

## **A New Year to Practice Loving-Kindness - It Takes Mindfulness -**

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Mindfulness is imperative to acting out of love and kindness. Mindfulness means to be attentive, aware and thoughtful. It is a necessary basis for developing the characteristic trait of loving kindness. These two actions: being mindful, and being kind, are important for creating a world which perpetuates peace and happiness.

Each of us is born with a great capacity for loving kindness. Only with a calm mind though, which is free from anger, greed, and jealousy, can the seeds of loving kindness grow. This year let's nurture the seeds of loving kindness in ourselves. Help them take root, and facilitate its maturity by practicing awareness. Let's all live in togetherness with a common interest in being kind and mindful in the new year ahead. By doing this, we will sustain and bolster the force that holds this universe together...and that is - compassion!

Looking for the good in everything will open the doors to the wondrous potential of transforming negative into positive and keep you healthy and grounded. Herein lays the basis for developing habits which will stabilize you emotionally and help you develop genuine happiness.

Start tomorrow morning by waking up with smile on your face. Begin your day with happy thoughts. By all means, do not hold grudges into the next day or wake up angry or act mean because you might not have slept well. This will only

drain you more and transcend you into the depths of depression. Not to mention drag everyone else around you down.

Everyone can imagine something happy. That doesn't mean you have to force a thought of incredible happiness, just formulate a happier thought. It doesn't have to be the happiest thing in the world, just something leading you to inner peace and joy. It can be simple as, "I am happy to be alive!"

The realm of forgiveness becomes a sanctuary for knowing love. Forgive yourself first for resisting change. Allow healing vibrations of infinite love and gratitude to perpetuate from acts of forgiveness, hope, accepting, releasing and moving on. Do your best not to rationalize selfishness or even worse, blame others for your ill-feelings. If this is a habit of yours, take full responsibility for yourself and stop it now.

By blaming others you take away your ability to accept people for who they are. It hinders your ability to practice loving kindness and achieve the sublime state of equanimity or what is known as "peace of mind." Try using this mantra... "I am peace, and peace is in me."

Now is the time to make a shift in your thought processes. Choose to be mindful. Choose to be kind and have a healthy and Happy New Year!