

ACTIVATING YOUR LOVESEED

REVEALING THE BLUEPRINT FOR A BETTER WORLD



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Chapter 1

Take A Chance On Love

Saving The World

*In my dream last night it was all so easy:
With this gizmo in my hand light as a feather,
softly gleaming. I could vacuum trouble and sorrow there.*

*I could siphon anger from a terrorist
(restoring him to father, brother son)
and from fury the gizmo could distill
an elixir to banish cancer from every child.*

*Governments can't make peace,
but the gizmo could. Armies can't bring
back laughter from the lost, but the gizmo did.*

*The patent for this simple Stradivarius stood
enshrined above the Constitution. It replaced
the car, the prison, money, and war.*

*Some called it canto, ballade,
Almeh, lieder, poehma. Lullaby.*

Everyone had one free.

---Kim Stafford

Imagine... just imagine that you have the power to create such a world, where everyone had one of the gizmos. Not alone mind you, but with others who believe in the possible, and on the razor's edge of evolving awareness. People into co-creation, as they say nowadays. It would be a world like the one John Lennon sang about in 1971, when I was 19, and going through deep spiritual transformation so typical of that age.

Imagine there's no countries

It isn't hard to do

Nothing to kill or die for

And no religion too

Imagine all the people

Living life in peace...

I had friends fighting in Vietnam at that time, while I had the privilege of being a freshman at a top East Coast college. It was during this time that I became aware of a seed that was planted in me long before. Some would call it a *godseed*—a *starseed* from another galaxy, one that was programmed to sprout in unison with millions of other *starseed* children. I call it a *loveseed*. Some say John Lennon's *soul* purpose when he wrote the lyrics to *Imagine*, was to activate those seeds, and he lived 9 years more to make sure they were watered.

Did I lose you with that one? *Loveseed*? Stay with me, and let me take you into my world and into the souls of people I have encountered and counseled. I've been a psychotherapist for 30 years, and I have watched a lot of seeds sprout. When it begins to happen, it is beyond beautiful, and I have had the highest honor of helping countless little tender plants grow into sturdy trees.

There is powerful and wise Ursula, who came to me in deep depression, unhappy with her nursing career, and grieving over not being able to have a child. Part of her healing was to embrace that she herself is a natural and potent healer, which her depression guided her to. Not only did she end up giving birth to a healthy boy, but she birthed her *loveseed* into existence and continues to help others as an energy healer and naturopath. I served as a spiritual midwife, and today, I am still in awe of the organicity of the unfoldment, when there is a safe place to be fully seen.

My 3 children have been my greatest teachers in learning this skill, and have made it clear to me that a person's *loveseed* is entirely up to them. You can attempt to mold your own version, but *loveseeds* only thrive when they are deeply seen and accepted as they are. Deep seeing and acceptance—are the sunlight and water of the soul.

Not everyone I have had the opportunity to help has thrived as much as Ursula. Some people refuse to give up their innocence, their

sense of hope and optimism for a better world. Others refuse to let go of their pain and suffering, dash hope against the rocks, and their weary lives take the shape of that pain.

I recall Patrick, a big tall Irishman with a tender heart. His childhood had been entirely void of warmth, a kind of emotional winter. Patrick was a hot-tempered and intensely feeling man, and had repressed his true nature his entire life, until a point several years into his marriage. He was hardwired to marry a “cool” woman, Jean, who was the perfect one to trigger the pain that caused Patrick to bury his *loveseed* as a child. Jean loved Pat, but her natural style felt to Patrick as if she was always raining on his parade. It seems 26 years earlier, on a return trip home from Florida, Jean had said something so wounding to Patrick, that he had made a decision to never be happy again as long as she was still “that” way. He was Catholic, and would never divorce, so he felt stuck at a very deep level.

