

Creating Loving Feelings

Essay, by Rosemary McCarthy

Most of us aspire to be positive and express love out into the world. However, sometimes we simply cannot *feel* love in our heart, at least not enough to be loving towards others.

We were intended to live connected to love, effortlessly tapping into joy, and naturally able to express love outwards into the world. Eons ago, we could. However, at some point in history, negativity arose, and as this played out, our connection to joy and loving feelings inadvertently became weakened.

Many of us were victims of and/or inherited these ways of being from past generations, and so our connection to loving feelings may be weak, or even blocked.

We now know that light, positive, uplifting high-vibrational thoughts, attitudes, and behaviors create feelings of general well-being. They burst through any weakness or blocks we may have to loving feelings. They send sparks of light and love to our whole being. This allows us to reconnect to loving feelings.

The more we embrace high-vibrational thoughts, attitudes, and behaviors, the better we feel. The better we feel, the more easily we can express love out into the world.

For those of us who cannot easily tap into joy or loving feelings, we can conjure them up.

Creating Loving Feelings

We create loving feelings by *passionately* evoking loving feelings with our thoughts, words, attitudes, and behaviors.

Doing so with gusto, relishing, delighting in, reveling in, and with exaggerated feelings gets the ball rolling. We are attempting to override years, generations, and even eons of our feelings of love being dulled and subdued, so we must approach this with enthusiasm.

Hug yourself or your pillow. Create a practice by summoning up love feelings as if you were hugging a baby, your child, your most precious loved one, a cute kitten, or whatever will create

pure, unabashed childlike pleasure within you. This creates love feelings within your being, which you can later connect to more easily.

Embrace joy and light-heartedness. Regularly do what brings you joy. Bring fun and light-heartedness to whatever you do, as this creates a sense of joy around it, anchoring joy into your being. Joy then becomes part of your make-up.

Be passionate and bring abandon to all you do. Being passionate and bringing abandon to whatever you are doing creates a positive vortex around it. This makes every-day tasks pleasurable. The mundane starts to feel extraordinary. Life starts to feel extraordinary.

Delight in small things. When you allow yourself to delight in the small things in life, like the bubbles in the sink, spring's first bloom, or a baby's smile, you are evoking loving feelings. This creates a sort of love muscle memory, and you will automatically start to feel sparks of joy and loving feelings in small things, each time strengthening your connection to love.

Allow for wonder and awe. Whenever possible, embrace what creates wonder and awe in your being. Whether it be the sky and stars, sunsets, nature's beauty, wonderful art or music, or majestic architecture, allow the wonder of it all to seep into your being. This reminds our cells that there is a generous, creative hand at work orchestrating all there is, and that we are an important part of it.

Gratitude and appreciation. Like love and joy, feelings of gratitude and appreciation are of a high-vibration, and lift our consciousness out of fear, worry, stress, and negativity. Create feelings of gratitude for *what* you have, and *who* you have in your life. Start a gratitude journal, and write in it whenever you want to feel uplifted or connected to loving feelings.

Bring to mind all you love, and have loved; have, and have had. Think fondly and lovingly about all parts of your life – all you have had, do have, have loved, now love, and all you do – as if it is your most favoring thing in the world.

Remembering What Was – with Love – Instead of Missing What Was

Life is ever-changing. With its the ebbs and flows, things and people come into our life, and go out of our life. Circumstances change. It is human nature to miss what was – especially what we loved and were comfortable with. However, it is more helpful to us that we *love* what was, rather than *miss* what was.

Remembering what was with love creates a positive vibration within us. Our consciousness reads *remembering what was* with love as appreciation. As requests and expectation for more – more of what we love to come to us. This creates expansion in our being.

Missing what was creates a negative vibration within us. Our consciousness reads *missing* as lack. As despair – void of love, hope, and appreciation. This creates contraction in our being.

Moving to loving what was – from missing what was. Simply remember what you miss *lovingly*. Bring into your heart the feelings this created in you. Revel in the feeling. Hug a pillow. Smile about it. Write about it. Bring to mind the details. The sights. The sounds. The smells. Dig out old pictures and lovingly gaze at them, embrace them, and hold them to your heart. Do, or bring to mind, whatever creates that positive and loving feeling you remember about it.

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The more we do what connects us to loving feelings, the more easily loving feelings arise in us. Make creating loving feelings part of your every-day life.

Start your morning by taking a few minutes – just as you wake up if possible – to create loving feelings. Use any of these suggested ways, or any other that works for you.

You'll see what a difference it makes to your day. Not only do we feel good when we start our day feeling positive, uplifted, and connected to loving feelings, we can summon them up again when the day gets busy, stressful, or even chaotic, instead of defaulting to unhelpful reactions.

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