

Chapter 6

Love

(Following Khalil Gibran's poem "On Love")

Some of that doesn't sound like too much fun, does it? We are told that the ways of love are hard and steep, with mention of swords and dreams being shattered. Gibran talks about love crucifying, and if that is not bad enough we are also going to be pruned, threshed, ground, kneaded and then consigned to a fire. You may think "He got that right" as your experience of so-called love was all that and more. Or you may think you will go with Byron's version and forget this depressing Lebanese character. In all fairness, we need to consider the entire poem as it actually gives us an extremely clear picture of how and why love most often manifests, acts and interacts in the explicate realm. More importantly, it tells us why it is so important that we engage in love, why love in our life is a necessary part of our evolution. If we wish to evolve, we must have this aspect or energy in our life. The poem continues and says in effect that it is better to love than, in our fear of possible pain, to avoid love, for then we will never plumb the full depths of our emotions, of joy and laughter as well as pain and sorrow. We will stay on a more even keel emotionally, but in so doing we will miss all the great highs and lows of a full emotional life. In order to gain full possession and control of all our emotions, we must first experience them, as to experience them is to understand them - eventually. If we seek only for pleasure in love then it is better that we should abandon the idea of love, as in this realm love and pain are closely entwined. It also makes clear that when loving we are as though naked, and therefore vulnerable. The poem tells us we cannot possess love nor can we direct its course, meaning we cannot control it. It is sufficient unto itself - desiring nothing other than to be complete in itself. The poem marvellously relates that should we have any desires at all to do with love then these should only be that we allow it totally, even if this should end up causing us pain. Then, should it cause us pain, we are told to be joyful about this and, what is more, grateful.

Love as we for the most part experience in these realms will have elements of all the above within it because when we allow the perfect field of love to have contact with our imperfect fields, something within us has to move. Old wounds, buried anger, resentment etc., will rise to

the surface and cause us trauma as the action of love attempts to heal our fields. Any fracturing, negativity, and rigid blocks we own will all be under assault, as love is the most powerful and solvent force within the multiverse. When we in all our imperfections encounter the harmonious, powerful and perfect field of love, even if for a split second, then an effect is registered in all our fields which can be, and often is, quite dramatic and painful.

Even if the Love we are receiving is imperfect because it is flowing through another imperfect field and is not completely of the Divine but is a lesser thing, it can still cause enormous upheaval in all our fields, depending on our inherent negativity, resistance to change and fixed points of view. Therefore, our experience in loving is always first and foremost a reflection of ourselves and the only way to lessen pain and trauma is to let go, practise the art of Wu Wei and allow the field of love to heal as it is designed to do. If we cling on to our positions, if we fight that we are right in all our pain, the wheel will keep turning and we will experience again and again the same pain until we understand and let go. Some might add "let go and let God" which is love. Let love have its way and heal us all.

Kahlil Gibran was a deeply spiritual and wise man, so is there something else he is wishing to impart here in this poem on love? Apart from the above, is there a yet deeper message here? If we look again at the poem, we will see a key passage is, "All these things shall love do unto you that you may know the secrets of your heart, and in that knowledge become a fragment of Life's heart." The process of being pruned, ground and fired by loving is one of the many ways the universe encourages us to "know thyself", to contact our soul and discover our true reality. It is one of the ways it urges us to clear our negativity, the low vibrations that overlay, obscure and disconnect soul, because once the soul is revealed, is more accessible, even visible, we may then consciously interact with it and thereby initiate its alignment, development and unfolding. The vibrational frequency of pain has a very efficient scouring action on our other fields. In the midst of great pain (mental, emotional or physical) we are ground, scoured and depleted until we are able to contact our innermost being. In the midst of great pain all else falls away; in the depths of our pain we are less conscious of the normal things of explicate life, we retreat within and are thus able to reach and touch our soul and hence the Divine Creative Field. In our pain, we let down the barriers, let go of control, we go within, and so we gain our understanding of ourselves that we did not have before. Hence, we may know the secrets of our hearts and once we know this, we begin to know all. The fire of love may leave us with an emptiness, a vacuum that was not there before

into which a new and different energy may move. This is an invitation and a great opportunity to allow the right energy to replace what was there before.

But what is the right energy? It is the unfolding and expansion of the loving field of our soul. Our soul is now able, has been allowed (the choice is always ours) to unfold a little, and as our soul is itself a fragment of Life's Heart - fragment of the Divine Creative Field, which is pure unconditional and perfect love, we have not only expanded the field of our soul, but we have expanded our experience and field of love. This love is of the highest and most complete vibration, unconditional love that has within it only the pure light of the Divine Creative Field and therefore no lesser vibration of negativity or pain. An important pathway to experiencing and possessing in ever-greater capacity within each of our individual but not separate fields the pure unconditional love of God is through the experience of love in the explicate realms, which will be by definition imperfect.

