

Sue's MuseLetter

Dear Friends,

Because my monthly newsletter usually contains more musing than it does news, I've decided to rename it Sue's MuseLetter.

So, let's humor Hallmark, Hershey, FTD, and that chubby little nude guy, who would have us believe this is the month for it, and muse about love.

Love is What We Are

Whether we search for it, bitch about it, lose it, leave it, live for it, revel in it, bemoan the lack of it, or thrive in it, each one of us longs to love and be loved. In fact, love--personal, agape, universal, parental, sexual, etc.--usually is the essence of our dreams and desires. Probably because the essence of who we are is love.

Friends and loved ones anchor us in our own hearts with cords of love and understanding and soothe our weary and wounded souls with attention and acceptance. And we do the same for them. Hopefully, we also remember to love, listen to, and appreciate ourselves as well.

Four Ways to Express the Love You Are

So often when friends, colleagues, clients, and loved ones share their yearnings about love, I hear the silent plea of "See me. Hear me. Hold me."

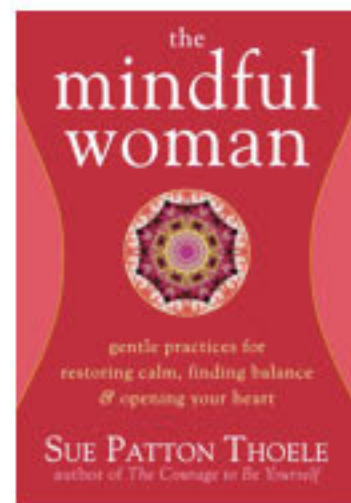
- * **See me...** Being seen--or seeing ourselves--for who we are, and accepted *as is*, validates our very existence and helps give us the courage and confidence to make changes, if needed.
- * **Hear me...** Attentive listening, with the goal of understanding, is one of the most loving gifts we can bestow upon ourselves and others.
- * **Hold me...** Compassionately holding ourselves and each other in both arms and hearts provides the solace and nurturing we all need in order to wholly thrive. No matter what our age.
- * **Treat me...** Seeing, hearing, and holding--paying attention, understanding, and empathizing--naturally leads to treating ourselves and others with respect, compassion, and acceptance.

*You **are** the love you want and deserve.*

Friends have your back
and hug your front!

Sue

Each day,
in every way,
May you love
yourself
As heartfully as you
love others.



Kindle edition of
The Mindful Woman
now available at
suepattonthoele.com

Upcoming Interviews

March 9, 2010 @
12 noon EDT (10am
MT), Sue will be live
online with Susan
Swanson on New Day
Talk Radio.
www.stepfamilycenter.com

