

“UNCONDITIONAL LOVE UPLIFTS”

08 January/ 05 March 2019

"UNCONDITIONAL LOVE UPLIFTS"

An Essay by Leon A. Enriquez

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Love is a powerful force. Just like raw electricity, love gives unlimited power to the human being to do extraordinary things. Start to live consciously and mindfully with generous love.

Love is the marvellous elixir that creates miracles. Love is the precious essence that makes timeless magic happen. Start to make a personal choice to be loving and kind.

Love makes the seemingly impossible outcome possible, now and here. This is a fact. Love is the vibrant essential quality that powers the universe as we know it from our limited and humble biological perspective. Start to attune your heart, mind and soul with loving action.

Love is so powerful and yet, we cannot even begin to describe love in simple terms. Love is truly a quality of being that escapes definition simply because love comes from an infinite source beyond our finite human and creature limitations. Start to live a life of loving action.

The purest love is called unconditional love. Yes, we know that unconditional love is -- clearly and succinctly -- the most awesome power that humanity has ever known, and will ever know. In truth, this is the greatest discovery of our times. Start to use the power of love to create miracles in your life.

If we stop for a moment to reflect on unconditional love, we notice some distinct characteristics manifesting. Here are some lovely highlights.

Unconditional love is colour blind. Unconditional love heals all wounds. Unconditional love restores peace of mind. Unconditional love makes the heart strong. Unconditional love connects us with our individual soul substance.

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Unconditional love restores our faith and hope in our sensible humanity. Unconditional love empowers our individual balance and harmony. Unconditional love brings out our unique ability to be truly compassionate and to feel empathy for all living things who live and share this earth with man. Unconditional love is all these, and yet much more beyond definition. Unconditional love is of the spirit. Start to live in spirit and in truth with love.

It is no wonder then that throughout man's existence as an intelligent and an intuitive creature, we have among others -- through our sages and mystics, writers and poets, musicians and singers, artists and painters and all creative people -- expressed our feelings about love. This is our ongoing love affair with love itself. Unconditional love is self-realisation of the highest order. Start to give, share and spread the message of love through your attitude of loving-kindness.

Since the dawn of civilisation, man has intuitively known the fundamental quality of love that adds a timeless dimension to our experience of life as we know it to be. Yes, an unconditional love that surpasses and survives all our human hardships, trials and tribulations in the stress and strain of living our common mortality. Somehow, we instinctively know that love survives and outlasts the brief mortality of each of us even in the closing event when life surrenders to death. Know that he who loves, lasts.

Even now, there is a clearer understanding that the greatest love available to all is unconditional love. That's because unconditional love enlivens each man to live in an unlimited way and with inexhaustible, abundant power for personal self-realisation. We do this simply by aligning with our source of being. Start to be who you were born to be: an instrument of love.

Thus we come to know that unconditional love is really a better way of being. This leads each human being to achieve our true potential of becoming the best version of ourselves. Then, we know that judgement is not necessary when we align our heart, mind and soul with the vibrations of unconditional love. Start now with love as your guide.

Despite our physical limitations, each human person can create the reality of our choice -- if and when -- we decide to focus our attention and intention on what we sincerely desire. In this sense, we have an unlimited potential to live life to the fullest in our thoughts, our feelings and our actions. Unconditional love compels us ever forward. Start to live love right now.

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Unconditional love enables us to do all we desire to accomplish and much more. This is the true miracle of personal mastery on earth where a man can live without limits. This brings not only insight but true delight on our journey quest in this mortal realm. Start to live each day with love here.

Happiness lives with joy in the pulse of unconditional love in our sojourns with the adventures of life. Thus, we feel safe, live with curious wonder, and participate in the creative power of timeless love. Unconditional love is pure magic beyond all self-limiting beliefs. Start to act mindfully with true love.

