

Beloved, let us love one another: for love is of God; and everyone who loves is born of God, and knoweth God. He who loveth not knoweth not God; for God is love. Beloved, let us love one another 1 john 4: 7-8.

Our focus for today's session is on the love centers of the physical body. We will be talking about the center of love at the heart. We will be talking about the love imbalance, which is the pancreas. And then we'll be covering several other areas. The emotional brain, the love center and moving into a deep healing around healing love in the body. That sense of all is right, all is well in the body. Working on some of the energetic centers, be working on layers of the aura and just really setting yourself as a clear receptive vehicle to love and be loved. The beauty of one's life can be measured by the quality of love in it.

So we begin today by looking at the physical heart and its relationship to ourselves and to our loving. And the physical heart is the heart that beats and a scientist might look at it and say, "Come on now, that's an organ that doesn't actually do the loving of love". But in actuality it does do the loving of love. In recent years, scientists have discovered that there is a neuron component to the heart, which makes it a brain and how we receive and give love, how we create that sense of chemical love. It really does generate mostly from that heart area. The emotional brain and the amygdala are really key players in how that all plays out. So let's talk about the emotional brain and the amygdala. And we are set as emotional creatures. Females are really set as social creatures, but the male bodies have a little bit less of that going on. So women actually, we are wired to be social creatures, which means survival of the species because we take care of the children, we nurture, we love the children. Our brain is actually literally set up to care for our loved ones. Where male brains are set at protect and repopulate the species. So they are not quite as social as the female brain, but absolutely have the protect and repopulate wired into the hard drive dramatically.

So that's what we come in with and then the amygdala, the emotional brain, the early emotional brain. So how we are loved in those first three years, what standards get worked out, what patterns develop. Really those first three years are key players, key patterns that we are going to be using for the rest of our incarnation as the information of how we experience love. And we hope that most children between zero and three have parents that are really attentive to them. Because that's where we are really most incapable of caring for ourselves between age zero and three. We really entirely depend on our parents to love and nurture us. So hopefully most of us have got some really good wiring in there, some good information about how the body should respond to different experiences related to intimacy and love.

If you've had an absent parent. I know an interesting study I read about. A study about infants who were orphaned during the war and they were rescued and put into an orphanage. But there was not enough people available in the orphanage staff to actually care for the children. So they were all fed and diapers changed. They were left for prolonged periods of time in the cribs alone. They survived but their intelligence was less than half of a child that had 10 minutes of cuddling a day. And so from that dramatic disaster many of the children died and many more of them really had low functioning brains. From that disaster people grew and learnt and realized that love is a key factor for developmental progress, for actually the brain developing, for the emotions developing and actually for the human spirit to survive to thrive. And so those orphanages had volunteers coming in to hold and sing to the children and be close to them. And we see that now in the neonatal units. It's so important that actually volunteers will go in and sing to the babies and touch the babies that are in these incubators and special (I don't even know what they are called), these special little bubbles that the children are protected in while they are growing. We discovered that that communication and that touch is so, so important for our thriving. Our development in being able to function in the world, being able to understand our world, being able to communicate, being able to feel safe and really to thrive in our adult life. So we look at that emotional brain and the amygdala as being key players in how we experience our world and how we love those around us.

One of the things I used to teach when I taught infant massage was how important touch was. In one of our recent CDs, we talked about the same embryonic material that forms the brain also forms the skin and the nervous system. In the first three years of life, the skin and especially in the first year, the skin is how we get our information. So being touched often and we really do receive what our parents are holding onto. If they are stressed, we receive stress and we might be wired for stress, that's the communication we're getting in the touch. If we are receiving hugs and love and rocking in the rocking chair and singing and soothing and cooing and massaging and rubbing and playing and patting, those are communications through the skin that are developing our emotional brain. So the skin is our way of understanding the people around us until our brains develops enough that we can actually perceive and understand what's happening through the brain.

It's sort of like a new computer, if you think about this. You know when you get a new computer, if it doesn't have the programs in it, it's got there, but it can't really perform anything because the programs haven't been downloaded. Essentially what's happening in the first years of life is we're getting the programs downloaded. So based on those programs we're going to be able to understand and use those programs to understand our world, to function in society, to love, to be loved, to be parents ourselves. All of that information is coming from those programs that are getting downloaded from parents and adults are on those who are loving us, who are taking good care of us. So that's one of the aspects of how love plays out and where

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that is actually located. So that mammalian emotional brain is kind of like a big portabella mushroom cap over the brainstem in the center of the brain, if you can imagine that's kind of where that lands.