Out of the experience of loving, even if it causes great pain, comes the capacity to unfold, and so the capacity to love in a more whole and unconditional manner than before. With the further unfolding of our soul we become ever closer to the Divine Creative Field under the law of self-similarity - we move ever closer to becoming coherent, unified and infinitely shareable, therefore towards a more complete and conscious "fragment of life's heart". With this experience we have been given a great gift: this is why we should bleed willingly and joyfully and why we should give thanks and praise. There are other ways to accomplish this unfolding of our soul without the pain and trauma of love in the explicate realms, but for most of us, at this stage of our journey, this is the method we so often seem to employ.

Chapter 7

Fear

Many of the people we so mistakenly call "successful" are those most run and controlled by fear. It is in the fear of being out of control that they become politicians, heads of the world controlling us all, or so they think. Their need to control is often out of control and grows ever-greater with each passing moment so there is no respite for them. Often the wealthiest among us arrived at that position through their immense fear of poverty, of being no one of importance and without power. Their temporal power and control give them the illusion of having beaten their fear. However, fear is not easily slain in this manner, it is only fed, and so the fear grows until death or dis-ease causes change. There are numberless people living with fields composed primarily of fear. In an interview with the *Daily Telegraph*, the rock singer Ozzy Osbourne describes his ever-present, all-pervading irrational fear:

I have always been in fear, always blamed myself for situations that have got nothing to do with me. You wake up every day and think, "Why am I feeling like this?" I'd be afraid because I didn't feel afraid. Alcohol made it temporarily go away, but, as time went on, the fear was breaking through the alcohol.

There are possibly many who wish to hold on to their fear, as within their field of fear and seeming control they have a very nice little kingdom indeed. They are the king or queen directing and controlling all within their sphere. They are running the universe, everything is down to them; they are in supreme control of all. Of course this is not so, because about all any of us manages to control is our own massive delusion and isn't it exhausting? How often, although we would never admit it to anyone, we wish that it would all just stop and we could let go and have someone else take over for while as it really is just too much to ask of any one person, and above all else it is just not fair! Although we feel quite virtuous, as how would everyone around us manage without our stupendous effort at keeping everything under control? Everything would be a shambles, wouldn't it. So, we can't stop, because if we did, we would just disappear, as it is only our enormous control that is keeping everything held together in existence, isn't it. That is the scariest thing of all, the possibility that we would cease to exist if we did not keep exerting

all this controlling energy. We feel the world would stop turning on its axis, the stars would darken, the sun would disappear, and all would disappear into a Black Hole never to be seen again. In our darkness and ignorance, in our field of fear, we think this is about as good as it is possible to get and anyway, we don't have a choice, do we? Also, we are so used to the darkness and the seeming smallness of our world that it is comforting in a funny sort of way. Everything has become so blocked, almost like concrete, that we have a semblance of stability which helps to make us feel safe, so it is probably better to keep everything as it is, isn't it?

If all or part of the above is going on, we need to bear in mind that our position is one of complete powerlessness despite apparent appearances. Our seeming grip and control on all aspects of our lives is an illusion; we have no power source but our finite, fearful will. More importantly, we are stuck, we have ceased to evolve. Depending upon how deep in the mire we have allowed ourselves to become, we may find that great effort will be required if we are to extricate ourselves and move forward. We will probably decide to do this only when we have finally had enough. When we can't take any more of our field of fear, or when because of outside agencies we are no longer able to hold the control in place, then we will move. It is so much better if we choose to move, as if we do not, the multiverse will force us. We will be thrust into change, even if we are the greatest controller of all time, as exhaustion, dis-ease, death and the evolutionary thrust will get all of us sooner or later. As we are driven towards ever-greater refinement, if we should cling to fear and its offspring as the only familiar things we know, then we will suffer endless pain and distress as we are striving against the powerful intent of the Divine Creative Field. It is always better and less painful if we of our own free will consciously choose to evolve, releasing all fear, as we then can to a degree direct and control our pace along the evolutionary path. If we must be coerced/forced by the ever-present natural forces of the evolutionary thrust, we will undoubtedly suffer pain, confusion and maybe greater fear, together with the ever-present risk of falling back altogether into the field of fear and being lost within it. On this subject, the *Bhagavad Gita* says eloquently:

If thou wilt not fight thy battle of life because in selfishness thou art afraid of the battle, thy resolution is in vain: nature will compel thee. Because thou art in the bondage of Karma, of the forces of thine own past life; and that which thou, in thy delusion, with a good will dost not want to do, unwillingly thou shalt have to do.

- *Bhagavad Gita 18:59-60*

Chapter 10

The Golden Strands

Seek the wisdom that will untie your knot,
Seek the path that demands your whole being.
Leave that which is not, but appears to be.
Seek that which is, but is not apparent.