When I met them, they had been married 32 years, and had raised 3 daughters. They were miserable, and had even tried a hand at helping other couples in trouble. They were good at that, which made them even more confused as to why they made no progress with each other. I tried everything I knew, and I was a seasoned couple’s therapist at the time. With all that I understood about the forgiveness process, I continually found myself back at square one with Patrick, who remained unwilling to

budge in his decision. It was as if he had taken a vow of unhappiness, which he was willing to endure in martyr-like fashion.

As Patrick was hiding his *loveseed* from Jean, he was also hiding it from himself. He was unhappy in his job, and claimed he was too depressed from this untenable situation to do anything about it. As far as Patrick was concerned, Jean had destroyed all hope in him.

Jean improved immensely, adopting a much less critical and scolding style, and there were many moments when I saw the light from Patrick's *loveseed* begin to shine. But there was always Patrick's perception, and Jean would inevitably say or do something that Patrick construed as the "same cruel behavior," and darkness would descend upon their relationship again.

Patrick's sensitivity, intelligence and desire to help others was all part of his *loveseed*, but he sabotaged promotions that could have allowed him to use those gifts, and instead remained stuck in dead-end projects that left him feeling unappreciated. Patrick had made a second career out of being hurt by others, at work, at home, and even in relationship to God, whom he felt had abandoned him like everyone else.

After as much improvement as was possible under my watch, including a consultation with a Jesuit priest who had left the Church to get married, Patrick came away even more hopeless. He was struck that this priest had the courage to go for his happiness, but he refused to allow

that same treasure for himself. It would go up against the deep conditioning that sucked the joy out of his very life, and Patrick was loyal to that story. It actually made things worse.

When I asked him what he thought could possibly help him surrender this painful stance, he looked at me with his big Irish blue eyes tearing up, and said, "Kathleen, nothing and no one will change my mind. I will stay on this cold street corner forever. I know it. There isn't anything you haven't done that could help. There isn't anything more you could do. I have been too hurt to open up again. I'm sorry. I'm sorry about everything."

My mis-take was that I believed Patrick in that moment. I accepted his argument for his own limitation, rather than believing he had a gizmo that "*could vacuum trouble and sorrow.*" I colluded with his fierce resistance and failed to maintain a sliver of hope for this troubled man. I told Patrick and Jean that I would no longer work with them, and I gave up the dream of the possible for Patrick, when holding that dream is what he needed me to do the most.

Not being able to help Patrick is one of those regrets that sits in the Chamber of Wisdom within me---a sacred place where regrets have turned to wisdom. I now know that a person can never be so hurt that it's impossible to open up again. I know that behind the barriers to love is the

deepest longing, contained in the infinite potential of a person's *loveseed*.

I hope you are beginning to understand the nature of these *loveseeds*. They are Source energy in a person's life, and they affect everything. Maybe some of you have recognized yourselves in Ursula, and you believe that the challenges you are having now are there to make you stronger and more determined to bring forth your own *loveseed*. You have taken one workshop after the other to raise your consciousness, worked hard in therapy to heal deep wounds, and in countless ways tried to be the change you want to see in the world. You get so frustrated when you slide back into old patterns and allow yourself to get distracted from your burning desire to be different and make a difference.

You don't know what to count on, though. There is so much suffering in the world, and it breaks your heart. You end up feeling guilty for not doing more, and you want to find that sweet spot between your needs and the needs of others.

How do you become *that* person?

I celebrate you for wanting to find that spot. That sweet spot is found in the mature *loveseed*, and can move you to do remarkable acts of kindness and generosity, without getting burnt out. You arrive at that dynamic balance of meeting your own needs and the needs of others by

fulfilling your vow to yourself over and over again, with compassion. This develops the muscle of discernment. As soon as you are out of compassion with yourself, you are no longer able to be there for others, and it is time to turn your attention to yourself.

The desire to make a difference in the world is such a beautiful and powerful impulse that arises from the *loveseed*. When it is awakened fully, you begin to experience a sense of a *global heart*, which is the felt sense that we are all made of the very same substance, moving through time on this green planet. This is called Unity Consciousness, in mystical terms, where all illusion of separateness falls away, and you experience a connection at the Source, or *loveseed*, with all other beings. A pre-requisite is to care for your own heart first. We will address that ache in your global heart, and what you can do to raise the vibration to a place of power. These sacred impulses must be nurtured if they are to bear fruit.

