

Love

Love has long been misunderstood as a personal emotion that one can choose to give or not give. For example, when you hear the words “love thy enemy” or “love thy neighbor,” you believe that you are being directed to *decide* to love those whom you currently do not love. This idea supposes that you own love and have the power to choose who is deserving of love and who is not, treating it much like money.

Let’s define for our discussion, the broadest meaning for which Love was intended—a Universal power available to anyone who can understand its purpose; a state of being *one* with everything and truly free of selfishness. All other forms of the word, such as the previous example, are the result of human interference; giving the word a watered down meaning that is more palatable to the conditioned human mind.

Love was meant to describe something that was Universal. Universal—indicating that it has no beginning and no end. It flows without containment, is ever present. The only choice you have to make regarding Love is whether or not to acknowledge it. The moment you consider Love in any possessive way, it loses all of its power and becomes something else. It often becomes the opposite of love.

True Love can only be experienced, never owned or possessed. If there is any “giving away” of it, it is certainly done without your knowledge of the action. In that case, it simply flows through you as you experience it, and you merely act as a conduit to those around you. Upon trying to own it, it disappears to you.

Today people most commonly attach the word “love” to a romantic connection between two people. That particular demonstration of love can either be truly wonderful or the very opposite, depending upon its affinity to the True meaning. What sets True Love apart from all of its derivatives is that True Love is never selfish, has no conditions, no opposites, and no end. Romantic or personal love too often has all of those things and when it does, it becomes the earthly metaphor of heaven and hell.

When personal love is at its worst, it means, “I own you.”

“I own you” is spoken in many thoughts and actions between two people. Jealousy is the most prominent way of saying “I own you.” It says that you are only willing to give because your counterpart has agreed to do the same. Jealousy between two people goes way beyond romance. In a marriage it extends to incomes, child rearing, intelligence and so on. Jealousy is the foremost sign that what you have between each other, whether initiated by True Love or not, has become, at least for the moment, its ugly opposite.

“I own you” also exists in your demands of others. You want those around you to comply with your way of living. You may not verbalize it or even think you do this but the next time you are irritated by another’s actions, be sure to ask yourself this question: “why would that bother me?” You will see that often the action in question affects you not one bit, or if it does, it is tied only to your view of how things *should* be done. Your *bother* is a result of an unfulfilled demand.

Expectations are demands, often unspoken. They may arise through previous experience, often referred to as “taking something for granted” by way of the Ego demanding its share of comfort

from the world or from a deep sense of entitlement that has developed. When these expectations are not met, your emotions can range from self-pity to anger.

See how you even have expectations of total strangers in how you think they should look or act. The man or woman on your television set delivers news that you disapprove of, and you become incensed. Why? What did you expect that person to say?

In any of these cases you have chosen selfishness over True Love, and in doing so you choose pain before True pleasure. It truly is that simple when you remove the demands of your own Ego. True pleasure is there waiting for your arrival, if you will just let go of the pain.

The most precious expression of True Love would be to remove all personal demands you may have upon *anyone* else. Please note, once again, the use of the word “personal.” There is a marked difference between personal demands and practical reliance upon others.

Others may need to be counted on to do “their part” in the collective sense for practical reasons, that fact is true. This may happen at work or home, in different groups or in personal relationships. The moment, however, that negative feelings are invoked within, you can be 100% sure that you have put personal demands upon those people as well. The next time you find yourself casting blame, making excuses or feeling slighted, see immediately the harm you have caused yourself through having demands upon others.

Shall you forgo all reliance upon others and simply do everything yourself? If you can do it without resentment or self-pity or grandiosity, please proceed. If not, I have a better plan to suggest. Go about your business or personal life carefully aware of what is important enough to handle yourself, and what else you can entrust to others, knowing the individual ability of each person to keep their agreement. Do so fully accepting the fact that they may still fall short. This is Love.

When a practical falling short by another occurs and you *are* affected, it is a perfect time to go to work on yourself—truly a grand opportunity. Awareness of your emotions and thoughts will lead you to the source of the particular affect. Uncovering the source will almost certainly remove it. Even a partial uncovering will lead to the discovery of the real truth later on. You simply cannot lose. Isn't *that* a wonderful fact?

Look closely at the long list of demands you have upon others no matter what your relationship is to them. The process of knowing the Truth is a deductive process. Seeing this vast list of demands brings them to a level of consciousness where they can be removed so Love, in the spiritual sense, can take their place. Seek True Love through shedding what stands in the way of it.

Love is a state of pure unselfishness, and when you arrive at that state, even momentarily as it may be, you express Love in its purest form. While in that state, it is impossible to do harm to yourself or anyone else. What more could you ever wish to achieve?