

Hold Positive Feel

00:00:00 Hi, my name's Kathleen and I've been meditating with Shinsen for almost 10 years.

00:00:06 And I recently had a situation in my life that really threw me off course.

00:00:25 My brother went into the hospital, he was taken to the emergency room and we were told

00:00:34 that his body had begun the dying process.

00:00:41 Now he is a very young man and for us to be told that, it was really scary.

00:00:49 We were told that his liver had gone into liver failure and that if his body did not

00:00:55 start to show any signs of healing in the next 12 to 24 hours, he was going to go to

00:01:05 the number one spot on the emergency liver transplant list in the entire southeast part

00:01:11 of the United States.

00:01:14 This shocked us.

00:01:15 We're like, oh my goodness.

00:01:16 Yesterday he was bee-bopping around the world and now he might die.

00:01:21 So our family stayed there the entire day and into the night.

00:01:24 But then I said to the family, I said, please, everyone go home, get a good night's sleep.

00:01:31 He was unconscious.

00:01:32 I said, get a good night's sleep.

00:01:34 I will stay here and be with him tonight just in case he wakes up.

00:01:39 They went home and what they didn't know is that I have this technique of holding positive

00:01:48 states for a loved one.

00:01:54 I decided to do a yaza, which is where you stay up all night long and you focus, for

00:02:01 myself I decided to focus on these positive states.

00:02:06 So I sat by his bedside and because of the situation I had a lot of feeling inside of

00:02:14 me of love towards him.

00:02:17 So at first I sat there and I radiated love towards him.

00:02:20 I just sat there and I just focused on the love going out to him.

00:02:24 I'm looking at him laying in a bed.

00:02:26 I focused on the love going towards him.

00:02:30 After a period of time, I couldn't feel the love inside my body.

00:02:39 So then I started focusing on wonderful memories that we had had.

00:02:46 I remember great times we had growing up and I would focus on that memory and then the

00:02:51 love and the feeling would just radiate out of me towards him.

00:02:56 I sat there for hours and felt so much love and gratitude for him in my life.

00:03:05 About 2, 3 o'clock in the morning, the love kind of went away because of the exhaustion.

00:03:12 I started to have talk of, you know, just, oh I'm tired, I want to sleep.

00:03:18 But then by focusing on that talk and then changing that to love.

00:03:26 Instead of going down the road of the negative talk, I focused on positive talk.

00:03:34 I would just sit there and I would just say love and I'd feel the love going out to him.

00:03:39 I'd go love, I love you so much.

00:03:42 I mean, I would just, any loving thought or talk that I could say in my head to radiate

00:03:48 towards my brother, that's what I did.

00:03:52 You know, I live my life that I try to love people day to day and I try to be there for

00:03:58 them and I try to cherish them.

00:04:02 But I've never experienced a love that deep when I am in such a vulnerable state and he's

00:04:09 in such a vulnerable state that to feel that love radiating towards him hour after hour.

00:04:21 It was a great gift that he gave to me that night for me by using the whole positive interstates.

00:04:37 It truly changed the way I feel about my brother.

00:04:41 I have so much love and compassion in my heart for him and I feel like I love him on so much

00:04:48 of a deeper level now.

00:04:54 And I am just so grateful for him and for the love and for the time that we have shared.

00:05:03 He has had a full recovery and I am so grateful for that.

00:05:08 I know that without that technique I would have gone to the hospital, I would have suffered,

00:05:14 I would have heard all the negative stuff that was happening.

00:05:18 I would have heard he was going to die for this reason or that reason.

00:05:22 I would have heard all of that negative stuff and I would have freaked out.

00:05:26 I would have been in a panic state.

00:05:29 I would not have been able to focus.

00:05:32 I would have been so consumed with all the negativity of the situation that I just would

00:05:40 have been in a huge ball of suffering.

00:05:43 Because of this technique it turned a terrible negative situation in my life into a deepening

00:05:51 of love for my brother.

00:05:55 I am forever grateful for this technique.