I am also speaking to those of you who are not at all sure why you are reading a book about *loveseeds*. You have no plan to save the world, and you may even have an aversion to all this talk of mystical experiences of being in love with everyone. You are not really interested in raising your vibration to a place of power. You don't really get all this wounding stuff, but you admit that you have been let down so many times by the hope of love, that you think it might have something to do with your childhood---

but you don't want to spend time going back to what you tried so hard to escape.

You have learned to be ultra-pragmatic, and you are a proud member of the "it is what it is" club. Besides, your parents may be really nice people now or just moving on makes the most sense to you. Maybe you just don't know what else to believe, other than what you were taught, but it's not working for you the way it did for the people who taught you. You even wonder if it worked for them.

You long for more passion and sense of purpose in your life. It feels as if something is missing, and you thought maybe you could get a handle on it by reading this book. Besides, you don't want to be part of the problem.

There may even be some of you who identify with Patrick. You cannot accept what is, and you have no real hope, but you keep complaining, because you secretly believe that there is something that can be done about your misery. When was the last time you complained about gravity? Let's face it, we only complain about things we think something can be done about. Complaining is a form of resistance, and buried underneath the resistance is the energy of your *loveseed*.

If you are in this latter group, I want to tell you I fully understand your pain...your sense of defeated rage. They call it depression in the

diagnostic and statistical manual of mental disorders—the DSM. I call it despair.

I have been touched by so many of you over the years. I have been you, have felt my own despair. I know why you have stopped believing. For you, all that talk about wounding is hogwash, just a fancy way of not taking responsibility. Life isn't easy, and you never expected it would be. You believe you need to watch your back, and sadly you don't trust anyone with your tender heart.

I mean it when I say that I have known despair. I really questioned the existence of everything. I nearly checked out, I had gotten so far off course. I became quite lost, eventually losing all my savings and worldly comforts. I lost my confidence, my vision for a future, and my health—most everything except one thing. During that terrible time I had little energy for the world, and drew inward to take sustenance from the essential kernel – the *loveseed* at the center of my being. I had nurtured it for so long, and I came to know that there is be a deep well to draw from during dry times when you have been nourishing your *Loveseed* over the years. There is light in places you never imagined looking.

I wonder how I might work differently with Patrick now, many years later, after having learned so much more about the conditions under which a person's *loveseed* begins to grow. Among the many things that Patrick taught me, is that withholding your *loveseed* brings great misery,

not only to yourself, but to others close to you. Indeed, two of his daughters did not want to come home much, given the tension between their parents, and the youngest had a hard time leaving home, for fear of what would happen to them if she did.

Another key lesson I learned from Patrick is that if your *loveseed* is to grow to maturity, you must make a decision—a sacred decision—or what I call a vow. This sets the compass of your soul in the direction that will allow your *loveseed* to be fully expressed. As all the challenges (and there are many) to the full expression of your *loveseed* arise, this vow will bring you continually back to your own “true north,” which is essential for navigating the winding road of your own destiny. Unless you know where you are going, the tendency to drift and go around in circles in your life will persist. You will notice the same old arguments, same old patterns, addictions, and of course, the same outcomes you have had for a long time.

Maybe I **could** help Patrick now, for I have learned something more about fear since working with this couple over 15 years ago. I knew a good deal about fear when I worked with them, as a skilled clinician, but it is what I have learned personally as I have had to face many of my own worse fears that would allow me infinite patience with the likes of Patrick.

As Stephen Pressfield says in *The War of Art*, “Resistance is experienced as fear; the degree of fear equates to the strength of Resistance.” (*The War of Art*, Pressfield, pg. 40) “Rule of thumb: The more

important a call or action is to our soul's evolution, the more Resistance we will feel toward pursuing it." (Pressfield, pg. 12) He also said, "Resistance is always lying and always full of shit." (Pressfield, pg. 9) Experience tells me this is truth.

