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Dr. Paul Kaye radio interview with WUWF (an NPR affiliate)

Voice: What should readers get out of this book in terms of learning how to create momentum in their lives and then letting love lead? Let's take the momentum part first.

Paul: OK, well what people need to get out of this book is a couple of very simple things. It is called simple practices for daily living. And the thing they need to understand is to stop trying to make life work. To stop this effort to put things together. Life already works. It's going along just fine. What we need to do is bring our loving into life.

And so if we find ourselves having a problem, it's not one of those things that, Oh, my God! I've got to find balance.

And I noticed everybody was trying to find balance, trying to make their life work. And, really, what they were saying is, "I want control. I want control." The point is, life is set up as a learning experience. It's not meant to be the way we want it. It's going the way it goes. And our job is to learn how to go with it.

So, if we find a problem in our life in relationships, in our careers, in our health, with money --those seem to be the main areas—it's not like, "Oh, goodness, that's such a terrible thing." It's like, "No, good. Things are moving."

And once things are moving the important thing becomes what direction do we want it to go in? And that's where we say, "Go in the direction that love leads you." That's where we want to go. So when we find ourselves in a downward spiral, things aren't working out, we take a few moments and one of the techniques of the book that people love the most is just to say, "I love this." Three words.

And at first people go, "That's ridiculous." And I say, "Please practice it for a day. say, 'I love this' when you're stuck in traffic, when things are getting on your nerves, when you're with someone you don't like, just stop and say, 'I love this.'"

And it's amazing how it always seems to bring a smile. It seems to change our perception of things. Now, I can't tell you why it works. I can just tell you that it works.

And so the techniques presented in this book are simple and can get you going in the direction of love or loving.

Voice: And explain the difference between love and loving, as you write in the book.

Paul: Okay. Well, love is the word. We can talk about love. But loving is what we do. So it's the action of love. So we want to be in loving because then we're doing love and that's really the difference. So it's easy to talk about love and it kind of stays in that theoretical, you know, construct. But we want to get it into action because we want to be, it is something to work, something to get involved in. And that's the difference.

Voice: You mentioned the practices. And you actually have a number of them in the book.

Paul: Yes, about fourteen, I believe, yes.

Voice: Talk about those.

Paul: Well, I talked about one of them, "I love this."

One of the great practices—they're designed so that people can do them immediately. It's not, you have to take a course. It's not that you have to go somewhere. You don't need special equipment. You can do it right now. And that's what I love about the book. And let's take one right now.

Wherever you are, whoever's listening can just take a moment and focus on their breathing. Just for ten seconds. Just the rising and the falling of their breath. There doesn't need to be any big breathing. There's no technique to it. It's not a yogic practice, but just be rising and falling of the breath. I recommend that people take three ten second breaks a day. And again, it's amazing what people report. It does change things. Again, when you're in that—when you're about to react, take a ten second breathing break. That's all. It's not going to make much difference in your life in terms of time. But it makes a qualitative difference in your life in terms of reducing stress. And this has been again scientifically proven about it.

Voice: We talked about the fact that there is a lot anxiety now with the possibility that our nation could be going to war. Many individuals have that possibility of losing loved ones. Helpful to them, this book, "Momentum, Letting Love Lead"?

Paul: Absolutely, because we have to go into what is important to us. I mean, after nine-eleven a lot of people started looking at what is really important?

You know, one of the things that stood out for me about nine-eleven was that the people who were about to die, who were in the buildings and they knew they were going to go, consistently they called their wives or their husbands or

their loved ones and say, "I just wanted you to know I love you." I mean, of all the things to say, that's what they wanted to communicate.

So you have to realize that at the moment of death, in a sense, and this really was there, that's what people wanted to say. So think how much more relevant if we can do that on a day to day basis, of just like not forgetting to say, "I love you." Really, for the people that matter, let them really know that you love. Don't wait for a dramatic moment but just to really share the love.

And the loving as we focus on that inside of us it does have an effect on our immune system, on the way we look at things, on our anxiety. And we just know that we're going to love ourselves no matter what. And that the war may not end outside in the world but the war will end inside of us. And at that point we can really be at peace.

Voice: Dr. Kaye, thank you very much.

Paul: It's been my pleasure. Thank you.

Voice: Dr. Paul Kaye is co-author of the book, "Momentum, Letting Love Lead." And I'm Sandra Averheart, WUWF News.