



My Takeaways *from*

THE POWER OF LOVE SUMMIT

Presented by Wisdom for Life

June 4-11, 2024



www.heartIntel.co.in

THE POWER OF LOVE SUMMIT

Presented by Wisdom for Life

June 4-11, 2024

Recently I got an invite to a global online conference called The Power of Love Summit. Over 8 days, Speakers from around the globe spoke on different themes of Love. You would have expected some overlap, but I was delighted to see that the facets being considered were so different, that I revelled in the insights I was gaining, by just tuning in.

The topics were brilliant, very thought provoking. Let me share some of the ideas that caught my attention/imagination as I listened.

So here goes.. my two drops to the ever-growing ocean of Love consciousness –

Love is Divine Nature

- Do we recognize that God's Love animates all of life? And, being created in His image, we are his expression of Love in this world?
- The Bible says, *"Love is patient, Love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres."*
- Surely, we wouldn't be able embody this kind of Love, unless we could draw from the Source of Love.



HeartIntel Learning Solutions

- If we could draw from this source and suspend our own prejudices, then could we Love others the way He wants us to Love them?

The entire Summit was about how these different Speakers had awakened this potential to Love within themselves.

- We all know and have experienced Transactional Love – In this Object-to-Object world, we trade favors. I will do this for you, will you do this for me? It is a painful way of living.
- The closest we may have come to experiencing unconditional Love is perhaps from a parent, who Loves us despite the many things we may have done that hurt or disappointed them.
- It's a labour of Love, always given and always available. A Love that you can draw strength from.
- What if you could be there for someone today? Really be there, without any expectation, without an urge to get it done and over with? Just listen, appreciate and be grateful for them without any agenda. Would you like to give it a try?

New Behaviours associated with Conscious loving/living -

- We are deeply interconnected to each other and to the Earth – and everything we do/say/think affects one another.
- Our expression and embodiment of loving consciousness comes alive through some of our daily practices, listening to music, dabbling in art, feeling one with nature during your early morning walk, praying, meditating...
- Conscious loving/living happens when we are of service to the life around us.
- We have whatever we need inside us – the heart energy – the passion – rooted in this heart energy we can stay balanced and peaceful.
- We are Sons and Daughters of the Most High.

“How are others experiencing me? Is this the impact I want to have on other people?”

- Science has proved that the energy (EMF) we carry with us can be felt by others who are within 5 feet radius.
- We could embody Love and others around us would sense it without the need for any words or action from our side. How many times, have you known that the person walking towards you is upset and you are likely to get into an argument? We can sense anger – we can certainly sense Love.
- What if we could open our hearts to the unbelievable amount of Love being transmitted to us - all day, every day from the Divine? What if I believed that I am inseparable from Him and through Him I am inseparable from my fellow human beings?



Doorways to experience Foundational Love

- Spend time with nature - night sky - music - outdoors – send your feeling of Love into the universe – sense the universe – the wisdom centre of your heart will guide you.
- Show up when you are with others – try, you might not always get it right, but try again - take small steps - take off the social mask you have had on for years – show up as who you really are.
- And in Him, find your source of self-compassion, your source of worthiness.

Living in the Flow of Love

- What will it feel like to open myself to self-forgiveness and experience life without judgment?
- The Bible says, *“Do not judge, or you too will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you. Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye?”*
- How can I suspend my judgement and just observe?

One of our Speakers was a Greek woman and she spoke about how Greeks are exuberant, effervescent, tender, loving, authentic – growing up her whole environment was about celebrating Love and life – and she learnt early on, how to extend from her heart to other human beings - making life sweet.

- Paraphrasing what she said – *“Go to Greece and watch when people are serving you food, it is with an expression of great Love – Even the language is sweet”,* she said.
- Growing up, she didn't believe there was a God. *“But thank God, He believed in me”,* she said. Over the years she has had lots of moments, synchronicities and events that made her recognise that there a HIGHER LOVE – she experienced the Love of Spirit and His Presence.
- To experience this, we must go deeper, go quieter with reverence – then we come into His presence. To speak with Spirit, we have to settle down and allow the His canopy of Love to cover us. She called it the ‘portable paradise’.
- We have 36 trillion cells in our body that make us US. He made us with LOVE. When our heart is shut off we cannot experience the outpouring of Love – when we receive it, it goes beyond our understanding of ourself and whether we think we deserve it or not.

We are Work-in-progress and a Masterpiece, all in one



The Miracle of Love

1. What are the things that block us from the awareness of the truth of who we are?
2. The Bible says, *“Let all bitterness and wrath and anger and clamour and slander be put away from you, with all malice, and be kind to one another, tender-hearted, forgiving one another, as God in Christ forgave you.”*
3. How can I become willing to see things differently and open my perception to a miracle and experience Love?

What is Love? Words are at best just symbols. Love is beyond what can be taught.

The rock bottom truth of who we are – we are Love - the ultimate consciousness is consciousness of Love. This Love thought creates form. We were a thought in God’s mind, and He created us. He knew us before we were knit in our mother’s womb. When everything is said and done, Love is the only true reality.

