

UNDERSTANDING LOVE

When we set out on this path to reality there are certain fundamental questions we have to ask ourself: who am I, why am I here, what is the purpose of creation, why was I created, what is the purpose of existence, what is the purpose of this life? The answers are easy, living the answers is difficult. We are here because of love, we were created because of love, we exist because of love, we came from love, we are love, our intention is to return to love.

This love we talk about is a powerful yet elusive quality. We have all used the word love, we have all been in love, we have all been in love with love, we all have had some experience of love in our life, but have we ever focused on love as the reason for existence, on love as the core of existence, love as the power keeping electrons within atoms in the place where they are meant to be? What is this love, how do we become part of this love, what does it do to us, do for us, through us? How are we in touch with this love, how do we understand it, what does it mean?

When we contemplate a field of flowers off in the distance on a bright sunny day, we see the horizon, the different colors of the flowers and grasses, the gentle movement of the plants and small animals, we experience a sense of peace, of serenity. If that serenity grows and becomes luminous we have a sense of integration in an aspect of serenity itself, we feel as if we are part of the force driving that serenity, producing it. This is a taste of love. When we see a baby whose joyful laughter makes us smile automatically, for no reason other than the beauty of the baby's existence, this is a taste of love. When we observe a gracious act which is totally selfless, understanding what has

occurred at that moment, understanding it as something done on behalf of our Creator for the sake of His creation, done by a person who realizes the connection between the Creator and creation, we have a glimpse of love.

When we remember that God created us so that we can know Him, that He has given us the gift of understanding, of being able to understand His qualities of compassion and mercy, this is the fragrance of love. When we sit in front of a great saint who looks at us with pleasure, a spark flies across the room with a smile that makes our heart pound faster, this is a realization of love. When we leave everything restricting us behind, when we abandon our worries and release the burdens of anxiety, when we are free in the moment, we are swimming in love.

Love is what we live in, what we live for. The veils we create are like body armor keeping us away from love; we need to remove that armor. God constantly sends His vibration, His resonance of love into the world which is invigorated by His love at every nanosecond, yet humanity takes up arms to fight against this love. We do not have the patience to sit still and catch the scent of love, we do not have the patience to sit still to witness love. Instead, we take up arms to protect what we have created, believing it to be more important than love. The things we consider more important than love differ around the world in accordance with the culture we are born to, the place we live and the quality of life in that place.

In the midst of this holy love steadily sent here, man habitually commits vile acts. Our ability to ignore reality and live in our own constructs is overwhelming, it brings tears to those who live in this holy love; our capacity to make hell out of heaven is so abundant it buckles the knees of those who are holy. Some who are hidden sit in prayer

asking the rest of humanity to see what they see, asking the rest of humanity to understand what they understand, to feel the vibratory resonance they feel.

Perfection exists around us yet we insist on imperfection. If inner patience and absolute contentment were in the hearts of human beings, it would change the world so radically we would no longer have the problems all around us now, if we had the patience to sit still for a week everything would change, but we do not sit still for a minute. The mind which never stops creates the illusions of reality we respond to, instead of ignoring them. When people ask how to stop listening to the mind, the answer is given in their question, stop listening to it. We know the mind is there, we know it is making us mad and foolish by telling us to do things we should not do, certain things we do not care about yet still do.

The ultimate answer sounds too simple, nevertheless the root of the answer is that we do not know how to love on a greater scale, we do not know how to love for the sake of God. We love for ourself, our love is selfish love for the sake of the things we think we need, the things we have made important in our life, the things we believe sustain us, that carry us from day to day.

People who have given some thought to their lives, people who have focused on this, understand that the only moments they have truly lived are those transcendent moments when we are aligned with truth, when they exist in reality. We spend a lifetime worrying, thinking about and paying homage to all those things that do not matter because we do not know how to stop. Stop just means stop, there are no options for certain things we need to stop, need to change. As long as we believe we have options, as

long as we choose not to do the appropriate things we need to do, then what is truly appropriate for our life will not have the space to happen.

To be doing what is appropriate means becoming appropriate beings. As appropriate beings we have to be in love, we have to be in love for His sake, in His name, His praise, His glory, in His radiance. When we understand this and make it our reason for existence we become appropriate, as we become appropriate our acts become appropriate, our essence becomes appropriate and we exist in reality. Until this happens we do not exist in reality.

There are some societies or groups which will not admit us unless we have reached certain levels of realization, some groups have first, second and third degree memberships. We are told the world has seventy-three groups or tribes, only one of which is acceptable to God. The one acceptable to God is the one which is appropriate for God, and we need to reach that state of appropriateness. How do we do that? We do that by accepting Him, by allowing Him in our life in such a way that when we give something to Him, we give Him back to Himself, then we are appropriate.

We become appropriate when God walks with us, God's resonance moves within us. We need to recognize this in ourself and in our friends and companions, encouraging this in ourself and in them, praising what is worthy of praise and staying away from what is not. We should realize what is worthy and take appropriate action at the right time so that everything appropriate exists within us.

This is the work of this path, the work of those who choose the path to reality. There are many things we can look for in this world; if we are searching for reality the key to it means existing in it. The great mystery on this path is that we have to become

the key, it is not handed to us, it is not given to us nor is it found. We are the key—when we change we unlock the door, everything appears the same from the outside, but everything is now different. The difference is that we exist in reality. We do not see others as different from ourself, hunger is not something someone else has and I do not, pain is not something someone else has and I do not. In reality there is unity, if we are in reality there is unity in our state of being, unity between ourself and those God has put us together with.

The places where we have been put, the people we have met, the people we have been given, the relationships we are involved with, they are the ones we are supposed to have, but we are supposed to deal with all of them appropriately, we are supposed to deal with them in reality. As that reality grows, as we are closer to it, we perceive the difference, the air is different, what we see is different, whom we see and how we see them are different because in reality we are engulfed in love, we see through eyes which love as God loves, as a holy being loves, we love like lovers of God. Things slow down, there is no rush, there is nowhere else to be because we are already there, there is nowhere to go because we are already there. The world exists and we are part of it in the truest sense.

May the love which makes us keys to reality enter our state, transform us at the cellular level so that it touches our true spirit, every atom in our existence. May it touch that tiny thing given to us by God called our soul. May we exult in this love, understand its warmth, its nurturing, understand its inherent goodness, and may that goodness become who we are, may we have the ability to give it to others so that the world will treasure this gift from our Lord.