

Whatever Arises, LOVE That

No matter your philosophy, religion, view of life, there is one common value espoused: the power of love. Even agnostics, atheists or other non-believers, all can share heart-based admiration for the power of love. There are all kinds of love but whenever and however you feel love, you will ultimately trace it back to your heart and not to your intellect or your brain. Love comes straight from your heart. Instinctively you know it's not the pumping apparatus of the physical heart. You can feel your spiritual heart as a warm essence, a feeling of pleasure and joy, an uplifting of your total being. As humans, unfortunately, we cannot live in this blessed state 24:7. We can seek to understand the power of love and live in its essence as much as possible. One of my goals as a therapist has been to lead people toward this power of love in their lives. Many articles on my website, www.BettyPhillipsPsychology.com (Advice Line and Reading Room sections), discuss the power of happiness and love. Here is another contribution, an extremely powerful book to lead you straight to the power of love in your heart.

Therefore, today, I'm leading you into another life-changing experience. And all you have to do is read a book. Well, to tell the whole story, you have to allow yourself to participate in this experience facilitated by an inspired spiritual leader, Matt Kahn, in the aptly titled book, "Whatever arises, LOVE that", Sounds True, 2016. You will want to take some time and allow yourself to participate with Matt Kahn. You can read this book and evolve your consciousness and additionally then you can use your computer to watch Matt in his many

Advice Line

By Dr. Betty Phillips



audiovisual journeys also leading you into transformation and healing.

Background information about Matt describes him as a spiritual teacher and empath whose purpose in life is to help others heal their problems and awaken their eternal souls through the power of LOVE. He describes the book as a guided tour encoded with the transmission of healing energy as you interact with the pages of the book. As he tells you in the beginning of the book, he awakened to this new reality at 8 years of age when he began having experiences with Archangels and Ascended Masters. He realized that others did not have these experiences and found that he was being provided spiritual information in preparation for a lifetime of conveying this information to others and guiding them on a new journey of spiritual growth. After contacts with the highest level of spiritual teachers, he realized that he was being called to help others open their hearts to this new spiritual journey.

The goal is not just to read another spiritual book. The goal is to begin a new series of experiences to change your life as guided by the information provided by Matt Kahn. You could begin with a free Kindle book provided by Matt available to all readers without cost. You can just sign up and download the Kindle

book "Beginning Your Love Revolution" which will be a good entry point into some of the basic healing parameters. If you have time and if you are sincerely interested in improving your life, you will want to buy the book which will provide the same information as Kindle in the first chapter of the book. I'd suggest that you read the "Introduction" to the book before the first chapter. This section provides essential information to help you change your life dramatically in the direction of Love.

The first chapter (or the Kindle book) begins by explaining how to use healing mantras and demonstrates how you can embrace your own heart to help you cope with life problems. Being human, we often look for other people or medicine and doctors to help us cope with problems. But Matt teaches us how to become the source of our own fulfillment and develop the ability to love "whatever arises" by using our own hearts. Your heart actually has the ability to heal you and your problems. This is the key to your development of a new consciousness, sending all your woes to your heart for healing. Matt provides for us a healing mantra where we describe life problems to heal with the phrase, "I deserve more love, not less."

The next step will be learning how to relax your body and slow your breath, locating the feeling you are sensing without labeling or psychoanalyzing yourself. You are to assist yourself in this process by choosing your heart as the central focus and slowly breathing into healing, embracing all your responses and healing them through your heart.

You can use the free book to learn these basic healing practices, then purchase the hardcover book. If you prefer to start with the hardcover book, you will find the same

information in chapter 1. In chapter 2 you will find information about Matt's early development as a spiritual empath, truly fascinating!

Chapter 3, "the Heart of Surrender" reinforces the fact that your words and actions must be aligned with love. You will want to learn to cope with problems such as anger, hostility or fighting against others. The realistic and practical value of this book is not just the beautiful and glorious goals we would all like to have for ourselves, but instead step-by-step helpful instructions. The following chapters are likewise meant to be experienced, not just read, as you develop your love persona. They include suffering of the ego, patterns of codependence and addiction, compulsive patterns, overactive minds, ego problems he calls inflammation, the need to master relationships, listening and conscious communication, the importance of slowing down, pain, illness and confusion, spiritual awakening, ascension and planetary awakening concepts, finally recognizing that you have achieved your goals.