- But we have been dominated by things that blocked us from experiencing Love - such as Judgement, Attack, Defensiveness. Throughout our lives, we have been ‘trained to fear.’
- Here is something to consider - If you are attacking/judging another person - you are wrong even if you are right.
- *“Vengeance is mine”*, says the Lord. The balancing will be done and the person who has wronged you will deal with the consequence of that - but the retribution cannot be delivered by you - because you will be caught up in the cycle.

This Speaker was a presidential candidate and she got to see the ugliness of what goes on in the name of elections. She had to face several challenging situations. And finally, when it was all over, it left a deep sense of pain and shock in her heart. Over the following months she’d replay everything, and in her mind think of the million ways she could have/should have responded. *“We pick the scab, that is our default response”*, she admitted.

Through the months that followed, she held on to one decision she had made – to not to retaliate from the place of pain and disillusionment. She was certain that the incidents needed to be addressed; it wasn’t something she wished to brush under the carpet. So, she decided to wait till she was in the frame of mind to address it constructively. As she worked on her message to the people involved, she would ask her friend to review it. “Am I there yet?”, she would ask. She didn’t want anything negative to creep into her message – no blame, no barb, no sarcasm, no hurtful words – she wanted to convey just what she had witnessed and the need for change. *“You’ll know you are there, because you’ll feel peace”*, she concluded.

Working on our muscles is so that we can move – Working on our inside is so that we can be still!



The Mystique Jesus, a book talks about the principles that Jesus practices

- This world is dominated by a thought system based on fear. When something happens, we instinctively go to a Loveless thought – almost naturally.
- Atonement - is being shown that I have barriers to my capacity to Love.
- The Holy Spirit is authorized to give us what we need in that situation
- *“My emotional body can be bruised – my soul can get hurt – but the Christ in me cannot be crucified.”*
- *“If you don’t take 100% responsibility of your life experience - you will pay a very high price - the price will be that you will not be able to change it.”*
- Takes time and quiet and willingness to shift our heart - After the crucifixion – there was a Tomb time - before the rising.
- We must cultivate 'our temple - our sacred place' within ourselves - and not spew on everyone.

“If I must fall, let me fall, the person that I am becoming because if it will catch me.”

Love Transforms

God is LOVE - we are shaped in His image and likeness - we must choose LOVE in every moment - activate it - render our service with our heart in it. Whatever you do, ask *“Where is the Love in this?”*

This Speaker began her career as a fraud investigator – in her work she always felt a sense of separation – ‘me against them’. Then she moved to another role as a law enforcement officer. The one question she would always ask herself was, *“Who do I want to be as a law enforcement officer?”* It changed the way she interacted with felons. Even when she was in the team conducting the raid, she would keep in mind that *“these are Love beings - there can be dignity even when I arrest them.”*

While doing her case work, she would ask from her heart, *“Love, what are you calling me to see, know and do here?”* Later when she became the Assistant Attorney General, she would pray before she opened any case. And in her heart, she would find the answer/solution she was looking for.

- Love is always working for you and not against you - when you come with the pure intention to just listen and be kind, even closed doors open for you.
- You are being shaped and touched and impressed by every interaction - you are going to carry insights and transfer them to others you meet along the way.

Facing a Prognosis of less than 6 days to live

The doctors had given up on saving this Speaker. Their prognosis was that she had less than 6 days to live. Here is what she said made the difference with illness of any kind, ask, *“What is the way over, up and out of this?”*

Even if it means coming to a place of peace about the prognosis, she wanted to be loving in it. Miraculously she received a reprieve – it happened through a loving a self-



examination. She asked herself, *"What am I holding on to, that is keeping me unwell? What must I become, to be well again?"*

She realized that there was a forgiveness issue with her mother. So, she forgave her and began treating her with grace.

- We hold someone in bondage when we are unforgiving - we've got them in a cage and locked up.
- But the issue is, we find ourselves also having to stay in the cage - because we have become the judge/prosecutor/jury/defendant/jailer all rolled in one, and our verdict is 'guilty'.
- So, we lock ourselves and put ourselves in bondage with them. We don't want to let them go; we want to see them pay. Forgiveness says, *"Go in the direction you were going, before all this happened."*
- Forgiveness is not saying *'what you did is ok' - or 'you didn't do what you did' or 'I will become your doormat and you can do it again'* - Forgiveness does not even say *"I have to be reconciled with the person"*. It may not be healthy or safe to do so.
- Forgiveness is letting it go, so we can return to our place of peace.

