



7 Ways to Live in Love, Every Day!

By Colette Lafia, Author of *The Divine Heart*



1: Find quiet moments

Find quiet moments throughout the day to drop into the depth of love that's holding and sustaining us. In each day, find some moments to pause and take a few deep breaths. Breathe in the energy of love, and breath out the energy of love.

2: Practice Listening

Listen to yourself or someone else with a compassionate and caring heart. Be open and receptive, by practicing deep listening to your own struggles, as well as the difficulties of those around you. Ask someone today, "How are you?" and listen with an open heart. Listening is everything—no pressure to give advice or fix anything.

3: Delight in the joys of spring

Notice the gifts of spring that are all around us—the cherry blossoms, the singing of the birds, the surprise of new buds. Pay attention to how you can water seeds of joy, even in times of difficulty.

4: Be Kind to Yourself and Others

Practice the gentleness of acceptance and enfold yourself with love, whatever you may be feeling, right now. Place your hand over your heart and breathe in compassion for yourself and others, remembering that most of us are feeling stress and strain these days.

5: Cultivate Gratitude

Remember to find gratitude for all that is sustaining and supporting you, even in the midst of fear and loss. You may want to start your day with a simple expression of gratitude by saying, "I am thankful for this new day." During the day, make a habit of pausing for a moment, and noticing something you are grateful for—a cup of tea, the groceries you are able to buy, a phone call with a friend.

6: Nurture Your Heart

Identify what can anchor you in love during these uncertain and shifting time—is it being in nature, finding moments of meditation or prayer, reading a good book, talking to someone you trust? Commit to staying connected to what are your personal anchors of the heart. You may like to make a list to help you remember.

7: Value Connection

During this last year, we've come to realize how important connection is for our well-being. Can you find daily ways to stay connected to life through people, animals, and nature? Take time to cook and share a meal with the people you live with, or with others in an outdoor picnic. Connect with nature and animals in any way you can—going to a nearby park, playing with your pets, looking up, and enjoying the blue sky. Make a commitment to stay connected and recognize how interconnected we all are with each and with all of creation.

Read more: ColetteLafia.com/the-divine-heart/

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