And then we have that heart which is activated from our heart space. The heart itself is often actuated even if parents aren't that able to give lots of love. A lot of times, spiritual devotion will awaken that heart center. So as we grow, perhaps we are children in Sunday school and we love to sing to Jesus or we love to do and say our prayers. We are doing whatever those little rituals are for Lakshmi, whatever that is. Those awakenings that devoted love feelings that happen in spirituality will also really set a good foundation for the ability to love and share love.

We're also looking at the pancreas. And the pancreas if it's healthy and doing a great job, fantastic you are actually receiving and giving love, you're on track. The pancreas is a good indicator of how loving is happening. So the pancreas produces a couple of different illnesses or out of balances that show that love is out of balance. One of the things that show that love is out of balance is diabetes. Diabetes itself is a love disease; it's a disease of the emotions. Also, hypoglycemia, hypoglycemia again is not enough love, not the right kind of love. And both of those hypoglycemia and diabetes are really similar dynamics of maybe not being able to receive the love appropriately or maybe it might feel like a barren wasteland. Like a dry, a space of not enough love to go around. And so, the body will go to producing more sugar or eating more sugar or desiring or craving more sugar to the point where sugar becomes toxic for us. But this sugar is a replacement of love.

Also, chocolate, it's kind of funny, but chocolate will give that sensation to the brain, kind of the same chemical that's in dark chocolate is the same chemical that comes out of the brain when we feel in love. You might remember a time when you were really in love, or you might really be in love right at this moment. But that kind of strong love feeling, how that really helps the body to move to wellness rapidly. The body seems to function much better. The mind seems to somehow operate much better. The state of love, the chemicals that come from the state of love out of the brain and into the body are really very enjoyable chemicals, almost like cocaine. I have never tried cocaine, but it's so intoxicatingly yummy that there are people who like to chronically be falling in love. And for good reasons, those are really yummy juicy chemicals to have flowing in the body.

We talk about love in relationship to the energetic body. We are looking at two major players and those are the forth chakra and the third chakra. Actually the second chakra also. The second chakra is how we express physically love and that would be the sexual center on the sensual center. The third chakra is will and that actually has to do with feeling confident, being able to enforce their will on the planet and that is related to the sugar distributions. The fourth chakra is our heart chakra, our love center our love chakra. It's our love for ourselves, for the god of our heart, and for all others. And when we think about a healthy love space, we think about our love waiting for us wherever we go. So wherever I go, if I'm loving and grateful, my love is waiting to meet me wherever I am. So we have that kind of energetic influence on our environment and on the people around us when our heart is expended and we are sharing love.

And then we move out into the aura. And again aura layers are very related to the chakras. So we will be looking at the second, third and fourth layers of the aura as our love, sensuality and ability to play out our beautiful life in the world. So we would want those layers of the aura to really express happiness connection and juicy love. Colors that are phenomenal to find in second, third and fourth, are in pinks, salmon colored, peachy oranges and all the different to read variations. Also, Green is an excellent color to find in those layers and also the chakras. So when we see those chakras and they are pink and orange and all those kind of luscious warm yummy colors, we know that love is working. And if you want to improve the experience of love in your life you would want to bring more of those yummy colors in. You are going to look at orange as really kind of outrageous happiness. If you get a combination, a cross between orange and pink you've got amplified happiness with amplified divine love. Pink is like the divine female love, Green is divine male love. So we're looking at that love space, we're looking for those kinds of colors.

Blue is awesome, but it's just peace. So if you really want to put peace in that space for a while before you amplify bringing love in. You could put some of that kind of a deep blue, wouldn't have to be a dark blue but a full bodied blue, would bring in an experience of peace for a while before you restore it pink and oranges. Sometimes, you know, we might have a broken heart and what we first want to do is bring in peace before we move into juicing up our experience. But you know I am for the go for the gusto, so I am looking at those pinks and oranges and those luscious juicy reds. That's what I'm looking for in my space.

So to kind of a wrap-up what we've been talking about. The heart and the pancreas are love organs. And then the emotional mammalian brain that Portobello mushroom cap on the top of our instinctual brain is really our brain that's helping us to move into love experience and socialization. So that kind of clear communication in a loving way. What fuels love is gratitude, appreciation, looking through the eyes of love. Even when someone has done something to offend you at some time, you can just let that picture go and use your eyes. Open your eyes, knowing that through those eyeballs are the place where light and

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love of God comes through. So you can open those eyeballs with that light and love of god coming through your eyeballs, and you can see someone with the light of God coming through your eyes. You can see them as whole, beautiful and complete. You can see goodness in someone. You can see the love, the tenderness, the rightness of someone. You might even see them as an innocent child when you open your eyes and you make a decision that you are letting go of seeing the world through anything other than the eyes of love.

That ends our love lesson for today. In a moment we'll be going into a meditation to open and clear our heart space in love, joy and celebration. Thank you so much for listening.