

DR. LAUREN NAPPEN

ah-h-h-justing to life



INSPIRED THINKING

A Blossoming Heart

February is such an interesting month to experience. Under the surface, Spring is percolating, activating an inner urgency to stretch and move; imagination stands on the horizon with a loving hand extended. She is patient, mindful, purposefully still as the plans for growth yet to come are nurtured. We are being prepped in ways we may not understand nor be consciously aware of. No wonder it's become the Love month. Love is the soil, the seed, the sun, the nourishment and the distraction. It's the secret to successful living that hides in plain sight. If only we became silent enough to listen to the conversation.

When most of us daydream about love, especially this time of year, the emphasis is on couples and partnership. On the surface, the culture reinforces love based on having someone's hand to hold. Yet the whole truth is that each of us longs for partnership, whether it's with our selves, someone standing beside us, or with source. One is not better than another for the potential they all share is showing us a path back to the heart of All that Is. The desire runs deep, leaving no space untouched. It's a yearning for a deeper connection to our knowing, to understanding, to all that is un-nameable and even unanswerable. It's a level of partnership that reminds us that someone (human, animal, nature, the expanse of the universe inclusive of angels, guides, the highest of most high,) will catch us when we fall, that our life will be witnessed and held. Who hasn't longed for the embrace of the century, the one that rocks away every shadow, every tear, every seed of uncertainty? Who hasn't hoped that one embrace would sustain us forever?

While we have created a day for celebration, living in partnership with Love itself is a course that lasts a lifetime. There are no limits to its expression; it's tough and tender, expansive, exciting, joy filled and tearful. Its wisdom opens windows and doorways within the personality, giving us a glimpse of our soul, and into a truth that bypasses time and space. Partnering with Love is saying Yes to intimacy with life itself! It's a deep loving sigh into the abyss of all that is, of all that is possible.

Love is not a thinking process, it's a surrendering one. We surrender into trust and faith, accepting the responsibility to partner with all of our internal resources, discover untapped talents, reach a little bit deeper, or move in a different direction. Our homework is to question all the layers of protection we have accumulated, soften the expectations of what a thing should look like and let gooooooooooooo.....

Partnering with Love reminds us to get more spacious inside, serve up some breathing room to a heart that has been vexed with aches, pains and disappointments. While she is an equal opportunity teacher, she holds the capacity to remind us to become more allowing and accepting, with ourselves as well as others. We are charged with witnessing the beauty of our own bravery, growing in our ability to love and to be loved, testing the waters of giving and receiving, and planting seeds of love in our gardens, in our families, and in the many relationships that grace our life experience.

Love is the solid ground that reminds us that our hearts are more safe and secure than we acknowledge. It is the wind that reminds us that it works best when it travels freely between people, places and things. It is the feather that encourages us to remain light in our hearts, for it is with lightness that we freely give. Love is fluid, flexible, and adaptable, shape shifting into what ever form we need to see, learn, and evolve, to love bigger, deeper and with more joy.

Miracles don't happen because of the things outside ourselves. They happen because of the space we have available for them inside ourselves. It's the same with love. When we open wide and say "ahhhhhhhhhhhhhhh," love is that first taste. Partnering with Love is the best kind of chocolate there is...and it's the sweetest kind of friendship to give yourself.

*Happy Love Month!
Always Live in the direction of your Joy,*



*in the thick of things we discover
the love that will not die.*

Pema Chodron

Practicing the fine art of Original Medicine, Dr. Lauren Nappen, a natural born healer,



has created a unique system of healing that incorporates the most beautiful and successful healing tools that she has studied thus far in her 17 year career. She is a writer, visionary, educator, Spiritual Intuitive and witness. She holds advanced certifications in Chiropractic, Medicinal Aromatherapy, Flower Essence Therapy (international educator for Bach Flower Essences,) Energy Medicine (Reconnective Healing, Reiki Master Teacher,) and Nutrition. Whether you are in transition or merely wish for a smoother wave, the personalized plans created by Dr. Lauren will have you falling in love with life again! Her gentle ahhhjusting style allows for a tenderness in healing that is not often seen nor experienced and is applicable to all ages. She welcomes your inquiry or your visit at her sanctuary in Mechanicsville, PA., minutes from Doylestown.

