

Cultivating Love

Bob Marley in his song One Love sings:

One love, (What about the one heart)
One heart, (What about love)
Let's get together and feel all right
As it was in the beginning (One love)
So shall it be in the end (One heart)
Alright, "Give thanks and praise to the Lord and I will feel all right."
Sayin', "Let's get together and feel all right."

So what is this one love he sings of?

It is the Love that is every where, that is all pervading.

It is the Love can be experienced in millions of beings as long as one wishes.

Love is the natural in between.

When love is felt between two or more, it unifies, it removes the difference. The love between the two people is one.

If anything else comes between the two people, then love will not be present. The relationship turns to greed, anger and envy.

So what comes in between two people that changes love?

Two things: any demand stops the love and looking for personal benefit.

In fact the working out of love is the letting go of demands, likes and dislikes.

So what is love?

Real love shows renunciation, giving up for others.

Real love does not seek approval from another

Real love only offers and never demands.

Real Love is full, eternal, one, pure, in-describable, all-pervading.

Real Love never changes, it always remains the same.

Our Real essence, our real Self is love. Love unites us all.

So remember this week:

Cultivate the love of others. Remember that love is the natural in-between.

Dr. Kelly