

HOW TO BE LOVING

while your heart is breaking open
and our world is waking up

Danielle
L A P O R T E
A HEART CENTERED
APPROACH TO LIVING

Also available as an audiobook + e-book,
with a companion journal and deck

 **sounds true**
BOULDER, COLORADO

CONTENTS

	INTRODUCTION	1
PART 1	ALL HEART	3
Chapter 1	JOURNEY TO THE CENTER OF YOUR HEART	5
Chapter 2	HEALING IS NONLINEAR	13
Chapter 3	WE ARE SOUL-POWERED	21
Chapter 4	BLESS + RELEASE	27
Chapter 5	YOUR TRUE IDENTITY	35
Chapter 6	TRUTH-FULL	45
Chapter 7	HELLO, EGO!	51
Chapter 8	ANATOMY OF THE WOUNDEDNESS	61
Chapter 9	LIGHT + SHADOW	65
	Practice: Inner Balancing	77
Chapter 10	FEARS + FRAGMENTS	79
Chapter 11	ACCEPTING YOURSELF	87
Chapter 12	ACCEPTING LIFE	95
Chapter 13	ACCEPTING OTHERS	105
	Practice: Love Remembers	111
Chapter 14	YOUR HEART INTELLIGENCE	115
PART 2	THOUGHTS + FEELINGS	123
Chapter 15	DESIRE HIGHER	125
	Practice: May All Be So Blessed	132
Chapter 16	THOUGHTS ON FEELINGS	135
Chapter 17	FEELINGS ABOUT THOUGHTS	145
Chapter 18	LOVING THOUGHTS	157
	Practice: Choose Loving Thoughts	162

PART 3	7 VIRTUES	165
Chapter 19	BY VIRTUE OF LOVE	167
Chapter 20	DIVINE LOVE	177
Chapter 21	COMPASSION	185
	Practice: I've Done That Before	193
Chapter 22	WISDOM	195
Chapter 23	FOR GIVING	203
	Practice: The Ho'oponopono Prayer	209
Chapter 24	LOVING KINDNESS	213
	Practice: Dedication of Merit	223
Chapter 25	RESILIENCE	225
	Practice: Brihadaranyaka Upanishad 1.3.28	229
Chapter 26	RADIANCE	231
	Practice: The Virtue Blessing	238
PART 4	REFLECTIVE LIVING	241
Chapter 27	CHANGING WITH LOVE	243
	Practice: The Prayer of Saint Francis	245
Chapter 28	TOOLS FOR HEART CENTERING	255
	Practice: Left Nostril Breathing	262
	Practice: The Metta Bhavana Prayer	270
Chapter 29	RECEPTIVITY	271
Chapter 30	UNIFY	275
Chapter 31	FOCUS FORWARD	285
	GRATEFUL	297
	ABOUT DANIELLE LAPORTE	300
	ABOUT HEART CENTERED PROGRAMS.	302

INTRODUCTION

ON MY MOST RECENT YEAR-IN-REVIEW exercise, I seriously considered walking away from my creative life (which I tend to reconsider every few years). I had this romantic notion of meditating all morning in my apartment, growing potatoes on my deck for neighbors, wearing white peasant blouses, and never checking my Instagram *ever again*.

But instead, I came to my senses and wrote this book.

Because my heart is breaking (open) from the state of this world. I think we're longing for Love and Truth—and for each other.

My life used to be guided by the question “How do I want to feel?” I built my career on that with *The Desire Map* book. But I began to notice that even if I wasn't experiencing my core desired feelings, I was still in touch with a greater purpose. Temporary unhappiness didn't hold me back from helping out a friend or feeling useful or close to the Divine.

A new question emerged: “What do I want to embody?” And the answer was clear: Love. Love, no matter what.



Shifting from an emotion-driven life to a more heart centered life is a developmental process. The path to being more Loving is through a Loving process itself. It's gentle and compassionate. It's about creating a friendship with reality.

Being Loving doesn't mean feeling *more*. It means feeling everything *with more Love*.

This is a book about Acceptance and Unity Consciousness. It's not a map, it's an urgent Love letter to the Light in every one of us. I hope it helps us remember who we are, together.

With Love,

Handwritten signature of Danielle with a large flourish and an X/O mark.

JOURNEY TO THE CENTER OF YOUR HEART

Spirituality is the practice of thinking with Love.

Your heart is open.

All of the time, actually. You can't ever close your heart—no matter what. We only think that we open or close our hearts. Our mind manufactures thoughts that veil our Loving awareness, like clouds floating through the sky. Some happiness billows by. There goes a wisp of concern. A rain cloud of worry. Starry ideas. The clouds of emotions, thoughts, and pure inspiration are naturally coming and going, and all the while there's the sky itself accommodating absolutely everything in its vastness and multitasking with galaxies. The sky is being, allowing, and expanding. The sky doesn't ever constrict. It can only be the sky discovering more of its sky-ness.

