

Diamonds of Love

By Gayle A. North

I often show my clients how to use a very powerful strategy for setting healthy boundaries. One step in the strategy is to think of someone you find easy to nurture.

Try this yourself right now. As you close your eyes and focus your thought on a person or animal that is special to you, ask yourself what it is about them that makes it easy for you to nurture them. Now notice how you feel inside. It still amazes me how just a thought of a special someone can totally change the energy in our bodies.

Observing the beauty of nature often brings that feeling. One of my most vivid memories is of a stay in Mexico walking the beach at sunrise and sunset. I can still feel the almost overwhelming joy as I remember my fascination with the grand display of color and light – as I truly received this gift of love from the Supreme Artist.

Remember a special gift of love that you took into your heart. Feel once again how you felt inside at that time.

Although we tend to compartmentalize love, it is my experience that love always feels the same – whether you are receiving it or giving it. And this feeling – Love - is already inside waiting to be remembered.

Thought is a choice. Love is a choice.

A friend who chooses love wrote and sings this beautiful poem.

Diamond Spun

*What power can make a shining crystal woven snowflake?
unique and bright
spun in the darkness of a winter's night?
Each one of them is spun of the same and yet
each one is spun unrepeatable
You dazzle my eyes
you diamonds in the sunrise.*

*What love can form a tiny wonder-eyed new baby born?
precious and bright
spun in the darkness of the womb of night?
Each child born is spun
of the same and yet each one is spun
unrepeatable
You dazzle my eyes
you diamonds in the sunrise.*

*What promise can defy all the walls we build
and use to keep ourselves safe
from the differences we feel inside
Our deepest desire shall be refined in fire of His love
we'll find our dream fulfilled
when the veil is removed from our eyes*

*and death is swallowed up in youth
and we see the truth.*

*That His love can create
a shining crystal woven snowflake
unique and bright
spun in the darkness of night;
unrepeatable
O God of diamonds in the sunrise.*

*You dazzle my eyes
you diamonds in the sunrise.*

By Joy Thompson
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Gayle North offers Personal Coaching for Positive Change using recently developed empowerment technologies to clear mental and emotional blocks that keep people stuck in unhealthy habits and prevent them from performing at their highest potential in school, sports, relationships, work and finance. Call 406-837-1214 to learn how you can STOP SMOKING IN ONE HOUR and for coaching in person or by phone.

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