

thought for today

being happiness

I recently started a new series of contemplations that might be helpful to some. It actually started with a quote. Someone asked a spiritual master how she could keep up such a level of service. She said, "I gave my heart to God, and I never took it back."

I thought, "How would it feel to never to take it back?" I'm giving my heart to God all the time, then start worrying about something and realize I have taken it back.

I read "Eat, Pray, Love" and saw a spiritual exercise in there that you do in addition to your other spiritual exercise. You spend half an hour (she spent an hour) every day seeing happiness in every part of your body. The Bali medicine man who gave her the exercise said, "See even your liver with a smile." I will say I haven't seen the movie yet. I hope it did the book justice and kept the spiritual essence of it.

So I started doing that. I even drew happy faces all over my thumb, which has never really recovered from torn ligaments and is pretty much unusable.

As I did the exercise day after day I actually started feeling happier and happier. Then one day the exercise changed to love instead of happiness. I got the nudge that I should see love in every cell in my body, until even my liver (and my poor messed up thumb) felt loved.

I began to feel a loving glow about me.

Then a couple of days ago I got the message that until I let go of all things in this material world, I had not given my heart to God. (Of course, that didn't mean give away everything I have and disown my kids. Just give up the need and attachment that put strings around your heart.)

So I did a long exercise where I saw my consciousness as a house on the inner with big windows, lots of rooms, and so on. Every room was packed with stuff. Stuff from the past and stuff from the present. I started cleaning house.

I would look at a part of my life and see what made me unhappy about it and what lessons it was teaching me and then gave it love and put it in a basket. I did this with each thing, person, place, job in my life. Each basket had a hot air balloon attached to it. When I put each thing into a basket it would float away into the Holy Spirit. Some things pulled up memories of the past. I would do the same thing with each memory. I would see what made me unhappy about it. I would see what I learned from it. I would see the love in it. I would bless it and put it in a basket. After a while I noticed that there really wasn't a lot in the past. Each thing in the present had strings that lead me to similar things in the past and I could look at both and then put them into the Holy Spirit.

It took me two hours. Someone whose house is not so crowded might do it faster, or might have one really big thing weighing on them. But, for what I was doing it took two hours to put every bit of stuff from my inner house into baskets and let them float away into the Holy Spirit with my love, forgiving myself for each thing, and blessing.

Afterward I felt incredibly light. I saw the Holy Spirit flow into the inner house and clear the energy in each and every room and closet. The windows were open to a warm breeze of spiritual energy. It was wonderful.

From beginning (the happy cells exercise) to end (the house cleaning exercise) took about a month. I felt like I was melting away worries of ages past. I don't think the stuff would have gone so easily if I hadn't spent that month getting happy and loving.

Please take what you need and leave the rest.

Blessings and love to all,
Kathy