



Couples Corner – April 2007

Being Fully Open to Love

Over the last year I have been focusing on helping people open their hearts. We tend to close down and shut up our hearts when we have been emotionally hurt. Painful experiences with love hurt the most and these can start when we are children – if your parents didn't demonstrate love to you; if one of them left you because of divorce or if someone you loved died, then you may have put up a barrier to love. As an adult if you have given your heart to someone who rejected it again you may have put up a barrier with the belief that Love Hurts! However, shutting down your heart is locking in the hurt and until you open your heart the wounds will not be healed. You need to receive love to heal. You can spend a lifetime with a partner without fully opening your heart to them. You can also have children without opening up to them. Not because you want to be mean with your love but because you are frightened to get too close, too attached in case you get hurt again. Your heart may be open enough for you to give love but not to let love in. Once you open up totally you can then live life to its fullest and receive the amazing experience of being fully connected, open to receive love from friends, lovers, children, parents and life in general. The start is the understanding and the intention – then you can heal the past and release the old demons about relationships. To help with this step forward I have written a new book "Opening Your Heart" published by Piatkus and I am giving a workshop in Hong Kong in April at the Shakti Healing Circle contact Pervin 9870 0300 for details, or visit my website www.annejones.org.

Love and blessings
Anne