

## ***Unconditional Love Starts With Me***

*An Essay Written By: Leon A. Enriquez, Singapore*

The world of human affairs operates on the basis of cause-and-effect. This means that each outcome (or effect) is a consequence of a cause. This means that we live and love mostly based on conditions. Such conditions that arise can be deliberate or by chance or accident. We tend to think the same way when we think about love.

We see love as an intangible feeling rather than a thing. Love is hard to figure out. Love is difficult to decipher. And love is not easy to understand. Love has too many variables in the interplay of life and human relationships.

At the basic level, most love between people and others is conditional – that is, a love that is based on conditional interactions and exchanges. This is another aspect of a cause-and-effect situation. This offers a limited way to love simply because it is transactional and essentially calculative or exploitative. Conditional love is based on returns and expectations.

There are many ways to look at love. Love is a feeling. Love has many attributes and aspects that tend to be treated like a commercial deal. Yet, feelings tend to change over time with behavioral change. For instance, if you have to do something in a certain way in order to get love in return, then that love is conditional. Or if you behave in another way just to secure a reward in reciprocal action, conditional love manifests.

Contact Details:

*Leon A. Enriquez*

The basic idea is to consider how you can be who you are despite the circumstances, conflicts and unpleasant confrontations that life throws at you. When love is based on mere transactional exchanges, the consequences of a secular (or worldly) mindset is oftentimes limited and unforgiving.

However, if you choose to act in a certain way consistently – regardless of the end result or effect, you now begin to consider or extend your love to an unconditional level. Your generosity in action without imposing conditions then becomes a magnanimous, life-changing experience known as “unconditional love.”

Unconditional love is a love that is enduring and empowering – for self as well as others – even in the hustle of life-changing events, or even in the face of unfavourable situations or unkind circumstances. Unconditional love is truly a decision you take and make on a personal basis. And unconditional love does not change with changing or different circumstances. Here, you make it a point to love despite the conditions and situational changes.

Love in an unconditional way is not always a comfortable feeling. For example, pain and discomfort or certain awkwardness are essential components of growth and change. To love someone conditionally is to acknowledge that pain is an unacceptable part of the equation. To love unconditionally is to be aware that despite the limitations of human circumstances, you choose deliberately the feelings of love over and above the pain and discomfort you experience.

To grow as a well-rounded human being, you need to face the pains, the problems and the troubles of daily life as it happens without imposing conditions – that is, to love unconditionally. You take things as they happen without the need to pass judgement. And without being too concerned over personal likes and dislikes.

Unconditional love is impartial and non-judgemental – and it is given to everyone around as well as to your self in an all-inclusive circle. Unconditional love of this magnitude is all-inclusive and therefore given without the need of any earned credit or merit, and ignores the imperfections of the other person.

To be true to others, you need to love yourself unconditionally first – without the need for personal perfection as a basis for being loved. This means you can be loved without needing any condition of perfect action or behaviour. This unconditional love does not imply that you should tolerate mediocrity. And neither should you settle for less than the best behavioural standards. It is just love, freely given and freely received as it is – with no strings attached.

Unconditional love is the ability to be truly loving despite the pains, hurts, wants and unresolved conflicts. Here, it is vital that you learn to let go of personal anger and resentment – and at the same time, extend acceptance and loving-kindness toward your self and others without passing judgement. This does not imply letting others trample all over you. Unconditional love is to love for love's sake.

To practice unconditional love is to get rid of negative feelings and the detrimental “hardness of heart” which clouds your judgement with a self-centred bias.

The benefits of unconditional love starts with personal self-acceptance, and this attitude ends with personal self-fulfillment.

Such a daily practice of unconditional love through acts of loving spontaneity and deliberate focus will lead you to feel more energetic and more liberated. The opposite is to feel burdened and drained by limiting beliefs and conditions that is often the baggage of conditional love.

To love unconditionally follows a mindset of acting in a certain way of loving. Unconditional love means that you keep your love focus clear in spite of the unpleasant realities that you encounter in life. You intentionally choose love regardless of the consequences that your focus accrues.

Conditional love is a limited way to live. It is based on an equal exchange equation. It goes something like this: “I’ll give you what you want if you give me what I want.” Conditional love is very much like a routine business transaction for personal gain. Conditional love represents a “What can I get?” mentality rather than a “What can I give?” mindset.

Unconditional love works against the grain of logical common sense – simply because the love you give stays unconditional despite the conflicting changes you encounter and experience in life. Here, we learn to take negative situations – the harshness, pains, troubles, conflicts, betrayals and other bad things – that come our way and never allowing the upsetting circumstances to dilute our ability to give and extend loving-kindness based only on unconditional goodness.

Unconditional love is essentially a practical way to live. Loving without conditions is a self-liberating process. The benefits of unconditional love is life-altering – and frees you from the self-limiting beliefs that tend to sabotage your best intentions.


Unconditional love is like the light shining in the darkness – an authentic manifestation of grace, beauty and truth. Unconditional love is a quality of spirit. And in musical terms, unconditional love is known as soul – which is the essence of our individual life path in our mortal journey here on earth.

Unconditional love begins with me. If I practice this life-affirming mindset, it changes my perspective of loving-kindness. And it then spreads to the people I encounter in varying circles of influence – from family and relatives to friends and co-workers to the local community and nation, and finally to the world or wider humanity.

*My Journey Journal*

*March 25, 2014*

*< Page 6 >*

Unconditional love heals the hurts of a confused humanity tainted by pain and suffering and madness. Unconditional love is our individual way back home to the light. "And Unconditional Love Begins With Me in the Here and Now." 

Contact Details:

*Leon A. Enriquez*