Yet, the world at large prefers to think of love in conditional terms with a limited viewpoint, and based on egotistical notions of competition. This is typical of a scarcity mentality. There is a selfish idea that only a few can win and for that to happen, the majority must lose in the pursuit of material needs and wants. This response is really based on an obsolete mindmap and secular collective wisdom of having not enough. In short, a mindset hooked on a fear of scarcity. Start to spread love abundantly.

To overcome this scarcity principle, we must come to terms with the world of nature. Nature is never scarce. Consider a fruit tree. The leaves and branches deliver abundance unconditionally. When fruitage comes with harvest due, notice that the fruits are lavishly abundant. So with our human potential. We just need to adjust and change our outlook. Start to see others with loving eyes.

Resident in our being is the individual seed that awaits our awesome potential as we -- each of us -- sync with and tap the power of unconditional love. Our individual approach in each becoming moment requires a certain clarity of thought and right emotional impulse -- just to magnify the vast possibilities -- to focus our energy, our thinking and our feeling in synchronicity with the impact of unconditional love. Start to notice love that inspires joy.

Each individual person needs to find and gain self-acceptance despite our self-limiting beliefs, errors and mistakes, wrong judgement calls, and even our misunderstandings that confront us daily. We need to indulge in non-judgement of our experiences and use the inner sense of unconditional love to attain personal forgiveness. Here gratitude is the key to self-realisation. Start with gratitude for love's wondrous blessings.

Once we refuse to judge a situation as either good or bad, then we learn to live life on unconditional love, and experience life as a learning adventure, and to create the scenarios for profound love to blossom forth with lovely fruitage for the good of all. Start to multiply love's fruits.

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Thus, we esteem our self-worth, and appreciate our personal talents, and we allow ourselves to be who we truly are as sentient beings. We look for the good inside rather than to depend on others for our personal validation. We do not need to conform with what other people think we ought to be, or should be. Start to be different with love for all, especially yourself.

Once we value our individual personality, we will be capable of understanding people around us better. Unconditional love helps us to extend a helping hand to others spontaneously. This we can do without imposing conditions or tainted judgment or even unnecessary expectation. Start to be more loving and non-judgemental.

Unconditional love makes us a majority of one. This means that we mirror, reflect and realise that everyone deserves to love and be loved as they are, unconditionally. This empowers each and all. Start to grow in love.

We live in a world of cause and effect. By sharing and giving unconditional love to other people, we receive what we give in full measure. Love given has a multiplier effect. Express love to the world around you and see what happens. In time, you will experience a world that reflects back to you what you send out: love. Start to focus and act with love as the end-result.

Unconditional love is always possible even when we experience negative encounters. Adopt that attitude of forgiveness and gratitude, mindfulness and meditation, and contemplation and visualisation, and simply letting go of pain -- so that love can heal our wounds. Choose to be loving and kind with joy and peace each day. Love without exception all you meet in their various disguises. Start to live and sync with love and live with loving devotion.

Unconditional love is really the solution to every problem we face in this tired and weary world of stress and strain, drama and tragedy, and uncertainty and change. Start to live each day with the awesome power of unconditional love.

We realise that the answers to all our problems await us in a present moment conscious awareness of our human nature. Conscious awareness brings an openness in knowing that the solutions to any life obstacle is right now within us to handle any conflict or to resolve confrontation as only unconditional love can. Love transforms, transmutes and transcends. Start with loving grace.

Only by love, wisdom and power can perfect balance and synchronous harmony illuminate our journey quest through life. This is the basis of the reality we each can

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learn to build over a fruitful lifetime. We can make a significant impact on the world with this awesome energy of unconditional love. We take one step at a time on a personal "walk-my-talk" one day at a time. Start to be a true and loving person.

Unconditional love creates hope despite life's daunting challenges. Thus, a steady focus helps overcome the often seemingly impossible situation. When you think and feel and know that this idea is liveable, you make a true impact to manifest love with your entire being. Start to be a love catalyst.

