

Two lessons in love

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1: Nothing is for free

I believe everything in life creates some kind of energy exchange. So, you always pay for everything—even if you don't hand over a penny. It's so important to be mindful of the interactions you have with others. Too many of the wrong kind, and you find that a little piece of your spirit dies. So, consider: What are you doing for 'free', or 'freely' that is actually costing you? Where have you said 'yes', when your body, heart and soul have said 'no'?

2: Things fall apart when they need to be fixed

What signs are you getting that an old way of life is ending? Once I was cooking, and had the hob on, and didn't realise that my hand was slowly burning. By the time I realised, the skin on the back of my hand was bubbling. I managed to cool it down and the only reason it hasn't scarred is that a colleague told me to liberally douse it in lavender oil! But how had I not noticed that I was being burned? My mind was so cluttered I was completely removed from the present moment. Similarly, around the same time, I kept getting bouts of food poisoning. Often there'd be knots in my stomach and I'd vomit up acid sick. My body was violently rejecting life at the time. And once I had moved on from that period, I stopped getting unexplained food poisoning.

Where in your life do you need to be more mindful? Find out by answering the following questions.

1. What slip-ups and accidents have you recently had? What niggling worries, fears and anxieties are making you disconnected and clumsy?
2. Who or what is causing you to tune out and focus on the past, or present? Who do you need to talk to, so you can resolve this? What do you need to say?
3. What have you misinterpreted as anxiety that is actually an appropriate response to the situation or environment?
4. Has sickness reared its head lately? Or has an ongoing condition flared up? What could this be trying to tell you?
5. In what situations do you typically get butterflies in your stomach? Or a stiff neck? Or shoulder pain? Or other aches and pains? What could these symptoms be trying to tell you?
6. What is the ONE thing you need to do to be more present in your life? (**Note:** this may scare you but write it down anyway!)

Taken from **Heart, Sass & Soul: Journal Your Way to Inspiration and Happiness** by Greta Solomon (Mango, 2019) [Order your copy on Amazon today](#) for more writing and journaling tips, tools and techniques.