The Truth about Feelings

Watch what you say to be true about yourself. Watch what I attach to the words, 'I AM (feeling)'. But feelings will change, and feelings are not YOU. We all have a choice to what we give our attention to. *You Are Worthy - You Are Love In Expression - Worthy Of Every Good And Wonderful Thing.*

- Create the space for what you want to happen - participate – make affirmations – there are enough and more stories of those who made it through despite their circumstances.
- In the Bible, LOVE is associated with Apostle JOHN – How can we model the Love and put it into practice? What can you Love your way through? When life squeezes you, become Love. Love is hitting the road in practical ways.
- We are SEEKERS OF TRUTH in any situation. Sometimes we can get caught up and act without Love; when we realize, we can get back on track. Always Affirming, because *"Love cannot fail,"* said Apostle Paul.
- Let there be Love in your words, your attitude, what you think, your feelings, actions and your reactions.
- When someone has hurt you, can you release it? Before you forgive him/her, you have to participate in your freedom.
- Give yourself permission to think a new thought about yourself/about your life. Look in the mirror and say - *"I give you permission to Love more and to be Loved"* - say it till you mean it.



The Ripple Effect of Internal Healing

Love has the capacity to host the world, parts of the world, people and circumstances. To do this we have to stay in a resonant relation with anything that arises in our awareness. Love tends to grow as we can host more and more of the world inside us.

- In the places we struggle, Love grows, it expands and matures. We must go deeper to connect with the world – to go beyond the fragmentation, the polarisation. It can be done by bringing both poles into the same frame and looking at it objectively, rather than taking a stand or choosing one of the poles. This experience can transform into learning
- Practice Mindfulness, Meditation and Embodiment to gain a deeper sense of your body,, Get to know your emotions. Bring more coherence between physical, emotional and mental sensations. Learn to notice when it feels unified and when it is fragmented. This can be used to regulate your stress level. Breathe in deeply and learn to exhale slowly.
- When I carry wounds, I can get triggered. Work with a group of people or a professional to go deeper with past wounds. Become an Explorer, be curious.
- Find out more about something new or go deeper with something you know. For eg. Every time we read a sacred text; we see a little more in the text – something we missed the last time we read it. This gives us another level of understanding.

Othering

Look it up, this means *“the act of treating someone as though they are not part of a group and are different in some way”*

- I may agree or disagree and still stay in that space without ‘othering’ and being stuck in the polarization. I can be very clear and say ‘Yes’ and ‘No’ to things and I can stay related - then it is not a contradiction. Othering happens in communities or with certain people in workplaces.
- Eg - If there is a violent group – instead of othering, think of this, *“What is the constructive, mature contribution to peace-making, which I can make? How can I hold multidimensional positions - instead of polarization / perpetuation of what is already? What can I do to change things, because I recognize that violence is built on old traumas?”*
- Collective trauma contains a lot of learning that we've never had; it is frozen in the ice of prior trauma. Treat Prior trauma - Be more loving to myself, change my internal mindset

When people develop a more loving relationship to themselves and stop splitting themselves, we create an ecosystem that is more loving - more healing - trusting – and safe.



Two ways we respond when we feel less

When we feel less like ourselves, we tend to speed up or become tighter (tension). So, slow down a little bit and notice that you are activated. Take a breath - begin to feel when this situation shows up – for instance, there could be a tension in your solar plexus, in your legs, in your throat, head... Slow down and explore those phenomena, without immediately putting meaning to it. Connect to myself and soften a bit - become curious.

- Sometimes we develop a fear that has nothing to do with what is happening around us - coming from an old fear – what helps is to Quieten down + Give myself space + Give myself some Love and then Act from that place of Love
- 3 human rights - To be + To become + To belong

Mindful Soundscapes

We all have our inner weather – it changes and moves like the outside weather. We can't always control it, but we can manage it. We can seek harmony within by becoming aware of Breathe, Sensation and Feeling.

www.michaelandJahna.com

Heart Intelligence

In 1991 researchers found 40,000 specialized sensory neurons in the heart, within a neural network that thinks, feels, remembers independently of the cranial brain. They found that every experience is registered in both places - heart and the brain.

Our fundamental ability to consciously regulate the neural network has always existed. A frequency of 0.1Hz could harmonize the system within us.

1. What is the work being done by the HeartMath Institute, which help individuals enhance their interconnectedness and emotional regulation?
2. What does research say about the link between heart rhythms and emotions and the empirical evidence for Love's impact on well-being?
3. How does synchronization between the heart's rhythm and other bodily systems (heart rhythm coherence) affect overall health?

Finally

- Love is who we are.
- Love is a combination - attitude, feeling, a way of looking at the world, also a frequency - like a rainbow - care, compassion, gratitude, kindness, patience, appreciation - all expressions of Love – all of them with different frequencies – all of them part of the rainbow.
- Love is sweet labour, fierce, bloody, imperfect, life giving, choice we make again and again. Joy is the gift of Love, grief is the price, anger is the force we harness to fight for what we Love.



Loving others can't be based on just willpower or mental intention – it needs the power of the heart – it must come from your heart.

Resources

Books

- HEART Intelligence by Heartmath
- Conversations With God by Neale Donald Walsch
- The Mystique Jesus by Marianne Williamson
- Twelve Steps to Your Healing by Rev. Dr. Shiela Mckeithen
- The Love of a Father by Edward Ray Smith

