

Excerpt from *I.M. Heart* by Sue McDaniel
www.imheart.net

We can create miracles by connecting to each other. An open heart reaching out to another open heart creates a network for miracles. I believe there are four areas where we can make a difference with an open heart. There four areas are:

- How can I open my heart to love myself? How can I be more loving in my relationships?
- How can I be a more involved citizen by being an advocate, speaking out, or organizing for a cause?
- What can I contribute to my neighborhood, community, or church?
- How can I be of service – from the heart – because I want to?

This is a wake-up call to live from our hearts. Our feelings impact everyone around us. They radiate from our heart like waves of heat. Our feelings are energy. When we feel love, we radiate energy of love that is felt by everyone around us. When we feel fear, anger or hate, that energy also radiates from us and influences those around us.

Love and fear are polar opposites. An entirely different set of thoughts and feelings are generated from love than fear. The graphic shows a sampling of feelings coming from both. We know fear as: frustration, confusion, worry, doubt, pity, guilt, sadness, resentment, bitterness or discouragement. Feel the energy of these words. In contrast, we know love as: gratitude, wonder, compassion, enthusiasm, well-being, peace, contentment, trust or joy. Feel the difference when you read these words.

We can choose to live from either love or fear as a foundation for living our life. If we choose fear, we live from an entirely different kind of energy than if we choose to live from love. The energy of fear can create a paralysis, a slowdown, or a need to seek safety behind the wall. It is often a closing up in isolation, as a turtle closes in its shell. In contrast, love energy is open, moving, expanding and connecting. When we choose love, the sense is of soaring --- like a bird through the sky. We choose the position from which we live our lives. The choice we make has a huge influence on everyone around us. As individuals, we can make a difference. The power of each of us – the power of one person --- to influence should not be underestimated.

This is even more important now. The world has felt much fear in recent years. From September 11, 2001 until the present, many have experienced intense feeling. For many, this level of strong feeling continues and has changed our lives.

Let's use this as a wake-up call and truly wake up. Let's not forget to open our hearts and keep them open. Don't let time and distance close them again. It starts with each of us as individuals. A change in us changes everything around us –family, community, church, country, and world. May you live with heart!