



# BEING LOVED UNCONDITIONALLY

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*Finding unconditional love within your Being*

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**NEVILLE BERKOWITZ**

### **\* Free E-Book**

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*As with my other books I have not felt alone while writing these words. I am eternally grateful for the inspiration, intuition and guidance I have felt throughout this conscious journey.*

*I acknowledge this by referring to "we" throughout this book.*

*With unconditional love to all.*

*Neville.*

## **Being Loved Unconditionally**

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## Preface

This is a book from a **survivor** of the dissolution of a long-term relationship.

The understanding, awareness and application written about in these pages are some of the steps I took on my journey from the emotional 'Dark Side' to the discovery of being loved unconditionally.

Although I have been to an emotional Hell and back, now that I have found unconditional love within my being, I consider the dissolution and resulting journey the best thing that ever happened to me.

The reason I have opened up and been vulnerable to you, the Reader, is to assure you that **it is possible to survive an emotional relationship dissolution** and thrive thereafter, providing you become unconditionally loving to yourself and then to all those in your orbit.

This book is dedicated to all those who read these words and apply this approach to being loved unconditionally.

I wish you Inner Peace.

N.



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# Is it possible to give and receive unconditional love?

The standard argument is that it is impossible to give and receive <sup>(1)</sup> unconditional love as any restrictions imposed make it conditional love.

(1) unconditional  
not subject to  
any conditions

Unconditional love is seen as a <sup>(2)</sup> utopian and unreachable goal, and therefore impossible to achieve.

(2) utopian  
aiming for a  
state in which  
everything is  
perfect; idealistic

That may be factually correct when it relates to a relationship between two or more egocentric people.

Your expectations of another to treat you with unconditional love or for you to treat them with unconditional love, and expect it to be returned, imposes your expectations onto their behaviour.



You have no right to have expectations from another in a relationship. That is their free will choice. However, you have every right\* to have expectations of yourself in your own relationship with yourself.

To expect another to treat you with unconditional love, no matter how you behave towards them is unrealistic.

## Being Loved Unconditionally

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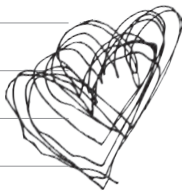
(3) self-preservation  
the protection of oneself from harm or death, especially regarded as a basic instinct in human beings and animals.

Their <sup>(3)</sup> self-preservation ego will not allow it to happen. However, to expect unconditional love from you for yourself is a distinct possibility. ✓

You can become your own best friend, and, after all, the longest relationship you're going to have is with yourself.

So let's return to the standard argument. Someone abuses your valuable trust, and this places a condition on you loving them.

The only way you can be unconditionally loving now is to yourself, in your own self-preservation way.



By placing a conditional ceiling of how others are allowed to treat you, you become protectively unconditionally loving to yourself.

In your self-love and self-protection, you have drawn a line in the sand of what is acceptable to you now, and what isn't.

This is one of the ways you have imposed to ensure that you love yourself unconditionally.



In agreeing to treat yourself with kindness, gentleness, courtesy, generosity, respect, sacredness, integrity, trust and self-love you must ensure that others treat you accordingly. If they don't, then emphatically state: "This is not acceptable to me now!" If they persist, then you exit their space with as much respectful grace as possible.

This is not an ego-based contest of who is right and who is wrong; this is an ego-based self-preservation measure, premeditated by your unconditional love of yourself.

The only person you can change is yourself, and only if you want to.

You cannot change anyone else to suit you better, as you have no right to interfere in their free will choice.

By giving unconditional love to yourself, in time, it becomes the essence of your being. You become unconditionally loving to yourself as a person and this being is the <sup>(4)</sup> persona who interacts with others in your space.

(4) persona

the aspect of someone's character that is presented to or perceived by others.

You become like a ripple in the pond, extending your unconditional self-love to all in your pathway. When you choose to become unconditionally loving to yourself, you choose



to complete yourself. In the past you may have looked to another to complete you and thereby they controlled you in some measure.

Once your unconditional self-love becomes your being then, in your independence, you can choose whether to be involved in a relationship, or not too.

It becomes less important to be in a relationship as you have become your own best friend. The relationship with another should, ideally, be an interdependent relationship between two Independent people, both of whom have unconditional self-love as their own beings.

Once you have become an independent being with unconditional self-love, a "normal" ego-based, possessive, conditional love relationship will not appeal to you, as its limitations will constrain the freedom that you have now attained.

Initially, your being, now as an unconditional self-love person, may be questioned and doubted by many for whom you are an <sup>(s)</sup> anathema.

<sup>(s)</sup> anathema

something or someone that one vehemently dislikes.

Your actions of a person simply giving love and wanting nothing in exchange will be strange to others - to say the least!

However, once you have experienced the feeling of giving love, without any conditions attached, as the flower gives of its fragrance, non-judgementally, then you will receive an overwhelming sensational feeling that will flood you with radiance of light and of love.

In truth, it is Life giving unconditional love to you, and through you - to Life. You become the conduit, and you experience what unconditional love feels like from the Source of Unconditional Love.

This feeling is the highest "high" you will ever know. It floods your mind, body and soul with a warmth that defies description - as words are too inadequate.

So to answer the question of whether it is possible to give and receive unconditional love, the answer is emphatically YES! It is possible.

More importantly for you, it's <sup>so</sup> probable, as spelt out in the pages that follow.

Our only wish is that you experience the feeling that unconditional love is waiting to fill you up with.

It is so wonderful that you will want to thank others for allowing you to give love to them! What you experience when you give such undemanding love is the flow of unconditional love through you.


(so) probable  
likely to happen  
or be the case.

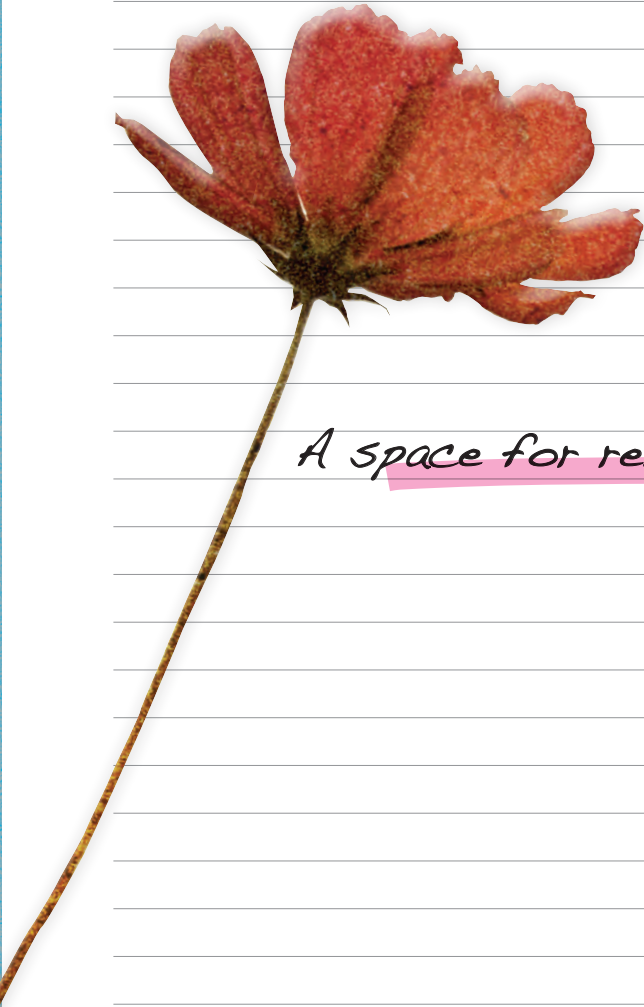
Your task is not to seek  
love, but merely to seek  
and find all the barriers  
within yourself that you  
have built against it.

Jalaluddin Rumi  
1207–1273

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*Source: 5000 Years of Wisdom*






*A space for remembering:*



## Why unconditional love is needed here and now



A relationship between two consenting adults promises: hope, togetherness, mutual respect, kindness, tenderness, caring, support, security, trust, the probability of creating children, employment and earnings to afford a quality lifestyle, a safe and secure home, bringing up and educating children, good health, ending up in a loving marriage partnership well into old age.

Hollywood, television, radio, romantic novels, magazines, the Internet, music, art, poetry and other image creators have conspired to create an illusion of boy meets girl, they date starry-eyed, they go steady, become romantically involved, get engaged, have a white wedding with all the bells and whistles, go on honeymoon and return to their new marital home fully equipped with all the latest gadgets. Their white picket fence, securely protecting them and their two children, a boy and a girl, who become well educated at school, go onto college and replicate this dream existence. The now ageing couple sit out their twilight years, holding hands on a patio swing seat as the sun is setting.



*Really? Some facts from the Statistical Abstract of the United States: 2010, published by the US Census Bureau, US Department of Commerce, shows a different reality.*

*The need  
to give and  
receive  
unconditional  
love, initially  
to yourself,  
has never  
been more  
urgent,  
and more  
important  
than right  
now!*

In 2008 they were 116 783 000 households in the USA. Only 58 370 000, or 50%, were occupied by a married couple family. Of the other 50%, within family homes there were 5.1 million male householders with no spouse present and 14.4 million female householders with no spouse present. There were 38.9 million non-family households with 32.2 million people living alone. The remainder included unmarried couples living together and some same-sex couples living together.

Each year in the USA there are 2.2 million marriages and 1.1 million divorces. There are 5.5 million pregnancies annually, with 1.2 million abortions, 1 million of which are to unmarried women.

Of the 4.3 million babies born annually, 1.6 million (38.5%) are to unmarried women. Virtually half the pregnancies conceived are to unmarried women.

Each year, there are some 800,000 reported incidences of violence, perpetrated by intimate partners on each other, ranging from robbery, assault, rape to homicide. Males are responsible for 79% and females for 21% of these intimate partner violations.

Annually, they are 9 million people, 3% of the entire US population, either convicted in court, on parole, on probation or in jail or prison. This includes 1.7 million juveniles.

At any given time, there are 800,000 acute in-patient hospital beds occupied with these

patients staying an average of six days each. Americans spend one dollar out of every seven earned on health-related expenses. This is a 44% higher medical spend per person than in the rest of the first world countries.

Unemployment currently tops 10% in the US, some 14 million unemployed. According to a report in 'USA Today', on August 4, 2010, a leading national housing research organisation stated that due to massive foreclosures, home ownership rates are falling to about 62%, the lowest rate since 1960, with the remaining 38% renting their home due to financial pressures.

Currently, (August 2010) 8 million people, 11% of all home owners, are behind with their mortgage payments, and these experts believe that 6 million of these home owners will lose their homes by 2012.

Retired people living on their own now top 15 million out of the 32.2 million people living alone. Of course, subjectively speaking, many people in relationships feel ignored, taken for granted and lonely even though they do not live alone. No doubt, these realities of modern life are experienced similarly throughout many parts of the world.

The illusion of happy families, created by the image-makers, is regrettably not seen by a large, unloved portion of Americans.

## Would you like to be loved unconditionally?

How would you respond, if someone did not challenge, criticise or comment negatively about you, what you look like, what you say, what you do, what you want to do, what you don't say, what you don't do, what you did do, what you did say?

How would you feel, if you were simply stroked positively, your good deeds reinforced, your not so good deeds never commented on.

Would you like to be listened to intently and be fully understood? Would you like to feel fully safe so you could be totally open, honest and vulnerable?

Are kindness, compassion, empathy and respect very important for you to experience?

If you need space to be alone or space to be with your friends, would you like to know that you can go and do what you please when you please? How about when you need a shoulder to cry on, or someone to nurse you back to good health?

And laughter, someone who you can laugh with, out aloud? Fancy someone to care for you in every way through thick and thin? Someone who is fiercely loyal to you and totally trustworthy in any and every circumstance?

No doubt this list is not exhaustive, but by now the picture is clear – the type of person who could love you unconditionally.

Does anyone come to mind?

Are you on the list?

Anyone you know, who comes close?


Can you be this person loving yourself unconditionally?

Well, if you can't develop unconditional love for yourself, is it realistic to expect someone else to do it for you and to you?

Dream on!

First you have to become unconditionally loving to yourself. Once you become so, then it flows from you like fragrance from a flower. You become the embodiment of love and attract others who themselves have gone down a similar road of developing unconditional self-love.





Now the Law of Attraction magnetises you and others into your own sacred space, where unconditional love becomes the air that you breathe.

Can you become your own best friend?

This book will help and guide you along this path. This could be the biggest decision of your life.

Do you carry on reading and applying this knowledge or do you put this book down and go to the phone carrying on waiting for Mr or Miss Right to call?

The answers are here but the gateway has a latch on the inside and only you can open it.

## The basic premise

The basic premise of this book is that unconditional love is another name for a Higher Power; you can call it God, Christ, Brahmin, Divine, Universe or whatever label makes you comfortable. We will use God. This Higher Power is the embodiment of unconditional love. For you to become unconditionally loving you have to be Godlike in your thoughts, words and actions.

See, there is nothing to this unconditionally loving stuff – simply be Godlike!

Well, it's not so far-fetched and unlikely. After all, if you believe, as we do, that God is All That Is, then you are already an infinite part of God.

At your essence then, you are already unconditional love, as God is. So now the task\* is to take away and get rid of all the things within you that are not Godlike, then the unconditionally loving real part of you will simply be what's left!

We're going to call the unloving part of you – your ego. In this instance, this is not your good

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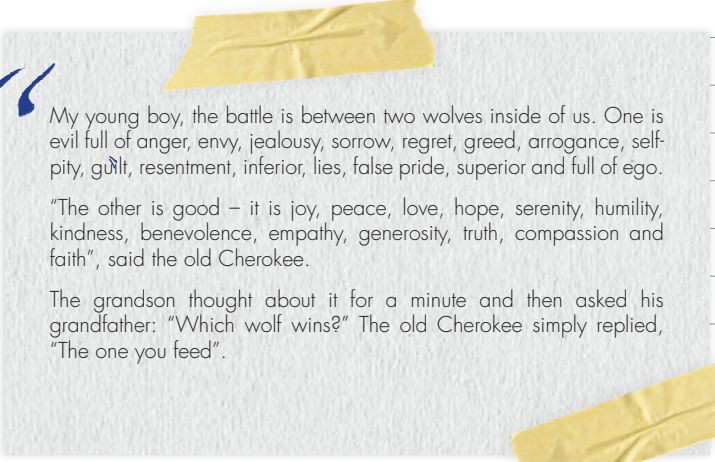
This ego  
means Edging  
God Out.

ego that ensures your self-survival, but the judgemental, critical, controlling, manipulative, greedy, jealous, fearful, bullying, nasty, boastful, competitive, by now you've got the picture, part of you. It is this selfish ego that separates you from others and, most especially, from God.

In simplistic terms, once you can get rid of your selfish ego, then the essence that remains is the unconditional loving part of you, the part of God within you.

Let's begin with an old Cherokee Indian story.

An old Cherokee told his grandson about a battle that goes on inside people.



My young boy, the battle is between two wolves inside of us. One is evil full of anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferior, lies, false pride, superior and full of ego.

"The other is good – it is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith", said the old Cherokee.

The grandson thought about it for a minute and then asked his grandfather: "Which wolf wins?" The old Cherokee simply replied, "The one you feed".



To find unconditional love within yourself simply remove the judgemental conditions you have placed upon yourself and upon others. When you judge something as good, bad, right, wrong, fair, unfair and so on, your reference points are your internalised experiences to date, and perhaps, something or someone external from you, who or which have <sup>(?)</sup> prejudicially influenced your thinking, even prior to your actual experiential knowledge.

(?) prejudicially  
harmful to someone  
or something  
detrimental

Your inner stillness, creating your inner peace is disturbed each time you stop to judge, evaluate, identify, classify, analyse and label yourself, people and events.

Your parents feature prominently here, but more of them later.

See yourself as a still pond. Each judgemental thought is a major event, stirring up the still deep water, which, in its stillness, is your connection to God. Each judgement you make severs your connection to God. Continual judgement, evaluation, comment, analysis, criticism and labelling keep breaking your connection to your Higher Power.

The ego, the evil wolf, is being continually fed with each judgement.

The first lesson that you have to learn is not to be judgemental, or, if you prefer, non-judgemental. For this moment, do not judge anything that occurs in your mind's thoughts or that which you are experiencing. For starters, your own experiential knowledge is so limited, and this is generally your first reference point. Secondly, the people who are influencing you are equally limited, mere mortals. Who really knows that which you are so quick to judge?

Only God really knows, because only God can see the entire universal mosaic of which each of us is an <sup>(s)</sup>infinitesimal piece.

<sup>(s)</sup> infinitesimal  
extremely small

There is the tale of the Prophet Elijah and a Rabbi.



## Prophet Elijah and a Rabbi

So there's a Rabbi who went on a journey with the Prophet Elijah. They walked all day, and at night they came upon the humble cottage of a very poor man, whose only treasure was a cow. The poor man ran straight away from his cottage, his wife with him, to welcome the strangers for the night, and to offer them all the simple hospitality which they were able to give in such straightened circumstances.

Elijah and the Rabbi were entertained with an abundance of cow's milk, were sustained with homemade bread and butter and were put to sleep in the best bed, while their kindly hosts laid down before the kitchen fire.

But in the morning, the poor man's cow was dead.

They walked all the next day, came late evening to the house of a very wealthy merchant whose hospitality they craved. But the merchant was cold, and unpleasant,

and all that he would do for them was to lodge them in a cow shed and feed them on stale bread and dirty water. In the morning, however, Elijah thanked him profusely for what he had done and in return for his kindness he sent for a Mason to repair a section of the merchant's wall, which happened to be falling down in ruins.

The Rabbi, unable to hold his silence any longer, begged the holy man to explain the meaning of his dealings with humanity.

"In regard to the poor man who treated us so hospitably", replied the Prophet, "it was decreed in heaven, that his wife was to die that night, but in reward for his goodness God took the cow instead of the wife.

I repaired the wall of the rich Miser, because a mighty chest of gold had long been concealed behind the wall, and should the Miser have repaired the wall himself he would have discovered that treasure.

*All is seldom as it seems.*

*So, to judge without knowing 'the bigger picture' is to assume. To assume is to make an ass of u and me.*

*So back we go to you and your new approach to not judge anything that occurs for this moment. There is no need for you to promise not to judge anything for the next hour, for the next year, or for ever, simply do not judge anything now, and now, and now, and in every moment of now.*

Let's be honest. When you judge something it's because of your reaction to your non-acceptance of what is occurring now. Your preference is likely to make it more acceptable to you than it is currently. It is what it is, all your non-acceptance reaction is likely to do is to get you all stirred up. The people, or circumstances, generally remain what they are but your inner stillness is agitated and your connection to your Higher Power, severed. Your judgemental approach has affected you negatively, whilst the other people or circumstances remain totally unaffected by your thoughts, words, opinions, as your judgements are felt negatively by you alone.

Of course, if you voiced your adverse judgement then the other person or people may become upset and react negatively towards you. Once again, your inner silence and inner stillness, being your connection to God, are meaningfully disturbed.

That which you judge determines and defines who you are at ego-level, not who they are.

In reality, all judgement is self-judgement, if you can understand and know that everything is a

mirror reflecting back to you, those unresolved emotional wounds that your ego protects and, in this instance of judgement, points a finger at.

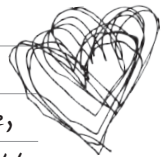
The truth of the matter is that judgement is based on feeling inferior and feeling fearful.

Your judgmental reaction is to distract you, and others, from discovering your own perceived inner weaknesses.

Who is  
judging?



Your judgments are based on not understanding and not accepting. What you fail to understand and to accept is that everyone and everything you judge is, like you, an infinite part of **All That Is**, or God. Perhaps, if you look for God within them and saw God as who they are, at their essence, your judgements would cease and praise would come forth from your thoughts and your lips.



You can either judge yourself, or someone else, or love yourself or them, but you can't do both simultaneously. So it's judge or love!

Let's look at how modern society judges people.

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In 2009, the world's top sports person, golfer Tiger Woods, earned \$70 million.

The top earner on Wall Street, James Simons, who runs Renaissance Technologies, earned \$2.8 billion in 2009.

Hollywood's top earner was producer Michael Bay, earning \$125 million in 2009, while top actor, Daniel Radcliffe earned \$41 million. Top music earner was Madonna, with \$242 million earned in 2008.

The people responsible for keeping you alive in hospital, well trained and educated registered nurses in the USA, averaged \$57,000 in earnings in 2009, whilst the people you trust to teach your children in US secondary schools averaged \$49,000.

So, society is saying "Entertain us and make money for us and we will reward you handsomely. But keep us alive and educate our children, and we will expect you to have fully educated yourself, then we will give you \$4000-\$5000 a month".

Is Madonna's annual value to society at large, worth 4245 registered nurses or 4939 secondary school teachers?

Worthiness, which translates to how our society values you, is based on stardom, ego recognition, material abundance, greed and other

(9) egocentric deeds.

(9) egocentric

thinking only of oneself; no regard for the feelings or desires of others

The traits of self-worth, such as integrity, inner peace, spiritual growth, unconditional giving and sharing, ego less, selflessness, and so on, appear to be not highly valued by society and, perhaps, admired, but not respected enough to be held up as ideal examples to be

(10) emulated.

