



Valentines Day

April 14th, 2010

Love

It is easy to love a laughing child. It is easy to love the playfulness of a kitten. It is easy to love a beautiful sunrise or a bright yellow harvest moon. It is easy to love a soothing lullaby, the first spring flowers, and the mist that floats across the lake. It is easy to love the smell of a home-cooked meal, the crunch of leaves underfoot in the fall, the sound of the surf, and the person who loves you in return. It is easy to love....

or is it?

Valentine's Day is Sunday, and I am reminded to care for the tender hearts of those in my life who do not find love easy at this time. In my circle of friends, there are those who are alone, those who have suffered great loss, ended relationships, are alone, those for whom "love" is a painful word, those who feel overwhelmed in a red and pink heart-shaped sea of chocolate and roses to which they cannot relate.

I am reminded that "Love" can hurt - as in "I am doing this because I love you" - or "You would, if you loved me!" - and that "Love" can stop a person from saying "No" to what is harmful.

"Love" is a powerful word that is used more often than not, without thought. It is a word most people long to hear - and long even more deeply to feel.

To my friends and family who are alone this Valentine's day, I want you to know I am thinking of you. I want to share that I honor the difficulty of this day for you, and that I wish I could make it easier somehow. I want you to know that I love you - and that I mean something when I say those words.

I mean this: You are dear and important to me. I value your presence in my life and am grateful for you. I appreciate who you are and what you are struggling through. I see the unique expression of the Divine that you are in the world - and it warms my heart to be with you. I am sending my love, in the most healing and gentle way I am able. I am wishing you peace.

To those who have someone to share the word "love" with - and especially those who are graced with many to whom they might speak this word - I invite you to look around you. Who do you know who needs to hear the word "love" come from a sincere source? Take the joy and gratitude that fills your heart this Valentine's Day and share it, not only with those who are close to you - but also with those

Ahriana's Musings

for whom love is not “easy” at this time.

Say the words “I love you” in a meaningful way and you will bring comfort, and peace.

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