

## What Goes Up, Must Come Down

Last month, when I wrote in my monthly message about falling in love with an albino donkey in Italy, I was still feeling really high after blissing myself out on a week's retreat in Assisi. This month, my energy and consciousness are a little lower and so I am motivated to share with you some tips about what to do when you are feeling a bit down.

I do hope you have experienced some really high times in your life – maybe the first time you fell in love, or the birth of your first child? But I also know that you have also experienced some real lows in your life too, because 'What goes up must come down.' Normal human life from birth to death is basically a roller-coaster ride and no-one – not even a saint – avoids crashing downwards from time to time. So what to do?

Well first and foremost, when we are feeling low, we just need to accept that this is how life is for us at this time and that we definitely do not have to feel guilty about it. If we try to fight our anxiety, irritation or depression, we will most likely just intensify it, because when we fight something, we actually make it stronger. So whenever we are feeling anxious, angry or depressed, we can simply say to ourselves, 'I am not feeling too good at the moment. What can I do right now to look after myself in the most loving way possible?'

The next crucial step in dealing with any low emotions that we may be experiencing is to love them. I know that this sounds totally counter-intuitive, but please let me explain the process to you and see what you think.

The energy of love has real power in it, and so when we bathe anyone, or anything – including a painful emotion - in true love and compassion, we can perform miracles! We can transform the negative energy of fear, anger, or even hate, simply by sitting still for a while, tuning into the fear, anger or hate and then rising above it to bathe it in the high, healing energy of love and compassion.

How do I know that this really works? I have been practising doing this with my own negative emotions for some time now, and I am still amazed by how quickly and thoroughly love can dissolve my fear or anger. I have also held others in love and light as they have gone through their own healing in relation to a major fear or a long-held grievance, and again, I have witnessed miracles happening right in front of my eyes.

To dissolve our fears or anger however, we first have to raise our consciousness up above the level of our egoic, judgemental thinking mind. We also have to be willing to let go of our grievances against the world so that we can return home to love. If we insist on believing 'He/she has caused me to feel like this!' when we are anxious or angry, we simply give all our power away to someone beyond our control. We thus render ourselves powerless. On the other hand, as soon as we are willing to let go of our grievances, a much higher power will move heaven and earth on our behalf to assist us to heal our own troubled mind and heart.

Unfortunately, we will not be able to tune into this much higher power unless we first spend some time and effort practising connecting to it. The most effective way I know to do this is to learn to meditate in love and light so that we can expand our limited mind into a much greater and much more powerful healing energy.

Please never tell yourself that you cannot rise above all of your fear and anger. If this process is relatively new to you, just start with the small stuff. For example, next time a loved one is irritating you over a relatively minor matter, take a short break, sit still for a few minutes, and breathe smoothly and deeply to relax your whole body and mind. Next, bring the irritation with your loved one into your mind and say to yourself, 'I am now willing to let this irritation go.' Then, see, feel, or imagine a very bright light pouring down on you from the beyond and sit and bathe in this out-of-this-world light for a few minutes, until you feel a sense of lightening up over the irritation.

If this dissolves the irritation completely, just stay still for a short while longer, enjoying your new sense of lightness and inner freedom. If the irritation is still there, you can add another beautiful step to this healing meditation. Just gently bring your awareness down from your head to your heart –if you find it helpful you can very gently place your palms over your heart – and then see yourself breathing love energy in and out at your heart as you gently encourage your heart to open in love and light. After you have gently opened your heart and filled it with love for a few minutes, gently look for the irritation that you were holding before you started to meditate. Very often, you will notice that the irritation has simply disappeared. The love energy you were holding in your heart had dissolved the energy of anger quite naturally on your behalf.

Of course, if we are holding a long standing grievance in our heart and mind – maybe a grievance from childhood against one or both of our parents – it may take many healing meditations for this stored pain and anger to be released from our system. Sometimes, if we have experienced serious childhood difficulties, we may need professional help to heal them. Similarly, if we have suffered from anxiety, panic attacks or depression for many years, it may well take us quite some time and effort, as well as professional help of some kind, before we find true freedom from these extremely debilitating emotional states. But I absolutely know that we all have the potential to heal ourselves - or rather higher love and light have the power to heal us completely - as soon as we learn how to connect to their infinite wisdom.

So this month, please do not go on feeling powerless whenever you feel anxious, irritated or down. Just pause, take a few deep relaxing breaths and remind yourself, 'I can choose to let this go.' 'I can choose love and peace instead of this.' I am not promising that this will be a quick fix, but I am promising that in the long run, learning how to dissolve the energy of our negative emotions by bathing ourselves in love and light can be truly miraculous!

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