

Love:

the strongest driving force on the planet.

the most abused word in use today.

the most inspiring mysterious concept.

Why are love and fear so painfully interwoven in our minds?

Is a love that includes an expectation of pain, actually Love at all?

Can we learn to see when we are using romantic phrases and ideas about "love" to actually rationalize our fear and insecurity?

Can we stop using love to excuse our cowardice to actually face, embrace, and make space for these weaknesses to transform?

The force of Love is so pure. The vibration so high. Love is the essence of our very existence.

We are all longing for expressions of this essence. We are craving self-recognition, craving revelation of our loving nature.

Yet this deeper longing is masked by our abusive bastardization of the word love. Blocked by our perpetual fixation on specific sources for something that approximates the frequency of Love that we long for, in the deep.

Specific sources means, mother, father, spouse, lover, friend, fantasy, etc...

Fixation means we construct an expectation that a specific individual will serve us as a source of love. Why call this love?

Why place such a strangle hold on the infinite force which exists within and between all being?

What is actually happening is that we are looking outside of ourselves (into our projection saturated illusion) for comfort, security and pleasure [Pema Chodron]. Then, we are mislabeling that disaster as "love". The biggest travesty in all this is that chasing after these three seemingly benign and "normal" categories of longing (comfort, security and pleasure) is actually the root cause OF suffering in humanity.

Then, in an act of sheer blasphemy, we call this "love".

Can we see that this is not love?

Can we see our own patterns of chasing after comfort, security and pleasure?
Can we also see the resultant suffering?

Now comes the fun part where we starting saying "oh, no what a disaster" and then we start asking "What to do?"

Nothing. The more nothing we do the better (Ole Sol).

If we need a strategy or a method, there are thousands available, but none of them work.

Something is happening on this planet. We are a part of this happening.

We are noticing, more and more clearly that Love is all around (Bjork) us. Love is deep within us. Love is the force that makes space for form to move through.

Love is not something one can do. Love is not something one can get or give. That is something else, and we need another word (or many other words) for it, so that the blasphemy can end.

Try out an experiment:

Observe very closely the situations where you compulsively say "I love you" or "I love you too"...

Try to replace some of them with the phrase "Love flows now"... or "I feel the Love"

Notice that in some situations the phrase may fit, the frequency of the situation may match the words. Sometimes it may not.

Understand and dare to admit that very often when we say "I love you" we are begging for security, self-reconfirmation, or comfort.

Slow down a little bit when those words jump into your mouth, and chew on them a bit before spitting them at "your" beloved.

I intend that these words are actively serving Love.

I intend that we are all enjoying a smooth effortless transition to a deeper understanding of our truly Loving nature.