Behind Patrick's enormous resistance was his fierce love. Had I listened to the music behind the words rather than the actual words, I would have heard Patrick's *loveseed* crying out for me not to believe this stubborn Irishman.

The real meaning of enlightenment

I have been speaking a great deal about *loveseeds*, but you may wonder what the point is. It is not a plea to save the planet. The planet is just fine. It is humanity who is struggling with the multiple levels of chaos and change that is happening all at once. We, with our limbic systems that require rhythm and connection, our soft bellies and our tender hearts that cry out for what is real. Humankind is quickly becoming desensitized and adapting to the great deficit in nurturance that afflicts us all.

Many are afraid of what is happening, and predictions of humanity's end abound, including the fear of artificial intelligence becoming more powerful than human beings. Maybe the thought of humanity's end is disturbing to you, and you prefer to believe that love will

win out, that the light will overcome the darkness. I still prefer to believe that as well, just as I would hope against hope if someone I love had an illness—that there would be something that could be done---while at the same time being fully cognizant of the odds and implications.

I would hold out for a miracle to the end, so you may as well know that about me, before you continue with this book. *The Course in Miracles* defines a miracle as a *shift in perception*. This book is about miracles, and will open you to them.

Ken Carey's multifaceted book, *Return Of The Bird Tribes*, tells of the history of the Bird Tribes' presence on earth. These are the angelic consciousness that knows no separation from the sacred source of all existence. It tells how the Warrior Tribes, with their egoic consciousness of separation, became dominant, the reasons for the Bird Tribes withdrawal, and the promise of their returning presence. All this represents the reunion of the human body with this animating consciousness, which is happening right now on the planet.

We are exposed to a global brain and our nervous systems are constantly being bombarded with creative and beautiful stuff as well as traumatic. The trauma within your nervous system is triggered by outer trauma, and visa versa. Conflict within you becomes conflict outside of you, and not the other way around. It is easy to go into information

overload at this time, unless you upgrade your nervous system, which is the shift in consciousness that is required.

Says Carey: "In the order of healing, it is human consciousness that first must change." (*Return of the Bird Tribes*, p. 42) We live in historic times of enormous opportunity. There are multiple layers of diversity being exposed to the world beyond anything we have experienced ever before. We are being shocked into waking up and being guided to return to the home within to identify and claim the values and principles of resonance lying in the deepest core of us, in our *love*seeds.

There is no going back. The future is in potential form, and we each have a say in how things turn out. This book will help you understand the depth and breadth of the power you possess, and will show you ways to become masterful as you create a future where truth will have a renewed meaning. Outmoded beliefs will shift and transform into conscious paradigms that allow you to embody your own co-creational nature.

This is the definition of enlightenment---the process of elevating our consciousness to let in the light of higher awareness to the point that we embody and live it. For this to happen, a person must answer the call to step onto a path of conscious awakening toward personal mastery. This book is to guide you on that path, and I am your companion guide.

This book affirms the infinite the capacity for transformation we all have all the time. It offers a path of healing the divisions inside each of us so that we can do our part in healing the great divisions in the world today. It seeks to offer a more universal language for the ultimate mystery of human life----a language whose origin is in the heart of each and every one of us. This book shows you the way to the wellspring of legitimate power and greatness inside you, and requires both humility and discipline to perceive.

We come with the memory of the Source we evolved from, and rather than a far-off place, hell is what it feels like to be in alignment with the absence of Source. And yes, we must all pay for liberation. There is always an exchange of energy, a ransom of sorts, which is the journey of our lives. The price is that we must take the journey consciously. We must face our fears, and as we do, we reclaim and integrate our lives at a higher level.

Every fear is a fear of the self inside, and your challenges are what you need to reclaim yourself as Creator. You cannot be the light and hold another person or situation in fear. Facing your fears changes everything! You eventually come to see them as friends.