As you can tell by now, this is a beautifully written book with love at its core, but helpful in a way you find in very few books. Space constraints for this article prevent me from describing more of these useful and practical techniques. You will want to practice these empowering strategies until they become an essential part of your life. You'll want to go through this book step-by-step, carefully, with practice, building upon new skills, always ending with heart-based learning. You will be able to apply these magic words throughout your life: "Whatever arises LOVE that."

Need Advice? Send questions to BettyPhillips@BellSouth.net or 466 Eagle Point Road, Pittsboro 27312. Questions can be anonymous. www.bettyphillipspsychology.com

The Power of Law of Attraction

by Judy Harrelson

What if we are responsible for everything that takes place in our lives? Let's suppose we are able to change our reality.

What story do you tell yourself? The story of how you got to where you are now? The challenges and worries along the way. Or is your story, your dream, of where you want to be?

With law of attraction, like attracts like.

What comes to you, always matches you. You must be a vibrational match to the qualities you seek.

Einstein understood it. One of my favorite quotes is from him. "Everything is energy. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy, it is physics."

What happens when we tell the story. We need to start by telling the story of what we DO want.

It's easy to complain, worry, say the things we don't want. That unfortunately, just holds us in that place of getting more of that. Worry is using your imagination to create something you don't want.

Let me give you an example. Say there is someone who is in financial trouble. They have mounds of debt, credit cards run up and they worry about how to make ends meet. Each

day they think about the mail coming and how many bills will be in the mailbox. Ugh. They worry, worry, worry, focus on the bills and then open the mailbox. Voila! A stack of bills. They got exactly what they focused on. Universe doesn't know the difference between what you want and what you don't want... It just matches whatever you are focusing on.

What if they shifted their thoughts. Visualized checks arriving in the mail. I've done it. It was surprising how many rebates and refunds I received in the next few weeks! Insurance refund, check from a friend for birthday, a client I'd forgotten about who finally paid, a rebate on a purchase. I laughed each time I opened the mailbox.

How do you turn it around to focusing on the positive, telling the story of what we want. There are several important steps.

LIVE IN THE PRESENT. TRULY, BE HERE NOW.

Be grateful. Have a sense of gratitude and appreciation of your life. Each day write down 5 things you are grateful for, things that make you smile - a long walk on a sunny day, a delicious meal, watching a fun movie. When you write it down, you are enacting, the law of attraction in a positive way. You'll receive more of it. I'm grateful for my husband Mike. For my health. For my friends. For the sun in

the morning and the moon at night.

Write down what you are visualizing you do want in future. I've give you an example of this... decades ago, I wrote a list of qualities that were important to me in a relationship. I met Mike, the love of my life and this year we've been married 10 years. Two weeks ago, I was clearing out a drawer and found the list of qualities. I was stunned and smiled, I'm incredibly grateful. Mike has all of them. Love, respect, laughter, sharing interests, beliefs and accepting/helpful and friendly with my family and friends. I'm keeping that list! A list is good, creating a vision board is very powerful. They are fun to make and the act of making them is Law of Attraction at work.

BE HAPPY. HAVE FUN IN LIFE.

Enjoying and being grateful makes for a good life. Then comes, perhaps the most challenging part.

LET GO.

You give up the attachment to the result, and you Trust. It's divine time. Trusting it will be perfect outcome for you based on what you are visualizing. Sometimes it requires patience. Go with the flow. ENJOY. As in my example of writing the list of qualities in a relationship. All I'd written was my WHY and WHAT. I let go of the WHEN, WHERE, HOW and WHO.

In summary. If you are out of balance, there are two things you can do. Either raise your

expectation to meet your desire or lower your desire to match your expectation.

What are you focusing on?

Judy Harrelson has a Wellness business and is passionate about the environment. She does talks on being eco-friendly and healthy, as well as Law of Attraction. She lives in Chatham County.

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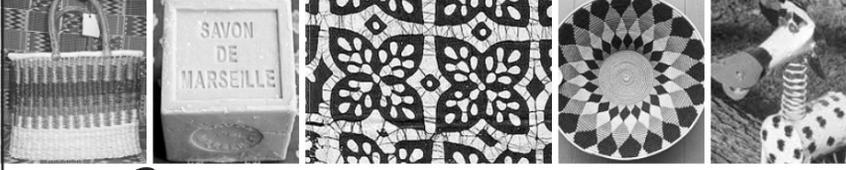
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