(10) emulated

match or surpass a person or achievement

In nature, the entire food chain of existence is based on giving and sharing in perfect harmony and balance, and that includes the giving of life to life up the food chain. Virtually all of nature only consumes for its daily needs, allowing life to grow.



The unquenchable, insatiable thirst for more and more accumulation and driven desire creates a society that remains dissatisfied with what it has.

You, the individual

21

Only egocentric, selfish man causes the imbalance in the harmony of nature. The same egotistic attitude is used to evaluate and judge worthiness and this feeds into self-worth.

There is a lack of gratitude for what they have now which is at the root of a lack of self-worth of society's individuals.

If you can't appreciate what you have achieved in all the areas of your life, how can you value yourself by having a well-balanced self-worth?

If you don't have self-worth, then it is likely that you will see others as not worthy too.

You may admire them, and you may be jealous of them, but you may not see them as people worthy of unconditional respect. And **without respect**, you cannot have **like**, you cannot have **love**, and certainly not unconditional love.

Your own lack of self-worth, equally limits your own ability to give yourself respect and love, and that includes lack of unconditional self-love.

Ego-based people cannot know unconditional love from themselves. They may very well know <sup>(u)</sup> self-adulation, but this is far removed from unconditional self-love. If these ego-based

(u) self-adulation

excessive  
admiration or  
self-praise

people should be fortunate enough to receive unconditional love from another, they do not recognise it for being unconditional love and they are likely to abuse it or reject it.

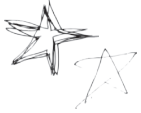
The insatiable desire for accumulation by ego-based people is, at its essence, the desire to be shown respect and love, ideally unconditional love. However, they are likely to be shown admiration, and perhaps jealousy, but respect is earned by how they act as a human being, not by their ego-based accomplishments. Without earning unconditional respect, it is not possible to enjoy unconditional self-love.

The only person who can give and receive unconditional love is a person who is not a judgemental, egocentric person, but someone who is primarily concerned with how they treat themselves and their fellow man, in an ego less way.

Beam me up  
Scotty!



Are you ready to start making this move towards unconditional love now?



## Cleansing yourself first

Self-interrogation is certainly an uncomfortable process at the beginning as the truth evolves.

This self-interrogation requires total self-integrity and self-transparency.

Before you can begin to respect yourself truthfully, you have to find out who you really are. Your self-protective ego has created false self-images that each need to be visited and torn down one by one, leaving no trace as only the truth may remain.

### TIP!

You may want to keep a notebook on hand and write down the relevant information each time your ego projects a false image of you.

Exercise

Interrogate yourself and ask yourself why your ego is projecting such an image. What emotional wound is your ego protecting now? Bring that emotional wound, which is untrue, into the light of truth and heal it with awareness, understanding, acceptance, surrender, vulnerability, compassion and love.

Once the real you is identifiable, and this could be a lengthy process so don't expect it to happen any time soon, you can then begin the ultimate self-love process.

After self-admiration for what you are proud of being, as distinct from doing, that is an ego-less being, you then gain self-respect, for what you stand for in your self-integrity and for what is not acceptable to you now.

From the integrity of self-respect, you move to self-like. You begin to smile inside to yourself for what you like about who you are becoming moment by moment. Self-like emerges into gratitude for the state of being you are becoming. This gratitude is for everything around you. For the peaceful sleep you have awakened from, for your comfortable bed, for the modern conveniences that are part of your life, for cleanliness, the ease of obtaining safe drinking water, the ability to be healthy and, medically treated, if unhealthy, and the convenience of food and its preparation. The gratitude of having a secure home, transport, and occupation, income and the ability to know and enjoy peace, freedom, choice. The gratitude of having family, friends, neighbors and work colleagues and the freedom of worshipping who, what, how and when you want to. The awareness and gratitude of being who you really are, an infinite part of God, who is unconditional love. This spreads unconditionally as an ever-increasing cloud all around you touching all in your orbit.

The real you who is now vulnerable, transparent, full of integrity, trustworthy, giving, sharing, selfless, empathetic, compassionate, listening, loving – who wouldn't want to be your friend?

The real you is the personification of loving unconditionally when your consciousness is awakened and alerted and you are **Oneness with All That Is** as your state of being.

NOTE Realistically, you cannot be this person all the time. There will be times, many, many times that the "old" you reappears and you snap at people, are judgemental, rude, difficult, impatient, uncaring and unloving. Don't despair at all. If you were perfect you would have no reason to be here on earth, perfecting yourself! Cut yourself some slack and don't get uptight with yourself. Simply bring yourself into consciousness of being an infinite part of God, apologise to those affected by your words and actions, repair any damage you have caused by being 'human' and attempt to remind yourself that when you were consciously aware of being unconditionally loving life was much more pleasurable for you.

If people want to keep reminding you how impossible you were and how much damage you

caused when you were the "old" you see if they are not trying to drag you down to their ego-based level of conditional loving, where they feel more confident and comfortable dealing with you by fighting with you.

Seek to only perfect yourself in becoming unconditionally loving. Each soul has its own journey and your soul should have its hands full in perfecting you! The unconditional love you are only gives without wanting anything in return and it's so grateful that there are people and things that receive its love. The more you give, the more unconditional love comes through you from its Source.

You may think you are giving unconditional love but it's God doing the giving through you.

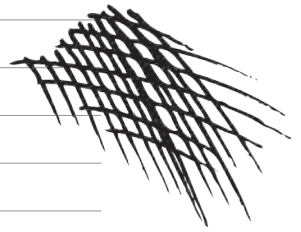
You are an instrument through which God is giving and that is why the more you give unconditionally the wider the "opening" becomes for God to give more through you.

When you back slide and become the "old" ego based you the connection between you and God is broken so no unconditional love can come through you. When you and God are connected in consciousness, then the unconditional love pours through you.

If you are uncomfortable with the concept of God working through you, then you can relabel it with whatever makes you feel comfortable.

It does not matter, as the unconditional loving energy comes through you immaterial of the name you give it.

If you are comfortable now can you see how peaceful this egoless state of being unconditionally loving is?



## Learning to love yourself

At the beginning of your unconditionally loving journey have **no expectations** of what should happen and when. That is attachment to results, and it is not freedom, joy and, definitely not unconditional love. Each person is different. Each person will find a way to sit and be still for a while, at least twice a day, and preferably at every available opportunity. You could even do this while Now here's a thought! waiting for a traffic light to change, or while standing waiting for an elevator, an appointment or whatever. Simply be still, still your mind and breathe deeply, slowly. Let all the thoughts go unanswered, and eventually your ego mind will give up trying and you will know silence and stillness. This will take time so please be patient.

While you are being still, see yourself as a Watcher, looking down upon yourself. Breathe slowly, in, out, in, out. Daily meditations, as well as moments such as described above, will start awakening the loving energy already within your body, the unconditional loving energy that is the part of God within you. Be consciously aware of this moment now, alertly using all your physical five senses, plus your sixth sense of intuition in interrogating what is now. Be in this moment now.

Enjoy  
yourself  
now, be  
in joy of  
yourself.



In time and this will vary from person to person, but it will be weeks rather than days, months rather than weeks, you will begin to notice a lightness that will be accompanying you. You will appear, and feel, a little happier, lighter, you will smile more often than before, you will find laughter in little things that occur, you may start to hum, whistle or sing along to music that is playing and soon you may sing to yourself when music isn't playing.

In the lightness you feel you may want to exercise willingly, perhaps dance when no one is looking and you may start to feel radiant. Your gaze, which may have been always a trifle downwards, will start to lift upwards as you make eye contact with people. Your shoulders, previously a little slumped, will straighten and you will feel taller, ego-less prouder, of who you are. You will find yourself to be more self-confident and more patient. In time, a small inner smile will work its way to your lips and a half smile will accompany you everywhere you go.



In your lightness, there will be more peace, more tranquility, more hopefulness, more self-confidence, more optimism, more joy, more smiles, more happiness, and more bliss.

Your "I can't's" will become your "I cans".

You will no longer avert your eyes to the opportunities that surround you. You will seek them out and relish the challenges and growth they bring. You will find your medicine cabinet is not opened that often, as your previous ill-health starts to recede, and your previous aches and pains become distant memories as the spring in your step elevates your energy vibrations.

People will seek you out and ask your opinion about things. You will become more humble, more graceful, more compassionate, more

(12) **empathetic**  
the ability to understand and share the feelings of another.

(12) **empathetic**, more understanding, much more of a listener than a talker.

You will avoid arguments as your disappearing ego will not be rising to defend your previous emotional wounds.



You will begin to like yourself a lot more.

In your increased humility and reduced ego you will acknowledge to yourself that your thoughts, words and actions are worthy of self-admiration and self-respect.

You will seek out opportunities to show yourself to be the person you are becoming now.

You will develop self-pride, without ego, and greater self-confidence. In time, your silence, thoughts, words and actions will develop a well based and balanced self-love. In this self-love you will find the center of your being, as you find your own inner balance. Once this inner balance "sweet spot" is found, you can now become rooted as you allow the roots that you sink to come from freedom, non-attachment, non-judgement, joy, bliss, and unconditional love of self.

Once you are overflowing with unconditional love, this love will then flow from you to everything in your orbit.

A space for remembering:

i.e. notes

Handwriting practice lines for notes.

You will find as you look  
back on your life that  
the moments when you  
have truly lived are the  
moments when you have  
done things in the spirit  
of love.

Henry Drummond  
1851–1897

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*Source: 5000 Years of Wisdom*

## Becoming available to fall and rise in love

Love is sufficient to itself. When you give love it does not diminish your store of love. Quite the contrary, when you give love, your own store of love increases as the Source of love widens the "opening" within you by pouring in more love.

Giving light from one candle to another and to many thousands of candles thereafter increases the power of light, and so it is with love.

Important! Love cannot be commanded or demanded. Love makes no demands; it simply gives without any required re-compensation at all. There is no obligation when love is given. It is given like the whole of nature gives to the life cycle of nature, willingly, without the need or desire for anything in exchange.

When you give love, you will eventually experience receiving love, providing you have no expectations, and no timelines. Give love and when Love deems it to be the correct time it will visit you disguised in the attire of the body, mind and soul of someone giving you love.



True love will not arrive until you have surrendered your ego to the scrapheap of life. If your ego is guarding your front lines then it will not allow unconditional love in.

In unconditional love, your ego is powerless and is no longer required to protect your emotional wounds, which wounds would have been healed by, inter alia, non-judgement, awareness, understanding, surrender, vulnerability, forgiveness, acceptance and self-love.



By surrendering, your ego is deemed unnecessary, and you allow yourself to be opened up in vulnerability. In this surrendered state of vulnerability there is nothing holding you back from experiencing and participating in unconditional love.

Now, without your ego to protect you, one can truly fall in love. When you fall in love you have no fear of falling, because by falling in love you are actually vibrantly rising upwards to God.

The unconditional love that <sup>(a)</sup> suffuses truthful lovers is arguably the highest high you will ever experience in this world. Unconditional love enables you to fall in love, paradoxically while simultaneously reaching a new high. While your

(13) **suffuse**  
gradually spread  
through or over.

body and mind fall in unconditional love, your soul rises in unconditional love to be home with God.

How Do I love Thee?

How do I love thee? Let me count the ways.

I love thee to the depth and breadth and height

My soul can reach when feeling out of sight

For the ends of Being and ideal Grace.

I love thee to the level of every day's

Most quiet need, by sun and candlelight.

I love thee freely, as men strive for Right;

I love thee purely, as they turn from Praise.

I love with a passion put to use

In my old griefs, and with my childhood's faith.

I love thee with a love I seemed to lose

With my lost saints, I love thee with the breath,

Smiles, tears of all my life! and, if God choose,

I shall but love thee better after death.

- Elizabeth Barrett Browning



## Learning how to stop being unloving

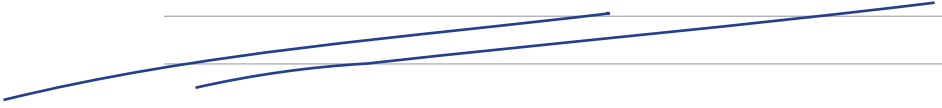
How do you become unconditionally loving?

You are love, you were conceived out of lovemaking, you are an infinite part of God and love is God. Love is your essence. You don't have to learn how to be who you are - love. You have <sup>NOTE</sup> to learn how to stop being unloving! You have to discard from your knowledge and from your memory your habitual thinking of being unloving to yourself and to others.

From the time you were born as pure love, people have taught you that you are unworthy of being loved. This unworthiness, you have reinforced to yourself to become self unworthiness. Other people, you, events and circumstances have placed obstacles around you, blocking out the pure love that you are as your essence.

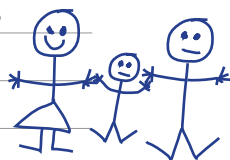
You have chosen to cover yourself up with untruths, suffocating your birthright of being unconditional love. You need to identify these blockages and remove them one by one, seeing them as illusions, not the "truth", you have always believed.

Once that has been accomplished, the essence of you, pure love, will become freely available and accessible for you to tap into for inspiration and guidance on how to become unconditionally loving.



## The voice of your parents

Let us revisit some of your background, to dispel some incorrect beliefs you may have about yourself.



Let us begin lightheartedly with "Some things my mother taught me":

1. My mother taught me to appreciate a job well done. "If you're going to kill each other do it outside. I've just finished cleaning".
2. My mother taught me religion. "You better pray that this will come out of the carpet".
3. My mother taught me about time travel. "If you don't straighten up, I'm going to knock you into the middle of next week"!
4. My mother taught me logic.  
"Because I said so, that's why".
5. My mother taught me more logic. "If you fall from that swing and break your neck, you're not going to the store with me".
6. My mother taught me foresight.  
"Make sure you wear clean underwear, in case you are in an accident".
7. My mother taught me irony. "Keep crying, and I'll give you something to cry about".
8. My mother taught me about the science of osmosis.  
"Shut your mouth and eat your supper".
9. My mother taught me about contortionism.  
"Would you look at the dirt on the back of your neck"!



10. My mother taught me about stamina

"You will sit there until all of that soup is gone".

11. My mother taught me about weather.

"This room of yours looks as if a tornado went through it".

12. My mother taught me about hypocrisy. "If I told you once, I've told you a million times. Don't exaggerate"!

13. My mother taught me about the circle of life.

"I brought you into this world and I can take you out"!

14. My mother taught me about behaviour modification.

*"Stop acting like your father"*

15. My mother taught me about envy. "There are millions of less fortunate children in this world who don't have wonderful parents like you do".

16. My mother taught me about anticipation.

"Just wait until we get home".

17. My mother taught me about receiving.

"You're going to get it when you get home"!

18. My mother taught me medical science. "If you don't stop crossing your eyes they are going to get stuck that way".

19. My mother taught me ESP. "Put your sweater on, don't you think I know when you are cold"?

20. My mother taught me about humor. "When that lawnmower cuts off your toes, don't come running to me".

21. My mother taught me how to become an adult. "If you don't eat your vegetables, you will never grow up".

22. My mother taught me genetics.

*"You're just like your father"!*

23. My mother taught me about my roots. "Shut that door behind you. Do you think you were born in a tent?"

24. My mother taught me wisdom.

"When you get to my age, you will understand".

25. My mother taught me about justice.

"One day you will have kids, and I hope they turn out just like you".

Thank goodness we are adults now!

Feeling loved, not needed, but truly loved unconditionally, by one or both of your parents is, unfortunately, an uncommon childhood experience. Those fortunate to have experienced it are easily recognisable as people. They are well-adjusted, balanced, loving, sharing, giving, caring, compassionate, empathetic, supportive, understanding people with great listening skills.

Do you know anyone like that? Are you like that?

What are your memories of your childhood? Are they memories of love or fear, of acceptance or rejection, of praise or criticism? Of being allowed to unfold or of being moulded or crushed? Being listened to or of being shouted at?

Something to think about!

If you are a parent now how would your child answer these questions?

## Being Loved Unconditionally

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(14) *inculcated*  
instil (an idea,  
attitude, or habit)  
by persistent  
instruction.

If your parent's voice in your head falls into the category of **negative comments**, they may very well be <sup>(14)</sup> *inculcated* into your memory cells. These comments are only thoughts from inadequate people dealing with their own personal issues, and finding it easy to take out their frustrations on children, because, somehow, some children keep loving an abusive parent. Unlike an adult, who is receiving abuse, and who can distance themselves from their abuser, children are trapped at home and do not have the means or <sup>(15)</sup> *wherewithal* to leave.

<sup>(15)</sup> *wherewithal*  
the money or other means needed  
for a particular purpose.

Those destructive negative comments, which you may have received from your parents and others are not the truth and do not deserve to be treated as a belief, and by now, your **self-belief**.

(16) *fallacious*  
based on  
a mistaken  
belief.

Try and see these <sup>(16)</sup> *fallacious* beliefs imposed upon you, as the ravings of an ego-centric, frustrated, emotionally hurt, self-tortured, angry person. These thoughts in your mind, that you were verbally attacked with, belong to them and not to you. You were simply a mirror reflecting their own inadequacies back to them, and an easy target, for these inadequate people who gave birth to you but did not fulfil their role as adequate loving parents to you.

It's now time to convince yourself that you were conceived in love, that you are an infinite part of God, who is love, and as such, you are love as your essence. This love that you are is unconditional, because it is the love your real Father/Mother God is and that you are.

Forgive your parents now, release them in love and know that the negative comments they made to you do not belong to you and are due to their inadequacies of not being able to be a loving parent. The negative comments, which are the Important! voices in your head, are no longer, and have never been, true.

You now need to develop self-love by removing your thoughts and beliefs inside your head that are unloving thoughts about you. You first have to learn how to stop unloving thoughts as possibly taught to you by your parents and others and reinforced by you on yourself. Therefore replace this with the thoughts that you are worthy of love as you are love at your essence.

You start this process in aloneness.

## On being alone

Seek to find your true self in your aloneness.

Do not confuse the growth of yourself in aloneness, with the loss inherent in loneliness.

Being alone allows you to be still in silence and connect to your inner being and to your Higher Power.

NOTE

Being lonely is a miserable place to be - away from family, friends, and even strangers in a crowd.

To be alone is empowering for your soul to connect with your mind and body and ultimately for your mind, body and soul to connect to your Higher Power.

In a crowd the group dynamics will force you to adopt a persona, a personality, to fit into the crowd. This public face is a mask you put on to avoid rejection, and to gain acceptance, from the crowd.

In your aloneness you strip away this mask to unearth the real you. For many, this is quite a journey, because good old John or Jane in a



crowd may have forgotten that they are playing a character part to be an acceptable member of the crowd.

In your aloneness you may not recognise who you really are. This search for the real you is critical. In your search for self-love, you have to find the real you behind the public mask you wear. Once the paint stripper has unearthed the real you then your process of self-love can begin.



This quest to find the real you can only be accomplished in your aloneness. This quest requires you to be alert, aware, conscious and watchful. You become the Watcher of yourself, witnessing the <sup>(17)</sup> metamorphosis from a person in the crowd, afraid of being alone, afraid of being lonely, to becoming a person alone, no longer afraid of the silence and the stillness, but actually seeking it out in joy.

<sup>(17)</sup> metamorphosis  
a change of the form or nature of a thing or person into a completely different one.

This journey takes you along a path to find the light energy that you are and then, ultimately, you become embraced by the Light that is the Eternal Light Energy of All That Is.

## The wonder of aloneness

In my aloneness I sat in silence and in stillness.

My thoughts whirring through my head, looking for a response, a stimuli, I was not used to stillness, I was not used to silence.

And then I realised it was not me, it was my ego that felt rejected by the silence and the stillness. Conscious of the difference between my ego and myself I realised that the real me was experiencing the benefits of silence and stillness.

I watched my thoughts, and simply let them spin into who knows where, unanswered. In time, as my thoughts reduced, there was a mental quiet time evolving.

Now, I was more comfortable with the silence and the stillness.

As I became more centered in my silence and stillness I started to feel a depth inside of me. This depth, this deep inner space, allowed my emotions to be released in safety.

All my ego-based fearful emotions became unblocked from the secret hiding places within me.

One by one, like bubbles slowly rising to the surface, they came up. Loneliness, unhappiness, sadness, emptiness, unneeded, unloved, inadequate, unlovable, up and up they came, bubble after bubble, as my ego-based emotions were crying out for attention and solace.

Undeterred, I allowed them to come up, without any response from me, in my silence and in my stillness. Up they came and upon reaching the surface, they popped open and their substance was nothing now. In truth they never had any substance, only my fear allowed them to grow unrealistically, untruthfully in my head. In the darkness of my buried fear, they had meaning but, upon reaching the surface of truth, they evaporated in the light of truth.

The release of these negative ego-based fearful emotions caused me to begin to know my true emotions – those of joy, bliss and love.

Love God sincerely and  
He will reveal himself.  
Sacrifice everything at  
the altar of this supreme  
love, you will realize the  
Beloved within you.

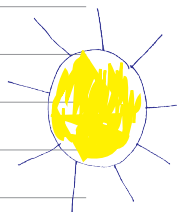
Meher Baba  
1894–1969

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*Source: 5000 Years of Wisdom*

By allowing the true essence of who I am – love – to surface I felt light, I felt love, I sang, danced, skipped as I became aware of the fountain of unconditional love inside of me becoming unblocked and surrounding me with true love.

