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Let the Heart Speak
Reflections by Nomi Bachar
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Introduction

This book is a collection of blogs and essays that I've written over the last few years. They're just heart reflections that come to me spontaneously in different moments. I would like you, the reader, to find that freedom. Write whatever pours out of your heart as you read each entry. Take your time with this book and allow the subjects, thoughts, and concepts to resonate with you while making connections into your own life. I have provided small spaces for you to record your thoughts as you read (though, you are certainly not confined to that space).

Some themes weave themselves back and forth in this book. They should be treated just like refrains in a musical piece.

Enjoy reading and let your heart speak.



LOVE AND LUST



One Marriage, Two Souls

Marriage is a sacred assignment.

Two souls come together to realize more of their true selves. Marriage partners bring up in each other all that is unresolved, making way for emotional and energetic imprints to come to the surface in the presence of love. The partners will challenge, inspire and support each other. When honesty and dedication to growth are the partners' common ground, the two will face their inner pain and fears together and at the same time, discover their highest capabilities. They will be each other's best friend yet uncover their strength and center as individuals.

True marriage is a real soul purifier. All that we need to let go of, shows up within intimate relationship with our partners. And all that is possible, amazing and unconditional is available. It is up to us to walk the path of true transformation that the gift of marriage offers us.

WRITING REFLECTION

From Lust to Love

Osho is one of my favorite spiritual teachers. I would like to share his thoughts with you regarding lust and love.

He wisely says that when you become interested in a woman or a man as an object, sooner or later the interest is finished because once you have explored the object, nothing is left. Then you are ready to move to somebody else. The woman looks beautiful, but how long can she be beautiful? An object is an object. She is not yet a person to you; she is just a beautiful object. It is insulting. You are reducing a soul into an object, a subjectivity into an object. You are trying to exploit. You are turning her into a means. Your energy remains ignorant, and you go on moving from one woman to another, your energy is running in circles.

He says, love means you are not interested in the woman or the man as an object. In fact, you are not there to exploit the other; you are not there to get something from the other. On the contrary, you are so full of energy; you would like to give some energy to the person. Love gives.

And when love gives, it remains subjective, it remains rooted in oneself. Lovers help each other to be more and more themselves. Lovers help each other to become authentically individual. Lovers help each other to be centered. Love is respect, reverence, worship. It is not exploitation. Love is understanding. Because energy is unoccupied with the object, it remains free, untethered. And that brings the transformation.

WRITING REFLECTION

A Note on Sex

Somewhere along the way, we lose the ability to just be alive and enjoy our moments and the experience and adventure they provide. Sex is one of these wonderful experiences we receive when we are open to life and willing to be fully alive.

Instead, we use sex to “get” love and collect admiration and attention. We use it as a relaxation pill, a sleeping aid, a punishing or manipulating strategy, a way of controlling another, etc. The pure pleasure of giving and receiving enjoyment and affection is lost all because we don’t truly and deeply accept and love ourselves.

I remember myself as a young, insecure woman collecting admirers and using my sex appeal to get a sense of value. My true appreciation of others and life came about as I was learning to accept and appreciate myself. Only then, did I discover sex and intimate exchange to be an adventure in openness, an experience of freedom and flow, a dialogue of pleasure, energy, and joy.

Keep letting go (it happens in stages) of all that is binding your authentic expression and genuine appreciation of yourself.

WRITING REFLECTION

What Accupuncture Taught Me About Love

What would happen if all of us, each one separately and altogether, could beam love? Powerful, warm, compassionate, accepting beams of love that would radiate from within ourselves surround us, and travel beyond. Beams of love would melt and release our hostility and our sense of separation, fears, and anger. Does it sound like a children's story or a corny fantasy? I say it is worth trying.

My acupuncturist is a small, thin man who has been clearing the energy pathways of his clients for close to 30 years. When he works on you, he becomes a passionate channel of the universal intent to flow and expand. While sticking the needles everywhere in his patient's body, he mumbles lovingly: "Relax, release, let go, let it be, you are the flow."...

I don't necessarily enjoy the needles but my heart bathes in a warm smile listening to his loving mumbles. The hardened places within us, born of fear and pain, need to dissolve, and love is the greatest dissolver of all that is not life affirming. On my acupuncturist table, I am reminded of the healing power of love. He loves his clients, and that love is expressed in his commitment to clearing their chi, their life force.

He makes me think of all the love that surrounds me. Do you stop for a minute to acknowledge the love that surrounds you in your life? The honest concern of friends, the kindness of neighbors, and the casual help of strangers, and the warmth of loved ones, and so on.

