

LOVE AT THE SPEED OF LIGHT

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There is a light that shines beyond all things on earth, beyond us all, beyond the heavens, beyond the highest, the very highest heavens. This is the Light that shines in our heart.

Chandogya Upanishad

The room is filled with bliss bunnies at my *Turn on Your Heartlight* workshop. To all those sweetly smiling faces, I tell the story of how I came to do a practice that's changed my life. I show them this picture from a 30-year-old yoga book by Ronald Hutchinson.:



The caption reads, "Swami Hrydyananda applies her 'screen of love' technique." I've never been able to find another record of Swami Hrydyananda in all my Internet searches, but from the moment I saw this picture, I felt as though I'd met my teacher.

I put her photo up on the wall in back of my computer. She made me feel not alone; I could feel her sending me love.

Hutchinson added:

You create an atmosphere of tranquility simply by sending out thoughts of love, especially to those who hate you.¹

I tell those at my workshop that I decided to try it. I read to them from my journal:

I'm sending out love to all people who hate me; a yoga practice I've just found in this old book. I've relaxed my mind, I've OM-ed & ONG-ed, building my frequency to the earth's, the universe's, up to background radiation, the music of the spheres, that nameless name of God; and then love floods out in currents from my light-filled heart, destination unspecified except "flowing to all who hate me." In moments I feel it flooding back as if that instant rewrote their regard into a bliss of benediction. "How fast!" I think as love pours in at the speed of my "sending" it, and then the ah-ha . . .

I pause here to let them get it. They do and start laughing at the cosmic joke. I continue reading:

My love is flowing right back to me because I'm the one who hates me most.

Love at the Speed of Light.

It's as instantaneous as that.

Dr. Gary Schwartz, director of the Human Energy Systems Lab at the University of Arizona, thinks our hearts might literally be the engine that runs all this psychic business

¹ Hutchinson, Ronald. *Yoga: A Way of Life*. London: Hamlyn. 1974, p. 119.

because they're pumping out a huge quantity of electromagnetic energy called a photon at 186,000 miles per second—the Speed of Light.

Care to guess how many biophotons it takes for our retinal cells to fire? Millions? Thousands? Ten?

Science tells us it takes just one.

Care to guess how many biophotons are being emitted from your heart alone with each beat? Millions and millions.²

So each time we Send Love, we're Sending Love at the speed of light.

If anything could have taught me the power of “Love at the Speed of Light,” that experience of Sending Love to my enemies certainly won.

I started Sending Love as my daily meditation practice, starting first with myself. I'd sit like Swami Hrydyananda, a little “Buddha smile” on my face, my eyes turned up toward my Third Eye. Soon I borrowed Judith Orloff's technique of placing my right hand over my heart. It did seem to boost the amperage. Then I included Mantak Chia's technique of the Inner Smile. “To practice the inner smile begin by closing your eyes and smiling sincerely into them. Relax and feel a deep smile shining through your eyes.”³ When my eyes would tingle with my huge inner smile, then I'd Send Love.

At first I merged with those I sent love to, but the Group guided me to stop. All I needed to do, they said, was send to the *name* of the person. The love then flowed quickly, effortlessly and without the sense of intrusion merger brings.

I had many people report they felt me sending them love—people who didn't even know this had become my daily practice.

I've never known a practice that could instantly give me so much bliss. But more than that, Sending Love changed my world—effortlessly. In fact, it changed it so much, I had trouble continuing with Sending Love for awhile because it felt manipulative. Without any conversation with the other, problems of long standing were instantly resolved. Just by Sending Love.

It wasn't that I was new to the power of sending thoughts of love. Years before when I was the student union manager at New Mexico Institute of Mining and Technology, I had a rival—a self-declared foe. He didn't like me because I was a woman who had gotten the manager job that he felt he deserved.

One day, I stood high on a ladder in the Student Union's game room, leaning way over a pool table to get to the light that needed repair. From my perch on the ladder, I noticed my archenemy, playing pool at the next table. I could only imagine what thoughts could be going through his head.

But I was a bliss bunny that day, filled with a good, loving state. I imaged love for him, saying within myself “I love you.”

As I wrote in my journal thirty years ago:

Surprised the heck out of me when, moments later, he walks over and helps me out by pushing the fixture toward me with his pool cue so it's easier to work on. He held it for five minutes.

Ever after, I referred to that amazing experience as “Love Ladder.”

² Schwartz, Gary E. & William L. Simon. *The Afterlife Experiments*. NY: Simon & Schuster, 2002. p. 284.

³ Chia, Mantak. *Awaken Healing energy through the Tao*. Santa Fe, NM: Aurora Press, 1983, p.21.

Sending Love is one of the most powerful mediations you can do. It brings bliss into the Mind Body Soul and others feel it too. People will say, “I felt you thinking of me. Thank you!” Things change in your life, effortlessly.

I had long known that just the way a client says a person’s name will give me a wealth of information. Even over the phone I could feel in my body the whole story of their relationship with that person—they loved them; they felt hurt by them; they didn’t trust them. It was the same with Sending Love. As soon as I’d send it, information would come back:

I sit on the rocks above Kathy’s property and do my favorite meditation. Among others, I Send Love to my client with heart problems and what comes is fear of mortality (real suffering). We talk of this later in her session, this fear that’s gripped her.

What a tool for my Psychospiritual Counseling practice! I started Sending Love to each new client before our first session. With one, I experience *a lost little girl: bleak*. With another, I hear the words: “What’s a passive aggressive?” Both were keys to unlocking the material that could most help my new client.

I started teaching this technique to my clients and watched them experience similar results. Here’s an example from work with a client who felt concern that her husband had been getting up in the middle of the night to raid the cupboards.

I taught “Mindy” the Screen of Love technique. She sent love to her husband, and the response was instantaneous and rich. If it had been in words, it was like he was saying, “Oh, my God! Thank you!”—like a starving man getting food.

In that moment, I felt a profound “ah-ha.”

“That’s why he’s eating cookies and other sweet things,” I said, voicing the eureka I knew Mindy had shared. “This is the way to feed him so he doesn’t need to serotonin binge. Send him love for 30 seconds every single hour. Don’t say anything or do anything else; just watch the changes. I think you’ll notice that he eats less.

As soon as we got off the phone, Mindy sent me Love. What a yummy feeling!

In the next weeks, as Mindy continued Sending Love to her husband, she noticed that he seemed calmer and less needy. She was happy to report that he stopped bingeing and his weight seemed to effortlessly fall off.