



## “THE TAO OF LOVE” *By Jennifer Short* a transformational wellness, life and business coach.



I was asked to do “The Last Word” column for this issue of Q Vegas, with a strong reminder to remember my “audience.” Regardless, it was obvious to me that my topic, for a February publication, had to be “love.” Love is, as they say, “the universal language” and defies all demographic barriers. We all yearn to love and be loved.

Just in case you do need a bit more of a pride production, no worries. In addition to life coaching, I have over 20+ years experience with event management and entertainment booking. So sit back, relax and close your eyes. Please allow me to ignite the glitter cannons and launch the rainbow light show. Cue house music...drop disco ball...As we say in showbiz, “Work with me people!”

Let’s face it – St. Valentine’s Day is the PRIDE day of LOVE. It outs people everywhere in many ways. V-Day is an excuse to tell that special someone how you really feel about them, even if you’ve been keeping it close to your heart.

It also outs all you “Queens of D’ Nile”. Who is single and unhappy? V-Day begs the question, “Why am I still single?” Who feels stuck in a stagnant relationship? V-Day asks, “Why am I with this person?” How many of you are content with your current situation/relationship status?

If so, Cupid offers a chance to showcase your admiration. Valentine’s Day is an opportunity if you haven’t already been putting your love on display.

Well, boys (who do boys) and girls (who do girls), what scenario have I yet to address in my ramblings thus far? It is the main issue I find myself focused on with almost every coaching client I’ve encountered. It is the one Ms. Whitney Houston belted out in, “The Greatest Love of All.” Self love. Keep your minds out of the gutter. I’m being serious here! Focus.

Self based love dates back thousands of years to Taoism. Taoists taught to focus on self first. From self you can then move to couple...family... community... world, etc. Focusing on and taking care of yourself is the highest good you can do on this planet. If this is a challenging concept to grasp, all I ask is that you take it in and work to create some space for it.

So my little “chick-e-dees”, consider this your last call. Try something different this year. Instead of scouring the (metaphorical) club to find Mr. or Ms. “Right Now”, I suggest you be content in going home un solo. In honor of this Valentine’s Day, love yourself first! Then you can attract the right love into your life and take care of those who are already present.

This Valentine’s, I suspect, at days end you will find me sprawled out, in the middle of my bed

with just my pussy (cat).

Freedom, peace and love – my happily ever after.

May your special day be filled with celebration, joy and laughter.

The Tao of Love is this - “To thine own self be true.”

This is the hidden secret. LOVE must begin with YOU!

~ Namaste ~

Jennifer is a natural communicator and writer. Jennifer continues to work on creative pursuits that elevate others. Her mission in this life is to teach what she has learned to the public so that they can utilize the information to reach their highest potential. You can find her at: [www.transformazen.com](http://www.transformazen.com).