

# Life Coaching with Susan Piontek

...Transforming Individuals in Transition...



## Valentine's Day

With Valentine's Day just a month of heartbeats away, I'm reminded of the song, "Love the One You're With" by Crosby, Stills and Nash. The lyrics go as follows:

*If you're down and confused  
And you don't remember who you're talking to  
Concentration slips away  
'Cause your baby is so far away  
Well there's a rose in the fisted glove  
And the eagle flies with the dove  
And if you can't be with the one you love, honey  
Love the One you're with*

Well, what if, at least for the moment, there's no one, no "baby" in your life offering you that soul mate, romantic love connection. Could it be, that for the time being, that you are meant to offer love and receive from those who are currently in your life sphere and that includes you.

So often we ignore those simple acts of love and kindness from others and neglect loving ourselves because we regard these acts as inferior to romantic/soul mate love. We're just waiting - waiting for "the one". Certainly, it is ecstatic and wonderful to be swept off our feet, "to have wings on our heels" but we all know that in time "what goes up must come down". Sir Isaac Newton certainly taught us that. Nonetheless, we are drawn like magnets to this paradigm.

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## Love the One You're With

What if, when we woke up tomorrow morning, we focused our awareness on the random acts of kindness being offered to us? What if we became mindful witnesses to those spontaneous images of joy that surround us? It could be a thoughtful word or gesture from the Bank Teller, the store clerk, a mentor, a colleague. It could be watching children at play, an elderly couple holding hands or the sound of laughter. How might things not only look different, but feel different as well? Perhaps, loving the one we're with is offering ourselves the gift of self-love. Recognizing that divine quality which exists in each of us is something we often fail to recognize in ourselves. Maybe we're too self-critical and are our own worst critics. Maybe we need to treat ourselves with the same love and kindness that we usually reserve for our beloved. Honoring ourselves, loving ourselves and acknowledging our own special gifts could be the greatest Valentine's gift we could give ourselves.

A few suggestions to enrich your alone time - catch up on your reading and movie viewing, pamper yourself by taking a luxurious bath with candles surrounding you and music playing; prepare a delicious meal for yourself and use your best dinnerware (eat slowly and savor the moment), telephone a friend or someone in need of receiving a phone call, write a letter, the old fashioned kind that takes a stamp.