



# Shifting Your Focus to Love

by Lin Hourihan, HHCP, LMT, BCMA, Shamballa Master Teacher

To awaken consciousness, it is necessary to become aware of the underlying reasons for our choices and actions. Observe yourself. What motivates you? Motivations boil down to two things. Either we are motivated by love, or by fear. It may seem hate is the opposite of love. But that is not true. The opposite of love is fear.

evil consequences if you do not do what they say, whether religious leaders, friends, family, or anyone else.

Take the work environment... When carrying the workload of three people without extra pay, we may pass fear-based judgments, making others wrong and us right, which carries negative energies that can cause illness. Or we can consciously break old habits, with love, and DECIDE to shift perspective, DECIDE to do our best without complaining, letting the chips fall where they may without internalizing our own, or other's, shortcomings, and DECIDE to focus on something good in the situation (yes, there is good in every situation).

Awakening consciousness occurs with minds, hearts and eyes open, and without fear. A bonus is the compassion and empathy we feel for others who are frozen from fear. We pass no judgment. We simply offer love and understanding.

It is a huge step to take responsibility for the self and what happens to us. Only when we are liberated from the strongholds we have allowed others to have on us and our thinking, can we honestly contemplate how it really is, experience the Divine intimately, closer than our next breath, and know we are consciously awake.

*Lin Hourihan is a holistic health counselor, Shamballa master teacher, licensed massage therapist, and owner of The Massage Clinic. She offers free Meditation & Shamballa Nights in Orange the third Friday of each month from 7 to 8 p.m. For information, contact 203.795.4443, 877.620.2042, [themassageclinic@sbcglobal.net](mailto:themassageclinic@sbcglobal.net), or visit [www.massage-clinic.com](http://www.massage-clinic.com). Lin will lead a Celestial Retreat February 26 to 28, 2010 at the Guest House Retreat and Conference Center in Chester, CT. See *Natural Awakenings'* back page, or visit [www.guesthousecenter.org](http://www.guesthousecenter.org) for details.*

This magical time of year is perfect for reflecting on our journey on this planet, relationships with each other, and listening to the deeper voice within to awaken our consciousness.

What is awakening consciousness about? It is spiritual maturity, which is built upon emotional wholeness, and is the natural result of strong character development. People are awake when they can explore their connection with the Divine and their own beliefs at their heart's core, with no questions of who they are, or why they are on the planet at this time. Conscious people are more fully integrated in mind, body and spirit.

There are simple ways to begin waking up. One test to determine where we are in awakening consciousness is by asking these questions:

- Do I take personal responsibility for my beliefs?
- Do I blame others for not making more advancement in my spiritual growth?
- Am I able to walk past fear of threats and manipulation to believe what I feel compelled to believe, to search for truth?
- Do I have a spoon-fed faith, or do I choose my beliefs after careful examination of all the facts?
- Am I motivated by love or fear?

When making the decision to become more fully awake, the Law of Attraction comes into play: Whatever we focus on grows.

Your vision will become clear  
only when you can look  
into your own heart.

Who looks outside, dreams;  
who looks inside, awakens.

- Carl Jung

When choosing to do something, do you make decisions based on the ideal outcome (what you want to happen), or from fear and trying to stop something else from occurring? So often we focus on belief systems others have handed down, whether religious, political, or social. We conform to others, rather than following our own inner guidance. Maybe we want to keep our job, or are a habitual people pleaser. If fear-based in our decision making, we will simply attract more fears, and halt forward motion. Worrying about "what happens if ..." shuts us down, keeping our minds closed.

An essential component of conscious awakening, therefore, is to be solely motivated out of love. Though sounding simple, it is not easy to change lifelong habits. When shifting from fear to love, it is initially like wearing two left shoes. However, this consciousness is important to help alter focus and change results. Again, we attract that to which we pay attention. When making decisions based in love, no one can manipulate or threaten with