When Peace Feels Far Away

10 PRACTICES TO STAY CENTERED



9.
Send Love, Be Love

Support the World with Love

Malayna Dawn

When the world seems like a shadowy reflection of the world I thought I lived in, I let myself feel the fear or heartbreak, then I seek comfort and guidance from the divinity within me. I imagine my breath spiraling down from my head, easing my knotted throat and pounding chest. I fill my lungs then exhale and rest in the secret space behind my heart.

This sacred temple of life, my being, is both lighthouse and broadcast station. Love is the highest and most powerful frequency I can send. Love is who I am and who I choose to be in this world. As I beam love's light and frequency to the world, I remind myself that our bodies are also receiving centers, so I open myself to accept love and healing too.

When I operate from this inner center, I am better able to shine despite winds or stormy seas. Even when my visibility is clouded by shadows, I feel my way forward. In the space of a breath, I can reconnect to my heart's rhythm and allow the flow of life to infuse my brain with inspiration.

Comforting words in the "Prayer for Protection," the Serenity Prayer, the Prayer of St. Francis, and the Metta Prayer of Loving-Kindness guide me to love anyone in the throes of pain, anger, or fear.

Our evolution is catalyzed by challenge and discomfort. In the spiritual realm, we simply are, but as embodied souls we must dance between polarities and open ourselves to multitudinous possibilities. That could mean that the souls who inhabit the roles of victims and villains are willing and brave spirits who volunteered to play their part—despite pain and discomfort,

despite feeling disconnected, abandoned, and unloved—to help the collective become a better version of itself. I can send love to the souls behind those expressions.

I see love's power unlocking the hearts of apparent perpetrators, soothing the tantrums of the inner child acting out. It is easy to forgive a child for their misguided attempts to feel safe and loved.

I listen for my next step from the Divine, the One that we all are expressing in this life. New Thought pioneer Emma Curtis Hopkins assured us, "All people will change when you know that they are love," since "All is love. There is nothing in the Universe but love."

Holding love's light aloft may be what is mine to do right now. Lovingly supporting others or working for a just cause might call to me. I send my love to support miracles already unfolding that I may never see.

AFFIRMATION:

My courageous spirit radiates love's healing energy in all circumstances.

Malayna Dawn is a third-generation Unity student and New Thought communications consultant who chairs the Unity Alhambra Foundation.