I was aglow with the radiance of unconditional love in my silence and in my stillness. I opened my arms and shared it with the world – giving and giving, knowing I would continually be replenished from the **Source of Love**, always and all ways.



## From alone to all one

What you experience on the inside is manifested on the outside.

(18) entities  
a thing with  
distinct and  
independent  
existence; being.

A person who knows how to be alone in silence and in stillness, is never lonely, they are surrounded by Unseen <sup>(18)</sup> Entities who shower them with unconditional love. This awakens the unconditional love inherent inside of them, the part of God of which they are – infinitely and eternally.

When you are alone in silence and stillness with only Godlike thoughts in your mind, then after a while you will feel unconditional love becoming who you are. In time, this unconditional love will flow from you to anything and anyone within your orbit.

When you are alone and you delight in your being you are love and this becomes your joy. Your essence is love, and once you have stripped away your non-loving attributes all that is left is unconditional love, expressed as enlightenment, happiness, bliss, and joy.

You are enlightenment.

You are happiness. You are bliss. You are joy.  
You are love. Where did all this come from?



When you are Godlike then from the part of God inside of you, by becoming awakened in consciousness and becoming joined with your Higher Power in Oneness.

By being present in the now, as an unconditionally loving being, you are love, passion and compassion. You are full of the energy of love. You are being love in your every thought, word and deed. Your action is full of love, as your action follows what you are being now. Your ability to see and influence others to also be love is a function of how you see yourself, in your being.

The deeper you experience love as your own being, the deeper you will see it in others. They, of course, are not your concern. You are a beacon of light spreading happiness, joy, bliss and love. You spread that within, without and beyond. Your outside is manifesting the unconditional love of your inside.

As you move from being alone to being All One you become part of the Oneness of Light Energy. Now let's move to being self-centered.

## Self-centeredness Everything you do you do for your self

Important!

Self-centeredness is not selfishness.

NOTE

Self-centeredness is primarily concerned with one's own desires and needs whilst accommodating, within reason, the needs and demands of others. Selfishness is self-centeredness without regard for other's needs and demands.

You come into this world, naked and alone, and you leave the same way. The only person you will have a lifelong relationship with is yourself.

Everything you do, you do for yourself. You seek self-gratification in everything you do.

If you are a "Florence Nightingale" type person, choosing to selflessly serve others at the neglect of your own apparent happiness, it's because that's what gives meaning to your life.

If you are at the other end of the scale of humanity, and you are a bullying, abusive dictator, this too is a choice of self-gratification.





A belief that like attracts like, by focusing on positive or negative thoughts, one will bring about these results.

- Wikipedia, online encyclopedia

You, the individual

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We all seek our own happiness in a self-centered manner. This happiness, if it is well founded in human decency, spills out from you to those surrounding you in your immediate environment. Through the Law of Attraction, you will attract people to you who have similar levels of happiness, or unhappiness.

The happiness you share with others, and the happiness you glean from others, is ultimately for your own requirements of maintaining and improving your level of happiness.

A happy person puts down his roots and can be alone and happy. People, who are joiners, need the company of other, possibly, rootless people, to feel that they belong to a crowd, albeit a crowd of rootless people.

Misery Loves Company is a well-known (19) truism.

(19) truism

a statement that is obviously true and says nothing new or interesting.

When you are happy and sharing your happiness with others you can become creative and develop, inter alia, increased happiness. When you are miserable you cannot be creative, and you are more likely to be destructive, destroying that which happy creators have built up.

Be happy, put down your roots into the bedrock of creative existence. In this happiness, you will experience the lightness of life, and from

this will flow unconditional love. The overflowing of this unconditional love from you will reach others as you spread this lightness of happiness and the light of love energy.

Remember!

Everything you do you do for yourself.

Being self-centered is how you start to remove the obstacles that have been placed in your way to block out your self-love.

Be self-centered to begin to find your self-love.

## From self-centeredness to sharing

The term selfish has a bad reputation.

True selfishness is selflessness.

The dead tree has given up its life for <sup>(20)</sup> altruism and selfless concern for another and thereby suffered in its demise.

The same can be said for people. If a person becomes unconditionally loving they need to share it with others.

Time spent learning to become unconditionally loving appears to be selfish and self-indulgent, however it is true selflessness.

Once it is fully developed within someone, it is shared with the world in such an unselfish, involuntary way as possible. It becomes selflessness.

By way of an example, a student teacher trying to study hard for exams has to refuse their friends' invitation to go out partying. This appears to be selfish and unfriendly. However, once the teacher graduates and teaches a class,

Take a tree offered some rainwater. "No says the tree, give the tree down the road more water. I'll battle on". Eventually, without water, the roots will weaken, the leaves and branches dry out and the tree will topple over, and die.

<sup>(20)</sup> altruism  
disinterested and  
selfless concern for  
the well-being of  
others.

that knowledge is shared with the students in an unselfish and selfless way. For a person to give, first, they must make their own reservoir full. You can only give what you have to give. NOTE

Many people give negative comments based on misery, unhappiness, anger, basically where they are within themselves, and that negativity is all they have to share.

Selfishness of personal self-development, true selfishness, is essential to become unconditionally loving and is a prerequisite for a person who is a bringer of such joy. You have to dig a well in order to continually provide water. True selfishness, when coupled with unconditional love, creates selflessness in loving and serving others. This sharing of unconditional love comes from joy, compassion, understanding and acceptance. This sharing is involuntary; it simply flows through the giver to the many receivers. Unconditional love which commences from true selfishness, cements your relationship to Existence.

# Invest in yourself

YES!

Invest in  
yourself!



You, the individual

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The best investment is the one that shows the highest returns over the long term. Identify your strengths and put your energy into making yourself the best person you can be. Don't focus on your weaknesses and putting your energy there, all you will end up with is strong weaknesses!

Make yourself proud of being the best person you can be in the areas of your strengths; not ego proud – by showing off your accomplishments and thereby belittling others – but by being soul-proud acknowledging your God-given talents which you are perfecting.

By acknowledging the Source of your talents, and by giving credit to those people who have helped you along the way, you develop soul-proud love of yourself. By investing in yourself to become the best person you can be, you become a more interesting person to be around. You have new knowledge and experiences to share with others in your orbit.

By becoming self-fulfilled, you have no need to look to receive vicarious fulfilment by the achievement of others, to whom you may have been playing a supportive role. By gaining self-admiration, self-respect, self-like, you can develop self-love. When self-love becomes who you are, you now have love to share with others – your significant other, your family, friends, colleagues and others in your orbit.

The self-reliance on your own abilities, will strengthen your ability to stand in your self-integrity and state when something someone has done is not acceptable to you – “This is not acceptable to me!”

You are no longer cowering in resentment, due to your dependence on some Abuser in your life. Your self-reliance develops healthy well-founded self-esteem. Taking a healthy well-founded self-esteem, based on self-integrity, into a relationship will quickly separate the wheat from the chaff.

Entering into a relationship as a wounded, self-pitying, low self-esteem person is a recipe for disaster.

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You owe it to yourself to invest in yourself, to become the best person you can be, in growing yourself further, daily.

Teach yourself before teaching others. Teach by example rather than by talking. Perfect yourself first by self-rectification before you decide to rectify and perfect another person. As Shakespeare so eloquently put it "To thine own self be true".

Make yourself interesting to you and to others and keep the stimulation level high in your relationship remembering that like attracts like, according to the Law of Attraction.

## Only a thought away

Unconditional love is only a thought away now.

The million dollar question is, what is blocking that thought from coming through? Whatever it is,  
your ego is behind it.

That which is holding you back from giving and receiving unconditional love has at its roots; power, ego, need, greed, anger, jealousy, judgement and other destructive forces.

If you knew that you, or the other person, had only moments to live, would you then put your ego aside and give unconditional love?

Who knows which moment will be their last?

Give unconditional love now in this moment and one thing is assured, your ego would have been vanquished and your loving soul will come through.

Once you give unconditional love, you receive so much in return, from yourself. You feel relieved by no longer being who you were, as an ego-driven person. You feel enlightened as your soul raises you up, spiritually and emotionally. You feel alive, as love courses through your body and mind, from your soul. You feel the vitality of this



moment, the life throb and love throb now. All this you feel from you giving out unconditional love.

Imagine how much better you will feel when you receive unconditional love from another as well. Then, you will know the meaning of Bliss.

Being  
Love In  
Sacred  
Soul

Unconditional love requires a loving thought followed by loving words and accompanying loving deeds. It all starts with a thought. It's your move now!

## Start » with kindness

For some people the move from conditional love to unconditional love may be too big a jump.

Firstly, try unconditional kindness. Some people call it random acts of kindness. Simply, be kind by showing patience, consideration, compassion, understanding, caring, helpfulness, <sup>(21)</sup> benevolence and generosity to everyone and everything, without wanting anything in exchange.

(21) benevolence  
the quality of being  
well meaning; kindness

### Exercise

Give a smile, a thank you, a helping hand, praise, applause, a compliment, encouragement, a listening ear, a shoulder to cry on, acceptance, forgiveness, non-judgement, no criticism, being courteous and a myriad of other ways to show kindness and to improve all in your orbit's range.

Your attempt at being unconditionally kind may or may not be acknowledged, accepted or even appreciated, no matter. You benefit by increasing your happiness when you give kindness.

If you experience the happiness it brings you when you give unconditional kindness then you want to thank the person who receives it for allowing you to give it!

Everything you do you do for yourself.

By giving unconditional kindness, you receive the blessings of happiness, and, hopefully, the recipient of your <sup>(22)</sup> largesse also feels uplifted by your gesture.

(22) largesse  
generosity in bestowing money or gifts upon others.

Once you feel the benefit of giving unconditional kindness, at your own pace, you can graduate to giving unconditional love. A starting point from giving unconditional kindness towards becoming unconditionally loving is to ignore your own feelings at this moment, and simply give unconditional kindness, admiration, respect, like and then unconditional love, even if your ego-based feelings are in conflict with this. This is not about protecting your ego-based feelings; it's about dropping your ego to allow your soul's love to come through.

You cannot see the "Bigger Picture". You don't know how to discern, who does or does not deserve unconditional love. All you know is that you deserve to give unconditional love in every opportunity, and, in turn, experience the joy and bliss of such giving.

Both the giver and the recipient are blessed when unconditional love flows.

## Listening unconditionally

Unconditional listening is a meaningful part of loving unconditionally. Fully attentive, open ears listening is allowing the other person the opportunity to fully express what they want to say.

(23) martyr

a person who displays or exaggerates their discomfort or distress in order to obtain sympathy

Obviously, you are not required to be a <sup>(23)</sup> martyr trapped while someone abuses you hour after hour. However, have you ever really listened, fully attentively, to someone meaningful in your life for longer than five minutes, when it didn't concern you in some way? Have you looked them in the eye, not allowing your mind to wander, not allowing anything or anyone to distract you giving full, rapt attention, to every word, every non-verbal communication, without the need to interrupt your concentration while listening?

It's really a skill and a discipline that very few have mastered. You tend to do it when a figure of authority such as a headmaster, boss, judge, doctor, etc. is communicating something very important to you.

In the silence that you offer by listening to your friend, a trust is developed that sends down

deep roots into your relationship. In the silence of listening is a respect for the other person. You may not agree with what they are saying, but in the ego-less nature of loving unconditionally, you do not interrupt them to give your ego-based viewpoint. You first allow them to fully express themselves. Unconditional love is a giving and a sharing, and that includes giving of your time and allowing the other person to share a viewpoint, uninterrupted. Wouldn't life be boring if we all had the same viewpoint?

You never learn and grow when you talk, only when you see, listen and read, all of which are best done silently.

Unconditional listening is integral to loving unconditionally.

## \* First, seek to understand

Important!

The ability to understand someone or something is a prerequisite for unconditional love.

Understanding allows awareness, acceptance, empathy, compassion and forgiveness to flower.



Non-judgment is acceptance that things are just as they are. Neither wrong nor right, simply acceptance of what is occurring now. Understand that what is occurring now is what is meant to be. It may be difficult to understand and to accept whatever is occurring now. However, the difficulty does not change the reality, it simply signifies the resistance your ego is putting up to protect your emotional wounds. It is important to understand that unconditional love can only begin to flow with acceptance of what is now. Look for the peace in this moment now.

Replace your judgement with understanding and compassion.

because ... →

Everyone has a soul. Try to see each person's soul and not their ego, prior to judging them. At soul level, they are an infinite part of God and an invaluable piece of the mosaic that only God can see. Are you going to second guess God and, indirectly judge God's bigger plan?

The insight you gain from understanding them at soul level will free you from judgements. This change in your perception will alter your reality and create a changed reality for you.

Through understanding, your acceptance of what is now dismantles previous barriers that prevented you from being unconditionally loving.

From understanding, you become more respectful, more dignified more graceful.

Prejudice, biasness, bigotry, judgement, hatred, anger, jealousy, fear, greed all melt away when understanding, awareness, consciousness, respect and acceptance is reached.

Understanding unlocks a door for you to become unconditionally loving.



## Self-acceptance first

For many people the concept of unconditional love, firstly of themselves, cannot be achieved because of their actions in the past, which they, incorrectly, perceive to have emotionally and spiritually hampered themselves forever.

1

Have you  
made it  
right yet?

Whatever your misbehaviour in the past, whether it be adultery, theft, fraud, deceit, violence, even murder, or anything else, providing you have sought to make it right by your actions personally to the parties, or their descendants, involved, and you have agreed to pay the judicial price society demands, then you can remove this self-imposed limp from yourself.

2

Remove the  
boulders  
one by one.

See these past errors in judgment as boulders you have strewn on your own road to God. You can remove these boulders, one by one. It requires effort, humility and inner strength, but no boulder is too big for you to remove. Each boulder-removing solution is unique. However, in your ego-less self-integrity, you will know what needs to be done to remove each boulder and to repair each relationship that you have damaged.



This is followed up by you **forgiving yourself** and deciding on what is, and isn't, acceptable behaviour for you now as you strive forward on your road to meet God within you.

3

Forgive  
yourself.

If you can, see your previous misbehaviours as blessings sent to show you how not to behave, and further blessings sent to show you how to correct your past errors to put you back on the road to find God within you.

4

Past behaviours  
are blessings

Unconditional love is the blessing of total acceptance of yourself, sent to you to light the way for you to become unconditionally loving in your repairing of your road to find God within you.

Before you can expect someone to accept you, warts and all, you have to accept yourself, warts and all. It is not possible to have someone respect, admire, like and even love you, unless you respect, admire, like and love yourself first.

There has to be mutual authenticity, integrity, vulnerability and trust for a loving relationship to exist. There also has to be equality and acceptance of what is now - strengths and

weaknesses, openness and honesty, then an intimacy may create the twining of two flames into one large composite flame full of passion and compassion for each other.

In your relationship, always be authentic to yourself. Listen to your ego-less inner voice for guidance. Never show a false expression – if you're happy be happy, if you're sad, be sad, always remain authentic in the present moment of now. Be an authentic being, whatever the possible risk of losing something you value. **For to lose your self-respect is to lose the world!** Your real responsibility is to your authentic being – always be true to yourself.

If you cannot have trust in yourself, how can your relationship partner have trust in you? Where will they find that trust, if not in you? If you can't have trust in yourself you won't be able to trust your relationship partner, your friends or your colleagues.

The self-love that is created by you as an authentic being overflows into all within your orbit. When you have self trust then the more harmonious and peaceful you become. Once you have learned to trust yourself then you

can start learning to trust others. When you respect others enough to trust them, they invariably rise to the occasion and repay your trust in their own authentic way.

The more you learn to trust yourself and to trust others the more you learn to trust in the wisdom of uncertainty. Certainty is what is already known, **uncertainty is what is to be played out in the future.** There is wisdom inherent in this uncertainty. That which is yet to happen is the consequence of some previous thought, word or action. The causal result which occurs in the future.

NOTE!

Learning to **trust the unfolding of the future** is substantially easier to do when you have been **authentic in the past.** Knowing that God will give you what you need (not want) for the growth of your soul enables you to know that whatever unfolds in the future is for your soul's growth and that God is with you as your Co-Pilot in this adventure.

When you trust in this wisdom of uncertainty and in your authentic ability to cope with whatever comes up, then you no longer need any form of security other than the trust in yourself, and in God, to handle what is now.

No need for any other security.

Now you have self-acceptance, now you have inner strength, now your self-respect can soar, now you can embrace your relationship partner in an intimate embrace, because now you can trust yourself, no matter what shows up in your life.



## Accepting what is happening now

Learning to become unconditionally loving requires **total acceptance** of what is happening now. That's always easier to do when you get something you want now, but not easy to do when you don't get what you want now and never easy to do when you get what you don't want now.

Unconditionally loving is accepting that what you need for your soul's growth now is far more important than what your ego wants for its instant gratification.

Needs  
trumps  
wants!

By accepting that you will always be given what you need, not what you want, for the growth of your soul, you can then always say "yes!" to what is occurring now.

Important!

This moment is perfect as it is now. The entire universe is in **perfect balance** and **harmony**.

To experience this perfection, simply be unconditionally loving now. Say "yes!" to what is now. Embrace it in unconditional love and make peace with this moment now.

This accepting, with an unqualified "yes!", will enable you to enter God's presence, where unconditional love and bliss abound. Every moment in God's presence is enjoyable, **no matter what you are experiencing now.**

Embrace God's presence now!

This is it! Accept this moment now with love in your heart and a smile on your lips. Whatever is showing up now state "this is what I need now" and embrace it lovingly!

Rid yourself of any expectations of anyone or anything. Simply focus on what is happening now. Don't judge anything in this moment, simply accept it with a shrug, "Is that so?"

Whatever is showing up say, 'no matter', and simply choose now to become unconditionally loving towards it.

By accepting that many things, desired and not desired, are going to show up in your life, then by saying "this too?", you negate its impact by your response.

By fully accepting what is now you're saying "yes" to everything that is arising now. That "yes" is signalling your acceptance of it

to an unconditionally loving universe. This acceptance can become unconditionally loving if you see whatever is arising now as a gift of unconditional love from God for the growth of your soul towards God and Oneness with All That Is.

This is the Wisdom of Uncertainty and the trust implicit within it, which **TRUST:**

To Rely Upon Spirit  
Totally and then To  
Release Unto Spirit  
Totally enables you to  
find inner peace, bliss  
and unconditional love  
from God.

With this unconditional love suffusing your body, mind and soul, you become the embodiment of unconditional love and you can now share it with yourself, with your significant other, with your family, friends, neighbors, colleagues, everyone and everything within your orbit.

Be grateful for all that **Gratitude is**  
you have and all that **thankful acceptance**  
you do.

Acceptance is saying: Is that so,

No matter, This too?, Yes,

This is what I need now.

all culminating in **TRUST-To** Rely Upon Spirit  
Totally and then To Release Unto Spirit  
Totally. However, showing gratitude through  
thankfulness is taking acceptance to the next  
level. Accepting what is now starts with a  
shoulder shrug of "Is that so?", "No matter"  
and "This too?"

It progresses to a smile that says "Yes" and  
ends up with open arms saying, **"This is what I  
need now!"**

Gratitude takes this acceptance onto  
bended knees in <sup>(24)</sup>supplication, surrender and  
thankfulness to God of "what is now".

(24) supplication  
the action of  
asking or begging  
for something  
earnestly or  
humbly.



Gratitude is acceptance with wings of flight in thankfulness to God for enabling what is occurring now to be just so.

Gratitude is acknowledgment that God will give you what you need, not want, for the growth of your soul. Gratitude acknowledges that soul growth occurs via the unconditional love showered by a loving God. This unconditional love has as its base of understanding that everything happens for the growth of your soul. However, it may take some time for the current dust of confusion to settle down to make the picture clearer.

Gratitude opens the door to the fullness of being.

What little we have suddenly becomes more than we need. What we did not want to occur, miraculously becomes a needed stepping stone for our soul's growth. The disorder and chaos of our life clicks into place as order is restored through harmony and balance. What seems to be confusion before now becomes clear as our gratitude separates out the wheat from the <sup>(25)</sup> chaff.

(25) chaff

worthless things; rubbish.

Gratitude unblocks the <sup>(26)</sup> myopia and sees the solution within the perceived problem. Gratitude acknowledges that which appears to be a

(26) myopia  
lack of foresight or intellectual insight.

mistake was merely a learning experience and, possibly, a needed stepping stone to eventual achievement of one's goals and life's purpose.

That which came unexpectedly and unannounced, when treated with gratitude, becomes perfect timing now. Gratitude allows the past to be put into perspective now, the present to be unconditional love in acceptance of what is now and the future to be welcomed, fearlessly, with open arms.

## Patience is a virtue allowing unconditional love to blossom

Everyone marches to the beat of their own drum.

Egocentric people are invariably rushing through this moment as a means to an end objective that they urgently desire.

Learning to savour each moment and to recognise the beauty of each moment enables you to 'smell the roses' as you go through life, organised, efficiently and patiently. You can smell the roses and achieve your end objective; it's all a matter of **perspective** and **perception**.

