

The Power of Positive Energy

By Marilyn Reeves

Do you remember the last time you fell in love? The sun was shining, the birds were singing and the entire world seemed filled with endless possibilities. You were so energized, you felt you could climb to the highest mountaintop and shout your love to the world! Being in love gives you a feeling of euphoria and well-being like nothing else.

Hate, on the other hand, has the exact opposite effect. Nothing contaminates your inner being more than harboring hatred for another person. The negative energy that flows through your system not only exhausts you, it can actually change your appearance. Rather than presenting a warm, friendly face to the world, your eyes blaze, your mouth turns down, and deep creases can form in your skin. Moreover, hatred can make you physically sick. It can raise your blood pressure, cause headaches, nausea, and even affect your heart and respiratory system.

Yet the object of your derision may not be affected at all. Unless you are in an intimate, vital relationship, that person may even go about their business being blithely unaware of your negative feelings toward them. Or, if aware, they may experience a moment of distress, wondering what they might have done to merit such vitriol. They may even feel sorry for you, knowing how much you must be suffering from your own negative energy. It takes far more energy to hate than it does to love. The person who suffers most from these negative feelings is you!

While feelings of hatred can harm you, feelings of love can heal. Love raises the level of your endorphins, cleanses your inner spirit, and fills you with positive energy.

Although none of us can sustain the euphoria we feel when we first fall in love, there are many kinds of love that are more enduring. Whether it is love for friends and family, loving your work, or lending a helping hand to a stranger, the positive energy you send out into the universe reflects back on you tenfold.

For you see, what affects you affects me also. All living things are connected through that one great Source of Energy that is Life itself. If you become an agent for positive energy, you will be a healthier and happier person by far.

Lean towards love!