

Mending the Fall

by Lynne R. Matous

On the brink of falling yet again into the well-worn rut of special love's imagined needs and hurts, I stopped. Remembering the words of wise teachers—the guidance of the Holy Spirit—I watched my mind's replaying of *imagined* slights, hurts, and possible "betrayals." Merely watching (not judging) as I walked in quiet meditation, I wanted a different way of seeing. Still watching my mind at work—tempting me to embrace inner turmoil—I asked the Holy Spirit for guidance.

Still walking and watching my mind from a space of inner peace, I now became aware of another way of seeing—another way of being in the world. Freeing thoughts began to appear—not solely from my rational mind (and certainly not from my analyzing intellect)—but from deep within my heart/soul center. These thoughts came as inner "knowings" of truth beyond questioning. As if by free association, these liberating thoughts started with the knowledge that Love does not "own" another. Then came the understanding that Love has no "rules" because it has no needs from another. Then came the knowledge that Love sets the beloved free, for Love is freedom.

Still walking in meditation, I felt peace and quiet joy as the thoughts arose: I am Love. We all are Love. Love sees and extends love to everyone equally and totally. Love sees everyone as innocent in Truth (doing the best they can in the world of form). I then realized that I could embrace this vision only with the aid of the Holy Spirit, and the following prayer arose:

Holy Spirit dwell with me.
If I dwell not with Love
I dwell alone,
for Love is the Self
I share with all.
Love is the glue
that mends the fall.

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