

LOVE IN ACTION

Love is a strange word.
It can be seen as wishy-washy and ungrounded.
For me, it is totally the opposite.

Words by Sandra Bohtlingk

Real love is always followed by real actions. It is obvious to me that kindness is in all our natural behaviour. We can't help but step up to the plate when we see a spot that needs filling and we have that special talent that fits the bill.

To listen and follow our heart means we listen to truth and act in truth. We follow needs more than following wants. But they then become the needs we want to follow.

The BBC TV program 'DIY SOS' recognises a families' or communities' critical needs. They answer the need to renovate or repair a home for the sake of safety, build spaces to accommodate illness in the family, or wheelchair access throughout the home.

One village needed a community building to give the children activities and interest in life, a garden to play in, and a Men's Shed to share crafts, knowledge and tools. Plus a community kitchen. Everyone can see, and identify with, the simple truth of the matter. A call goes out for tradesmen and women to offer free time and work skills. Builders, carpenters, gardeners, plumbers, roofing specialists, anyone and everyone who can build houses and gardens are invited.

Responses come in not just from the local community but also from all other towns far and wide. They all bring their talents and gifts. Many know what it is like to suffer grief through loss of life or wounding, sadness and illness. So their hearts are ready for action. When a true need is recognised it must be fixed to bring real relief.

At the onset of one particular programme, when requests were sent out to trades people to give their time to work, 900 people signed up on that same day!



Love is not a soppy thing. It is not a loose, out of control passion. It is a clever, well designed feeling, that knows what it is to be ready for a call, ready to make an effort, ready to capture a moment that will help to make a difference.

In the course of following a true need, everyone starts to feel better. Even more than better, they start to feel happy. It makes us happy to assist others. There is a lot of fun too, which makes for a true 'labour of love.'

THE HEART CANNOT LIE

The heart cannot lie. It is a feeling of warmth and well-being but it bears a strength and power that can carry more than just thoughts. It is a very positive level of truth inside ourselves that knows what is best.



So when we want to create a beautiful world where everything works in unison, then we are really listening to the beat of the whole. No-one is left aside. It will make no sense for anyone to be left out, hungry, tired, sick, or homeless.

We must not step aside from love, nor must we fear it. It is only there to help build what is broken, heal what hurts, and to lift our depressions so we feel more alive.

I had a very difficult youth, so I do know the cost of disappointment, loneliness, and a sense of failure. I know what it is like to not really know who you are and feeling that life is not making any sense.

I had to learn to find my heart and believe in its goodness. Many people saw that goodness in me. So it was there all the time, but not in my experience. I had to build my own path in life and believe I had the power to find myself. The power to experience my beautiful heart and the unique love that it carries.

We can too easily close our heart down to protect ourselves from pain and stress.

Happy Heart is called 'Happy' because he has mastered listening to the love within.