

## ***July Blog 2025***

### ***Falling in Love With Life the Way It Is***

Perhaps you would agree that falling in love brings a sense of security, safety, pleasure, confidence — and maybe even joy.

We're taught by our culture that finding the "right" person, hearing sweet words, and sharing common interests is the key to happiness. And yes — those things feel good!

But what happens when the opposite occurs? Relationships shift. Expectations fall flat. Where are the guides to help us navigate these uncomfortable situations and people?

We often try to smooth things over, saying or doing what others want, hoping to "make things right." Or we get justifiably angry, feeling that we're "right" and they're "wrong." Either way, we lose our joy — and that sense of peace within ourselves.

So what will it take to truly fall in love with life — especially when life seems to be falling apart?

### **When Truth Begins to Shine**

It's often a shock when we begin to awaken to truths hidden beneath cultural conditioning — the stories told by well-meaning parents, teachers, government, media, pharma, and even conventional medicine. But as we open to wise teachings, and practice applying new perspectives, a steady stream of inner joy begins to flow.

When we've had enough pain — enough disappointment — we begin to seek something higher. A different way of thinking, feeling, believing, and living. Because that, in the end, is what determines whether we suffer or flourish.

This path isn't always easy. And it's never effortless. I should know — I've walked it myself. It takes *practice*. It takes *awareness*. It takes a willingness to replace judgment with compassion and separation with Oneness.

### **Guidance for Falling in Love With Life**

Where do we find this guidance? Not in the headlines or evening news. But there are uplifting guides out there — voices of hope and transformation. Here are a few I trust deeply:

### **1. Byron Katie — Loving What Is**

Introduced to me in 2002, the same year I pioneered a local Unity ministry, Byron Katie's simple method of 4 questions changed my life. Accepting reality doesn't mean being passive — it means being clear, present, and fearless. Her work gets the ball rolling, from the heart.

🌀 [Loving What Is](#)

### **2. Dr. David Hawkins — Letting Go**

A powerful emotional frequency map teaches that transformation begins with courage (vibration level 200). Below that line, life feels dark. Above it, hope and light return. It's science and spirit, beautifully merged.

🌀 [Letting Go](#)

### **3. Sara Landon — The 15 Success Principles for Self-Realization**

Sara reminds us that everything we seek is already within. Her words awaken the Source energy at our core and call us back to the light we forgot.

🌀 [The 15 Principles](#)

### **4. Kyle Cease — The Illusion of Money**

A joyful guide and wise comedian, Kyle reminds us we are infinite creative beings. Money is not the answer — your freedom is.

🌀 [The Illusion of Money](#)

### **5. Dawn Smith — The Spiral of Remembering**

A thoughtful workbook that guides you to your own inner truth through reflection, awareness, and creative inquiry.

🌀 [The Spiral of Remembering](#)

## **My Journey: From Head to Heart**

One of my greatest teachers? Myself.

Years ago, I realized that working from my head alone wasn't the whole answer. Through HeartMath®, I discovered how powerful and intelligent the heart truly is. In 2019, I completed the rigorous training to become a Certified HeartMath Trainer and Coach. That year, filled with travel and study, changed everything.

Did you know your heart emits an electromagnetic field that reflects your emotions? Others can literally sense your state by the energy you radiate.

This work — this wisdom — is at the heart of my joy today. And I'd love to share it with you.

---

## ✿ July Workshop Invitation ✿

**"Falling in Love With Life the Way It Is" — A HeartMath-Inspired Workshop**

**Thursday, July 17 | 11:00 AM – 12:30 PM**

**In-Person or via Zoom | \$12 | Advanced Registration Required**

Join me as we explore the life-changing principles from Sara Landon's *The 15 Principles of Self-Realization* — and discover how HeartMath tools can shift your energy, emotions, and perspective in simple, joyful ways.

✿ You'll leave ready to make one or two life-changing decisions — and fall a little more in love with life, just as it is.

☎ Call or text to register: **216-409-4906**

---

With love and wisdom,

**Barbara**