

Loving Ourselves Unconditionally



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What a gift to be human now. I am humbled by the opportunity that exists for us. We were made for these times. The level of discord unfolding is akin to the tantrum of a 3-year-old who wants to destroy everything in sight. She needs the unconditional, loving hug of Grandmother. No amount of shaming or blaming will calm her; however, the loving embrace of Grandmother can. The discord may appear to be occurring “out there.” But there is nothing external about the discord. Every one of us contributes to it every time we react, cast judgment or project negativity outwardly.

The searing energy of reactivity (to anything or anyone) and subsequent negative outward projections entangle with and perpetuate the discord within, yielding greater discord out there. This energy has been swimming in the sea of humanity since we began reacting to one another, since traumatic, energetic patterns started traveling from one generation to the next. It presents in the body in a myriad of ways including anxiety, depression, gastrointestinal distress, endocrine disorders and autoimmune

problems. The only way to the other side of something is directly through it. To do this, we need a suit of unconditional love, which really is the answer. Unconditional love is not synonymous with complacency. As Grandmother lovingly holds the wailing, kicking, screaming, hitting, biting 3-year-old, so must we allow and hold all parts of ourselves. There is no judgment — no good or bad, right or wrong, no divisive idea of me versus other, this group versus that group. Grandmother’s hug is entirely unconditional.

Those are the arms we wrap around ourselves as we cultivate the awareness to remain with (often unconscious) pain — to inhabit within that which brings us to our knees and requires us to crawl into the fetal position, shedding tears our ancestors could not. This metabolism is how we stop the madness, how we don’t pass it on to the generations to come. The discord at the apparent surface level will end when we metabolize it within using the unconditionally loving embrace of our own presence. We are here now because we have the strength and courage to do this. We are walking each other home. ❧