- *Rumi 68*

In seeking to learn about love, in seeking to ground this energy and send it forth, we need to practise the noble art of discernment without which we may be led astray. There are false stars that we may follow, there are emotions that masquerade as love but are far from it, and we must learn to tell the difference. Once experienced, the memory of the vibration of pure unconditional love will be burned into all the neural pathways and energy patterns of all our fields, and the acceptance of any lesser substitutes will not be possible. Pure unconditional love makes no demands, it seeks no price for its presence, it illuminates all within its sphere, it raises the frequency of our fields and initiates the greater unfolding of our soul. It is possible for this luminous field to become a greater part of ours; it is possible that the field of unconditional love becomes a simple fact of our life out of which all further events will unfold.

Should we seek for the blessing of pure unconditional love through the medium of another human being at this time, we may be discouraged or demoralised, as few of us are perfect and therefore we have not perfected the art of manifesting pure unconditional love. Know that the love received from another human being will be as perfect or imperfect as the being generating the love. Seeking pure unconditional love from an imperfect blocked being does not make a great deal of sense. However, as long as we are all aware of this fact, none will be too disappointed or discouraged. At this point in our journey most of us are still incoherent and fractured beings with much negativity in our fields: we are not aligned with our divine souls, our souls are not paramount, and so we take little or no instruction from them and therefore little or none from the Divine Creator. However, the moment we engage in any kind of love,

no matter the quality, the solvent action will take place; our fixed ways will be worked upon and our negativities removed. The solvent action of love, no matter how imperfect, may create chaos of sometimes epic proportions in beings not fully birthed, which is the action Kahlil Gibran spoke about so eloquently in Chapter Six. It is easy for us at this stage of our development to get lost in the tumult of loving human relationships. Sometimes we may find safe islands within the relationships and often when we do this we cease to grow. We choose perceived fixed points, safety and security, with our needs supposedly met, only to find we have chosen a diversion or a blockage, rather than evolutionary growth.

It is, some may say, easier and safer to primarily access unconditional love directly from the Divine Creative Field through the agency of our individual soul than to navigate the often hazardous world of human loving relationships. Should we choose this pathway, once the Divine is accessed and the connection honoured then unconditional love may outflow from us to others as we choose. In the beginning, this flow will be intermittent and therefore finite, as we will be imperfect channels. The intent of the Divine is that we become perfect channels through which the Divine may express itself. This is our designed destiny and to perfect this art is our primary purpose at this time. When we are coherent, conscious and unified beings, with our divine souls unfolding, then we may with ever-greater facility express perfectly the Divinity of God in action. This is great work; this is part of our evolutionary journey, and understanding the process and gaining mastery over it is our next step. The process is simple and elegant and, once it is understood, practice will result in ever-greater expertise.

Should we choose this path to unconditional love, then, it is more likely that as result we may attract another of equal experience and ability. Then both may revel in the outpouring of divine unconditional love as before, together with experiencing it flowing through the medium of another human soul, with less risk of becoming embroiled in the pain of love Gibran described. Love outflowing unconditionally brings its own rewards, as all will find. All manner of positive things begin to flow back because "as you give, so shall you receive": the law always works in its full perfection.

To work in direct relationship with God does not mean that human relationships are excluded, but it does mean that with the wisdom, skill, love and spiritual power obtained through this primary relationship, human relationships become more easily navigated and thus more successful. In this way, not only are we able to enhance our own growth,

but also, we can assist another to grow. This is meaningful, purposeful work. On our eternal quest for love, we may hold this vision of the quest in our minds. Notice, however, the change to be wrought is always upon our self; it does not work any other way. First, we change ourselves, and *then* we may change world.

Even if, while fully grounded in the explicate realm, we were all to love as much as we can, in all ways that we are able, as perfectly as we are able, then we and our planet would be transformed, as all love no matter how imperfect is eventually healing, refining and thus evolutionary. It is for each of us to choose our own individual path, but choose we must. Otherwise, what is certain is that we will be forced and our way will be made even more difficult and painful.

The journey is a glorious one. There may be lessons along the way arranged for us all by the Divine, but take heart from the fact that these lessons happen only because we need them. They are always for our learning, our improvement; they are always positive even if they do not appear to be so at the time, often indeed quite the opposite. They happen only because our way is blocked by something within us. If the way is to be cleared, it is necessary for life lessons to happen. We may from time to time perceive that we are suffering solely from external events, but this is never the case. All suffering is only perception, all pain is only perception; when consciously linked to the Divine, the viewpoint shifts, and the pain is no more. As Kahlil Gibran so eloquently says, we may be pruned and threshed, our dreams may be shattered and so on, but take comfort always from knowing the Divine knows and sees the whole; we do not, nor can we at this time. To lighten our journey, though, the Divine always displays a wonderful sense of humour. Often amid high drama, the humour, beauty and absolute perfection of events unfolding, apparently planned to the tiniest detail, will leave us breathless with wonder. Events will work in ways we could never have thought out for ourselves with our small viewpoint; creations of the Divine are always superior to ours, always perfect. As we learn how to rest in the field of Pure Divine Unconditional Love, to dissolve in the field at will and to outflow this Divine vibration to all, then we will seek only this and all the fruits of this will follow.