

## The Divine Dance Of Loving™

by Patti Steurer

The Spirit of The Healing Heart is The Divine Dance of Loving™.

What a fantastic theme for this year's Touch For Health Conference - Spirit of the Healing Heart. It really got me to thinking. I kept asking myself, "What is the spirit of the healing heart?" It was easy for me to bring to mind several people who I consider to have healing hearts: Mother Teresa, Mary Manin Morrissey - the minister of my church the Living Enrichment Center, Mother Meera and Amachi, Gay and Kathlyn Hendricks, my husband David, etc. The quality I experience from all these healing hearts people is love. Love for Life. A free flowing, life honoring, life giving, Love.

I had the opportunity to literally put myself in the arms of Amachi. She is a woman from India who travels the world sharing her deeply spiritual love, the love of Mother Divine, with all people. She is very small, maybe about 4 feet tall. She's round and very beautiful. When I first saw her I was standing in a line of people waiting to greet her as she came into the hall. When she saw us she smiled and put her hand on her heart and seemed to allow herself to let in all the love that was flowing towards her. She sang for us for many hours and I felt I could see her filling up with spiritual bliss and love from the Universe. She spoke for a short time and then came off the stage, seated herself on a chair at ground level and asked to receive the children and families first. What I watched was astounding to me. Each person was held closely, touched, stroked even, spoken too, given a present of oil on the third eye, flower petals sprinkled over the head, a sweet or something. She was so full of love and it seemed to pour out of her in continuous streams of sweet nectar. I inched my way up to be next to receive her loving touch, enjoying how everyone before me was appreciating their unique experience.

Finally, I was there, on my knees in front of her, and then a child came up with a concerned look. Amachi took my head and put it in her lap and just let me rest there while

a translator helped her understand the child's question. I felt like I was swimming in a pool of love. Once the child was satisfied Ma picked up my head and laid it on her shoulder. She whispered "Ma, Ma, Ma, Ma," in my ear. She rubbed my back and hugged me tightly. My tears flowed freely and she whispered again, "Ma". After just a very short time that felt like an eternity to me, she put both hands on the sides of my head and pushed me away from her warm body. She looked me in the eyes and laughed whole heartedly and gave me a Hersey's kiss.

That was the sweetest chocolate I have ever eaten. I had truly spent a few moments in the spirit of a healing heart the essence of which was love.

Many teachers have advised loving as a pathway to healing ourselves and others.

Bernie Siegal says in his book *Love, Medicine and Miracles*, "... love is the most powerful stimulant to the immune system, The truth is love heals. Miracles happen to exceptional patients everyday; patients who have the courage to love."

John Bradshaw encourages; "To truly love yourself will transform your life. In order to heal the shame that binds you, you have to begin with self acceptance and self love."

Emmet Fox writes; "It makes no difference how deeply seated may be the trouble, how hopeless the outlook, how muddled the tangle, how great the mistake; a sufficient realization of love will dissolve it all."

I decided to make learning to love myself a life process after I had the opportunity to work with Gay and Kathlyn Hendricks. Gay has written two very simple and yet powerful books with titles specific to this subject. One is called *Learning to Love Yourself* and the other is *The Learning To Love Yourself Workbook*. Recently I heard him speak where he made a very profound statement. "All the major lessons I have ever learned and needed to learn revolved around learning to love in a deeper way in my life. I used to think that I

experienced love and that it saved my life. Now I realize that Love invented me to carry it around from place to place.”

The Spirit of The Healing Heart is a heart that carries love around from place to place.

So, let's agree that love is key to the spirit of a healing heart. Would anybody agree with me that loving can be challenging and especially loving self?

In church recently I was once again presented with a profound teaching of Jesus, “Love God, and love others as your. As I thought about this teaching I realized the foundation of it is loving myself. Unless I could truly, authentically accomplish loving myself, loving others and loving God would be weak at best and probably non-existent in reality. Now this was a challenge for me. You see I am much better at criticizing myself, feeling guilty, putting myself down, and generally being hard on me than I am at loving myself. I may not do it aloud, but the volume on the inside can be deafening. Can anybody relate?

When I realized about 7 years ago that loving myself needed to be a number one priority and a life long process (at first I wanted to do it and get it over with), I decided I needed some coaching.

Jack Boland was an early teacher of mine in a loving technique that I have used to love myself and others for years. Jack was a Unity Minister in Detroit, Michigan for years, a recovering alcoholic and the creator of the Master Mind Process. He tells a story about his ex-brother-in-law, Garnet. This man had really done some very off-the-wall things to Jack. There wasn't anyone who wouldn't agree with Jack that this guy had done some really “bad” stuff. Jack found that he had developed a very strong hatred for this man and this hatred was fixed in his mind. He also realized that this hatred was taking an incredible amount of energy away from life - his life. One day he knew that he wanted to forgive Garnet, not for Garnet (he was long gone), but for himself.

