

Harmony

Experiencing a loving awareness nourishes the vital energy, which sustains and promotes healthy integration of mind/body connection. Thus harmony between mind and body predominates as love becomes the uniting force. Acceptance can enable an appreciation of a situation or problem, the intention to accept can create the conditions which allow a growing awareness to deepen. Acceptance of our selves promotes inner harmony as the mind body connection is positively enhanced. Energy is diverted towards harmony and flow instead of becoming blocked by an inability to let go of conflict set up by negativity.

This can change the way we perceive our experiences. Many times it is our interpretation of our emotional experience which creates inner disharmony and we can learn to see and understand our experience without interpreting it negatively.

Marie Weston 2011