By giving the impression that you are always in a hurry, that you don't have time for anything, that life's issues are urgent, that you are, by obvious <sup>(27)</sup>inference, very important, also sends another message. This other message says, "Beware egocentric, impatient, impolite person coming through, incapable of managing their time correctly, probably not to be trusted as they are too disorganised, cannot distinguish between what is important for themselves and what's urgent for others' needs, likely to be inefficient.

(27) inference  
a conclusion  
reached on  
the basis of  
evidence and  
reasoning.

Ring  
any  
bells?

They will not have any time for you in a relationship. Stay clear of any form of personal relationship."

Patience is a virtue, if you can appreciate the blessing and the peace within this moment while waiting non-judgmentally. While you are waiting in joy in this moment, you have the opportunity to see the perfection of it emerging as this moment unfolds. The beauty surrounding this moment can now be fully seen and appreciated instead of rushing past it blindly and impatiently.

Unconditional love is like a fragile, beautiful flower which has to be nurtured into existence and patiently tended to enable it to grow and prosper.

Patience allows unconditional love enough time to prosper. As the song goes, "You can't hurry love."

# Do unto others in unconditional love

"Do unto others as you would like them to do unto you." – Jesus

"Do not do unto others as you would not like them to do unto you" – Hillel

Sounds pretty much like unconditional love – but it isn't. It's conditional love!

Your desire to be treated well conditions you to treat others well. Your desire to not be treated badly conditions you not to treat others badly.

Something to keep in mind.

Do unto others in kindness, in understanding, in awareness, in consciousness, in acceptance, in compassion, in love, full stop.

kindness  
understanding  
awareness  
consciousness  
acceptance  
compassion  
love

Do unto others as you do to yourself, providing you love yourself unconditionally.

When you give love unconditionally, it flows from you and through you like the fragrance from a flower. The flower simply gives out the fragrance. Its available to all, rich man, poor man, beggar, and thief, priest, man, woman and child.

The giving of your blessings of love is totally unrestricted and is not governed by your wanting something in exchange.

The Giver is honoured to know that it has been received. The more you give, the more comes through you to give, providing it's given in unconditional love.

FACT!

Only your ego's needs create blockage.

(28) eventuate  
occur as a result.

As a Giver, make sure you're not obstructing the flow of giving from the Universe to the Universe. Providing the giving flows through you and is not ego-blocked in any way then you can remain a Giver.

There must be no ego evident for such giving of unconditional love to <sup>(28)</sup>eventuate. No gratitude is requested or required as unconditional love flows intuitively through you from Existence to Existence.

(29) conduit  
a person or organization that acts as a channel for the transmission of something.

Do unto others with unconditional love, no matter what they do to you. You are merely the <sup>(29)</sup>conduit through which unconditional love flows. The rewards you receive include joy, bliss, inner peace and love as unconditional love surges through you. This reward is from God. What can mere man give you to equate to God's blessings for you.

Do unto others in unconditional love, without any expectations, needs or demands, simply be loving to one and to all.

Give, give, give!



## True compassion

True compassion allows unconditional love to be present as a healing force. In its literal sense, compassion means 'to suffer with'.

By being empathetic of others who are suffering, and being there supporting them through their suffering is what is required from you. Be there as a human being in support of their needs, whether they require someone to listen to them, to be silent with them or to assist them in some way. They lead; you follow their lead as to their current needs.

Compassion is not pity and sympathy. It's being present, without any imposition by you on them, no matter how well-meaning it's intended to be. You are sharing their issue of perceived loss with them, initially silently, until they pass the devastation and grieving stages that accompany meaningful loss.

Your supporting presence creates a space for the healing power of unconditional love to occur. Your unconditionally loving presence enables their currently low vibration energy field to be raised by your higher vibration energy field.

In time, this loving, healing energy revitalises them.

The unconditional love from God coming through you to them is Oneness in action. The healing force of true compassion is, in reality, the Oneness of unconditional love being made manifest and felt by both the Giver and the Receiver.



## Total forgiveness enables unconditional love to <sup>(30)</sup> manifest in you

(30) manifest

clear or obvious to the  
eye or mind; appear.

It is impossible to have unconditional love while still harbouring a grievance for past wrongs.

By keeping the other person "alive" in your ego-blocking mind you are restricting unconditional love from coming through you.

Even by focusing on forgiving them, they are still "alive" in your mind and unconditional love cannot come through you.

If you choose not to forgive or not to forget, or even to forgive but not to forget, you are choosing to imprison yourself in the past and to throw away the key to your freedom of receiving unconditional love.

The other party holds you within their power as you remain obsessed with the injustice done to you. Your choice to hold onto the memory of the injustice done to you enables you to remain a victim and to feed off the scraps of sympathy given to you. Another choice is total forgiveness.

This total forgiveness is for giving you the opportunity now to let go of your past and to experience life fully in the now.

The real key to forgiveness is amnesia! But self-induced corrective amnesia. WHAT?!!

Total forgiveness is releasing any care or concern you may have, in any way whatsoever, about the outcome of any issue resulting from that which necessitated the need for forgiveness.

In this way, you have ego detachment from this issue, and you don't care what anyone says or thinks because you have no ego to be damaged here.

Total forgiveness occurs when you transcend your attachment to any result, you simply let go of any ego need and you release it all now with love.

Goodbye and good luck!

Only with total forgiveness, can you be available to access unconditional love.

## Awareness of this present moment

This amnesia choice in terms of forgiveness and healing is blocking out what is there in your memory cells. Amnesia is really **sidestepping** the issue and not really getting it well behind you.

There is a more pro-active way to achieve the same state of no conscious memory, which is far more beneficial and long-lasting to your healing and allows you to cross over the threshold into unconditional love.



**Awareness** of this present moment is the **key**.

In such awareness of being here now, you have entered God's sacred space, in God's time zone of now and you are connecting with God's presence, which is unconditional love.

The conditional love which turned sour in your past, for which you hold onto for wanting to feel unloved and miserable can, instantaneously, become a feeling of unconditional love. You need to move from the ego-consciousness of dependency on another person to feel the soul-consciousness of being in God's presence, which is overflowing with unconditional love.

You make this transition by being aware of only this present moment now. By being love in this moment now your love is connecting to God's unconditional love.

True awareness of this moment is the feeling of gratitude for being in God's embrace now. An old Irish proverb says, "May God hold you in the palm of His hand, forever."

By being aware and grateful for being in God's presence you experience joy, bliss, inner peace and unconditional love. 'What a feeling!'

So how do you make the transition from where your current thoughts are, probably in the past or in your future, into the awareness of being here now?

Here is an exercise you can practice: Ssshhh!

\*Exercise

Hush now. Be still now.

Just feel now, don't think. Just feel.

Can you feel a vibration? It's your energy vibration.

Now just be aware of your awareness.

Be aware of everything that is showing up in your life now.

Don't judge it, label, interpret, and create opinions about anything happening now. Just notice what is really actually true about this present moment.

By noticing, without mental chatter, with simple awareness, you then realise you are this awareness.

Noticing that you are awareness then allows whatever is right now to just be. Allowing without judging or any form of thought.

Just be aware of everything making up the multiple parts of this moment.

Be aware with all your senses, your feelings, your extra-sensory perceptions, such as insight, intuition, and inspiration.

Be aware; allow whatever is to be present now.



Then God/Essence/Universe will guide you  
with thoughts, inspiration, intuition, insight,  
words, deeds and action as you remain in  
awareness, allowing and noticing.

Through such stillness God speaks directly to  
you with unconditional love.

# The power of choice

The decisions you make whether or not to judge something or someone, whether or not to be thoughtful, kind, understanding, accepting, patient, compassion, forgiving and aware of God's presence now, these decisions are based on the only power you really have – the power of choice.

The power of choice, your free will decision-making process, ultimately comes down to – Do you choose now to be loving or do you choose now to be fearful?

Love is without an ego-dominated thought whilst fear is based on an ego-dominated thought. The power to choose – your only real POWER!

Present  
Only  
When Ego  
Removed

If you want to give and receive unconditional love then the only real choice you have is to be love now.

At your essence you are an infinite part of God, who is unconditional love. At your essence, you are love. It is so natural, so flowing for you to choose to be love in all your thoughts, words

Something to think about

and actions. It is restrictive, so unnatural, for you to choose to be fearful in all your thoughts, words and actions. This choice of fear leads to the negative traits of poor personal behavior as well as potentially ill-health.

You were born pure love and in good health. Your power to choose in your past has created what you are now.

To remove fear from your life you have to initially remove the unloving thoughts that dominate your life and, thereafter, ensure your choice of any thought, word or deed is love-based without ego dominance. Removing the fear-based thoughts and beliefs within you is similar to the children's game of 'pickup sticks'. Every fear-based thought needs to be thrown onto the ground and then, courageously, each one picked up, interrogated to establish its delusion, and cleansed, thereafter returned to the pile of thoughts. In every 'interrogation' look for your ego's involvement in keeping you fearfully in the past or in the future.

It's your life choice now — love or fear — unconditional love or self-damaging fear.



Through your choice, you can obtain all you desire providing you do so by serving yourself and others justly, respectfully, righteously and lovingly with kindness and compassion.



All that you desire will be laid at your feet; however, these ego-based desires may seem a trifle empty of real meaning now. By serving yourself and others with unconditional love, the meaning and purpose in your life may very well have changed from ego needs to soul needs as the feeling of joy, and unconditionally loving bliss replaces your need for more and more material possessions as a measure of your so-called success.

The feeling of unity consciousness, of Oneness with All That Is, is reward beyond measure.

The choice of learning to trust – To Release unto Spirit Totally and then To Rely upon Spirit Totally, is knowing that God will give you what you need now, not want, for the growth of your soul.

This trusting in God now is the ultimate choice – of freedom, awareness, acceptance, vulnerability, surrender, of unconditional love.

## On being vulnerable

(31) vulnerable

exposed  
to the  
possibility  
of being  
attacked  
emotionally.

You cannot achieve unconditional love, without opening yourself up in <sup>(31)</sup> vulnerability.

When you open yourself up, you entrust others to follow your example and for them to also let their ego defences down and to trust you. Without that mutual trust a friendship is not possible. Without the vulnerability of mutual trust, no trustful relationship is possible.

By being open and honest, you can bring your fears into the open and your true friends will jump to your side to assist you in dealing with your fears.

Vulnerability allows you to experience every emotion fully.

In your vulnerability, you can be in touch with your entire range of emotional feelings, allowing and enabling you to drop your ego-based masks and costumes.

Your vulnerability comes with total acceptance of what is now without judgement. Admitting, 'I don't know' reduces your ego's defences and

makes you open, approachable, less opinionated, easier to like, trustworthy, and easier to give love to.

By simply stating your point of view and, not defending it, allows others to fearlessly state their viewpoint, undefended as well. You can then learn from each other's viewpoints deciding whether you wish to amend your viewpoint now that you have further input. <sup>(32)</sup> Synergistically, learning from each other could allow for an even better solution to emerge. You can also make a mature decision and decide that you both agree to disagree and to move on from that irreconcilable position. Your relationship is worth more than one or both party's ego dominated viewpoints that they are right. At this stage you both agree that it is more important for your relationship for you both to be happy than right.

(32) synergistic  
a substance,  
organ, or other  
agent that  
participates in an  
effect of synergy.

Important!

Learn how to laugh at yourself – see your mistakes as learning experiences. Laugh at yourself, fix your learning experiences and move on with your life.

Vulnerability  
opens the  
door of  
trust to give  
and receive  
unconditional  
love.

Being vulnerable shows a mature, tolerant person with inner strength to open up in trust and learn from all in a welcoming, peaceful way.


## A state of **surrender**

Surrendering is not submitting by giving up. By surrendering you are acknowledging your ego has kept you separate from God and you are, in fact, surrendering your ego. Surrendering is **giving in** to this moment by accepting what is now and going with the flow of the universe. By surrendering, you, in your vulnerability, are accepting that God's will for you is also your will for you.

In acceptance, vulnerability and trust, you surrender by letting go of your ego's needs and you trust God to give you what you need for the growth of your soul.

You become non-judgemental in this trusting, and, in this surrendered state, you proclaim: "I don't mind what happens now".

It's being  
handled by  
a greater,  
divine power!



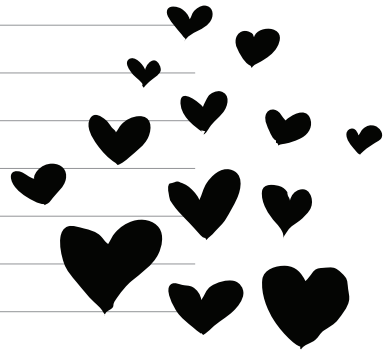
(33) imbued

inspire or permeate with  
(a feeling or quality).

This surrendered state has <sup>(33)</sup>imbued you with the trust and confidence to handle whatever happens next, as you smile and say "yes"! to whatever evolves for the growth of your soul.

Your surrendering to God's will for you is the end of your ego's journey and the start of your consciousness of your soul's journey as you now move from fear towards love.

In a true surrendered state you are imbued with  
unconditional love.



## Strength is weakness and weakness is strength

The colonialists of yesteryear are mostly weak military powers today. The once mighty Greeks, Romans, Spanish, Portuguese and Vikings are unrecognisable today as warrior nations.

The cost of winning a war and the cost of keeping the peace has contributed to the rise and fall of many nations as their tax payers foot the bill and rising government debt weakens their economies.

### Something to consider

The energy required to hold something, or someone down, restricts the ability to build something or someone, up.

Life always presents a choice – hold down or build up together.

Nature provides the correct balance. The strong roots go down to secure the weight of the tree while the leaves, flowers and fruit are on the top of the tree providing life for others. These leaves, flowers and fruit are fragile, weak and easily give up their goodness to allow the cycle of nature to create its food chain.

If you can go with the flow of life whilst being conscious of not resisting what is occurring in every moment of now – simply letting go and trusting that you will be given what you need when you need it for the growth of your soul – then you will develop trust.

This trust – To Release Unto Spirit Totally, and then To Rely Upon Spirit Totally – is all you need in going with the flow of life.

If you can say "this too God", and realise it is always a blessing, no matter how it is currently disguised, and do what needs to be done now, with unconditional love, then your vulnerability and your surrender to God's will for you will be your greatest strength.

What a Co-Creator you have on your side! What immense strength you have in trusting God, as you let go and let God in to guide you now in God's time zone.

The perceived weakness of egoless vulnerability and surrender to God's will for you is the greatest strength known to man. The reward of such surrender in vulnerability is knowing unconditional love from the Source of such love.

What greater purpose and meaning is there than doing the will of the only True Strength in the Universe.



### Sacrifices Of Love

Love make us strong ...

then makes us weak,

Love makes us see ...

then makes us blind,

Love makes us able ...

then makes us disable,

We want love ...

but don't always need it.

- Brooke





The story of love is  
not important – what  
is important is that  
one is capable of  
love. It's perhaps the  
only glimpse we are  
permitted of eternity.


Helen Hayes  
1900–1993

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*Source: 5000 Years of Wisdom*

## The <sup>(34)</sup>infallibility of unconditional love

There is a TV series called 'Flashpoint', where a Strategic Police Unit solves crimes in Los Angeles, USA.



One particular episode had a young hospital intern doctor and his childhood sweetheart, who was then 28, go on a robbing spree of a pawn shop to get a wedding ring and then onto a pharmacy to get a lethal dose of morphine and a syringe.

The Bonnie and Clyde couple then went to a wedding, uninvited, and danced cheek-to-cheek.

With the intervention of the Strategic Police Unit arriving at the wedding to arrest the young couple for their robberies, the doctor brandished a gun holding wedding guest's hostage.

The background that evolved during the hostage drama was that the 28-year-old lady was terminally ill and all she wanted was a wedding ring, to dance with her common-law husband at a wedding and then she was going to inject herself with a lethal dose of morphine, ending

her painful life. This plan was agreed to and executed by her common-law husband, the doctor.

Unknown to the terminally ill lady, her common-law husband also intended injecting himself with a lethal dose of morphine as he did not want to go on living without his love by his side.

The dramatic hostage scene ends when the police tell the lady of her common-law husband's intentions, which she won't allow to happen, as he must go on living for her. The couple eventually surrender to the police and go off into police custody together.

The closing scene shows these well-trained, tough, policemen and women in their squad room, all sitting pensively alone with their individual thoughts, not making eye contact with each other.

The viewer is left with the thought that each one of them realises how powerful true love is and how in their macho way, none of them had ever been vulnerable enough in their love relationships to know such unconditional and unselfish love.

Unconditional love is infallible. It can never fail because, without the ego, there is no winner and no loser, only Oneness encompassing everything and everyone now.

True joy  
measures your unconditional love

When you experience unconditional love in your life, your energy vibration level is elevated and you are no longer at the friction level of life.

You now operate in a space that moves at the speed of thought, light and sound, without the friction found at ground level.

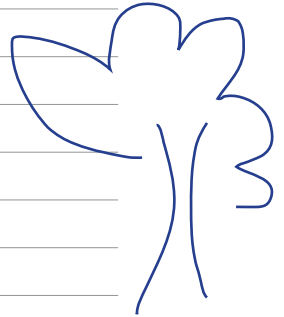
In this frictionless life, the need for daily survival has been replaced with a life of meaning and purpose. By living in unconditional loving circumstances, you are elevated by your giving of unconditional love.

The joy you experience, emotionally, psychologically and spiritually when giving and receiving unconditional love, you will also see being experienced by others with whom you interact, thereby allowing God's presence to be felt by all involved.

This joy is sustainable with a depth and height unfathomable, but which feels like long-lasting intimacy.

When the roots of joy are put down deep into the centre of your being, the fruits of freedom, peace and grace are evident on your tree of life.

True joy is the thermometer reading of unconditional love.





Peace begins with acceptance of what is now

If you have a full bottle of water, and someone asks you for some water, you can then decide whether or not to give them some of your water. If you have an empty bottle of water you can't provide water to them.

So it is with peace.

If you are at peace with yourself, you can share that peace with someone else. If you are not at peace with yourself, you can never be at peace with someone else, let alone the world.

How can you be at peace with yourself, in your relationship and in the world?

(many, many) → Peace begins with acceptance. Acceptance of what is now. Acceptance of what is now in its myriad forms – not trying to change things to how you would prefer them to be.

Peace is acceptance that the only thing you can change is yourself, and that's only if you want to change, hopefully, for the better.

You cannot change anyone or anything else, without a reaction from them.

Vitally important!



For every action there is an equal and opposite reaction – this is a basic law of physics. **Peace and reaction are opposites.** If you have reaction there is no peace. To avoid reaction, avoid initial action imposed on someone or something.

*\*Something to live by!*

**Peace is the result of no action.** Acceptance creates no action. Peace results from acceptance. Acceptance means that no matter whatever occurs now, it's how you choose to process your thoughts about the event or issue, not the issue or the event itself. You can choose acceptance of what is now and peaceful thoughts will flow from you or you can choose non-acceptance and not know peace.

Peace is a choice of acceptance that is yours to make. Unconditional love requires a peaceful heart.

However, acceptance is not <sup>(35)</sup> capitulation.

<sup>(35)</sup> capitulation

the action of ceasing to resist an opponent or demand.

If someone does something, which is not acceptable to you, you have every right to state that "this is not acceptable to me".

You have your moral integrity, your self-respect, and your self-acceptance and, provided there is no ego involvement, your acceptance of their

behaviour must meet your realistic standards that hold you in good moral standing.

(36) panacea  
a solution  
or remedy  
for all  
difficulties  
or diseases.

Your non-acceptance of their behaviour is not likely to give you peace; however, peace is not the only (36) panacea of relationship bliss.

Sometimes, it is more important to sacrifice peace, to ensure that you are not damaged in a relationship. To ensure that you have peace it may very well be necessary to remove yourself from the space of this relationship, ensuring that you have your own sacred space, where you can find peace, alone.

In your aloneness you can find a peaceful heart, which is a prerequisite for unconditional love.

No-one or nothing can rob you of your peaceful moment, without your (37) acquiescence.

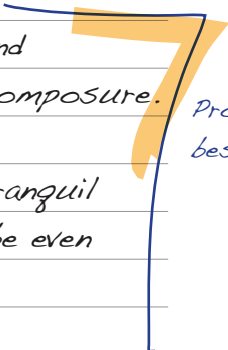
(37) acquiescence  
the reluctant acceptance  
of something without  
protest.

One moment, you are at peace then a car alarm blasts into your sacred space, a barking dog disturbs you, noisy children at play or fighting, a person intrudes upon you uninvited, a jarring phone call rings, a knock on the door, an aeroplane overhead, an electricity blackout, a burst water pipe, or whatever, shatters your peace.



At the moment of disturbance or interruption, you can allow it to shatter your peace by getting annoyed, upset, irritable, aggravated, by giving vent to your fury by exploding into a rage. You could even become violent. Your reaction will be solely motivated by your ego displaying its level of self-importance as gauged by your level of reactionary response.


Alternatively, you can smile, inwardly and outwardly, maintaining your peaceful composure. You can attend to the disturbance or interruption and then resume a more tranquil position, allowing and enabling you to be even more peaceful than before.



Probably the best idea!

The deepening of your peacefulness will arise as you knowingly move peacefully through the disturbance and interruption and back into a more tranquil, uninterrupted state of grace. You may even see the disturbance and interruption as a blessing to remind you to remain at peace, internally and externally. The more you can practice this, the more you will know increasing peace and tranquillity.

