

Living from the Heart

The Difference Between Love and LOVE

In our search for enlightenment and finding God in our heart, we need to know something very important - the feeling of unconditional love.

Listening to 'The Most Important Video' on YouTube, I realized why so many people have problems getting into the feeling of unconditional love. Unconditional Love is a love that is able to forgive and in the same breath, embraces all of God's creation. Dr. Eric Pearl describes it as "the love that one experiences in a near-death-experience, not the Hallmark Greeting Card love".

Why is it so difficult to get into this feeling of all embracing love? I think one reason may be because too many of us are constantly operating from our left brain, always asking for scientific proof, and are even proud to be left-brained. The power of Unconditional Love, on the other hand, appears to operate solely from the other side by following intuition, defying logic with what feels right... no need for reasons... the heart speaks and you follow.

I have many different friends...some with high left-brain intelligence, and others with a high right-brain intelligence. I love them all dearly, but to be honest, when my life is in a tricky situation I seek the wisdom of the right-brained person. The right brain gives us the information we need for survival, the inner 'knowing' of what to do. Although the left brain can be brilliant and extremely helpful, sometimes 'too much thinking and too many questions' is just too much. Logic and analysis needs to give way to the voice of our heart.

During this SHIFT into the new fifth-dimensional world, we would do well to let go of our need to be intelligent, better than others and always nurturing our EGO. We need to open our hearts and find this equilibrium again. I believe in order to find that special place

within, we need to allow ourselves to use our right and left brain equally.

I learned through 'The Most Important Video', that the place in our heart where God resides often cannot be accessed because old emotional trauma we have experienced is blocking it. Call it an 'automatic defense mechanism' perhaps, but often when we try to go there, the pain becomes so intense that we instantly 'shut the door' in a self protecting manner. It makes sense to me that we need to learn to love ourselves enough to let go of our past emotional trauma, the battle scars...call it what you wish, but it all amounts to unhealthy feelings that do not serve us anymore.

Dr. Eric Pearl travels the world non-stop teaching Reconnective Healing® and The Reconnection®, urging the certified practitioners to spread the word about this NEW form of healing on the planet. It is an important time to open up to new ways of doing things - to endless possibilities that perhaps were not there before. He says, "If you are lucky, your healing will come in the form you anticipate. If you're really lucky, your healing will come in a form you've not even dreamed of - one which the Universe specifically has in mind for you."

Yes, there is an unspoken urgency these days to raise our vibrations, to be in a state of all embracing love. For some, the energetic SHIFT is the motivation, but for others, it is the realization that higher vibrations also neutralize lower vibrations and that includes germs/bugs and even chemicals. The highest vibration on earth is love, and old examples from different scriptures support that thought. Jesus didn't walk the planet carrying a briefcase full of manuals... he carried everything he needed in his heart. ... and so can we. Miracles followed in his footsteps so why not again! It is time to heal ourselves from the inside out. **Time to join hands to generate a powerful surge of this love-vibration for the world.**

Anna Christine Doehring would be happy to 'assist you' to release old energetic patterns. Call 250-756-2235 for dates of information evenings or visit www.energyallaround.com and look under the Blog. First eve: Sunday, Sept. 27, 7 pm.

RECONNECTIVE HEALING® & THE RECONNECTION®
Schedule your appointment with a trained practitioner.

Anna Christine Doehring
Reconnective Healing Practitioner™

Phone Number: 250-756-2235
Email Address: healing@energyallaround.com

For additional information, please visit www.TheReconnection.com

Conscious Learning for Health Institute
Movement for Life

RENEE LINDSTROM
Feldenkrais® Method, InTouch Communication®
Awareness Through Movement®
Practitioner, Teacher

250.592.0938 | 250.361.7508
renee.consciouslearning@gmail.com
www.consciouslearningforhealth.com

individual • groups • workshops • retreats • classrooms • workplace