

## STAYING IN THE MOMENT LONG ENOUGH TO EXPERIENCE LOVE



### STILLNESS

Three years ago, on the blessed winter's solstice, my dear partner, David, and I lay motionless and fully clothed in our bed. Under the weight of the season's blankets, we found ourselves utterly speechless and fear-filled after days of finding no common ground upon which to stand with one another. No more thoughts. No more words, just silence and stillness.

### A MOMENT OF SELF-REALIZATION

Time passed, and in those infinitely dark and seemingly breathless moments, a miracle happened...an insight...all insights feel like miracles to me, or moments of grace. Out of what felt a bit like nowhere, and a bit like somewhere very important, I saw a facet of myself. It was awesome, and painful, and tremendously freeing, all at once. I should also say that what I saw about myself, that facet of me that came into light in that moment of darkness, was something no one else could have *made* me see by telling me in words. Rather, this was a moment of *self-realization* born of my own personal experience.

### HONESTY

Rusting wrought iron bars of fear surrounded my entire heart and chest area, barricading me in, and barricading out those I cared about most...*especially* David. As I shared honestly with him what I had just observed about myself, I let him know that I was also realizing that no matter how hard he'd try, he'd never be able to reach me as long as I had those bars around my heart, to which he replied,

"Oh! Is *that* what I'm always feeling? Hmmm. I think *I* do that too!" Without our knowing, we had grown unspeakably skilled at keeping one another at a distance, as we hungered for love, and blamed each other for our hunger pains.

### **SAYING "YES!"**

David blessed me when he later stood by my side, gently placed one arm around my waist, and from a place of true sweetness, asked me if I'd like to 'stay together to see if we can help one another remove the bars from around our hearts?' I knew that this would be a labor of love, and I said 'yes.' We both said, "yes!"

### **LOVE SEEPS IN**

The other day, we were sitting across from one another at the dinner table talking about something that has, since then, slipped my mind. During an organic pause in our conversation, in a moment of looking softly into one another's eyes, my stomach filled with butterflies. Do you know what I mean? I'm referring to that strangely wonderful and somewhat uncomfortable mixture of excitement and anxiousness that stirs in the pit of the belly. I shared, "Oooh! I have intense butterflies in my stomach." David's beautiful face filled with wonder and curiosity, and he replied, "Really? What just happened?" Feeling a bit shy, I replied, "I think Love just seeped into my heart." He smiled, and with affection said, "Oh, bunny."

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I had left room for him to look *into* my eyes, right down into the very heart of me, and *I stayed*, and *he stayed*, we both stayed long enough in the moment to *experience* love. Slowly, gently, respectfully, we are dissolving the iron bars of fear. Yesterday, a beautiful black and iridescent butterfly nearly landed on my solar plexus, reminding me.

**May we each allow ourselves to drop down into Stillness...  
Breathe into Self-Realization...  
Touch into Honesty...  
Practice Saying "Yes"...  
Witness how Love Seeps In...  
and Stay in the Moment Long Enough to Experience Love.**

Written by Jane Ellen on: 9/9/07

