



HELEN HAMILTON

## **February 2021 Graduate Program – Developing Unconditional Love**

### 1-Focus of the lesson

A large part of the awakening process is learning to love ourselves unconditionally. When we have mastered this we will be able to effortlessly sink into Being The One consciously.

The egoic sense of separate self is simply a collection of conditionally loving thoughts. We can begin to undo this by developing unconditional love. Conditional love is not bad or wrong but simply conditional.

**Conditional love says “I will love IF...” and it needs something to change before it will allow love to flow.**

Love is also expressed in more socially acceptable ways as liking, respecting, appreciating, caring, feeling worthy and more.

The first step is to learn to love unconditionally. We can and must learn to love our own egoic beliefs unconditionally. We can accept them and learn some part of us feels that way but also not agree with it and identify with it.

**Unconditional love says “I love no matter what and nothing needs to change for that to happen”.**

We can come to see our egoic way of seeing things is not wrong or bad but just limited. When we don't make it wrong and accept it we are free to move beyond it. We will begin first to love our own self unconditionally and then it will naturally happen with others too.

## 2-Questions to contemplate

### **Homework exercises**

1 – Identify as many areas of your own life where you are withholding love from yourself. To help find these look for where you will love yourself more if something changes.

- A- You may feel more worthy if you wake up more spiritually.
- B- Where you feel you need to be a better person.
- C- Where you wish to stop doing or saying something out of anger, fear etc because you will be nicer/better/more awake then etc.
- D- Where you wish to gain new skills, qualification, traits or change your personality so that you can feel more accepted, liked or loved.

2-You can also do this with others in your life if you want to. See how and why you are loving them conditionally. **Will you love them more/be happier with them/like them more if they change somehow?**

**3-Recognise if you judge or reject what you have seen in 1 and 2 you are still loving yourself conditionally.** You are saying “I will only love myself and feel worthy when I stop loving conditionally” but this is in fact conditional love of yourself. You can switch right now to unconditional love no matter what.

**4-Soothe yourself with unconditionally loving statements about your ego/conditional love.** Practice as we did in the class.

## 3-Reading and Contemplation

**5-Read Chapter 4 of “How To Fall In Love With Yourself”** by Helen which are quoted below (or the whole book if you have it):

[https://www.amazon.co.uk/Fall-Love-Yourself-Helen-Hamilton/dp/B08FP2BQSQ/ref=sr\\_1\\_1?crid=2SUKFILOTSQR2&dchild=1&keywords=how+to+fall+in+love+with+yourself&qid=1612123824&s=books&prefix=how+to+fall+in+love+with+your%2Cstripbooks%2C-1&sr=1-1](https://www.amazon.co.uk/Fall-Love-Yourself-Helen-Hamilton/dp/B08FP2BQSQ/ref=sr_1_1?crid=2SUKFILOTSQR2&dchild=1&keywords=how+to+fall+in+love+with+yourself&qid=1612123824&s=books&prefix=how+to+fall+in+love+with+your%2Cstripbooks%2C-1&sr=1-1)

## **4: Conditional Love of the self**

Conditional love is most limiting when we apply it to ourselves. Most people I meet along the spiritual pathway to awakening are quite unconditionally loving of others already and it's only their own self that they love in a very conditional way. Most people that I meet are demanding so much change from themselves in an effort to feel worthy of love, or even awakening. In my own pathway, I even used my failure to wake up to the truth as a reason to conditionally love myself (unknown to myself at the time) and I see many beings doing this to themselves. Over and over I hear people say that "this would not be happening if I was more awake/enlightened" and expecting themselves to be different than they are in this moment.

Many beings view enlightenment as the ultimate "reward" that will come when they are finally worthy enough; but enlightenment is the total acceptance of what is right now. As we discussed in previous chapters, we must come to love what is already and accept it. Most beings along the pathway have immediately decided they are not good enough just because some negative emotion comes up or they momentarily identify with thoughts. We must come to see that we can love and accept ourselves *as we are in this moment* without placing conditions upon our growth. Love accepts all and can reject none. Love is not a reward for achievement but rather the prerequisite for growth. Can you love yourself just as you are right now? Can you accept that you are the same Self whether you are feeling good or bad? What conditions have you placed upon your own self love?

Almost everyone I meet has an imaginary finish line in their head that states "when I cross this line then I will be the Self and I will be finished, complete and worthy of awakening, love and all good things". In reality we must see the awakened state is already here and loving our mind and body just as it is right now. This is true no matter whether we feel peace, anger, bliss or grief.

This is true whether we are totally and effortlessly aware of our real nature or whether we are totally identified with our mind.

Consider a newly planted seedling in our garden. How much would it grow and prosper if we totally ignored it just because it was not as yet a fully grown plant in bloom? If we said it was not yet worthy of being watered, pruned, fed and loved just because it is not yet where we want it to be would it ever survive? Of course it would not! This may even seem absurd to consider, yet we are all doing this to ourselves and agreeing it is the best way for us to grow and evolve!

Can you take a moment just to begin to accept yourself as you are? Can you not be a “work in progress” or a “Do it yourself” project? You are not a “fix it up” challenge at all. There is nothing wrong with you nor has there ever been. To come to allow a fuller expression of love you must be willing to consider the fact that you have never really seen yourself as you actually are.

**Have you ever really looked at yourself as you actually are without the mind’s filters of “all the things that are wrong with me that I need to change”?**

An awakened being sees nothing wrong with you at all. They see you as a beautiful expression of the One Being playing as a human being for a while. Can you begin to see that this is how you are? You can change your shape as a human being, become more loving, compassionate, patient etc, but you are still always the perfect One Being already. You are so perfect that you can even play with the sense of imperfection. Full recognition of this will allow unconditional love and acceptance of yourself, body, ego and life. Of course, this does not mean that an awakened being stops growing and their mind and body are always in an ever-deepening journey and expression of the truth of their being. The major difference is that they see the perfection that is already here AND allow an ever-greater unfolding of that perfection. Can you begin to see yourself this way too? If not, can you be willing at least to see yourself this way?

**Just the simple recognition that you may not be actually at all how you see yourself is key.** What you think and feel about yourself may not ever have been true! For how can our mind perceive the truth of your real nature and what you already are?

Be willing to open to the truth and see yourself as all the great Beings that have walked this earth already see you. Just because you may have believed for a very long time that you are broken, damaged or for some reason not good enough or deserving of love does not mean it has ever been so!