

LOVE 201

LOVE is the most powerful force in the Universe. Aspects of LOVE include: Joy, Calmness, Peace, Aliveness, Ecstasy, Openness, Bliss, Connectedness, Intimacy, Fearlessness, Sharing, Kindness, Benevolence, Empathy, Generosity, Truth, Compassion, and Light.

You are beautiful and perfect, just the way you are. Sometimes, however, you may be haunted by various beliefs preventing you from knowing who you truly are. This may cause you to feel frustrated, angry, lonely, or sad. You may feel stressed or fearful at times, or that you are not good enough.

The above beliefs are your 'ego' playing tricks on you. Many people feel your ego is your enemy. However, in truth, it is your best friend and working in conjunction with your Higher Self to help you realize you are one with the universe. If you can take a step back and look at the world in more of a holographic way instead of looking at the illusion, you can find spiritual growth in all situations.

We create our reality. When we feel betrayed, angry, hurt, or any of the 'negative' emotions, it is a mirror showing us that our beliefs are not in alignment with our True Self. Realizing that everything is perfect and in accordance with divine order, and a mirror of our core beliefs, will help us to let go of our judgments. This will enable us to let go of our anger, hurt, etc. and realize that everything is happening to help us see that we are one and not separate. Taking this more holographic approach enables us to interpret our environment as a journey, experience, and adventure. We are in charge, and our reality can be anything we believe it to be.

Once we drop our judgments and realize that our Higher Self contracted with the Higher Self of the people in our life to play the roles they are playing, then we see there is no right or wrong. We can love them and be grateful they (even our 'enemies') are in our life, teaching us just how beautiful and perfect we really are (and they are). We can see we are not separate but all part of one. Love is the essence of our True Self.