace this love can bring, when you begin to accept and welcome all of you. Begin to breath that love through your heart and allow every cell of your being to be filled with this love. See if this love has a particular color,

sound, image, or feeling to it. Allow whatever comes to you to be there.

Now come back to your heart again and I invite you now to have immense compassion for yourself for anything you may be experiencing in your life right now that is difficult, for we all have challenges in our lives. You don't need to make these challenges right or wrong in your mind. The mind is only here to compare and contrast. It is a useful when we need to know certain things but it is not useful when it is used against us, to make us feel not enough. So I invite you to bring your attention back to your heart center and to just send love and acceptance to all the parts of yourself. Welcome any thoughts feelings or emotions you may be experiencing. Just hold yourself with an open heart and know that you are deeply loved. You are giving you the gift of unconditionally loving and accepting yourself. Be with this experience as long as you like.

When we are focused in our hearts and seeing the world through our heart rather than our minds everything begins to look different. If this exercise has been useful in helping you rest in an open heart and feel more love for yourself, then I invite you to do it often.

In Gratitude and Service,

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