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Life - your greatest lover



I think we'd all agree that life is a journey. Sometimes that journey is smooth, easy and enjoyable, and sometimes it's heavy, difficult and testing. Life has its 'up' times, and its 'down' times. Every human being, as we navigate our own existence, becomes entangled in this "living web" of life - nobody escapes its ebb and flow.

I see life as made up of a series of moments that stretch on day after day and year after year, delivering a sense of flow and reality which holds within it our past experiences - our pleasure and pain, our loves and hates, our desires and dreams - and reflects our growth and expansion as a human being. Life is magic and surprising and, at times, can be downright shocking.

For the next couple of minutes, let's take a look at how we might make some sense of these ever changing contiguous moments we call life!

A lot of people live by the "reaction" method. I certainly used to live like this - I wasn't aware of any other way to live at one stage of my life. I didn't know I had

choices or that there was any other way to live. My definition of the "reaction" method is as follows: blindly or subconsciously reacting to everything that presents itself in the external world at any given moment, whether it's at work with colleagues, socially with friends, at home with the family, or even to strangers we pass on the street or in the supermarket. Living by the reaction method, life is viewed as 'something that happens to us, and we feel that we have no control over it. We live by the premise that good luck and bad luck are just happenstance.

But is this view true? Maybe, maybe not. I think the real question here is - is there another way to view life that is more supportive, and more conducive to building a stronger sense of self - to help each one of us become a more peaceful, loving, successful and aware person? I believe there is...

Could it be that everything we experience in life, good and bad, is secretly serenading us along the promenade of personal discovery and self expansion? Life moves in mysterious ways. In my experience, what looks and feels like a bad event or interval, can turn out to be a great blessing.

Over time, I have observed that life loves each one of us deeply and supports us to be the best we can be through the circumstances it delivers to us. Life supplies endless opportunities for us to be our best - to choose a path of kindness, strength, courage, compassion and honour. I believe we are so loved by life that it's always directing us and keeping us on track, even when it takes a form that looks disastrous, challenging, restrictive or just plain hard work. This helps us to dig deeper inside ourselves, to find the courage and strength that resides there. Life can strongly and lovingly guide us, often through adversity and change, to find a deeper truth. Within 'truth' there is a treasure trove containing everything we need for life - wisdom, honour, peace, happiness and love are just waiting to bless us.

I like to think that life is loving us all the time - that it is constantly guiding us and showing us the way, constantly calling and waking us up. We only have to take the time to listen.

Contributor

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