As you read this book

Wherever you are coming from outwardly, and whatever your perspective on humankind, I imagine you desire to connect more deeply to what truly matters to you, and it may be that very longing that drew you to this book. It is also why I am writing this book—out of my own deep longing to express the *love*seed within me

This book is filled with teaching stories, poetry, as well as knowledge in the areas of science, spirituality, psychology, mysticism, shamanism, and mythology, which is meant to fill in gaps in your understanding and weave a larger cloth whose intricacies you can appreciate. Woven through the book are the stories of several of my clients (names and details have been changed), and the story of my own quest for enlightenment, and the wisdom I have gained from the highs and lows of that beautiful and difficult journey.

The chapters are divided into three sections: I Conscious Awakening, II Initiation, III Emergence. The progression is from understanding to experience to embodying a new blueprint that transforms your actions. I have included multidisciplinary knowledge presented within a much larger context that I know my clients have benefitted from over the years, because we are meaning-making beings who have a need to

understand. The exercises are to help you embody the new awareness that begins to arise as you read the book from beginning to end. All three sections are designed to activate a new multi-dimensional awareness in you and a new appreciation for the breadth and depth of the significance of your own life, no matter how little or how much you believe it matters.

Some of you will find the knowledge most useful, and others the stories, while others may appreciate the poetry or exercises. I have intentionally woven the wisdom of many different disciplines together as human beings learn differently and have diverse interests. I have also learned, from 30 years working with thousands of people, that when a person both understands something and then embodies that knowing through feeling, that a new kind of intelligence emerges.

Though there is plenty of information within the pages of this book, it is not a book about information. You can find all the information you could ever possibly want in a Google heartbeat. But information and even knowledge divide things into categories and certainty, and if that is what people really needed, there would not be so much suffering on the planet.

We are multidimensional beings, and you will begin to see with new eyes how many different dimensions come together to create the vibration of you, and how much that vibration matters as you climb the

mountain of your life. Just as it is not wise to run up the mountain of your life, it is better for you to read this book as if you were climbing a mountain. Stop and gaze out for a moment, and look at the horizon of your life, and where you want to be. Look back to see how far you have come, even if you are just beginning. Look within to know where you are in this moment. Let this book provide a map, a blueprint, that gently guides you on the way. You must widen your gaze and adopt a mindset of reverence to fully appreciate the deeper messages in this book, which are meant to open your Soul's vision.

Think of this book as my gift to you. The key is to allow yourself to receive the gift by softening around your mind and tapping into a curiosity and a deserving. We all have shields of protection based on the past in our minds and hearts. Allow yourself to soften like a prayer, at the boundaries, and allow more fluidity of thinking and feeling. In this way your intelligence is taken to a place of grace, where you can truly receive a transmission of love.

Make love your only prayer

Each of you has a *loveseed* inside that wants to be watered. It is the seed of your own greatness, and it is made of light, which is actually love.

It is connected to your challenges, pain, and learning. It grows and becomes resplendent, when you provide it with the proper nutrients, and trim away everything that is not you. That is a big task, and involves unlearning many things you have taken for granted. Though it is not easy in the sense of a quick fix, learning to be a master of love—maturing your *loveseed*—is worth every moment and every bit of effort you put into it.

Your ego doesn't know this though. The ego doesn't get anything out of enlightenment. We are trained to serve our egos, and it is hurting us—all of us. Growing your *loveseed* is not valued as much as growing your bank account or buff body. Each of us must have the courage to value it more. It is the intelligence that will save humanity. It is the lullaby we have been waiting for.

I want to tell you that you are up to it. Whatever has attracted you to pick up this book, I ask that you suspend your doubt for now, and trust that the impulse came from your *loveseed*. The stories and teaching in this book will provide the nourishment, and your innate longing to be truly happy will provide the water.

This book is to help you move out of the trance where you are identified with your pain, your "issues." Trying to fix yourself keeps you in the illusion and triggers resistance. It assumes that something is broken. When we resist, we keep the illusion in place.