The utopian position is, of course, to remain peaceful and tranquil no matter what events are



raging around your head. This is possible to do with harmful alcohol or prescribed drugs or illegal narcotics, all of which can render you, temporarily, oblivious to what is going on around you. However, ideally one would like to get to this peaceful and tranquil state naturally, and harmlessly, through egoless acceptance of what is now leading to a state of unconditional love.

In time, once your level of unconditional love becomes very deep, then you will know that there is no one else to accept or forgive as we are all One and in our Oneness there are parts of us that give and parts of us that receive forgiveness and acceptance from ourselves.

The way that peace through acceptance can truly work is through Oneness, which is another name for unconditional love.

## Faith as a cornerstone of unconditional love

You cannot intellectualise what it would feel like to be in love. You can read about other people's experiences of being in love, but love is not a thought, it's a feeling. Emotions have to be experienced to make them a reality. That experiential reality is measured emotionally as a feeling.

Having a beautiful flower described to you in a book and using your senses to see, feel, touch and smell, a beautiful flower is a vastly different experience.

The same is true of a belief and a faith in a Higher Power.

A belief, at its essence, is merely a thought.

The thought may be 6000 years old and have been passed down through the <sup>(38)</sup> aeons of time, but it's still only a thought.

<sup>(38)</sup> aeons

an indefinite and very long period of time.

In the case of belief, the thought is probably not even your thought, but someone else's wrapped up in the fancy clothes of a religion, structured to embody the thought. But it's

still only a thought, a mind-induced thought that if questioned or attacked is defended, in many cases, by death of the attacker or defender or both. A thought to live by as a belief and a thought to die for in defending it to the death! Hmm, the originator of the thought may not be too happy with that outcome!

Faith, on the other hand, requires an emotional experiential feeling. Blind faith requires no thought, simply the blind leading the blind like lemmings over the cliff!

Faith, as it relates to unconditional love, requires a feeling of Oneness, of Unity with your Higher Power.

The danger here is that if ego is involved in the feeling it may express the notion that my higher power is the only higher power and you can't be part of it, because it belongs exclusively to us. This is not faith but thought created ego-based belief.

True faith is knowing, feeling, experiencing, living as Oneness, knowing that you are part of God and part of you also houses God within you.

True faith is unconditional love in this present moment where God is in God's eternal time zone of Now. Giving love unconditionally is faithful living now. With God all things are possible. \*NOTE!

Can you feel your connectivity with God now as Oneness, as unconditional love?

*I will survive!*



*Who, in the midst of absolute despair and misery, can lift their mind and body up to the level of their Higher Self where their soul is?*

*There is a clip on YouTube.com of an 89-year-old survivor of the Auschwitz Concentration Camp dancing with his grandchildren. They are dancing to a recording of Gloria Gaynor's hit of the 1970s "I will survive".*

*It's where they are dancing, that is relevant.*

*Outside the main gate to Auschwitz, 65 years after the camp was liberated by Allied Forces. Joy replaced despair; however, it took time to accomplish.*

*Imagine if you had faith that what you were subjected to in times of despair, pain, hopelessness and depression was, in fact, a blessing from your Higher Power.*

An exercise

*Now look back at your life. See if you can identify those low turning points in your life cycle, where anxiety, pain, despair, hopelessness and maybe even depression overwhelmed you.*

What followed that managed to pick you up and elevate you back onto your feet? You may have got back on your feet, inch by inch through toil and struggle, or perhaps, someone or something came into your sacred space and lifted you back onto your feet instantaneously.

The galvanising thought to get you back on your feet is to **separate** the situation you find yourself in as **distinctly separate** and **unattached** to who you really are, a part of God, unconditional love as your essence.

In your despair, you have confused your ego with your soul. In your despair, you have seen yourself as having the problem. It is not you that has the problem. The problem is happening to you, but it is not you that has the problem. It is your ego, which is an illusion, which has the problem. The problem is one of a **fear-based illusion**.

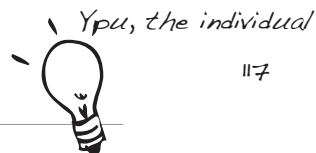
By separating yourself from the problem you become more aware of the problem as an illusion. You, in your despair, separated from your Higher Power, forgot Who You Really Are, **a Part of God**, a part of Oneness, a part of unconditional love.

By bringing unconditional love into yourself, as a part of God, you bring in a higher energy vibration frequency. It's this unconditional love, which\* raises you above the friction of the ego control problem. Despair is defeated by hope, joy, faith and unconditional love.

The dancing grandfather and his grandchildren at the gates of Auschwitz singing "I will survive!" bear testimony to this.



# Is your inner switch on?



Can you see God in what is happening now?

When you look at a majestic sunset with an ethereal light breaking through the pinkish, bluish, silvery clouds, it is possible to imagine God as the painter.

When you experience the birth of your firstborn, and the miracle of childbirth makes you aglow, it is possible to see God's hand at work.

When you recover from a serious illness, your prayers to God appear to have been answered.

The warm, loving embrace of your beloved seems to be seamlessly within God's embrace.

The survivor of a wreckage could have been seen to be plucked up by God and thrown free of the carnage.

We are surrounded by miracles and, for those with gratitude in their hearts, life is miraculous. What about the actions we label bad, unfortunate, unlikely, accidents, disasters, and so on?

Where can God be found in a bitter divorce, the untimely death of a child, the carnage of a road accident, a terrorist created plane explosion, in a test result showing the coming termination of a life, in all the times we label as bad?

Is God only visible and available when things are good and then absent when the tide turns against you?

Where is God in the dark night of the soul?

God is where God always is, right there with you, as a part of you. God's energy is always within you. God is like the sky. God is always present, omnipotent and eternal. The sky appears to be blue then along come dark, thunderous rainclouds covering up the blue sky. The sky above the dark clouds remains the same, blue as always. The rainclouds soon disappear and the blue sky is once more in evidence. The blue sky is always there. Sometimes there are dark clouds beneath it, obliterating your view of the ever present blue sky.

Likewise, God is always there within you. You control the on and off light switch of your own consciousness of God's presence in your

life. God's energy is always alive within you. You have the power to switch this eternal Light on and off within you.

It's only whether you switch on or off this loving energy that determines whether you become aware that God is evident within you now.

You can always see God in this moment now, if your inner switch is on.

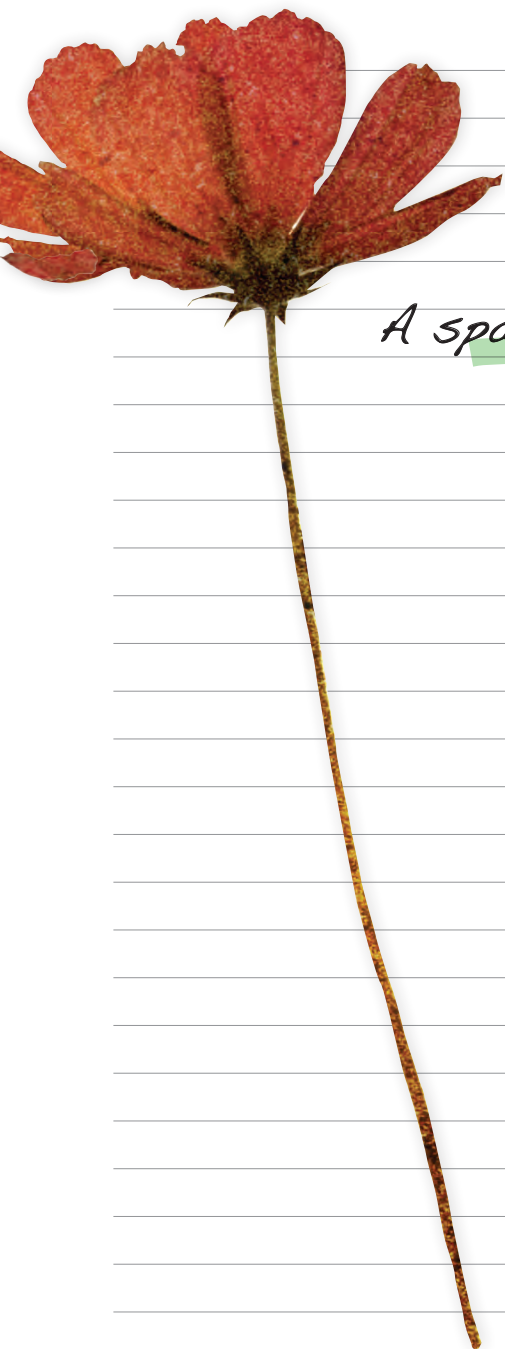
You will know if it is on, because you will feel the unconditional love of Oneness within you.

The beginning of love  
is to let those we love  
be perfectly themselves,  
and not to twist them  
to fit our own image.  
Otherwise we love  
only the reflection of  
ourselves we find in  
them.

Thomas Merton  
1915–1968

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*Source: 5000 Years of Wisdom*



*A space for remembering:*

## You should only have one expectation

Who gave you the right to have expectations of others?

Society has imposed certain expectations in its written, verbal and implied structures but that is man's construct sometimes 'sold' as God's will. God grants each person free will and has imposed the Law of Cause and Effect as an unerring consequence of that free will choice.

With regard to expectations of others, you will never know disappointment if you don't have any expectations of them. Their own ego will invariably decide what they want to do, and to have expectations of them implies your need to control them to meet your expectations. The acceptance of what is now allows freedom, spontaneity, creativity and growth to flourish when there are no expectations. Expectations, however misplaced, restrict the potential that exists inherent in any endeavour.

Freedom chooses in the moment.

Be light on your feet, be adaptable, being free to choose in every moment.



Choose to respond with unconditional love to whatever is showing up in your space now.

That's easy to do when it's something you want to occur but, when it's not, it requires you to dig deep and courageously accept what is now.

Knowing that God will only give you what you need, not want, for the growth of your soul requires both courage and faith. Acceptance of this knowledge will propel your soul's growth to occur, and you will come to see, in time, that the unwanted occurrence was required, albeit at the time, it appeared to be exactly what you did not want to occur.

Don't be predictable, respond in the moment, accepting, respecting, trusting and loving unconditionally whatever is occurring now.

By loving unconditionally whatever is showing up in your space now, you allow God to work through you and you will feel that unconditional love as Oneness for you and for whatever is showing up in your space now.

The only expectation you should have is that God will give you what you need, not want, now for the growth of your soul.

## Loss and gain

What have you ever lost that in the fullness of time, did not need to be lost?

That which you held and valued, when lost, eventually enabled you to have the freedom to replace it with something else in your pathway of increasing self-growth.

The inevitable loss of a parent, the untimely loss of a sibling, a friend, a partner, even the devastation of losing a child, in some way opened you up to the possibility of eternal life.

The desire to hold onto the memory of what they once were in your life has allowed you to consider whether they are with you now, in unseen spiritual form.

For those who have developed this belief and faith, they are more accepting of the initial loss of the valued person, and more accommodating of a belief system that allows that spiritual entity into their inner sacred space.

If that belief system is there and that person, now in spirit, is operating without ego, because



what purpose would ego serve in the totally transparent universal world of Spirit, then the love that they are in Spirit, is unconditional love. As Spirit, they are part of God, who is unconditional love.

For those with this belief system, the comfort of knowing that you are being guided by your loved ones, in Spirit, in unconditional love, is a comfort that words are too inadequate to describe.

The loss of the person, in physical form, has been replaced with the gain of the Spiritual Entity operating, always and in all ways, unconditionally lovingly towards you.

For those with this belief and faith in eternal life and unconditional love, the warmth and comfort it brings is indescribable.

eternal, unconditional  
love for eternity



## True love is another name for unconditional love

True love does not understand man's construct of conditional love due to attachment in a relationship.

True love is total freedom.

True love is incapable of being damaged.

True love is the pinnacle of respect, dignity and honour.

True love is complete within itself – it has no needs, demands or expectations. True love is total acceptance of whatever is happening now.

True love is totally alert, aware, conscious and accepting. True love does not have any desire for anything.

True love is total freedom to choose or not to choose.

True love is total freedom to accept anything and anyone. True love is not a static relationship.

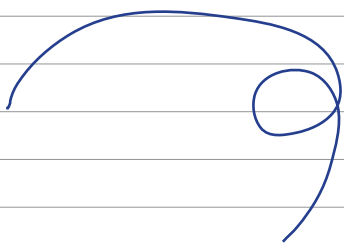
True love is the meeting of souls, not only bodies and minds.

True love means the souls mingling with the Ultimate Soul we call God and becoming Oneness. True love then becomes truth.

True love, God, truth, are all words which mean total freedom.

Total freedom is the ability to fly as high as possible - without the need for wings. Is this the love you would like to experience?

Then begin by letting go of your need for attachments in relationships - the need for contractual relationships.



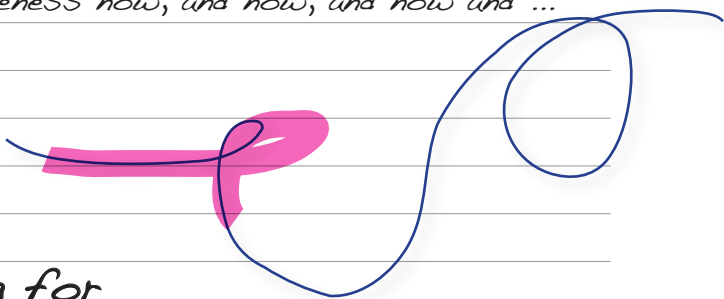
Learn to Trust -  
To Release Unto  
Spirit Totally, and  
then To Rely Upon  
Spirit Totally.

Trust that you can exist and live on the leading edge of the wave as it enters every moment of now - alive, throbbing with excitement, pulsating with passion, hands open awaiting to receive and accept what is now - unconditionally.

Let go and let God/Love/Truth/Freedom into your life now – and every successive moment of now. Live on the cutting edge of the leading edge, as it enters the now – alive, free, passionate about life, being true love with every fibre of your being.

*Carpe Diem – seize the moment – passionately!*

Live life in total freedom, knowing and being true love as Oneness now, and now, and now and ...



Looking for meaning in your life

All too often we look for meaning in our life. We scale the heights of mountains, we venture into the universe in spaceships, we go to the bottom of oceans in submarines, we examine the stars with high-powered telescopes and microcosms with microscopes.

We continually look for meaning in our life, as well as the meaning of life.

What are we doing here. What are we supposed to be achieving, learning, doing?

At a funeral, we witnessed first-hand the fragility of life and the meaninglessness of achievement, learning and doing, as high achievers are buried next to low achievers, with only a simple gravestone to mark their existence on earth.

Perhaps life is not meant to have any real meaning; perhaps life should just be experienced, moment by moment. Perhaps we are here to experience each moment with all of our five senses and savour each moment, fully.

When you can fully experience every moment sensually, then you begin to understand that perhaps there is not meant to be a meaning - there is only meant to be significance now.

\* something to keep in mind?

The only meaning something has is the meaning you give it. Some people strive for gold medals, some for Nobel prizes, some to climb the highest mountain, some to merely survive day by

day as this survival is their greatest achievement, in the wake of what life has presented to them.

If the meaning of life is meant to be the significance of this moment then, perhaps, the only significance is to be fully alive now. To be fully alive is to be aware of whom you really are, and this includes the part of God, inside of you. In this state of being fully alive, whilst being conscious of God's presence in your life, you will then be aware of being unconditional love in this moment.

Therefore, if the meaning of life is to be significant in this moment, then the meaning of life is to be unconditional love in this moment.

What could be more significant now, than being unconditional love?

Can you think of anything else more meaningful now than to unconditionally love yourself, your significant other, your family, your friends and all those in your orbit?

When you are remembered at your graveside one day it will be whether people felt love or fear in your presence that matters.

You now have the power to choose whether to be loved or whether to be feared. Is that meaning enough for you?

## Short cut to unconditional love

Can you stand on one leg, and in a brief way, tell me how I can become unconditionally loving?

Yes! Know that you are not separate from God.



Know Unity consciousness, Oneness with God, and then with everything and everyone.

See the beauty of God in everything you look at, listen to, taste, touch, and smell. Then ask "How can I serve you best?"

Providing their request is within your ability to perform, thereafter answer: "Yes, I can do that." In gratitude of being One with God you give generously with a smile on your face and a loving embrace in your arms.

All that with which God blesses you now is given to you in trust. Give what you can to others. One day, all that you have will be given away. For now, give what you can of your material possessions, whilst ensuring that you are not impoverished now or in the future.

However, there is so much more you can give without impoverishing yourself in any way: such

as admiration, encouragement, praise, gratitude, patience, a listening ear, kindness, humility, respect, forgiveness, integrity, selflessness, and so on.

When you give, you become a vessel through which God's Grace flows.

God is within you, always. In an egoless way simply welcome God's grace to flow through you now, and you will become unconditionally loving.



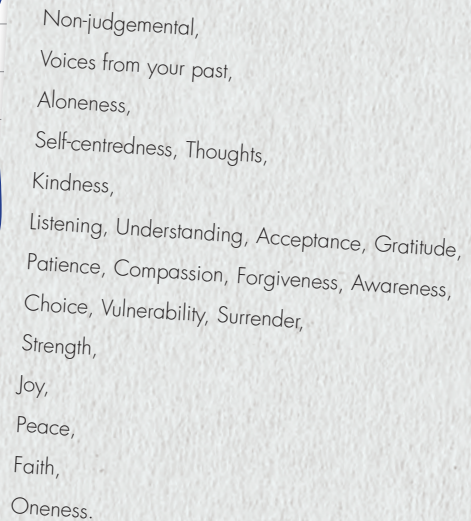


## Personal development of unconditional love - summary

In the first part of this book, Being Loved Unconditionally, the focus has been on you, the individual, where we have spelt out 22 attributes to assist you in becoming more unconditionally loving, primarily to yourself.

These 22 attributes are:

A summary



- Non-judgemental,
- Voices from your past,
- Aloneness,
- Self-centredness, Thoughts,
- Kindness,
- Listening, Understanding, Acceptance, Gratitude,
- Patience, Compassion, Forgiveness, Awareness,
- Choice, Vulnerability, Surrender,
- Strength,
- Joy,
- Peace,
- Faith,
- Oneness.

We now look at the second part of Being Loved Unconditionally: Relationships.

## The mirror of relationships

Most people believe that falling in love is the panacea for all their problems. Once I am in love, and I have someone in my life, all these issues will disappear.

Please think about all the people you know, including yourself, and see if a love relationship solved any meaningful problem you had, over the medium to long-term.

The mirror, within a love relationship, is a harsh reflector of the ego parts of you and your life that may not be your best attributes.

The intensity of the emotions in a love relationship unearths some unpleasant ego parts of you seen in the mirror held up by your significant other, as evidenced by their reactions to you.

Needless to say, the reverse is true of your significant other's unpleasant ego parts being seen in the mirror you hold up for them in your relationship, as indicated by your reactions towards them.

The love relationship you thought was going to be the panacea for your problems became the illuminator of these deep-seated ego-based issues.

If you choose to be alone and not in a love relationship then those problematical ego issues remain within you. Just because there isn't a mirror being held up for you by a partner, does not mean that your image is missing, it's still there for all to see, as are your problematical ego-based issues.

Relationship love shows you who you are now, where you are on your self-improvement path and what you have to change and improve upon to become the best person you can be.

Firstly, you have to learn to admire, respect, like, and unconditionally love yourself before imposing this new improved person into an unconditionally loving relationship. Many of these attributes were covered in the topics in the first part of this book.

When you have done the hard work on yourself, then don't look for a relationship, rather look for being in a continual state of loving unconditionally.

Your outpouring of love will encompass all things in your orbit. This continual state of being an unconditionally loving person will create gratitude in your heart when your love arrows are received in the hearts of people in your orbit.

You become a state of love.

For a relationship to work now you will need to find a partner who has also experienced being on a similar path to you – one of becoming and being unconditional love.

Now you can have a loving state of grace and bliss in your new, unconditionally loving relationship. If you don't find another like you, then you can still remain blissful simply being unconditionally loving to yourself and to those in your orbit.

Unconditional love, true love, is without ego, without needs, without demands, without expectations. It is an ever-flowing fountain of giving. It is a state of being, not only an expression of words and actions.

True love is incapable of being damaged, because there is no ego to endure pain and suffering. True love cannot be confined to only a relationship of two people. It supersedes two people and merges them seamlessly into one, into Oneness.

True love is only happening now, there is no past and no future, true love only exists now.

Holding up a mirror to the past and a telescope to the future is based on ego's needs, not true love. True love is <sup>(39)</sup> satiated now, and now, and now ...

(39) satiated

satisfied to the full; sated.

With true love there is no relationship with a past and a future. In true love there is not even a relating to now. There is only two Beings in Oneness together now.

If you experience true love now, then you cannot discern where you start and finish and where your beloved starts and finishes. In Oneness there is a total seamless merging, a blending, making it indiscernible who is giving to whom and who is receiving from whom. In Oneness there is no distinction between giving and receiving, it is simply the operation of unconditional love.

Oneness is your only being. Where there were two now there is only One. Is this the unconditionally loving relationship you are after?

Hopefully, the following pages will assist in making this a reality.



## Why do relationships go bad?

What happens to the bloom of love that accompanies couples through their dating days, up to the wedding altar and on their honeymoon? For some, the bloom of love continues but, alas, for many it evaporates in the initial years of the marriage.

