

What is love?

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The dictionary describes **love** as "a deep, tender, ineffable feeling of affection and solicitude towards a person, such as that arising from kinship, recognition of attractive qualities, or a sense of underlying oneness", or perhaps "a feeling of intense desire and attraction towards a person with whom one is disposed to make a pair; the emotion of sex and romance".

In truth this is only a part of what **love** is. Sometimes when we take time to ponder such questions we use the term meditation to describe it. However, just listen to your heart to know the answer. You can do this anywhere, anytime. However, be sure that you truly do desire an answer to your question, as the universe will answer you. The answer lives within us, for we are Love.

Love is all around and within us, for the entire universe and beyond is Love. You are a co-creator of this entire energy field. When we know our power and realise we are co-creating our lives with love, then we will start to see profound changes in our thoughts, actions, patterns, beliefs and more. We were born with this power. Love is the creator, and will create anything we desire.

Free will is the ego part of ourselves. No one will ever take that away from us, for this is part of Creation. So use your ego positively to create a love-filled world. Start truly manifesting this world filled with so much love that nothing else can live in it, we will not allow anything that isn't Love.

Think of your life, think of the love that you have right now. Even in the situations you may not see as loving, remember that love is all there is. Think of the place where you live. See the love in all of creation. Now expand the vision completely outward to all areas of the universe and see Love in everything.

Remember, we are Love and Love is All, we are all One, from the stars and the moon to the trees and the earth, and all things in between. Let's now use this loving energy that we have created to send out forgiveness to ourselves taking responsibility for what we have created in this world. If there is anyone in your life that you have ever fought with, judged, said or done that wasn't in Love, take a moment to send forgiveness out to them. Forgive to be free of the pain and fear that was part of this relationship with ourselves.

Take a moment each day to do something that brings forth Love to those around you. It can be as simple as sending out loving thoughts to them, or show a loving action to someone who feels unloved. Often we experience emotions that we think are Love. We will see that it's not truly love, it's a fragment of love that has been "watered down". Love is all encompassing and compassionate without any judgments or attachments to the emotion. Start to look at your life from a new perspective to see where you can show the true meaning of love once again. Allow the truth of who we are, the God that has been individualised in each of us, and allow it to bring forth that true self to the world, that Unconditional Love and live the life you were meant to have.