Start from an inner vision and perspective -- here and now -- that you are loving and you deserve love. We all are. Soon, you'll see how the world responds to you. Watch how your inner peace and vitality will become obvious. People will seek you for the love you exude and share. Start to live love fully.

Consider how the unconditional love you vibrate to people around you will reciprocate in a circle of loving encounters. This is, in reality, the law of vibration in action, as like creates and attracts like, in a positive cycle of abundance. Start with empathy and love in your big heart.

Each individual action affects the collective whole. We need to understand our individual significance in the worldview. Our actions impact ourselves as well as the planet we inhabit. Thus, we become mindful of living with loving action. We each, assume the power and responsibility to affect the world in a positive way without the baggage of judgement and without imposing conditions about expectations. Start with compassionate love.

Unconditional love works only if you work at it consistently and persistently. Love lives only in action and application, in many ways. Start where you are with what you have now. Start to feel and share love with the world around you. Start only with loving action.

Start with self-love, and begin to learn how to honour your physical self as well as keep your thoughts and your feelings optimistic. Live only with love as your focal point. Start to nurture yourself so that you can nurture life all around you. Learn to be kind, first to yourself, and then to others. Soon, you will witness the circle of love expand ever outwards.

Kindness is a healing energy. There are many ways to be kind in your daily routines and actions. Kindness also manifests in an attitude of forgiveness which comes from unconditional love. The fruits of kindness are harmony and unity that sustains a sense of oneness with our common humanity. Start with loving-kindness.

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Through unconditional love each and every person alive today can help to change the planetary mindset -- to transform from the old ways of tough competition based on scarcity, and to transcend to a new collaborative attitude of sharing the world's abundant resources. The rewards of unconditional love is exponential. Yes, love is love's reward. Start with boundless love.

Learn to recognise that love exists within you now. Love is the best way to resolve the troubles and difficulties of life in the 21st century. Unconditional love recognises that there is more than enough for all if we only use what we need, and avoid a hoarding mentality. Start to heed the call to love.

We -- each of us -- have the power to love unconditionally. We can create a world filled with joy and happiness, love and goodwill, and lasting peace. We can do so by choice, free will and goodwill -- moment to moment, one day at a time. Start with a heart of love.

We do so by transforming our individual self by living with unconditional love as our top priority. Start by seizing the opportunities to experience love and respect, peace and joy, oneness and unity by your daily practice of unconditional love. Start to be a prime example of true love.

We realise our true potential when we consciously transform ourselves with this significant mindset shift. Thus we bring love, peace and hope to ourselves. As we change, the collective planetary consciousness also transmutes through the unconditional love we give, share and spread. Start to honour love.

Love awaits your individual manifestation to make a quantum leap of change. Be ready to give love, and to experience love unconditionally. As we seek love -- in our families and communities, relationships and careers, religions and social activities -- we experience love unfolding like a beautiful flower. Nature is a fine example of unconditional love manifesting in beauty, abundance and generosity. Start to love even change.

The power of love lives within each person every moment. This creative energy unleashes our highest good. To choose to love one another is to overcome our selfish and self-centred nature. Thus love empowers us to rise to a higher calling.

Unconditional love inspires us to truly recognise that we are one, interconnected and whole living organism experiencing a loving cosmic evolution. It is the deliberate and

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conscious awareness of the beauty of life unfolding spontaneously in every moment. Love is a personal choice we make each moment even as we breathe. Start to express love.

Begin with yourself. Realise that you are a powerful and loving spiritual being. Cultivate loving thoughts and feelings that reflect the best in you. Be mindful that your actions and your intentions are loving. Start to love yourself, and then, others in a circle of love.

Start to love without discrimination. Be clear and be receptive to your own higher and loving nature. Direct this love to people around you. Let your peace inspire the peace in other people. Let your love inspire the love other people feel when they meet you. Know truly that "Unconditional Love Uplifts."

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