In a relationship, there are two egos involved.

In the initial stages of the relationship the female ego, intent on being married, sees the positive side of the man of her dreams. She emphasises these perceived strengths, and the male ego loves to be stroked positively. The female ego holds up a rose-coloured mirror to her male partner's ego and he loves what he sees. He falls in love with his stroked ego's reflected glory in the mirror held up by his female partner's ego.

Mistaking the mirror-holder for the mirror, he tells the mirror-holder, how much he loves her.

The female ego, as the mirror holder, hopes that the love being showered on her by him, is for her and not for his reflected glory. This

insecurity of not knowing whether her knight in shining armor really does love her, and not the glorified image in the mirror she is holding up, feeds her uncertainties during the relationship's early years.

The female ego loves the attention, admiration and flattery from the male ego during the conquest phase of the relationship.

The male ego is the hunter and he has one quest - to conquer and possess the female, ultimately with a sexual procreational object of 'spreading his seed' to create children as his need to perpetuate himself in compliance with his ego's needs.

The female ego wants security, protection, to be provided for, to be loved and to have children due to her primal maternal instincts. In exchange she will provide sex, love and become a homemaker.

Once the egos have achieved their initial specific objectives the honeymoon is usually over.

The male ego feels neglected, as the ego stroking dies down. The lack of attention he feels

becomes the cause and effect of his reciprocal lack of attention, unkindness and uncaring attitude towards his female partner's ego needs.

The female's ego is feeling disregarded and unloved with accompanying feelings of being taken for granted whilst feeling trapped in the relationship.

At this stage of the game, both people realise that the person they married also had negative attributes and not only the positive attributes they chose to see initially, as 'love', blinded them to total reality.

Was it love or was it lust or need?

Was it, perhaps, a mutual ego satisfaction, culminating in marriage, one wanting to conquer and possess and the other wanting protection and love?

At this stage of the relationship, the dreaded judgement and comparison enters the scene.

The couple now start to compare what they are getting out of the relationship – not what they are giving to each other and, thus, to the relationship.



This ego-based relationship love becomes a bookkeeping exercise of giving and receiving.

However, these bookkeepers are not <sup>(40)</sup> 'at idem'.

The male ego considers providing an income entitles him to his 50% contribution to the marriage, whilst the female ego sees this as merely one contributing factor towards the marriage.

(40) at idem

Latin for being at one with or being on the same page

The overinflated male ego is being ignored and is feeling bruised, not only is it not being stroked positively, it is being judged, criticised, compared to, complained about, and even ridiculed, privately and, perhaps, even publicly.

"Hey, what happened to that insatiable sex goddess who could not get enough of me?"

The attacked male ego lashes out like a wounded animal, and now the fat is in the fire!

Words, shouting, arguments, unpleasant

"truths" are hurled about cutting deep into both insecure, fragile egos.

Who are these two people, previously intimate lovers, trading unkind blows with each other?

Their overprotective egos are in full flight, the intimate lovers a long distant memory now.

So where is the love that bound these two lovers in previous ecstasy? Perhaps it was never love, perhaps it was ego-based need, perhaps it was lust for what they each wanted and needed from one another.

### \* The solution?

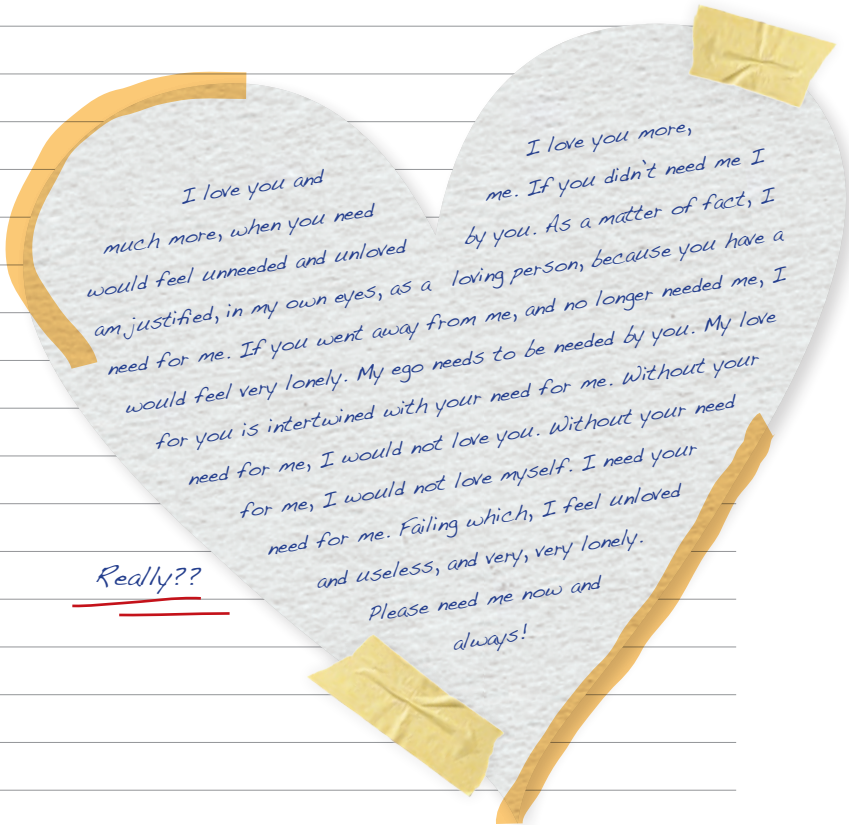
For a **short-term solution**, what worked initially was positive, stroking of egos. If there is no willingness to give and receive unconditional love, initially to themselves, and then to each other, then the fallback position would be to continue the positive ego massages of each other for however long it takes to rekindle the intimacy and love of the initial phase of the relationship.

For a **medium- to long-term solution**, the giving and receiving of unconditional love, initially to themselves, and then to their partner, is the only meaningful road ahead if the intimacy, love, respect, kindness and caring is to be developed and maintained.

So what are you  
choosing right now in  
your love relationship?

Are you ready to find out?

→ **Is it love or is it need?**



Really??

When you can separate need from love, you can begin your journey to true love.

Freedom can be defined as **not to need anyone** or anything and **not to be needed** by anyone or anything.

To have true love, unconditional love, you first need to have freedom. The freedom of choice.

Highlighting  
a few  
examples.

A **wealthy man** is trapped by his material wealth, and does not have freedom as he needs to guard his wealth.

An **intelligent person** is trapped by their knowledge, and their ego need for it, and knows no freedom of learning from others or from life.

A **beautiful woman** is desired by many who need her and she becomes a bird in a gilded cage, while her looks last.

A **record-breaking athlete** has a regimen of training schedules and media attention and is far from free, but is trapped in his need to continually train, achieve and feed his ego with external praise.

A wealthy man, an intelligent person, a beautiful woman and a record-breaking athlete all are ego-based and are trapped by their egos. They cannot know true love as their ego-based self-love restricts their freedom. They all have a need to be needed because their egos are dependent on being fed compliments, praise and achievements. Their freedom is curtailed and, with it, their ability to be free and know true

love, unconditional love. They are loved for what they represent not for who they truly are.

Strive to be like a solitary person comfortable in their own skin. They can be with people and be happy and content, and can be alone and as equally happy and content. This person knows freedom. This person wants and desires nothing and does not seek to make others want or desire anything from them.

This free, solitary person is wholly self-sufficient. They are enough unto themselves. Your judgements and opinions about them is of no concern to them whatsoever. Your judgements and opinions say a lot more about who you are, than it says about what they are. The character of people is illuminated by what they say about other people's character.

\*NOTE!

A free, solitary person, who is wholly contented and centred in their being exists within a self-nourishing circle of unconditional love with themselves.

In this aloneness, they come to know who they really are, then they know Oneness. Oneness, is unconditional love, which requires freedom and has no need for anything or anyone.

## There is no attachment in true love

An important message for you the reader.

If you are centered in your being, if you have your own roots in the center of your being, if you are fully aware of your own consciousness within your being, if you are enough for yourself in your completeness, if you can be alone and not lonely, if you can be All One in your aloneness, then you are free and you know freedom from attachment.

However, if you need someone to complete you then you have the need for attachment.

This attachment comes with egos. These egos come with needs, demands and obligations, all wrapped up in pretty packages, disguised as lust, like and love.

This attachment creates ego dependencies. Ego dependencies soon begin to make demands, which, if not met, see unpleasantness arise.

Equality in the relationship is vanquished as the power struggle of egos is played out.

Making love becomes trading sex for benefits.

Withdrawal of sex is another form of ego power-play.

According to a 2009 extensive research study from Georgia State University's Department of Sociology in the United States, it was estimated that about 15% of married couples have not had sex with a spouse in the last six months to 1 year. The same study reported average spousal sexual activity occurred 58 times a year, a little more frequently than weekly. When considering that, according to the study, married couples under 30 had sex more than twice a week; the averages mean that couples over 30 are having sex less frequently than once a week.

In 2008, there were 26.3 million unmarried women 18 years and older in the USA and 64.5 million married women. As stated above in "Why unconditional love is needed here and now", of the 5.5 million annual pregnancies in the USA virtually half, 2.6 million, were to unmarried women.

In married lives, sexual relations could be described as weakly! It can be inferred from these statistics that the sexual activity of unmarried women is more active pro rata than married women.

Unmarried mothers and abortions are not likely to be the result of unconditionally loving relationships.

The need for attachment is based on insecurities of feeling that you are not worthy enough for you. You require someone to complement and complete you in some way or form.

The price you pay for that attachment is your freedom.

The arguments, fights and abuse that flow from disagreements in a relationship are based on this lack of freedom of expression, words, actions and choice.

This lack of freedom is a benign form of slavery.

When there is some form of slavery there is resentment between both master and servant.

Throughout history, slaves have revolted to gain their freedom. A marital home, based on needs, attachments and dependencies, especially financial dependencies, becomes a hotbed of slave revolt as evidenced by divorce statistics worldwide.

\*The solution lies in being free through your own completeness of yourself. Centering yourself, having deep self-centered roots, being alone and complete, and, ideally, knowing Oneness as your being, is the utopian position.

You can then be independent and free, choosing a relationship partner who themselves is, like you, complete within themselves, independent and free, and, hopefully, knowing Oneness as their being.

Without needs, attachments and dependencies, there will be togetherness, spaces between,



trust, integrity and the sharing of bliss, coupled with a willing mutual sharing of responsibility within the relationship.

In Oneness all giving is receiving and all receiving is giving. \*NB!

The continual newness, freshness, of such a relationship based on mutual love, trust and respect for each other's freedom will see the days commencing and culminating in lovemaking, much more frequently than once a week marital sex, as the 2009 research study showed.

## A space for remembering:

When we leave this world, how much we have loved will be our true legacy. It is the only thing we will leave behind and carry with us.

Anne Siloy  
1984–

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*Source: 5000 Years of Wisdom*

## The earning of loyalty, trust, freedom and dignity

Loyalty is demanded.

True love, unconditional love, is given willingly. When loyalty is demanded it is conditioned by fear.



When loyalty is unconditionally given, it is given in true love. Loyalty demanded is not love, but true love is inherently loyal. Trust that is demanded has loss in its wings.

Trust that is unconditionally given has gain as its reward. Gain - God And I Now.

When trust is given in true love, it is indistinguishable from love.

When trust is demanded by contractual means, it is forced under the penalty of loss. Freedom can never be given, as it is a birthright.

\*NOTE!

Freedom not allowed is imprisonment by fear of loss. Dignity of self-respect is earned before it is displayed.

Dignity that is demanded, is never dignified by respect, by either the giver or the receiver.

When love has inherent loyalty, trust, freedom and dignity, it becomes something of immense value that can never be bought but only earned.

When you have earned self-love, and love from another, based upon loyalty given unquestionably, trust won by your thoughts, words and actions, freedom of any and every choice, dignity of self-respect and respecting all others, then you will know unconditional love from yourself and from another. This unconditional love is love without limits.

This is it!

When measuring your self-worth and your ego-less success, the pinnacle is unconditional love.

\*Unconditional love can never be demanded. It can only be self-earned, and then given loyally, in trust, with freedom and dignity to another.

## Resolving the causes of conflict in a relationship

It is easy to accept being loved in a relationship. Who doesn't want to feel loved by their significant other?

When you are made to feel unloved for whatever reason or cause, before reacting by judging, criticising and complaining to or about your significant other, first look at yourself and see if your ego has arisen in some area, which is causing friction in your relationship.

Your lack of peace within the relationship, your lack of your own inner peace and, possibly some physical pain you may be experiencing, are warning signals that you should first look introspectively within yourself to identify the ego root cause of your disharmony. If your ego has arisen, it is usually protecting some emotional wound which will require self-integrity to investigate and correct.

An exercise idea?

If, in your self-integrity, you cannot identify the problem, then lovingly ask your significant other what you are doing, or not doing, that is causing the friction between the two of you.

Once identified, and providing you want to change what the issue is, then go ahead, leaving no stone unturned to repair the issue at hand to heal the relationship, lovingly.

The keyword here being lovingly!



This vulnerability and surrender is strength, and not <sup>(q)</sup> capitulation to the demands of your significant other, if it is done in egoless self-development and to improve the love within the relationship.

(q) capitulation giving in totally

If the issue is reversed, and you have an unresolved issue with what your significant other is doing, or, perhaps, not doing, then with kindness, caring, compassion, empathy and respect, lovingly request that this issue needs raising to be resolved, in an egoless manner, within your relationship.

Communication becomes key!



In your relationship there will be boundaries of acceptable and unacceptable behaviour firmly established, or, at the very least, inferred.

Hopefully from the beginning??



The breaking of these boundaries, for example through mistrust, infidelity, crime, violence, and so on, enables you to assess, in a non-ego way, whether this relationship is still acceptable to you.



Often times, total forgiveness is required; however, continuous repetition of the unacceptable behaviour will generally require you to stand in your self-integrity, proclaiming "This is not acceptable behaviour to me."

At that stage, you may very well decide to dissolve the relationship. For most people, this dissolution might be the only route available to them, and in time, to enable them to re-establish their own inner peace.

This serious decision is taken in unconditional love of you, as a self-protection mechanism, and is fully understandable.

If, however, you are one of a select few people in the world who are totally unconditionally loving, then you would know and understand that you are all One and the unacceptable actions of your significant other can be completely overlooked with total acceptance of what is now. In such understanding of Oneness, there is no one else to forgive as it's part of You, as Oneness, that both gives and receives pardon and forgiveness. This requires a very enlightened spiritual state and do not be deterred if you cannot ever see yourself reaching it. It is



utopian but is included here as something to aspire to, if you so desire.

For those who have reached this height and depth of unconditional loving behaviour, then the reward is inner peace, relationship peace and unconditional love, as well as unconditional self-love.

In every moment, you are called upon to choose whether to come from unconditional love, from conditional love, or from the ego-based fear. Your choice determines your own level of happiness or unhappiness, your own bliss or anger, unconditional love and gain, or fear and loss.

No-one but you decides how to act, react or respond and so determines by such cause of choice the effect that automatically and involuntarily flows from such choice.

### Not compromising to find a mutually acceptable solution

Compromise is generally the name of the game in conflict resolution where relationships are concerned and relative peace and harmony is sought. It is commonly known as 'a half a loaf is better than none', approach.

Compromise has two different meanings. First, to come to agreement by mutual concession and, second, to expose somebody or something to discredit or danger.

"Com" as a prefix means together or jointly.

Promise is a declaration of intent to do or not to do something specific. Therefore, to compromise is to intentionally, jointly do something specific.

WHAT!

When you compromise, you jointly sell out your self-integrity, with specific intent.

You believe something and the other party believes it to be something else. However, for the sake of so-called peace, you both agree to compromise your integrity and reach a compromise solution.

Here's a solution!

Would it not be better to agree to disagree, and to leave it there? Now, you're both in agreement over it and you have not compromised your integrity!

If you want to really resolve the issue, then your integrity needs to **deepen** to become self-integrity as you interrogate yourself as to your

true motivations that created your belief system about the topic in question. If you dig down deep enough, in your self-integrity, you will come across the protective covering of your ego of your emotional wounds and scars. Your ego's need to be right is the reason your belief system is entrenched about this topic. If, and when, you can get past this <sup>(42)</sup> bastion of your belief system, you may very well find another belief system about the topic in question. This new belief system, may or may not be the same as the other person's belief systems about this topic in question.

(42) bastion  
a fortified place

Now, if you can get the other person to go through the same self-interrogation in total self-integrity, you are both likely to find a more obvious solution that respects and honours both of your inner journeys.



In this way, compromise for the sake of your egos is replaced with self-integrity, without the need for egos, providing a non-compromise solution you can both be proud of adopting. This will enable both of you to have real, non-ego-based, peace and harmony without any compromise. With this new approach, you can now know the Oneness of being unconditionally loving in finding a resolution to conflict.

## Another approach to conflict resolution

The only place where right and wrong are found  
is where ego abounds.

The ego's need to be right, defend the position,  
prove someone wrong, to be the victor is  
legendary. Can you find a way to bring ego-less,  
non-judgement harmony into play?



Perhaps you can say stop! How important is  
this anyway in the grand scheme of things? Does  
one of us want to lose the battle, and one of  
us win the battle, but we both lose the war?

Let us not be personal in judging anything here.  
Let us replace our judgement with compassion  
through correct understanding of each other's  
motivations and needs.

How can we bring a harmonious solution to this  
conflict so we can both win?

Can we make the pie bigger so we can both  
have bigger halves? Can we agree to disagree,  
move away from it and move on with our lives

without finding a solution which would have compromised our self-integrity? So be it!

Can we agree to become the other's advocate arguing for each other's side?

Can we prefer to choose peace, love and kindness rather than a temporary victory?

Can we become unconditionally loving and see each other as One. Then, as One, we have the solution to the problem because whatever we each have, we now both have jointly, as One.

Providing we remain as One through unconditional loving, then we have found the solution to the conflict.

## Learning to respond, not simply to react

Many people have knee-jerking reactions to certain stimuli. That which has happened in the past is happening again, now. However, the reaction now is the same reaction that occurred in the past when this happened before.

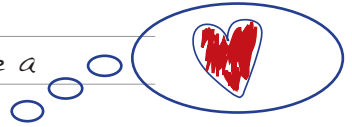
Things may have changed, people and circumstances may be different, but the ego-based reaction remains the same, rooted in the memory habits of the past.

A conscious person is living here in the now, and is aware and attentive to what is happening now. When something happens now to a conscious person, they will respond to it now, not react to it out of past memory habits.

A reaction is generally perceived to be a protective or accusative action, in immediate retaliation to the stimulus. This ego-based reaction comes from previous experience.

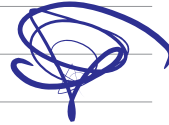
A response is a carefully measured, sensitive action, undertaken in the fresh, alive, new

moment and is generally without an ego component. A proper response could be a love-sponsored thought.



A response is a potential door opener, whilst a reaction is a door slammer. When you are unconditional love, you only respond, you never react.

You respond with how and what would unconditional love do and be now.



## Learning from break-ups

There are two ways to conclude a relationship that is no longer in harmony with you.

1

The most common way is to break-up and remain energetically involved. This energy involvement is physically through blaming and shaming, accusatively, whilst defending your "perfect" role in nurturing the relationship. This is the vicious victim role.

Your vibration energy remains intertwined with your previous partner, and, quite frankly, not only have there been no lessons learned here, but damage to your body and mind is also likely. Meanwhile your energy is depleted by clutching onto that which you are no longer bound: your relationship.

2

A more harmonious and energetically positive way is to detach physically, emotionally and psychologically, from the other person and the now finished relationship. This detachment has to be ego-less to be successful.

Be receptive to learn from this relationship, what worked, what didn't and most importantly,



why? See where your ego was evident; see where your love was conditional. Become detached from the outcome of the relationship. Be thankful for the positives and learn from the negatives. But like last night's meal it's over and should not be consumed over and over again. Are you moving forward, onward?

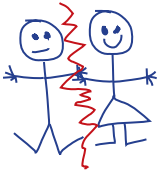
Your previous relationship partners may be similar in characteristics and personalities. They probably sang the same song using similar but different words. Recognise the song and realise that you have learned from it and there is no need to keep attracting that type of person again into your life.

It's time to be brutally honest with yourself and realise that you may be selecting your partners based on some perceived shortcoming of yours, which these partners have in abundance and help you compensate for.

If you want some guidance as to whom you should be in a relationship with, look at the characteristics of your very good friends. Now you have an idea whom you should be looking for as a potential intimate partner. They may not excite you as much as some longed-for idyllic partner but they are potentially real friends through thick and thin times.

## Being Loved Unconditionally

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When relationships are no longer mutually nourishing, and are no longer harmonious, learn to let go, especially if the familiarity is comforting to you. Your striving now must be to detach yourself from the drama of the relationship and from the drama created by its termination.

Do not be caught up in the ego-based anger, hatred, mudslinging and pettiness that will ensue. Unconditionally accept that the relationship is now over.

If you can, and if you still feel some love for your ex-partner, sever the bonds of the relationship, whilst maintaining your love and caring, in a mature and unconditionally loving way. Do not expect your ex-partner to follow suit, and, even if they are confused by your new attitude, persist if your feelings are there. This is your unconditional love which you are giving even if it is rejected; simply give love and caring if you truly feel it.

