

Make Love Your Goal

Well friends.....

Here's to closing the door on 2019 and opening the floodgates of life on 2020. I realize I'm a little late on the "New Year's Resolution" front, but this post is right on time for Valentine's Day and a deeper look at love.

Okay, so a word about New Years.... In my house, the 31st of December is not just New Year's Eve. It is also my birthday. Auspiciously, it is also the day, 51 years ago that my parents met car-hopping in Arizona, and fell in love--years before I would come into the world. They are still life-partners, best friends and lovers—a rare inspiration these days.

My birthday and the birth of a new year has found me contemplating on what is most important. I'm poignantly aware of the ways we human beings engage with life and the present shifts that seem to be emerging within so many people.....is it all a part of this "birthing of a new age" thing? Maybe. I don't know. I only know that I'm feeling it.....

I'm discovering first-hand that there's nothing "out there" but what I live out and project within my own mind. There is a "living" sense within me that if I can pause long enough, in the face of apparent difficulty, to pull my own pain back into "me" where it can be healed, then the "You's" of my life have a very real chance to know love with me. We'd have a chance to share something genuine and worthwhile.....Reality, peace, understanding. That is worth the giving up of an entire world—my world—the one that I've created—just to have a genuine, heart-filled moment with you.

So few people arrive at this one goal in a very big way—living all their moments for something truly real and lasting—Love. To reach this one goal, this life called mine will have been worth something. I've never been into New Year's resolutions, but this year I feel different. This year I resolve to make love my goal.

So now, to you I bring this question:

Who or what is it that you're yearning to love in a bigger way? who is waiting for your forgiveness? Is there someone? Something unresolved? This year, we have a beautiful chance to be the "fore-most" one to give first in our relationships. we can make a choice to be a power of resolve for each situation "out there" and inside ourselves. I've come to find that everything is worth my full attention and understanding. The life in each one of us is truly that precious.

This year, above and beyond all other motives, make love your goal.

<http://www.youtube.com/watch?v=zNpeK7sDLzE> (click on link for music video)

A music youtube clip by musical artist Gabrielle Aplin. She so beautifully sings the power of love.

With love & grace for the new year,
Nicole