The same is true for your heart, your true Loving nature. It's always present, always opening to more of your trueness. No amount of any kind of thinking can alter your true Loving nature. Just as no weather pattern can swallow the sky, there's no emotional pattern that can affect your divinity. There are just thought formations passing through limitless, luminous space—your heart.

We don't "close our hearts" to one another, ourselves, or the things that happen. We just shut down our minds, like closing blackout curtains on the sun. **Spirituality is really just the practice of open-mindedness, of intentionally not putting up blocks to life.** We open up our minds and we keep finding this incredible heart energy always pulsating for us—eternally patient, endlessly vibrant.

Enlightenment is when the mind fans out so wide that it dissolves into unbounded Loving awareness. We go from thinking to pure being. In the sky of the heart, there aren't walls of identity to get in the way of Unity. The heart doesn't use personality hang-ups or political opinions to spar about the so-called truth.

The heart's Wisdom blows personality constructs to stardust, and it lays the True Reality bare.

In the heart center, everything is seen for what it is, and it's all welcomed. All of it. THAT'S true Love. That's Divine Love.

When we're curious about and committed to Loving, we think very differently. Rather than thoughts that act as Love blockades, more *unifying* thoughts rise up from our intention to Love. We don't have to go looking for "higher" thoughts outside of ourselves. We just have to be still often enough to realize that we're part of something infinitely creative and inclusive. This happens in increments.



Open-mindedness—spirituality—is the practice of thinking with Love. And we can effectively train ourselves to keep returning to Love via our thoughts. First, we refer to our heart's mind for the best way to proceed. Then we recruit the mental mind to support the heart. This is what it means

to have our priorities straight. First, let the Love flow, then direct that Love with your intelligence. This is divine order.

When Love is in our mind, we form fewer conclusions about who's "worthy" or "unworthy," what's right versus wrong, or whether it's too late or right on time. Love sees the perfection in the person and the moment and proceeds from that expanded awareness. It's like zooming out to notice both the sun's rays and the chemtrails and choosing to comment on how amazing the sky is. When you open your mind to see what's really going on—with a person, in any situation, the beautiful parts become more evident.

Insight begins with the desire to truly know what's truly going on. It's as simple as pausing in the middle of an emotional bind with someone and thinking, *I wonder what they're experiencing now?* That's an act of Love.

Reflecting

In order to see the whole picture and everything in it, we have to slow down. We have to be still to actually reflect on what's happening—and what might be true or false about what's happening. Reflection is a heart practice. Stillness and contemplation are how we tap the vitality of the heart—which is limitless.

When we live more reflectively, we operate less reactively. With every meditation or earnest question . . . with each honest prayer, given blessing, or intimate conversation that we have—with ourselves or each other—the heart is giving us confirmation about how massively beautiful life really is. The heart will always choose to focus on what's working.

But many of us aren't raised to live very reflective lives. And our productivity-obsessed culture won't have any of it. Instead of **reflection, receptivity, and responsiveness**, we tie ourselves to a looping track of reactivity. And then we mostly sleepwalk through the days, inevitably get

hammered by some kind of painful occurrence, and then we wake up to glimpse a higher purpose. And if we don't dedicate our lives to that higher purpose—to Love—then we'll probably doze off until the next bout of hard-to-bear discomfort or loss arrives. We think we're really smart with our strategies for status and self-preservation, but running from Love while looking out for #1 is a high form of foolishness. Because Unconditional Love is what we want the most.

Regardless of our status and no matter how many degrees, followers, or pretty things we own, no matter how much we've accomplished or overcome in the material world, what we yearn for is to rest in Love. We want to relax into the Great Heart—the heart that holds us all—and to feel Creation carrying us. It's the freedom of union. It's the liberation of belonging to each other.

There are ways to get free—free of the madness of the world we've made—and to be at ease. There are metaphysical, superconscious, ancient, and scientifically proven ways: mindful breathing, visualization and meditation, acts of kindness, community building, Forgiving each other, getting good sleep, healthy eating, joyful movement . . . Loving who we Love, full on and full out, and then including ourselves and all beings in that Love.

A heart centered life is a reflective life. And a reflective life becomes energized with the Light of Love and higher virtues.

When you get still and take the time to consider how beautiful life truly is, you'll have more Compassion and Acceptance for the ugliness and chaos. Your stillness will increase your capacity for holding the dichotomies and paradoxes of your life. And then it will become more apparent that we are all participating in an ongoing miracle. Looking within is how we awaken to the True Reality—because it has never been outside of us.

It's only a Loving gaze that can see the Truth.

It takes some (spiritual) practice. But if you become still more often and you look inward, you will see that your heart is as open as the sky.

“Meditate on the Self as being
Vast as the sky.
A body of energy
Extending forever in all directions—
Above, below, all around.

In the embrace of the infinite space,
Awaken to your true form,
Divine creative energy
Revealing Herself as you.”

—*The Radiancance Sutras*,
as translated by Lorin Roche

Love it all.

Love it all.

Love it all.

Love it all.

Love it all.

Love it all.

Love it all.

Love it all.

Love it all.