The relationship was the synergy of the two of you, which is no longer mutually nourishing and harmonious. Your ex-partner could still be deserving of receiving your love and caring as a non-intimate friend.


If you can manage this egoless separation of an intimate relationship with your ex-partner you can walk away lovingly whilst being detached from the associated ego-based drama. In this way, your unconditional self-love elevates you graciously out of the relationship but does not stop the continual flow of your unconditional loving nature towards yourself, your ex-partner, and others in your orbit.

Now is the time to be alone, and to go deep into yourself, lovingly investigating ways you could have been more nourishing and more harmonious in the relationship. Remember to improve and perfect yourself, should another relationship ever emerge. Be firm, but **be kind with yourself** and allow a self-healing process time to occur in unconditional love of yourself.

**Trust the process to evolve as it should.** Be vulnerable, surrender and allow unconditional love of yourself to guide your post relationship self-healing process.



## Dealing with anger in a break-up situation



A relationship that may have ended poorly may very well see need or lust turn to anger. The person who is full of hatred and anger is no longer connected to their Higher Power. Only love is real, because only love is God and God, in Oneness, is All There Is.

The apparent hatred accompanying this anger is not real. It is only an illusion. Hatred is a very perverse way of looking for love.

The person who is full of hatred and anger needs to dominate and control their own perception of reality.

They cannot trust – To Release Unto Spirit Totally and then To Rely Upon Spirit Totally. They are no longer connected to Spirit in their mind and in their soul.

If you cannot trust and let go and let God in, then you may need to be a villain or a victim.

Both know hatred in different ways.

Very important!

It is not easy to respond with love when faced with hatred and anger. However, an approach that might stop hatred in its tracks is to say:

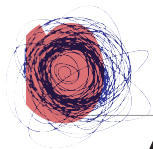
“ I see you feel angry, and full of hatred, needing love. I need to tell you that **I love you**, no matter what you have done and, more importantly, that God loves you. God's love for you is unconditional, because that is what God is inherently – unconditional love. Please put down your instrument of violence and allow me to hug you as an instrument of God's unconditional love for you.”

Your approach as unconditional love could be accepted or rejected. No matter what the outcome, your task is to give unconditional love and to stay out of the results. **Whatever and wherever** that person is in terms of their **own healing is outside of your ability to control**. Do not be a martyr; simply **be prepared** to give unconditional love whilst ensuring that you are not at personal risk of being damaged by their reaction, if it should be one of immediate rejection.

It is both possible and probable that they are not at your level of acceptance of unconditional



love. It may be unreasonable to expect them to 'suddenly see the light'. However, by your coming from unconditional love the ground is made more fertile for a likelihood of a more peaceful resolution of acceptance that the relationship is over and that it's no one person's fault. Simply it is what is happening now between two adults. Removing ego from the dissolution of the relationship increases the chance of hatred and anger being replaced with understanding and love.



## Moving from revenge to healing yourself

Oh Boy, is revenge sweet! 'I enjoyed hearing about how they suffered when the truth came out'. Who suffers when revenge is sought and retribution meted out?

Obviously the "wrongdoer" suffers emotionally, psychologically and physically, and perhaps even financially.

One we never really think about!

What about spiritually?

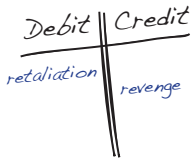
At a spiritual level, balance and harmony will require a rebalancing of the disharmony caused by the 'wrongdoer'.

This compensatory rebalancing could occur in this lifetime or perhaps in other "lifetimes", depending on your belief system.

Many a sinner becomes a saint, but our construct of compensatory rebalancing will have us believe in the law of physics, which states "that for every action there is an equal and opposite reaction".

## Being Loved Unconditionally

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But what of the person who was 'wronged' and who is now claiming retaliation, if not revenge?

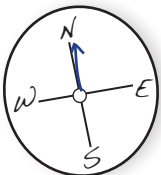
Where does the demand for compensatory, or worse, rebalancing via punishment, retaliation and/or revenge, place them in the spiritual fairness bookkeeping realm?

Does the demand for retribution make them a spiritual debtor for whom compensatory rebalancing must also be extracted?

Perhaps the spiritual solution is to **healthily express our anger and frustration, about how we were treated, without becoming a victim.**

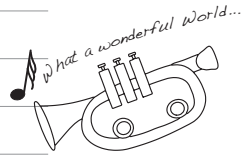
This healthier option could be done in writing out our feelings, and then once the anger and frustration is so expressed, to destroy our writings, preferably by safely burning the paper as a symbol of closure. Thereafter, we must not seek retaliation and/or revenge as we seek not to blame and punish, but rather to accept, lovingly, what is now.

By seeking to show understanding and compassion for the 'wrongdoer', due to their circumstances, we rely on our moral consciousness compass to show us the way.





Release them in love and do not hold onto them, in your sacred vibration space, by your thoughts, words or actions. It is likely that they will move out of your sacred space as the light that you have become may be uncomfortable for them if they have not made the transition towards unconditional love.



In the world of unconditional love, striving to reconcile and restore them as worthy members of a just society would be the ideal solution and an antidote for seeking revenge. However, you have no right to, and you cannot change other people; all you can do is to provide a living example of a being coming from unconditional love.

Perhaps, if enough people strive towards unconditional love then this just society could eventuate. It's an individual choice we all must make if we seek a better world to live in. However, by our thoughts, words and actions we can ensure our own world becomes a better world — a world of unconditional love.

Can you imagine?

Is there  
such a thing?  
How would  
you define a  
meaningful  
relationship?

## Creating fertile ground for a meaningful relationship

When you have been in a relationship that has ended, and you feel terrible, lonely, unwanted, rejected, empty – be thankful for these feelings!

These are the feelings of the loss of conditional love. Now you know that your giving of conditional love is a continual recipe for the re-occurrence of these terrible feelings. Your well-known drama, the justification process of why the other person was wrong for you, gets another rerun.

How come you never saw it or said it when you were together?

NB!

The answer is simple. You were getting some of your needs met by the other person.

Can you begin to see how this merry-go-round of your relationship works now? Is there a solution to finding that one special person you can have a long-term relationship with?

Yes, there is.



Start with having a relationship with yourself, in unconditional love. Develop respect, admiration, like and love with yourself first. Once you become unconditionally loving within yourself, you now have something to give to another person – your unconditional love. Now you have the first building block for a successful relationship in the making, a relationship where you will give unconditionally without wanting anything in exchange. You will, however, know a feeling of bliss when giving unconditionally.



As you can well imagine, most of the people you used to associate with in the days of your merry-go-round conditional relationships may not be fertile ground to receive your seeds of unconditional love.

It may be time to get a better class of friends!

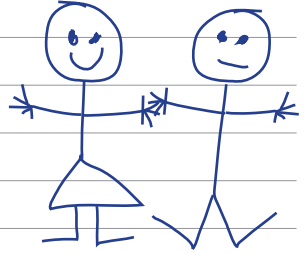
Seek for new friends in places where givers of unconditional love are likely to be – meditation classes, yoga, spiritual, helping the underprivileged, helping the elderly, sick and disabled; teachers, healers and the like.

*Just a thought.*

Use your gut feeling or intuition, your indicator of inner feeling of bliss, to guide you in seeking

out others who are also operating out of  
unconditional love?

Have you made the call yet to join such a  
group?



## Freedom and unconditional love

Freedom without love is still freedom but love without freedom is only conditional love. Conditional love is need, lust, control, manipulation, insecurity, all based on fear.

If you truly love someone, ensure they have their <sup>(43)</sup>inalienable right of freedom in your relationship, otherwise you will not know peace, joy, bliss and grace in your relationship. Make freedom an essential part of your relationship.

(43) inalienable

absolute, not capable of being separated from

Freedom is the oxygen of unconditional love.

Freedom is the gift that unconditional love has <sup>(44)</sup>inherent within it.

(44) inherent

permanent or inseparable part of

Trust is implicit in this freedom. However, trust is not a condition as this would then be conditional love.

In unconditional love, when freedom is given the response is immediate. If you trust me

with freedom, then I entrust you with my unconditional love.

Freedom and unconditional love are two sides of the same coin and that coin is minted by the Divine.

Freedom eclipses relationship love

Freedom is prized even above relationship love.

Love, as blissful as it is, envelopes you but can also become too suffocating. There is a need for space, even between ardent lovers.

That need for space, is the desire for freedom. Freedom from what?

Freedom from ego-dominated self-consciousness.

Freedom to gain, or regain, consciousness; your egoless connection, or re-connection to God. Your ego can only exist as a result of your thoughts of the past or of the future.

Your ego controls your desires and your fears by creating memories or projections based on

the past or the future, both of which are  
illusionary now.

In the present moment of now, the only time  
that ever exists is where God or consciousness  
exists in the time zone of God.

Ego cannot exist in the now, because God/  
truth/peace/unconditional love/consciousness  
is in this **eternal moment of now**. The ego  
cannot exist in this same sacred space, as it  
is shown up to be totally illusionary in this  
moment, dealing as it does with the past or the  
future.

The ego rushes and hides in the shadows of the  
past or the darkness of the future.

The freedom from ego (which is the freedom  
being looked for) is the freedom found in  
consciousness (which can only be found now,  
in this present moment).

There is total bliss in this moment of  
consciousness, enlightenment, eternity, peace,  
love, truth, God, as you become an ego-less  
nobody, out of your ego-controlled mind,  
and your only 'awareness' is of being a soul  
connected to God.

The freedom even ardent lovers seek is the unconditional love of soul consciousness, as you return to your Source.

Tip!

The journey of freedom moves from ego-based thoughts to soul/love thoughts.

When soul-consciousness exists in the present moment of now, the freedom journey, and the destination, become one in Oneness. The expression of this soul consciousness is unconditional love.

## Freedom is free will

What is freedom that places it above love?

Freedom is the birthright of every person – it's known as free will.

Karma

Free will, or freedom of will, is a person's inalienable right to choose for themselves. Even Unseen Spiritual Entities, including God, do not interfere with the choice of free will of a person. As an example of this, on average, 90 people a day commit suicide in the USA, according to the US Census Bureau.

A frightening thought!



The exercising of free will, determines the causal effect on a person's life path.

You cannot give or bestow freedom to anyone, it's their birthright bestowed by God.

By using your free will you can choose to be unconditionally loving. You can even make this free will choice of being unconditionally loving, while your own physical freedom is curtailed, such as being incarcerated in prison.

By using your free will to choose freedom in a relationship, whilst acknowledging the inalienable right of your significant other to use their free will choice, you enable the free flow of energy to flow between yourselves.

This unrestricted free flow of energy enables and allows each partner unrestricted freedom to be and do whatever they choose in relationship to each other.

You have the same rights of freedom in your relationship as your significant other.

If your, or their, free will choice is to harm the fragility of the relationship in any

way whatsoever then your or their choice, is to limit, and possibly even terminate the relationship. This action, if undertaken, is done in unconditional love of yourself, as you protect yourself from potential harm.

The intertwined trust implicit in this free will is its binding force. However, if this trust is abused, then the binding force is weakened, deliberately with intent, and could even bring about a termination in the relationship. This free will choice could terminate this previously unconditionally loving relationship. The free will power to choose is the most potent power you have. The causal relationship of cause and effect flows from this power to choose. *Creating your own karma*

This free will power, or freedom of will, determines unconditional love, moment by moment, which is why it is placed above love.



*I can sense your mind going into overdrive here! Let's take a break for a cup of tea. N.*

## Freedom, expansion and joy

What is it that you really want in a relationship with yourself and others? ???  
Wow, a question not for the faint hearted!

Before you answer – love – as the panacea of all of life's issues, ask yourself do you have freedom? Without freedom, your experience of love is restricted.

Do you have freedom of **being**, freedom of **doing**, and freedom of **choice**?

If in your relationships you desire expansion of thoughts, words, actions, experiences, achievements, possessions, then you will need freedom first to expand your reach.

If in your relationships you desire security, then it is not a love relationship you seek but a trade. 'I will give you what you need from me, and in exchange I will trade you my need to have security from you, because my fear of the future is so real'.

It is not the fear of the future that binds you to another in your search for security; it's your **fear based on the belief** that you do not

have the skills, abilities and necessary resources to deal with what the future may unfold for you.

Those who sell their freedom for security generally do not get security, they get enslavement. That is why you **must invest in yourself to develop your strengths**, and thereby be more capable and confident about living in the growth potential that an uncertain tomorrow offers you. Then you can become amongst those who are not afraid of grasping opportunities that the future unfolds.

It is not security you should seek in a relationship, it is the **freedom and potential of expansion of opportunities** enabling you both to grow and experience that which uncertainties unearth.



You cannot fail! You can only grow through **grasping the opportunities** that uncertainties create. When you know freedom, when you know expansion, then you know a feeling and that feeling is **joy**. You cannot bottle joy to have it tomorrow. **Joy can only be experienced now**, and every moment of now. When you experience joy then you know unconditional love for that moment.

Freedom, expansion and joy in your relationships with yourself and others.... Once you experience this feeling, you will want to experience it again and again.

Use this feeling of joy as your acid test to determine which of your relationships give you freedom, expansion and joy..... and which don't.

Then you decide where and with whom you want to spend your valuable time.

Wait, one last thing on Freedom!

## Freedom and independence

Your significant other in your relationship does not belong to you or you to them.

They are their own person as you are. They existed before you met, and one, or both of you, will exist after you part, for one of myriad reasons, including death.

Your happiness depends on you and their happiness depends on them. If your happiness depends on them then you have given your self-power away to them. They will then determine

how you feel and will control you emotionally. The same can be said of you, if the emotional dependencies were reversed.



If you enable them to be free and independent of you, you release them in unconditional love without a need for them or them for you. This unconditional love is found amongst the non-contractual nature of very good friendships. This freedom and independence actually strengthens love in a relationship because equality, acceptance, surrender, vulnerability, compassion, respect, trust and truth form the bedrock of true friendship, which is another name for unconditional love.

There is no ego, no power, no force, no shouldn't, no can't's, no need to apologise, no obligations, no expectations, no despair and no forgiveness required.

There is unconditional acceptance, awareness, truth, trust, respect, compassion, understanding, utmost goodwill, caring, balance, harmony, hope, all in unconditional love.

If you knew such unconditional love for only a moment, you would then know what love, not need or lust, feels like.

It's up to you now. Start by giving freedom,  
independence and unconditional love first to  
yourself. Once it overflows from you, then give  
it to your significant other in your relationship,  
and then out to the world.

Be unconditionally loving in non-judgment, as the  
air that you breathe is.

## Self-love

When two parts of hydrogen are mixed with one part of oxygen, water,  $H^2O$  is created. When you look at the glass of water can you distinguish the hydrogen from the oxygen?

When you love your own body, your own mind and your own soul you become honorably elegant. You become desirable to yourself and others. You also become deeper and in that depth is more silence and <sup>(45)</sup> reverence for you and all about you.

(45) reverence

A feeling of deep respect and awe

Like water, when you mix yourself and unconditional love, the self disappears and you become unconditional love without a trace of self. This is because unconditional love is so much more powerful than just your own self.

Self-love is without ego, it is selfless. Self-love is the manifestation of your soul, which is pure love, as it is a part of God, who is Love.

Self-love, soul love, is full of God. Ego means Edging God Out, therefore ego cannot co-exist with self-love, soul love, selfless love. Soul love eradicates ego from you totally.

EGO!

No entry!



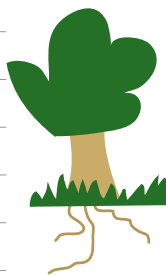
When you experience unconditional love, initially as self-love, only the energy of love is felt and experienced by all your senses. There is no beginning, no end, no middle, it is all-encompassing. There is only love; no self is evident, no selfish needs being met.

You become an endless cloud, with no division, no obvious edges, everything merging and melting into one, into Oneness.

When you experience Oneness, you know God, you know self-love, you know soul love. You have become love, unconditional love. An ever-flowing fountain of loving unconditionally that comes through you, becomes you and you become who you really are at soul level, a part of God, who is Love.

When you begin to develop self-love, through self-centredness, you will be putting down your roots in the center of your being and there are likely to be certain changes that you should be aware of.

The sexual energy that usually flows downwards from your mind towards your genitalia will start to reverse itself and begin to flow upwards



away from the base of your spine towards the top of your head. With this change in flow of sexual energy, comes a freedom of aloneness and contentment, bliss of knowing your soul, perhaps for the first time.



Sex moves from a biological lust towards lovemaking of a unison of two souls, reaching heights of connectivity unreachable by merely two bodies. Physical desire and sexual performance criteria are long forgotten as two souls intermingle slowly, rhythmically, dancing in unison amongst the stars, together as One.

The merging of two bodies, two minds, two souls into One being, into Oneness becomes love-making within the Source of all Love.

This is an ecstasy way beyond multiple orgasms! When the orgasmic call of 'Oh God!' is answered by Oneness, that answer is unique to each person who has this experience.

Only true love – unconditional love – freedom from attachment love can open this door.

It is important to warn you that there is a potential conflict here as well. Unless

your current partner comes along on this unconditionally loving journey with you, it is likely that a mismatch may occur.

While your partner is only looking for physical pleasure, you are seeking the merging of body, mind and soul in your lovemaking. There could be a conflict looming. It is preferable to keep your partner "in the loop", if you will pardon the expression!

Make your partner aware of your intended journey into self-centredness: to put down roots in the center of your being, to achieve freedom from attachments, seeking unconditional joy, love and freedom.

Welcome your partner on board this journey, but go yourself, whatever they decide to do. You owe it to yourself to become who you truly are, a part of God – unconditional love.

## First a true friendship then a relationship

Unconditional love is nearly utopian but being unconditionally loving is utopia. It's a wonderful target to aim for, but in reality only a handful will achieve it.

Bull's eye!



Of course, that does not mean that striving for it should not be done, because it is difficult to ever attain.

In reality, your true friendships are based on the **parties** being unconditionally loving.

In true friendship you admire and respect differences between you as individuals. True friendships generally operate in some form of **equality**, certainly not based on being superior or inferior, or some form of master and servant relationship.

True friendships generally do not allow each other's egos to be overblown. Friendship is based on listening, understanding, empathy, being compassionate, forgiveness, forgetting past insults, no power struggle, respect, advice and love.

In true friendships, because there are no ego power struggles, there are allowances for 'strange' behaviour when it occurs and a willingness to have convenient amnesia for past mistakes, slights, insults, arguments and unpleasantness.

Friends are needed to share our lives with. We make the effort to remain good friends. Freedom is part of friendship.

Friends know the magic phrase of vulnerability and surrender, "I am sorry, I made a mistake, please forgive me."

Friends know how to respond to that apology without any form of ego-based scoring system.

A relationship with your significant other should, at least, be a friendship first, and then you can strive by taking each step together, towards a relationship based on unconditional love.

## Imagine remaining in love

*Is this at all possible?*

*How many cheerleaders date sports stars?*

*How many groupies make themselves available to rock band members? Was the prettiest or most handsome classmate, not the most desirable to date?*

*The attractiveness of beautiful, gifted, successful people fills a hole in another's ego. The need to be attached to these "special" people is, in itself, a desire to be possessed. To be in some form of bondage, to lose freedom and independence, to be at their whim and fancy and, ultimately, to be rejected and replaced by someone else when the "special" person's fickleness so desires it.*

*Once you have been dumped, you see this "special" person for the ego-dominated person that they are. The aura of their specialness is shattered when their ego-based ugliness becomes evident.*

*The desire and attractiveness of someone with "special" qualities creates a need in you, which is a fear-based insecurity that you are not good enough but if you were with that "special"*

FIGJAM- F...  
I'm Great  
Just Ask Me!

person, you would then be good enough as if their glow <sup>(416)</sup>illuminates your perceived darkness.

(416) illuminates  
means to light up

That fear is the price you paid for your loss of freedom when you became temporarily attached to that "special" person.

Beauty, and ugliness, is a light switch away!

In the dark, only memories and fantasies can be envisaged.

Real love does not take and imprison. Real love gives and shares. Unconditional love gives, shares and enjoys freedom.

Unconditional love is not possessive in the least. It is freedom for both parties. Unconditional love cannot be exploitative in any way or manner by either party.

Unconditional love is egoless and does not think logically, but expresses itself through the non-judgmental feelings of the soul.

Beautiful, pretty, famous, rich, successful, intelligent, popular are judgments made by the ego. Feelings of the soul are only known through egoless harmony of the souls. From this basis

## Being Loved Unconditionally

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of harmony the souls recognize the beauty of a person, knowing that as a part of God, who is True Beauty, they are also beautiful.

The true beauty you now see in your significant other is the reflection of God, who embodies unconditional love.

Imagine, if you could see the reflection of God in everyone and everything you see. Imagine what your life could be like. Imagine what it would be like to be unconditional love and, hopefully, loved unconditionally... Imagine.



## The tension of opposites

From Mars      From Venus

Men and woman have very little in common. If the truth be told, they are polar opposites! Men and women generally find their closest friendships within their own gender.

The tension of opposites creates the initial attraction between the genders and then, on occasion, they are repelled.

