

Stay present, Choose love

by Nancy Bloemer

This is what stood out for me in a recent virtual meeting with Serge Kahili King, my Hawaiian Huna mentor. I truly cherish the opportunities in these bi-monthly meetings to bask in his “Buddha field” – well, in this case, his Hawaiian shamanic field of amazing healing energy, practical common sense, and astounding archives of Hawaiian history.

Stay present, choose love is what I heard. To be clear, this is not exactly what Serge said in the conference call. You know how it is. Regardless of what is said, you only really hear what your head and heart interpret as having been said. Serge was answering a question about how to deal with sleep disturbances in the middle of the night. I am certain that rather than love, the term aloha was used. I don’t remember the specifics. Like I said, what I heard was – stay present, choose love.

I later pondered how simple life would be if you used those words as your guiding principles. Stay present, choose love. Being with my husband during a stroke a year ago immediately came to mind. In those three days from the onset of symptoms through the release from the hospital, the only choices were to stay present and to choose love. There simply were no other options. Yes, it was a traumatic time for everyone involved but it was also somehow magical. Time both stood still and sped by simultaneously. There was nothing either one of us could do to change the events that were happening. We could only be present with them and choose to love – one another, the family and friends that supported us, the medical staff who expertly care for us, and the unseen angels who held us close. Yes, the ordeal still makes me cry but it was magic, too. Life suddenly became simple – stay present and choose to love. Period. No other option. Whenever I stepped out of the present moment, fear came crashing down like a ton of bricks! I was quickly adrift in anxieties of what could have been and the insecurities about what the future would hold. I suddenly had more to worry about than I had even considered before the stroke shook us from our dreamy, contented way of life. There was almost a bittersweet longing for the simplicity of those three days in the hospital when all the options were clear.

Another time that came to mind was when I had the honor of being with my mother on her deathbed. Again, no other options were available but to be present with her and to love her. So simple, so clear. These are moments that are transcendent. With everything but what really matters ripped away there are no other choices but to stay present and to choose love.

Still pondering this simple and poignant awareness during meditation, I reflected on how this insight dovetailed with the “presence and intention” lesson I learned years ago and wrote about. The two most important things you can give to anything or anyone are your presence and your intention. Stay present, choose love. I started to explore the “choose love” aspect of this guiding principle. I have heard that there are only ever two choices: fear and love. Reflecting further one must ask, what constitutes choosing love? It is my understanding that one of the meanings of aloha is love and that translates to “being happy with.” So, one way to choose to love is to be happy with what is – or at least to find something in the present moment to be happy with. How simple. How poignant. How true.

Stay present, choose love. Stay in the moment and choose to be happy there!