

IT'S ALL ABOUT LOVE

Negativity always blocks our ability truly to be ourselves and to be loving to those around us. All the work we might do to grow more positive, to cancel our negative thoughts, to learn and experience our signature strengths, to grow in positive emotion, engagement, relationships, meaning and accomplishments...the pathways that positive psychology invites us to walk...all simply lead us to be more loving.

ANITA MOORJANI ABOUT LOVE

I have recently read some of the books about the Near Death Experiences that many people are having. Anita Moorjani, an East Indian woman living in Hong Kong, was dying from cancer. She had a Near Death Experience, went to the “other side” and came back. She wrote the book *Dying To Be Me* in which she shares some of the wisdom about the true nature of life she learned during her experience. Anita writes:

"The only universal solution I have is to love yourself unconditionally and be yourself fearlessly! This is the most important lesson I learned from my NDE.

When we're true to ourselves, we become instruments of truth for the planet. Because we are all connected, we touch the lives of everyone around us, who then affect others. Our only obligation is to be the love we are and allow our answers to come from within in the way that's most appropriate for us.

One of the things I believe is that we already are what we spend our lives trying to attain, but we just don't realize it! We come into this life knowing our magnificence. I don't know why, but the world seems to erode it as we start to grow up.

While I was in that state of clarity in the other realm I instinctively understood that I was dying because of all my fears. I wasn't expressing my true self because my worries were preventing me from doing so. I understood that the cancer wasn't a punishment or anything like that. It was just my own energy, manifesting as cancer because my fears weren't allowing me to express myself as the magnificent force I was meant to be.

In that expansive state, I realized how harshly I treated myself and judged myself throughout my life. There was nobody punishing me. I finally understood that it was me I hadn't forgiven, not other people. I was the one who was judging me, whom I had forsaken, and whom I didn't love enough. It had nothing to do with anyone else. I saw myself as a beautiful child of the universe. Just the fact that I existed made me deserving of unconditional love. I realized that I didn't need to do anything to deserve this—not pray, nor beg, nor anything else. I saw that I had never loved myself, valued myself or seen the beauty of my own soul. Although the unconditional magnificence was always there for me, it felt as though physical life had somehow filtered it out or even eroded it away.

Many of us still believe that we have to work at being loving, but that means living in duality because there is a giver and a receiver. Realizing that we are love transcends this. It means understanding that there's no separation between you and me, and if I am aware that I am love, then I know that you are too. If I care for myself, then I automatically feel the same for you!

In my NDE state, I realized that the entire universe is composed of unconditional love, and I'm an expression of this. Every atom, molecule, quark, and tetraquark, is made of love. I can be nothing else, because this is my essence and the nature of the entire universe. Even things that seem negative are all part of the infinite, unconditional Spectrum of love. In fact, universal life-force energy

is love, and I'm composed of Universal energy! Realizing this made me understand that I didn't have to try to become someone else in order to be worthy. I already am all that I could attempt to be.

Similarly, when we know that we are love, we don't need to work at being loving toward others. Instead we just have to be true to ourselves, and we become instruments of loving energy, which touches everyone we come into contact with."

ABOUT UNCONDITIONAL LOVE

"When speaking about my experience in the other realm, one of the most difficult tasks for me is to explain the feeling of unconditional love I felt, because there are no words that are adequate to describe it. Even the word "love" doesn't come close to what it really felt like, and doesn't do it justice at all, as it is something that I had never experienced before, in this life.

If we were to make a comparison between the physical love that we feel in this realm with the unconditional love of the other realm, it would almost be like comparing the soft, cool glow from a firefly with the blazing heat and light from the sun. When the sun is shining, we are bathed in glorious warmth and light. It completely wraps us in its brilliance. It's unconditional. The sun doesn't choose whom it's going to give warmth and light to and who it's not. The sun just is. Everyone gets bathed in its splendor, warmth, and brilliance when we are in it. And the sun never stops shining. We may not be able to see it all the time due to the earth's rotation. Yet the sun itself is unconditional in its giving of light. When we are turned away from the sun due to the earth's rotation, someone else is turned towards it.

The firefly's small glow, on the other hand, is much more discriminating, more selective, more conditional, very low power.

It's how love in this physical world seems compared with the light from the sun. I have to be in direct line-of-sight with the firefly even to see it, and still then, it's really easy to miss or lose sight of. It's beautiful in its own way but rather pale and paltry compared with the sun. We have to keep focused on the firefly, keep working at following it as it flits here and there if we want to keep seeing it's light. That's what earthly love feels like in comparison with the full-out, unconditional love of the other realm.

One of the insights I gained from being in the full-force of love in the other realm is that *unconditional love is a state, not an emotion. It's a state of being, and this means it has no opposite.* Human love in this physical world is an emotion and, as with all other emotions, it is part of duality. This means it is one side of the coin, and has an opposite emotion to balance it out, such as fear, or jealousy.

But unconditional love has no opposite— it just is. It's not one side of the coin – it's the whole coin! "