Each man and each woman has to find their own wholeness, their completeness within themselves. Each one has to find the center of their own being and, in freedom, joy, peace, love and grace put down their own roots in the center of their own being.

Once the man and woman in a relationship are centered and complete within themselves then with the aid of silence, empathy, understanding, compassion and passion, in an ego-less way, they can join together in the synergy of one plus one equals three.

(47) Synergy

the interaction of elements that when combined produce a total effect that is greater than the sum of the individual elements, contributions, etc.

$$1+1=3$$

This joining of a centered man and a centered woman will transcend the gender differences to create a harmonious, respectful, loving, centered spiritual relationship in Oneness.

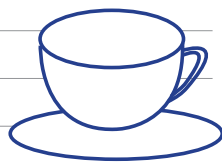
In essence, this is a spiritual relationship in every sense of the word. There is no need, desire, obligation, commitment, requirement and attachment, simply the willingness to have freedom whilst sharing unconditional love with each other and all those within their orbit.

Making allowances for differences, respecting and honoring these differences, strengthens the whole by allowing <sup>(48)</sup> disparate parts their place within the whole.

(48) disparate  
different

In their completeness the man's and the woman's outpouring of self-love creates the melting pot of unconditional love, without the need for each other, but out of wanting to give to each other and not expecting anything in return.

This freedom creates a bond of love. This spiritual bond of love has within it a part of the Divine. Each lover then drinks from the cup of unconditional love that they have both poured themselves into.



## Knowing real intimacy

Unconditional love requires intimacy, not sexual intimacy but real intimacy. Real intimacy is found in the vulnerability and transparency of your innermost self.

To allow intimacy to occur is to allow another to see deep inside of you, transparently, to see and witness what you feel, to see and truly know who is the real you. A clear X-ray of the inner you, defenseless, without your public mask, transparently vulnerable.

The intimacy of sexual performance and sexual gratification cannot come anywhere near the intimacy experienced with even one deep, intimate secret shared between two people. The sharing of a deep intimate secret is the equivalent of holding that person's soul in your hands. Such is the responsibility of sharing a deep intimate secret. When you trust and allow someone to enter your soul you learn the true meaning of intimacy.

People who don't have self-admiration, self-respect, self-like and self-love do not want to allow another into the transparent and

The keyword here being self!



vulnerable inner core of their being. Their fear is that their perceived inner weaknesses will be open for all to see their frailties. If they feel morally impoverished, self-loathing, inferior and compensate with a superior attitude or accumulation of possessions, or through self-beautification, caused by a poor self-image, or are ego-driven over achievers, and the like, that person is likely to be afraid of real intimacy.

These people can never allow real intimacy to take place, and they keep up the masks and pretenses preventing their real selves to be exposed in transparency and vulnerability. Afraid that their inner weaknesses will be exploited if exposed, they keep people at arm's length emotionally, allowing only sexual intimacy to occur, if it all.

Without real intimacy, unconditional love cannot get to first base. Without total trust, transparency, and vulnerability, it is not possible for two hearts and two souls to intertwine as one to experience the greatest miracle of unconditional love.

With total trust, transparency and vulnerability, two people are standing emotionally, psychologically

and spiritually naked exposed to each other in real intimacy. As they become one together, they are joined by The One and for all to know Oneness in that moment of real intimacy.

(49) alchemy  
any magical  
power or  
process of  
transmuting  
a common  
substance,  
usually of little  
value, into a  
substance of  
great value

The (49) alchemy of real intimacy and unconditional love creates heaven on earth. If this is the real intimacy you crave, then you need to begin the process now.

## Crossing man-made boundaries



The world we live in today is vastly different from the one our parents grew up in. Today's world is one of instant communications and instant gratification.

The transparency and speed of the Internet and global news channels has made it a world of 'no place to hide'. Governments can topple, businesses be bankrupted and individual reputations ruined by rumours which, upon investigation, can be proved to be factual.

Cross-country migration, both legal and illegal, is bringing cross-cultural people and their religious beliefs together into a melting pot. Awareness of other religion's beliefs, traditions and rituals

are continually screened to a global audience, regrettably not always in a flattering light, because that is not as newsworthy as their peculiarities and fringe elements statements and actions are.

Although people tend to stay within the comfort zones of their own race, religion and culture and so tend to meet people, fall in love and marry within these comfort zones, albeit in new and different countries that they have migrated to, there are those who meet new people coming from outside this comfort zone of familiarity.

The older generation who have seen the benefit of closing their ranks to outsiders and keeping their comfort zone intact generally resenting and rejecting the outsider coming to claim the hand of their child, albeit, a mature adult by now.

The Romeo and Juliet story, the West Side story, that cross-cultural relationships evidence, is being played out in the major countries of the world as the anonymity of the Internet and the need for finding work and better living conditions opens up the global village.

All religions are based on belief systems which in turn are derived from thoughts. To be a belief system implies that the thought-created belief system has not been proved evidentially and or scientifically. If it had, then it will no longer be a belief system but a proven fact.

A spiritual belief system is that there is one God and that we all are a part of this one God. The part we are is our soul. Each soul mirrors the part of God that it is to every other soul that is attuned and willing to recognise this mirrored Self. The mirrored parts of God, in selected people, are instantly attracted to Itself. The people who are so attracted to each other, through this soul attraction and magnetism, then use the imagination of their minds and the actions of their physical bodies to create the Oneness in the physical world, which their souls have found in spiritual form.

For those who are brave enough to choose their soulmate based on the love of their souls, rather than the religion or cultural background of their forefathers, they will also know the meaning of Soul love, true love, and perhaps, in time, unconditional love.

By transcending the limitations of traditional religious beliefs and cultural backgrounds, these lovers are freeing themselves of the shackles of the known. They are trusting in the wisdom of the uncertainty of the unknown, so full of promise and potential to make the future unlike the past.

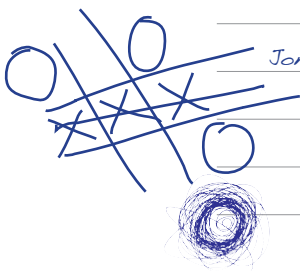
This step requires the courage to let go of the familiar. It is much easier not to rock the boat and to conform to societal norms. However, to find the potential promise that exists in new and distant lands, the boat has to leave the familiar shore.

Creativity requires a clean palette from which to select the freshest paint required for a new masterpiece.

Food for thought!

Dig deep for that courage!

In essence, change requires courage. The courage to know that unconditional love knows no man-made boundaries and is limitless, as God, its Source is limitless.



Jonathan beats dad!



## Allowing love to unfold another into being

It is important to see the point of view of others who do not share your viewpoint. Their opposition to you may have some relevant questions that you may not have asked yourself. Their non-personal assessment of your viewpoint may highlight certain issues that you need to consider to improve upon. If you are mature enough, you can learn from and benefit from the people you consider to be your opposition. However, there is no opposition, only collaborators in searching for the truth.

When God made you and others, God had a plan. Each one has been created perfectly in terms of God's plan.

When another person comes to you for help and guidance, you can only help them to become themselves by unfolding to evolve into who they really are.

Often, the temptation is to help them by changing them and making them in the image you would prefer, by using your imagination and your ideas.

For unconditional love to work, you must allow them to be themselves, as you assist in their unfolding.

Each person is unique in their own way. Within that uniqueness is infinite potential to become who they really are, an infinite part of God. That part of God is unique in the continuing mosaic that makes up God. Don't mold it to your needs. Unfold it to become the unique part of God it already is, in its perfection.

Unconditional love enables and allows you to unfold another to develop their uniqueness.

Don't have expectations and desires of what you want. Simply let your unconditional love flow into and through this other person as they are allowing their uniqueness to open and unfold. Your total acceptance of them in unconditional love enables and allows them to love unconditionally as well.

Love can only be true love, if it is unconditional and offered without desire, need or lust. True love is free of obligations.

It's not only free, it's priceless!

## The merging of your inner bodies

How would you define this? What are your thoughts?

As difficult as it is to believe, your parents did make love! Oh dear! But hey, think about it, where could you have come from?

You were conceived as an act of love-making.

Individual sperm from your father gave you 23 unpaired chromosomes. Your mother's egg cells also supplied 23 unpaired chromosomes.

Together, the cells in your body have 23 pairs of chromosomes, equally from each parent.

If you are a male you have a Y chromosome from your father and an X chromosome from your mother. If you are a female you received an X chromosome from each parent.

What this means is that inside of you are both an inner male and an inner female.

When you meet someone of the opposite sex and you, initially lust after them and, hopefully, that healthy lust converts into true love of them, then an awakening occurs of your inner male, or of your inner female. The physical male or female that you lust after, like and love, awakens the corresponding inner male or inner female inside of you.

As this relationship with a male or female partner develops, so it connects to its relevant inner gender, inside of you.

This is where true love, spirit love, if you like, has the possibility and potential to emerge.

Unconditionally, and in total transparency, your inner "bodies" merge to create a union of One and, as a consequence thereof, you experience unconditional love.

This process requires a lot of time, and a lengthy, meaningful, relationship is generally needed for this union of "inner bodies" to occur.

Isn't  
this the  
sweetest  
thought!

As, if and when, it does occur, you will then realise that not only have you two become one entity, spiritually, but everything, besides your egos are one as well.

Once the egos no longer have a protector role to play, then Oneness becomes apparent and transparent.

In Oneness, there is joy and bliss in every moment of now.

Your love, your lover, your love-making, your

spiritual union were all meant to get you to Oneness – to experience unconditional love, true love.

And then you get ...

## A picture of contentment

What do you imagine is a picture of contentment?

Have you ever seen a cow in a field of green luscious <sup>(so)</sup> Lucerne? What would your picture of contentment be like?

<sup>(so)</sup> Lucerne

A forage crop also known as alfalfa

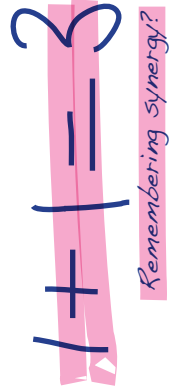
In this picture of your contentment, would you be striving to be more than you are now or, could you be content as you are now?

Something to think about.

You are perfect as you are now! Simply be who you are now. God made you – don't mess with God's masterpiece. You are unique!

So are others, each unique, incomparable, each a part of God, each God's masterpieces.

By accepting who you are, you can accept, who they are, and the beauty of God's plan for humanity can be witnessed by all who choose to look in awareness, and total acceptance of themselves, others and God's will.



None of us has the power to make someone else love us. But we all have the power to give away love, to love other people. And if we do so, we change the kind of person we are, and we change the kind of world we live in.

Harold Kushner  
1935–

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*Source: 5000 Years of Wisdom*



YES!



There is no should, ought or could now, only acceptance of what is now. By saying yes to this moment, you are saying yes to your life now within the world.

Yes, yes, yes – unconditional acceptance of who and what you are now – a part of God, a part of perfection, a part of love, loving yourself and others unconditionally.

Are you a picture of contentment now? It sure beats being a cow!

\* TIP: Don't focus too much on the word "need" here, but rather the importance.


## The need for personal space


A foreign concept perhaps?

Personal space is the region surrounding a person, which they regard as **psychologically theirs**. Invasion of such personal space often leads to discomfort, annoyance, possibly anxiety and even anger on the part of the person who feels pressurized.

It is generally accepted by the experts in this field of personal space that an area of some 2-3 feet surrounding a person is considered their personal space.

Should I repeat this? It is vital!

 This concept of personal space is vital in an **unconditionally loving relationship**. The lovers should have **total freedom**, which is inextricably intertwined with **total relationship trust**, to be first and foremost their own person, and then to be part of an unconditionally loving partnership.

 This unconditional love, gives freedom for whatever and whenever either party requires it. No explanations, no requests, no excuses simply graceful respect and courteous manners to inform the other partner of the coming temporary departure, whether for a few hours or a few days.



This love knows no power struggle, no suspicions, no jealousy, no interference and no impositions. This temporary freedom from the relationship is willingly given and accepted because both partners know it is for the need and benefit of the partner requiring the temporary separation.

As you can well imagine, without total trust and integrity, this unconditional loving relationship is impossible to exist.

The choice for their partner to be elsewhere is not a slight on the other partner. The other partner knows that it's for their partner's personal space needs.

These spaces that are created are healthy as the unconditional love is renewed continually, because it is fresh and new. No-one is taken for granted and the desire to be with each other is stronger because of the spaces between.

This unconditional love combines personal space, freedom, and true love to be a bond for now and every successive moment of now.

We all need outer space and inner space.

## The intimacy of silence

Silence is golden... .

A measure of your depth of being unconditionally loving is the period you can remain silent whilst being in the company of ones that you love.

Generally speaking, when one is talking it is usually the ego expressing itself through opinions, comments, gossip, judgments, self-promotion, criticism of others and the like.

Silence allows you to center yourself and to give attention and awareness to the other person whom you are with.

Silence is a very powerful form of non-verbal communication. If you can be in silence with your significant other, then that silence deepens your unconditional love.

If your significant other is also perfecting being unconditional loving then, with both of you centered in silence, expect a deep, non-verbal connection to be made as soul finds soul in the silence.

SSS444!

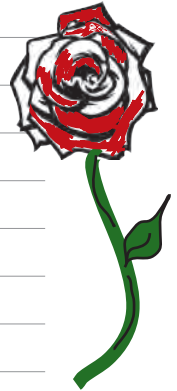
When lovers are silent, looking at each other and, smiling knowingly, the non-verbal communication connection is very strong. People love each other based on how the other person makes them feel.

An important message here. How do you make your partner feel?

The intimacy of silence, a silent connection of eyes, and knowing smiles, create harmonious energy vibrations that words alone could never replicate.

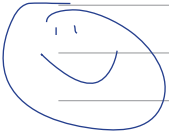
*I reiterate!*

Silence is truly golden in unconditionally loving people.



Stillness and silence create meditative energy vibrations connecting souls in Oneness, in an unconditionally loving relationship.

Don't speak now and forever hold your peace!



## No holding back

If God asked you to clean the stove would you clean it so it shone brightly? Would your love for God be such that you would leave no stone unturned to ensure an excellent job of which you can be justly proud? If, having done that thing, you never received any acknowledgment or gratitude from God, would it matter that much to you? In your love for God, knowing that you did the best you could do, would be in itself, the reward for doing it. Serving God becomes its own reward.

And now, in your unconditional love for your significant other, could you serve them in the same way or would you have some reservations about going all the way, as you would have gone for God?

Mmmmm....

Would you be wondering by doing this thing whether your back would also be scratched by your beloved?

Would you be looking for gratitude to be expressed, some other consideration, corresponding favors, or have some other expectation?

Do you remember, no expectation in an unconditionally loving relationship, right?

Can you start to recognize the conditional love being imposed here?

If you decided to do it all in unconditional love and, if your beloved took it all for granted and did not honor your unconditional love commitment with similar action of their own then you have every right to stand in your self-integrity and, politely and gently, inquire what they consider an unconditional loving relationship to entail. However, your unconditionally loving actions should persist, and, hopefully, serve as an example to follow.

If your unconditionally loving actions are met by corresponding unconditionally loving actions then both of you have graduated as truthful lovers for this moment of now.

## The action switch has an on-button

Unconditional love only operates when the action switch is switched on. Do it now!

Thinking unconditionally loving thoughts is wonderful, but only when they are put into action do they have any real value to both the giver and the recipient.

Being unconditionally loving requires doing unconditionally loving actions.

Being and doing unconditionally loving actions, immaterial of how you are feeling at that moment, transcends you to a higher energy vibration level as you overcome your ego's need to state how you are feeling at that moment.

You can be angry, resentful and have a myriad of other ego emotions but if you come from kindness, respect, understanding, empathy and compassion and give unconditional love, you will then realise that love is all there is to give. You may want to give another a piece of your ego-controlled mind but you give them soul-related unconditional love instead and your ego's needs vanish like the morning mist.

Love is all  
there is!



And then you are glad you kept your ego-sponsored words to yourself!

Unconditional love in action brings you the rewards of happiness, joy and bliss. Oh yes, the recipient benefits immensely as well!

Are you still here with me? We've almost reached the end of this road together, bear with me for a few more pages.

## Get involved!

Loving unconditionally is a "hands dirty" business.

To give and to receive unconditional love is not done from up on high, looking down at someone, but by being on the same level together, getting involved and, sometimes, getting down and getting your hands dirty.

Sharing an experience creates a great bonding between people. Admiration, honour, respect, likes and love comes from teamwork.

Have you ever seen muscular, heterosexual men hugging and occasionally kissing each other? Then you haven't watched a goal in soccer, a try in rugby or a touchdown in football! This basic human emotion surfacing in the elation of competitive battle, the bonding that occurs through sharing an experience, enables human emotions to touch each other's souls.



The freedom of creativity, when undertaken by two people simultaneously, synergistically, creates something far greater than one person can achieve on their own – and that includes a new life form as well.



The making of sexual love with the freedom of unconditional love reaches heights only intertwined souls can know about.

The more you give and share love, the more love comes through you to give and share. Unconditional love is limitless as God is limitless, because unconditional love is God.

Get involved. Give. Share. Love unconditionally. Free up the beauty of this moment. Make this moment count.

Give with all that you have by being unconditionally loving now.

Practice makes perfect!

Get going, today!

## A few refresher points

In learning to love unconditionally:

\* Be love in the moment now. Know that forever will take care of itself; Grow in love. Happiness may occur through growth in love, or it may not. Growth is the objective where love is concerned, growing to be unconditionally loving.

\* Relationships require investment of time and energy. It's not about saving time and saving energy, it's about long-term investment, not short-term savings. A deal breaker for certain!

\* Know that everyone needs freedom to have the other relationships they may need. No one person can provide everything to another. Respect their needs for freedom as well as your own.

An aha  
moment!

\* Pictures in magazines are not real. People perspire, pass wind, burp, curse, cry, smile, laugh, and have countless other personal expressions. Don't idolise – be realistic about people. Let go of that expectation!

\* Look, investigate, seek and find the real hidden value in people, everyone has some worth. After all, they are all an infinite part of God.

\* Know that love is not a bargaining chip.

\* Leave analysis, questions, and personal motivations to the psychologists and psychiatrists. Simply give love non-judgementally, without requiring anything in exchange.

\* Know that you have freedom of choice. Loving unconditionally is not martyrdom. Be truthful to yourself first and foremost. A worthy note to keep in mind!

\* Ensure that the mutual pie is increasing, and that growth is occurring for you as well.

\* Become more aware and sensitive through experience, instead of choosing to become more embittered and hardened.

\* Know that love creates. It does not destroy.

\* Love does not hurt, injure or cause pain.

That's ego's doing in conditional love.

\* Don't have any needs or desires to manipulate, judge or control yourself or anyone else in the relationship.

\* Look for the good in people, especially when they are at their worst behaviour. They are in

pain and lashing out like a cornered animal. Now is the time for calm heads and loving arms, as difficult as it might be. Don't stop loving, but equally important, don't get injured in their lashing out. It's their problem to solve not yours.

\* Learn to understand and appreciate first, then you won't have a need to criticise and judge.

\* Learn to nourish with genuine care, sensitivity, tenderness, and the trust of true intimacy. Adjust your expectations to what is reasonably possible, not exceptionally perfect.

\* Do not lose your wholeness as a person, whilst you are one half of a relationship.

\* If your relationship partner is respected, admired and loved by many then be unconditionally proud of them, not jealous.

\* Respect the sacred space of your relationship. Moral and spiritual values protect this sacred space, they don't restrict it.

\* Learn the value of gratitude and of silence.

*Be present in this silence.*

\* You must supply your own self-esteem, growth, happiness, joy, bliss and personal fulfilment. You mustn't expect the other person to provide these things for you.

These all come from within.

\* See others as adding spice to life and enriching your life. See God in everyone and in everything. Treat them as you would God.

These are some of the steps along the path of enlightenment towards becoming unconditionally loving.

Time for a you upgrade!

## Bringing closure



Thank you for receiving my love.

I do not need or require or even want anything in exchange from you. My love is not part of a deal, part of an exchange.

My love flows through me like an ever-flowing spring.

Knowing that my love has been received by you is very rewarding for me. If I store up my love, and don't give it out I stagnate.

Allowing me to share my love with you enables the flow to continue unheeded. The increasing love that flows through me is uplifting and joyful.

By allowing me to share my love with you, you are enabling me to remain joyfully uplifted. Thank you for receiving my love.

Thank you for ensuring I remain joyfully uplifted. Everything you do, you do for yourself in the end.

Loving unconditionally may appear selfless, but it is selfish.

True selfishness is selfless, because creating unconditional love within simply allows it to be given to another – without reason or cause.

Selfishly and selflessly are both two sides of the same Oneness.

Now you know that God is unconditional love, and you are an infinite part of God – and you are unconditional love as your essence.

Unconditional love knows **no barrier**. It radiates outwards unaddressed and undirected, non-judgementally.

Unconditional love flows from you to unity and into Oneness. Unconditional love flows from You into you.

May unconditional love and light be with you always and in all ways.

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The ultimate lesson all of us have to learn is unconditional love, which includes not only others but ourselves as well.

Elisabeth Kubler-Ross  
1926–2004

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*Source: 5000 Years of Wisdom*



## A space for remembering:

*Being Loved Unconditionally*

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With unconditional love to all who read these words.

Neville.



*Neville Berkowitz*