

The logo for 'School of Love' features the words 'School of Love' in a red, cursive script font, centered within a white rectangular box with a thin black border. The box is set against a light gray background with a subtle drop shadow.

# School of Love

## Make Room for Love

In order to shift your mindset in relation to your challenge, you need to see it in a different light. Mother teaches that the way we perceive the problem/solution dynamic is based predominantly in fear. The excerpt below was taken from the workshop, *Love Saves The Day*:

*What is very subtle in the fabric of your being and the collective is the reliance on fear. Fear has in many ways become that which spurs you into action most easily. The fear is subtle. It's not always panic running in the streets; the sky is falling kind of fear. It's most often the kind of fear that says, you better do something, and you better do it quick.*

*Fear is most dominant when you feel that you require a solution to an issue or problem. Something has happened and you feel that you need to find a solution. And it's very possible that you do. So, instead of believing that you have to find a solution immediately, first I want you to pause. Now we are going to create something for you to fill that pause with because you can't just ask a human being to pause and do nothing when they're seeking solution to their problems. You know from past experience that if you do something, you are going to get a result. So there is the continued habit of doing something – anything in order for you to gain the results that you have decided that you want – the solution to the problem that you want, the solution that looks good to you, that sounds good to you, even the solution that makes sense to the mind.*

*So instead of immediately seeking the solution from a friend or the Internet, or even a qualified professional, pause and do this love practice until you **feel** what to do next from the pull of love rather than the push of fear.*

*~ Mother Mary*



What follows is Mother's love practice, or the active meditation, that brings your challenge and love together inside you. It's one of the keys to transforming your challenge. She would like you to begin using this practice as your morning Me Practice. You don't have to do it every morning, but try and do it as many days as possible.

There are 3 parts to this practice. Each one lasts for 10 minutes, for a total of 30 minutes. You'll sit in your sacred space. Make sure you have your timer with you. If you use your phone make sure to silence it before you start.

### *Part 1: Contemplation*

Set your timer for 10 minutes. You're going to sit, close your eyes and relax into the now.

Begin with deep breathing. Center yourself and settle into your Being. It's like saying, "I am here, I am here, I am here."

Once you feel settled, focus on your challenge. You need to let it churn or flow, inside your head, heart, and body, because you need to become conscious of what exactly this challenge is doing to you. Don't avoid the feelings that your challenge triggers inside, whether it's fear, frustration, compassion, pain or expansion.

In order for you to be willing to shift, you must first be willing to feel the whole of your challenge – not just once or twice, but consistently – so you can recognize how it makes you feel inside, what happens in your head, and how it's shifting as you move through *School of Love*. If you get distracted, just breathe and come back to your challenge.

The first 10 minutes recognizes the importance of pausing. When something presents as a challenge – you can guarantee that you have hooked into all of the belief structures that are alive and well inside of you that are all about problem and solution, and everything that means. By sitting for ten minutes in your sacred space, you're acknowledging how the problem/solution dynamic feels inside of you, as it relates to your challenge, and how it affects your energy – mentally, emotionally, physically, and spiritually.

### *Part 2: Automatic Writing*

When the timer goes off, pick up your journal. Reset the timer for another ten minutes. You're going to practice the art of automatic writing.

Put your pen on the paper and let it move. Wait until you feel something from inside prompting you to write, and then write. Soften your gaze so you are not staring hard at the page. Allow whatever you felt in the previous ten minutes about your challenge to drain out onto the paper. Don't judge it, and don't think about what you're writing.

Then no matter where you are when the timer goes off, wrap it up and stop writing. Unless of course, something else is being downloaded that feels very important and wonderful and exciting, then keep writing – don't stop.

If there are times when you are just sitting with your pen on the paper, and it's not moving because your mind is still, that's fine. But if your mind is going, then your hand should be going.

### *Part 3: Meditation*

For this part of the practice, you'll use [Mother's meditation](#) provided in this lesson (downloadable at the bottom of the [Lesson 2: The Love Practice](#) page of Unit 2). It's 11 minutes long, so you don't have to set your timer if you don't want to. Put aside your journal but keep it handy in case you have an "aha" moment you wish to record.

Having drained your thoughts and feelings about your challenge onto the pages of your journal, you now get to fill your challenge and yourself up with love. Focus and feel the deep well of love inside you. Allow the energy of love that is inside and all around you to saturate your challenge and then your whole Being – body, mind, and spirit. Use your deep breathing to help you stay focused, and if you get distracted, gently bring yourself back to love.

When the meditation is over, slowly bring yourself back to the present moment and go about your day.