



# Sacred Approach Healing Arts Newsletter

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## Animal BodyTalk:



**Don't forget to make an appointment for your pets. They will be very grateful...**

## Trust Your Body!



**Sacred Approach**

## Love must Love

You have to reach deeper, under positive thinking and faith. To what you know to be true. That knowing place, the one you can only seem to rest in for a moment, is what we're seeking.

So how do we get there? In my, admittedly very limited experience, it just happens. It happens because it has to. To quote my dear friend and songwriter, Tricia Alexander, Love must Love.

There are some sages who say that on our human journey, our souls place before us the challenges that lead us to enlightenment. I truly believe this and have spent my adult life (I already knew it when I was a child), coming to grips with all the hard sufferings of life and finding gratitude for them. I've begun to see and feel gratitude for how those times brought me under the surface and into the knowing place.

The moment when I knew I was gay. The moment when I knew how I was going to manage my chronic illness. The moment when I fell in love with my wife. These were particularly profound moments for me. They each felt like a ray of light shining on me and they each came after devastating hardship. The kind of life experiences that laid me open to full clarity.

Perhaps, further along in human evolution, we will not need to suffer to experience knowledge. Perhaps, for many, that is already true. I've begun to recognize that suffering is simply a choice for how to respond to life experience and other, less painful choices may be as easy to reach as choosing an item on a dinner menu. I'm pretty sure that's true. And I'm pretty sure, the clarity I'm describing will arise, come what may. Love must Love.

I'm still here and looking forward to working with you and your healing journey. Send me a note, let me know how you are. Come see me for a session, if you feel so inclined, or call me to come over and work on your beloved pet family.

Yours,  
Diana