It does not take years of psychotherapy to learn a new way of being. Even if you are predisposed to depression, you have a lot going for you. When it comes to being happy, 50 percent has to do with genetics and was set from the moment you were born. But what if you got the short end of the genetic joystick? Are you doomed to a life of misery and depression? Not at all. The good news is that 10 percent of your happiness quota has to do with your environment, and 40 percent has to do with your attitude, which means there is plenty you can do to raise your happiness set point.

What is needed now is wisdom and uncommon knowledge that arises out of the darkness. This wisdom points to the hidden unities contained within the darkness and the light, the doubt and the knowing. It is the wisdom born of dancing with the mystery of life, loss, and rebirth, which we all share.

If you are seeking inspiration to stay the course, this book will shore you up and remind you of the vastness of your mission, and of the power you carry inside you for some greater good. If you are adrift, and have lost your way, this book will help you reset your inner compass toward your highest purpose, and energize you once again to take the necessary risks you have been avoiding.

Knowing where you want to go is really important, so give yourself the time in reading this book to reflect on what gets stirred up in you. There is a river of joy within you, and you must attune to that direction. When you do this, you begin to know what is real.

If you are bitter, angry, and despairing about the world or about yourself personally, that you will ever live a happy and authentic life, this book will guide you to the peace "...which passeth all understanding..." (Philippians 4:7)

To all of you for all the different reasons inside you, who take the journey of this book with me, I promise you that many ideas will come together for you, and you will begin to tap into a higher intelligence and attune to its purpose in your life. The awakening effects of ancient mystical practices will come alive for you, as I distill their deeper meaning and show you the way to your own power. When there is no tension between your transcendent being and your embodied being, you are free.

You will find a new code for your life—a blueprint with a center that is synchronized with the evolutionary impulse our planet needs at this time. You will learn to resonate with the vibration of love in your deep heart. You will find yourself having greater courage and compassion, joy and gratitude, and this will inevitably manifest in your outer life in the form of having even more for which to be grateful.

You can begin now. Take a chance on love. You have nothing to lose but the cage you created with your fear. Love is the strongest force on the planet, and you are its very source. And besides, if humanity is to truly thrive, it will be because enough of us are connected to our loveseeds to have it really matter.

Take a chance on love. Make love your only prayer.

Exercise:

Prayer is to link hearts—to expand your heart to meet the hearts of others. For one week, read this prayer every morning upon awakening, which breathing into the center of your chest, which is Zeropoint. (more about that later)

One of the most important qualities that you can cultivate toward yourself and others is the powerful quality of compassion. It will help you in the darkest and most stressful moments to step back and relate to yourself as if you are a dear friend.

Prayer for Compassion

I know there is one power, the source of life within me. This power is the creative principle of the Universe, the wholeness of life's perfection, the free flow of love expressing itself as compassion.

I, (your name), am now aligned with this power. I open my whole being to allow its gentle waves of wisdom to roll through my consciousness and enfold me completely.

With the power of love, I claim divine compassion for myself. I allow the most gentle, loving, and tender emanations of compassion to cradle me. Compassion in its own peaceful way, now dissolves any judgments I have upon myself and my experience. Divine compassion relaxes all my tendencies to lay blame, find fault, or condemn my reality. I now surrender any beliefs in my unacceptability, as compassion sweeps through me and carries them all away.

In the currents of compassion, the strength of self-worth, knowledge and confidence is revealed. The infinite, patient kindness of my Inner Source elegantly returns me to clarity, with which I perceive my true path, my real purpose, and my natural beauty.

With the power of compassion's guidance, I declare my unconditional commitment to actualize my soul's purpose on earth at this time. I consciously open myself to whatever unlearning is necessary for me

to fully live my life as love. Divine compassion carries me in waves of peace through the next gateway of growth.

I joyfully see all beings as my brothers and sisters through the lens of compassion, to feel our hearts and minds joined as one.

Willingly, I let compassion nurture my life on the planet. I accept its presence with gratitude and humility, knowing that the Source within me holds me always in its loving embrace. In perfect peace I rest, knowing that this is done, and all is well.