

‘scientific HUG’

By following the steps here below that I have 'designed' over years of practice, accompanied by the important work of constant self-observation and unconditional self-acceptance (with the Inner Self as the focus/reference), the HUG provides us with an incredibly beneficial body chemistry reaction as it releases Well-Being hormones associated with feelings such as trust, lightness, welcome, togetherness, love, joy, peace, happiness...

* As it requires time & surrender, can bring out emotions and provide (later) exchange of heartfelt words (just talking about ourselves, remembering the difference between feelings and interpretations), it is convenient that the HUG is given alone, that is, with no one else around. Hence, using delicacy and remembering that we are going to give the HUG (first of all) for us (barometer/measurer for the state our Heart is in relation to the other), we gently ask the person to go with us to a place where we can be alone, and, if necessary, we ask the people eventually present to respect the 'withdrawal'. If this is not possible, then we give the HUG in front of others, keeping the focus: act, intention, purpose...

* Before the HUG, hold hands with the person, or delicately place ours on their shoulders, and if necessary, explain to them why we want/need that moment - of the HUG (Caring versus Loving). Observe ourselves attentively (what we think, feel..., let go of whatever flows in, whatever it may be), until the mind quiets down, calms down completely (the mantra said inside - 'EVERYTHING IS WELL' - can help focus on the Present), until the other person's reaction, until whatever we are feeling/thinking stops influencing or disturbing us, and the mind quiets down! Think nothing. Remain in Inner Silence, and act...

* Look into the person's eyes (sometimes it is necessary to hold his/her head gently so that he/she keeps looking at us; otherwise, we leave him/her as he/she is/wants...) and say 'I, LOVE YOU' (with a pause between 'I' and 'Love you'), from the inside out, with poetry, overflowing the LOVE that (even if we think we don't feel it yet) we are in our Essence, though It is not important that the person is able to say the same to us, but if he/she does, we receive it, in silence, with a feeling of deep Gratitude and openness to more...

* Immediately after the "I LOVE YOU" we start HUGGING, touching hearts, that is to say, we go to the right side of the person (our vision facing him/her), we touch the whole body (whoever is taller will need to bend the knees and open the legs, in order to put his/her heart against the other person's and no angle between the two exists), squeeze your arms slightly (do not rub the back of the other or shake your body - be still, in silence), and start counting the seconds - minimum 20, breathing freely, as breathing changes and it is very important to let it out, to relax. Encourage the other person to do the same if they don't do it or resist. You can say, 'breathe with me', 'breathe freely'... Sometimes some people 'need' to say something like, 'so good!' The heartbeat speeds up (chemical effect) and it is normal. You just have to welcome, trust and calm down, let it happen and pass... It's so good!

* The ideal is 3 minutes of being in a HUG. This can naturally happen, because the effect of the 20 seconds is such that some people want to go on, and on - which is wonderful. When the HUG 'ends', look into the eyes again, in silence, and if the other person begins to say something, we simply listen (with the heart), receive, and take nothing personally... If they say something loving, we respond (if we feel like it), with whatever flows (of love); otherwise, we remain in silence (self-observing), receiving... This can be a moment followed by vulnerability on both sides, by the opening of the heart, by conversations never had, at least not in the ideal way -> that is each person speaking only of him/herself, making him/herself vulnerable, opening the heart fearlessly and courageously (despite the fear...).

The chemical effect of the HUG - given like this - with surrender, time, quality, intimacy, transmutes guilt nuclei (often masked with resentment, anger, defenses) housed in the heart (that's why HUGGING benefits blood circulation), unblocks the manifestation of Essence (Loving is touching), brings lightness and joy..., brings Healing! It brings about Healing! Of each one's relationship with oneself (unconditional self forgiveness and self acceptance = Self Love) and facilitates the manifestation of Love to whomever. With the HUG we Serve, are useful, who we are in our Essence (which is the same in all of us), we are Vehicles of Love all the time...