Jack prayed for guidance in this case because he was at a loss as to how to start.

He had an idea. He would hold the idea of Garnet in his mind and start pouring love in

that direction. So, he held the face of Garnet in his mind and ... hatred came. And, he held the face of Garnet in his mind and ... he felt hatred come again. He prayed for more guidance and got a new idea. He could hold the face of his child in his mind, feel all the natural love he felt for his child, and while he was feeling that love slip the face of Garnet in there.

The first few times he was doing this, as soon as he'd picture Garnet instead of his child, his loving feelings would completely disappear. But over time he began to change. He truly wanted to let go of his hatred for Garnet and to forgive. In time, he would think of Garnet in his mind and very easily he was able to wash a mental picture of Garnet with love. He found compassion developing in him for this man who had hurt him so badly. He said over time, “I felt healed!”

Jack knew he was healed when he was driving down the street one day in Detroit, came up to a stoplight, happened to glance out his driver's window, and there was Garnet at the wheel of a brand new Cadillac. He said, “I felt glad for him. I felt good for him. Things are going well for him. He's got a new Cadillac. Good for him.” Jack knew these to be authentic feelings. He was healed.

I learned a refinement of this technique from Gay Hendricks in a workshop a number of years ago. Here is my interpretation of what I learned from Gay in the form of a loving yourself practice.

#1 Think of a person, place, or thing that you love. Really feel your loving feelings. Notice how you feel them and let them grow. Turn the volume up and magnify these feelings.

#2 Now send these feelings out from your heart to a mental image of the person, place or thing you have imagined. Beam these feelings out and wash them over a mental image of the person, place or thing you are holding in your mind.

#3 Now redirect this beam. Curve it back around and let your loving feelings wash over you. Go ahead and let yourself really feel your love for you. When you feel that the flow of love has stopped or diminished begin the process again with step one.

I have found this exercise extremely powerful in developing love and compassion for myself ... to start a very deep process of self forgiveness ... and to create a flow of revitalizing loving energy that flows through my entire body. Try it, I am sure you will benefit.

David and I do a lot of kinesiology balancing with each other. I have been a Touch For Health instructor since 1984 and Touch For Health is our main Specialized Kinesiology tool. We tend to be very eclectic in our use of all the kinesiology and often use a wide variety of tools to bring balance to our bodies. In our menu of tools we have a category called "loving ourselves or others". I can't tell you how often we get to this point. The healing power of love definitely brings balance to the body. Take the opportunity to add to your menu of tools to balance the body learning to love yourself and others activities. You can find them in many different places. I have suggested some at the end of this paper. I believe that doing a Touch For Health balance is a very rich act of loving.

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The Spirit of the Healing Heart is a heart that carries love around from place to place.

The Spirit of The Healing Heart is sharing Touch For Health with yourself or others.

### *Enjoy!*

Additional "learning to love" ideas for Specialized Kinesiology balancing.

- What makes people feel loved.  
A research study of 20 thousand randomly selected people across the U.S. revealed what is now called 6 love supplies. In priority order these are:
  - #1 being listened to.
  - #2 praise and acknowledgement
  - #3 being touched
  - #4 being told the truth - feedback
  - #5 privacy - freedom to create alone time and a sense of personal self
  - #6 keeping agreements

Use these 6 love supplies to determine what aspect of loving self or others is necessary to restore balance.

- Louise Hay was asked, "How do you help people to put love first?" She said, "When they come in for counseling, I invite them to ask five questions."
  - #1 Who do you need to forgive?
  - #2 What resentment are you holding?
  - #3 What is your body telling you?
  - #4 What is your inner child afraid of?
  - #5 What is the truth that needs to be told?"

Use these questions and the answers that come forth to balance for loving.

- Gay and Kathlyn Hendricks prescribe 3 techniques they feel supports loving self and others.
  - #1 Feel all your feelings.
  - #2 Speak the microscopic truth.
  - #3 Keep all your agreements.

Maybe doing one of these actions will be just the ticket to bring balance into life.

### **References:**

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**The Divine Dance of Loving™** is the name of the newest StarFire workshop designed to align the heart, mind and soul in the loving of self, others and God. We support people to **go beyond their personal** limits to loving and self expression. For more information, please contact us at Starfire, 2615 NW Lee Ave., Lincoln City, OR, 97367  
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