



The Way to Love

The essence of living a full, rich, and enjoyable life is being aware of the details of your surroundings and the needs of those close to you – whether you are at work or home. The antithesis of awareness is anxiety and anger. You are automatically reacting to something from the past that you perceived or was a threat, and you, by definition, cannot clearly interpret the current situation on its own merits.

Dr. Anthony deMello, was the director of the Sadhana Institute of Pastoral Counseling in Poona, India and is considered a major thought leader. His writings are clear regarding the necessity of taking personal responsibility for every aspect of your life. The core message is centered around deep awareness and to cut through the illusion of our own “stories” about ourselves that we project onto others.

From a neuroplasticity and healing perspective, he is brilliant. If you try to “fix” yourself, you will only reinforce the problems. Awareness allows you to become an observer of yourself and your interactions with the world. By understanding where you are, you can then choose to focus your attention to where you would like to go. That is where your brain will develop.

Awareness may be the only tool you need to heal. As you see your life through the lens of deep awareness, you will instinctively make different healing choices. This is a small book can be read regularly to remind yourself of the true nature of awareness and compassion can emerge.