Acknowledging and enjoying the love around me has become a very important practice. Since I counsel people, I naturally feel the love

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and affection in me toward my clients on a daily basis, but noticing and accepting the loving energy I receive from others is just as important as well. The exchange of love-giving and receiving is the most nurturing and fulfilling element of life. It gets lost in the endless torrents of to-do lists, survival chores, social and economic obligations. I have made it a priority in my life to notice this exchange. I refuse to let it drop to the bottom of the list. What about you?

WRITING REFLECTION

Love: What's Beyond the Feeling?

Is it enough to feel loved or is it not love unless it is expressed in actions? Shouldn't the feeling of love affect and impact positively the person who is loved?

I am reminded of a great love I had in my 20s. We were both “crazy” about each other. He would write me love notes and leave them all throughout the house. His poetry journal was filled with poems about his love for me. It was all beguiling and flattering but his actions did not match the passion of his words and feelings. He was always late for dates. He did not think that it was a big deal if he said that he would call at seven and call three hours later. He would almost always be very busy when I needed practical help, and the list goes on. Okay, he was young and inexperienced with being in a loving relationship. I was too, and I am sure that I frustrated him out of my ignorance and anxiety.

Unfortunately, this type of behavior and even much more destructive in some cases is not only a characteristic of youth. We have to admit that people of all ages make the same mistake of not matching their love feelings with their love actions. If your loved one does not feel nurtured, respected, and considered, check your love actions. They are somehow not registering as loving in your loved one's heart.

Loving feelings are wonderful, but we all must learn to match them with loving actions. True love looks for ways to enhance the emotional and physical well-being of another, to support their desires, needs and dreams. If we are not enhancing a loved one in a tangible, consistent manner, our love feelings are like seeds but are not bearing fruit. Love is powerful; it can save a loved one's life, literally, emotionally or spiritually. As we mature the more, we hopefully learn to find ways to impact each other positively and generously.

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What is happening in your love life beyond the gifts, the chocolates, the dinner, etc.?

WRITING REFLECTION

Communicating with the Ones You Love

Love is undoubtedly the most life-giving, transforming and inspiring experience within the realm of existence. When asked, most people would put love on top of their list of most important elements. Family and being connected with our loved ones give us a profound sense of fulfillment and meaning. When we are honest with ourselves, in the silent moments, we recognize that life without loving relationships is empty, cold, and desert-like. No matter how successful we are in our career, no matter how financially affluent we are, well traveled or socially recognized; our hearts will not be truly joyous or fulfilled without love.

The simple daily interactions with the people that care about us, keep us going. The love that we feel and express towards others generates an inner energy in us; thus, inspiring us to create and expand. Love is truly the motivating force behind all creation and its healing ability manifests in all aspects of life.

So why is it that we are not able to communicate constructively with the people we love most? The answer is simple. The experience of love can be divided into two elements: the inner emotion of love, and the ability to actually express it. Many times we feel the love, but we don't have the tools and the practice to articulate the feeling in a way that would enhance the connection. Communication skills need to be learned and practiced. Meanwhile, since we're not receiving this training as part of our 'education', we need to do everything possible to acquire these skills ourselves.

If you want your life to be rich, enjoyable and passionate; you need to cultivate your relationships. Investing in positive and loving relation-

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ships yields the highest emotional return.

One of the most important elements in cultivating loving relationships is communication. Most of us struggle with finding our emotional voice. Sometimes it's because we are scared to speak from our heart, or we don't know what the heart wants. Other times we get stuck in our pride and defensiveness.

The keys to communication are simple as long as we remember to use them. Below are some tips derived from my **10 Commandments for Successful Communication**:¹

- 1. Commit to creating connections.** Take responsibility for the success of your communications. Be the cause, the initiator, the giver.
- 2. Cultivate empathic listening.** Extend that to listening to yourself and others. Empathy helps you understand and accept. It enhances transformation and change.
- 3. Avoid reactivity.** When faced with strong emotions and intense reactions, take a minute to figure yourself out. Get clear and strive to create a constructive way to communicate.
- 4. Learn to negotiate.** Create win-win situations. It is best for all those involved.
- 5. Show appreciation.** Do whatever you can to validate your loved ones. Use listening and mirroring skills, show respect and consideration. You can still maintain your beliefs and stand up for them. One has nothing to do with the other

Communication is an art. Keep experimenting and go through the

1 "10 Commandments for Successful Communication." Let the Heart Speak. *"Journey to Bliss."*

COMMUNICATING WITH THE ONES YOU LOVE

trials and tribulations. Not only will your loved ones enjoy it, but you will enjoy it as well. And, isn't that the goal – to be happy, open and expressive?

WRITING REFLECTION
