



SMARTfoundations

it's all about you!

Higher Power – Mindfulness and True Love

The mind body connection is exceptionally powerful and could well be compared to the most powerful 'Humanitarian Aid' we are all hoping for. What's incredible here is this antidote lies within us, what we tell ourselves, determines how we feel, and how we feel determines how we act. In an ideal world our mind would feed our body warmth, affection, joy and calm. In our often 'stressed out' world the mind feeds our body sadness, fear, anxiety, guilt, stress, anger and the like...

Often, what people tell themselves about a Higher Power is, it is a benevolent and compassionate force. This belief in turn elicits a positive change in the chemistry in their body, strengthening the mind body connection towards a path of success, joy and fulfilment. Many studies have found those with faith in a Higher Power share more inner happiness, resilience and a stronger ability to cope with life's challenges.

Higher Power is not just the God of your understanding, it is the very nature of all living energy systems whether that be people, planets, oceans or the universe! Ralph Waldo Emerson shares:

"There is guidance for each of us, and by lowly listening, we shall hear the right word. Certainly there is a right for you that needs no choice on your part. Place yourself in the middle of the stream of power and wisdom which flows into your life. Then, without effort, you are impelled to truth and to perfect contentment."

Let's say straight off the bat, I believe – **You Are Higher Power** – because Higher Power is the mystery behind all natures' wonderful manifestations. Higher Power connects our hearts. This connection will differ for you and for

me. For me, the smile on my boys face or the laughter dancing in their eyes; or for you: the mountains, the ocean, a sunset or maybe your gorgeous cat or dog. You'll notice these things are all born of that benevolent mystery we call 'God' or 'Higher Power' or 'Source' or 'Cosmic Consciousness'.

There are many people in the world who would tell you connecting with this Great Benevolence of life, (which we will call **True Love** from here in) is hard, this is not true, it is as simple as breathing. In an awareness group I run, we often consider the concept of **True Love** being '**closer than breathing, nearer than hands and feet**'. Why? Because we are in nature and nature is in us, therefore:

True Love is in me and I am in **True Love**

True Love is resilient. It is the empathy and grace we express for all living things in a compassionate and loving way. When we connect to **True Love** there are changes in our body chemistry that promote relaxation and well-being and here our inner opiates are released cultivating sensations of joy, pleasure, happiness and even bliss.

We all know the deeply profound feelings and sense of connection which can arise from the simple acts of meditation and mindfulness, yet many of us don't associate those same connective feelings with our own life. However, whether we are gardening, stroking the cat, sharing an intimate embrace with our partner, truly listening to friend or having some other direct experience of loving; we can be said to be sharing a reflection of **True Love**.

True Love does not belong outside of us, just outside of our grasp it is at the core of our very being. Therefore it is not just for the mind and heart but it is most definitely for the body. I believe the whole function of **True Love** is that we invite it completely into our bodies, so it can bathe us in deep healing at the cellular level. With **True Love**, you can boost your enjoyment of life; activate the bodies' natural health and healing hormones and improve your relationships at home and work. **Maybe that's why many refer to**

meditation as an 'Act of Self Love' or to mindfulness as the 'Miracle of Mindfulness...'

When you go to the shops, eat a meal, pat a dog or sleep in the arms of your lover **True Love** is within you. When you suffer bereavement; endure an illness or leave a job - **True Love** is still within you - it's just harder to remember this in times of challenge. Especially as at these times we tend to be on auto-pilot not connected to the body and all its' magnificence.

Try out the following exercise it's great fun and it really does promote that gentle, lovely inner smile that lets you know you FEEEL GOOD!

Firstly make a list of things that make you happy and have made you happy in the past. Your champagne moments or magic moments - when you are in flow - all is good in your world. Whether it's as small as eating chocolate cake or as huge as the birth of a child - add it. If it's the thrill of riding a motor bike or the breath taking joy of a sunset - add it. Whether it's making love or dancing - add it. Now when you have a page of 'magic moments' do the following exercise:

'Joy breathing' - to exercise your happiness muscles.

- Become aware of your body and your posture and gently focus on the breath. Now think of all your 'magic moments' where you felt really joyful and happy. Now simply breathe into those feelings of happiness. Really associate to the time/s you are thinking about, turn up the brightness on the image you have; strengthen the sensations of joy and pleasure you are experiencing in your physical body or listen for the joy and laughter you maybe hearing.
- Now bring your attention back to your breath - and gently draw the breath into your heart. Imagine it is warm like a glorious golden sunshine and on the out breath let that light flood your whole being

with warm, tender, secure happy feelings. See joy travelling into your toes, your finger tips the whole of your body.

- Your heart becomes like a mini sun within your chest radiating a flood of **True Love** and joy throughout your body with every out breath.

Happiness is not something ready made. It comes from your own actions.

Dalai Lama

Let your True Love Shine!

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