



What if ...

Just this week ...

No matter what problem you're facing ...

You make love the correction.

What would be healed?

How would it impact your behavior?

I had this insight sitting with a group of people singing!

We had connected with an old friend from 30 years ago. She has a group that sings together in a monthly SatSONG. One of the lines of a sing-a-long said to make love the correction or it's what I thought I heard!

I couldn't get the line out of my mind. I started spinning out how different my conversations would be if love were the core correction I made when I faced an uncomfortable, challenging, impossible situation.

I started with my body and made love the correction. I started with my knees. They've been cranky and acting up. I was giggling with delight when I realized that some of the people I know have been cranky and acting up. I decided to make love the correction with them as well.

Once I started I couldn't stop. Everywhere I looked I made love the correction. Judgments flew out the window and unlimited possibilities walked in the door along with vulnerability and innocence.

It was like taking my mind through a refresh and unloading all the "old" files into the trash, and then emptying the trash!

So my practice this week is to make love the correction to sarcasm, impatience, frustration, and blame.

The result? A spacious, uncluttered mind and heart ennobled to see clearly.

Everyone can use a little more TLCC. Use it generously. <http://www.one-now.com/give-a-little-more-tlcc>

My love goes with you as you work with this Uplifting Moment.