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## Love Heals

by Rebbie Straubing

Love's ointment works on bruised knees as well as broken dreams. Love has the power to heal all conditions of the body and mind. Love's glow melts its seeming opponents into pure light. Where love is, all is well.

Love is at the center of every miraculous healing. It lifts the spirit of the bereaved. It penetrates the darkest hallway to reveal the next step. There is no loss, pain or betrayal that love cannot illuminate. There is no sadness that love cannot soothe.

### Always Enough

Sometimes it seems that love is the problem. It can appear that love caused the pain. People we love reject us or they die or they become so important to us that we encounter endless types of hurt. It seems that love is scarce and can be taken away at the whim of the beloved. This illusion of the scarcity of love comes closer to describing the cause of the pain. It is the sense of lack that hurts, not the love. The lack is an illusion.

There is always enough love. It is behind every great creation. Love is the canvas that holds up the paint. Love is the page that hosts the words. Love is the day you live into. It is every background, hidden behind every story, colored by every circumstance. Underneath every experience there is a field of love upon which that moment was built. There is always enough love. We simply must find it.

### Finding Love

Finding love is different from finding your keys or your eyeglasses when they disappear. And yet, we tend to think of it in the same way. We think love is hiding somewhere. We left it with that person or in that old town or in that dear friend. We tend to think love is located in the person we love and when we lose that person we have lost love. Love is very different from that. Love lives in every moment in every particle of existence. Finding love is more like looking through the paint to the canvas, looking through the situation to the essence.

Here is an exercise for accessing love regardless of conditions. In order to reap the full benefit from this exercise, first take a moment to look around you at the condition of your life. Notice what kind of presence love occupies in your awareness. Take a neutral glance at your entire situation as if through a wide-angle lens. Without judging or defending, free from praise or blame, simply appreciate the contrasting landscape of your incarnation.

Once you have perused your lifescape, close your eyes and gently settle your awareness on your heart center right in the middle of your chest. Allow your breathing to become soft and relaxed. With each breath imagine your heart center infused with the gentle presence of love. Imagine this love soothing all hurts, filling all spaces of loss and brightening all gloom. As the light of love becomes more established in you, realize

that this love is always there. It is intrinsic to your nature. It is native to your being. You don't have to put it there or develop it. It is the canvas of your life. Love is what you are made of.

Expand your awareness to include your whole body and an egg-shaped energy field all around you. Let love's quiet presence ease into your awareness, permeating your entire field. With each gentle breath, allow yourself to become so soft and peaceful that the love that resides within you can shine through your situation and your thoughts, through your pains and your losses. Become so quiet that you can sense the slightest presence of this beautiful love as it glows through your physical body.

You may want to regularly spend some time revealing the love that you are in this type of meditative process. The benefits of this practice may surprise you. Love heals a scraped elbow as well as a broken heart. And it does something more. It attracts more love. I wish you a Valentine's Day of essence and healing. I wish you love.

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*Dr. Rebbie Straubing, spiritual writer, workshop leader and Abraham coach ([www.abraham-hicks.com](http://www.abraham-hicks.com)), has also developed *The Yoga of Alignment*, an inner system of alignment based on the principles of meditation and a compassionate approach to daily life. She offers telephone consultations through her website at [www.TheYogaofAlignment.com](http://www.TheYogaofAlignment.com). Dr. Straubing can also be reached at [yogaofalignment@cs.com](mailto:yogaofalignment@cs.com)*

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