

## **The Healing Power of Love**

*Eventually you will come to understand that love heals everything and love is all there is. Gary Zukav*

This is the month every year when so many individuals look for an external sign that they are loved, desired or appreciated. But what if the key to leading a fulfilling and even joyful life here is not to find the romantic partner of our dreams, but to heal all our own neurotic beliefs that we are in some way or another unlovable or unworthy of lasting love?

As you may well already know, in my 20s, 30s I was constantly looking for Mr Right whilst only dating a string of unavailable Mr Wrongs. Looking back on those long, painful decades of my life I can now see clearly that the core reason that I had a string of unsuccessful romantic liaisons was my own neurotic, unhealed, egoic mind and heart. On the surface, I was desperately looking for love, but subconsciously I was afraid of true intimacy. Moreover, deep down in my unhealed psyche, I was convinced that no truly attractive man would be attracted to me or find me loveable enough to stay with me for any length of time.

Well dear reader, I never did find Mr Right but now in my early 70s I am happier, healthier and more fulfilled than I ever felt when I was young. I believe that the key factor that has led to this really quite miraculous change in my life has been finally learning to love myself unconditionally. I have also healed so much of my neuroses by bathing myself in the healing energy of self-compassion whenever my neurotic personality-self goes through yet another bout of anxiety or angst.

In fact, I now know without a doubt that we all have the potential to heal any illness, pain or emotional or mental distress using nothing but the power of love energy. Unfortunately, most of us have no idea how to do this yet. For starters, our own energetic vibration is not yet high enough to enable us to bring the highest love energy into every cell of our body in order to heal any type of physical pain, sickness or weakness. However, eventually, we should even be able to regrow teeth and other essential bits of our physical body using nothing but the power of love or self-compassion. You don't believe me? Ha! That is one core reason why we cannot yet do it!

Why is sending ourselves loads of compassion each and every time we 'lose it again' in some way or another so powerfully healing? Well primarily it is because compassion is one strand of love energy and the energetic vibration of love is so much higher than the energetic vibration of fear or anxiety. If numbers will assist you to understand this core natural law, we might say – borrowing the figures from David R. Hawkins calibration chart - that the energy of love calibrates at around 500 whereas the energy of fear calibrates at only around 100. Only an emotion that has an energy that calibrates over 200 supports our life. Any emotion, including shame, guilt, fear and anger that calibrates under 200 is basically a destructive emotion that can even damage us physically if we hold onto it for any length of time.

Now please note here that I am absolutely not blaming anyone for getting sick. This world is extremely complicated and none of us can know why one person leads a pretty healthy life until the day they drop dead whilst another endures so much physical pain or weakness for years on end. As Gabor Maté points out in his brilliant book *When the Body Says No*, to accept that our negative emotions and our instinctive attempts to suppress difficult emotions can sometimes cause physical illnesses is in no way to blame those individuals who get sick.

Maté's key purpose in pointing out the causal link between suppressing our painful emotions and getting some kind of chronic debilitating disease such as Multiple Sclerosis is to enable us to *have the ability to respond with awareness to the circumstances of our lives rather than just reacting. ....None of us are to be blamed if we succumb to illness and death. Any one of us might succumb at any time, but the more we can learn about ourselves, the less prone we are to become passive victims.. If a link exists between emotions and physiology, **not** to inform people of it will deprive them of a powerful (healing) tool.* (Gabor Maté)

So this month, whenever we feel a little anxious, irritated, depressed or physically below par, shall we pause and spend just a few minutes breathing the healing energy of self-compassion into every cell of our being?

Let's not over complicate this powerful healing practice. Let's simply set our intention to bathe our whole being in the healing energy of self-compassion whenever we are out of sorts this month. Then all we need to do is to relax our

body, slow down our breathing and fill our mind, body and soul with love energy for just a short while.

Now I am not going to make any grandiose claims about this simple, short healing practice. I am certainly not going to claim that you could heal any kind of physical ailment by doing it - although I am certainly not going to rule that out. Nevertheless, I am convinced that bathing ourselves in unconditional self-compassion whenever we are out of sorts is an almost miraculous antidote to living in such a chaotic, crazy world as our world seems to be at the moment. So let's just go for it this month and see what happens.

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February 2026