# HOW TO BE LOVING

### THE JOURNAL

Relax your mind. Connect with the Divine.

an Δ

A HEART CENTERED APPROACH TO LIVING



## HELLO, FRIEND,

*The light is within.* That's what the mystics tell us. Does that ring true for you? Maybe it's unsettling—which is understandable, since humans have been wrestling with illusions of separateness and a yearning for Divine Guidance for *eons*. But really . . .

The answers are within us. We just need to slow down *often enough* to hear them.

Use this journal as a reflection tool. Go stream of consciousness or treat it like a diary of your deepest questions. Use it to listen to your heart.

Then trust what you hear. And then use your free will to work that wisdom into your thoughts, words, and actions.

A heart centered life is a reflective life. Yearly visioning is great, but *regular* introspection keeps us close to our life force—and to each other. And when there's more reflection, there's more light.

Each page here is a portal to your Radiance. See what's inside of you.

Always with Love,

and

#### The Metta Bhavana Prayer

May I be happy. May I be healthy. May I be free of suffering. May I be free of mental anxiety. May I live in peace. May my life be blessed with ease.

May you be happy. May you be healthy. May you be free of suffering. May you be free of mental anxiety. May you live in peace. May your life be blessed with ease.

May we be happy. May we be healthy. May we be free of suffering. May we be free of mental anxiety. May we live in peace. May our lives be blessed with ease.

The Metta Bhavana Prayer was translated from Pali (the original language of most Buddhist prayer and teaching). Metta means "Loving Kindness;" Bhavana means "cultivation."

According to legend, a gathering of monks were having trouble meditating in the woods. The Buddha heard their complaints and gave them a spiritual tool: the Metta Bhavana Prayer. They went back into the forest, practiced the prayer relentlessly, and how about this? They emerged enlightened. Powerful prayer.

**You do not need to focus on "fixing" yourself.** As we focus on living from our heart center—from Love—anything that's not in alignment with that light will fall away.

If I stopped trying to fix myself, I would free up or change . . .



**Your heart is already open.** Your true Loving nature is always present. No amount of any kind of thinking can alter your divinity. Just as there's no weather pattern that can swallow the sky, there's no emotional pattern that can affect your Soul. There are just thought formations, like clouds, passing through limitless, luminous space—your heart.

If I had proceeded through the last few days knowing that my heart is truly open to everything, what might have gone differently? If I approach a currently tough situation in my life knowing that my heart is actually open, what might be possible?



#### Spirituality is really just the practice of open-mindedness,

of intentionally not putting up blocks to life.

I'd like to be more open-minded about . . .



# De open accepting @ DANIELLELAPORT

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 ourselves. We just have to be still often enough to realize that we're part of something infinitely creative and inclusive. This growth happens in small, sometimes surprising, increments.

I'm expressing my deep commitment to love by . . .