

Falling in Love Day in and Day Out

Your True Self knows that it is a branch of love connected to the eternal Vine of Love and happily rests there. Richard Rohr

My goodness, it is already February, the month during which we are surrounded by images of romantic love! So this month, I thought I would begin by emphasising that we are all innately loveable whether or not we receive any Valentine's Day cards or flowers. I will then suggest that we might really enjoy extending love to someone or something each and every day of February 2023.

First of all, it is so important to realise that our core problem in life is not really any intrinsic unworthiness. No! Our basic problem in life is that we have no idea that in truth, we are a drop of love totally merged into in an infinite ocean of love. The tragedy of most human beings lives is that they do not feel immersed in Love Energy 24/7. The vast majority of us actually spend most of our lives living in fear rather than love.

We all live in a dualistic world and so we all believe that we live separated from all other living beings in a 'me versus them' kind of universe. We basically live in a tiny little 'me' kingdom, surrounded by, and threatened by, billions of other 'me' kingdoms that might destroy us at any moment. No wonder many of us spend our whole lives fearfully trying to grab as much as we can from others whilst secretly or not so secretly trying to give them as little as possible in return.

Thankfully, I am finally beginning to see how this sneaky ego agenda not only does not work in our own best interests, but also creates so much conflict in our world, both personal and collective.

It is usually only when we fall madly in love romantically for a short while that we truly feel at one with the universe, rather than separate from it. The ecstasy of falling into oneness with another human being is so powerful that it has even given rise to a massive Valentine's Day industry - although this industry is of course driven by money rather than love!

What fuels the vast romance/sex industry is a deep down feeling in virtually all human beings that we are lacking something. Some individuals then go out into the world desperately trying to fill this deeper inner hole with money or prestige.

Many others go looking for love/sex. But as *A Course in Miracles* so wisely points out, the ego's core maxim is always 'Seek but do not find'.

We may find abundance, love, prestige, or even ecstasy for a short while, but absolutely nothing in our world lasts for long – not even the most ecstatic romantic love we can possibly imagine.

Again *A Course in Miracles* warns us that the ego – our totally separate personality-self – is incapable of true love. The ego is certainly capable of desire, but what it calls love is usually a bargain in which it gives up a little of its autonomy in return for a little external approval or affection. The ego gives only to take, although it is really skilled at hiding its true intentions even from itself!

True love on the other hand is simply a never ending flow of giving and receiving an incredibly high, life-supporting energy. When we are bathing in this out of this world energy, we cannot even imagine lacking anyone or anything.

So, what if we stopped listening to that pernicious voice in our head that constantly tries to convince us that we can never have enough and so we must continue to fight others for scarce resources?. What if we focussed instead on extending unconditional love and appreciation to all living things without expecting anything from them in return? Now this might sound unrealistic or even airy fairy to you, but I can assure you that learning to embrace all of life with love or gratitude moment to moment is one of the most amazing things we can do to improve the quality of our lives.

To fall in love every day, we have to practise doing just one thing. We have to keep raising our awareness above the purely physical, dualistic, conflictual level of existence until we finally become aware of an infinite field of love that lies behind the vast illusion that is our physical reality.

Now the way I have raised my own consciousness up to the level at which I can *occasionally* totally merge into this infinite field of love energy is primarily through practising meditation and in particular going on retreats during which I meditated a lot with very powerful practitioners. However, I know that sitting still and meditating every day may not be your cup of tea. So another way I strongly recommend for you to get in touch with love energy on a regular basis is to take slow, contemplative walks in nature. At some point during these walks,

you can simply stand still for a while and set your intention to extend loving energy to a tree, a river, a duck, a wild flower, or anything that catches your eye, until you really feel the loving connection between you and the object of your contemplative gaze.

Cultivating a loving connection with any aspect of the natural world, including plants, rivers, mountains and oceans is such a joyful and fulfilling way to raise our own consciousness up to the level of love energy. Not only does cultivating love energy within us and between us and the world around us feel so good, it is also the only truly safe way to live fearlessly in this extremely challenging world.

Now of course, most 'normal' people do not go around sending love and gratitude from their heart to a tree, a flower or even an insect. So you might like to think of this practice as something that you do rather quietly or even secretly. No one will have a clue as you stand by a tree for a while that you are actually sending the tree loads of love energy from the depths of your heart. Trust me on this because I have actually done just that in my local park and I certainly did not notice anyone giving me really peculiar looks!

I am fully aware that extending love and heartfelt gratitude to a tree, a duck or a ladybird may seem to be at the very least eccentric in our sophisticated and hyper-busy modern world. But honestly, which do you think would bring you're the most joy or contentment this month: endlessly checking your phone to find out the latest scary, depressing news that floods into our homes 24/7, or going out to extend heart-felt love and appreciation to an infinite variety of magnificent living things?

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