Valentines Day, Rumi

Tis the season of love. Children are writing out their cards and hoping their paper bags or shoe boxes are filled with goodies. Maybe a note from a curly haired boy or freckle faced girl that makes their heart flutter. Remember those days?

It’s a good thing to have a time like this, to make dinner reservations and buy some flowers. But it’s easily overloaded with marketing and expectations. Don’t get sucked in to the vacuous form of hearts and cupids, instead check in on your own personal love story.

Dig down into the essence of Valentine’s Day; get beyond the chocolate and glittered Hallmark cards. Explore this season of love for what it is. With the heart of a star struck fourteen year old, look on the form of your beloved and remember the truth of their humor and joy. And how this once and hopefully still pleases you.

Love is such a fickle thing, who knows who it will visit or miss. Love seems weak, ephemeral, like a cloud we notice and then forget driving on to our destination. But it can be powerful too. It can get a hold of you and not let go.

Maybe you remember when love had a hold on you. All full of interest and desire, you probably had very little selfishness in you then. Any morsel, a look, a word, the slightest brush of a touch would please. You were simultaneously satisfied and entranced.

Valentine’s Day suggest that we remember and recapture that unadulterated lovers heart. Without division or pretense we follow our conviction like the singular direction of Cupid’s arrow.

So how did you meet him/her? Do you remember those first impressions; those little things that intrigued and enticed you? Take a little trip down memory lane and rekindle the fire that consumed you enough then to change you into whom you are today.

Here’s a poem from The Essential Rumi by Coleman Barks:

The minute I heard my first love story,

I started looking for you, not knowing

How blind that was.

Lovers don’t finally meet somewhere,

They’re in each other all along.

It’s even better read aloud. Try finding a romantic moment to read this to your beloved. Take a risk, you may feel foolish, but that’s the vulnerability and creativity from which true love springs and is fed.

So much about love is attitude. If you’ve ‘lost that loving feeling’ don’t despair. Open your heart, take a chance, share of yourself and encourage those hopeful loving thoughts. Give it the old college try with a side of adventure. Try on an impromptu dance, sing that sappy 80’s love song or write your own poem.

One of the great lines in movie annals was Jack Nicholson’s toast to Helen Hunt in “As Good as it gets” when has says, “You make me want to be a better man.”

True love does that, it makes us better people. We are changed by its power and purity. Cheers to you being red and white and blushing all over!