



How To Fall In Love With Yourself - Helen Hamilton

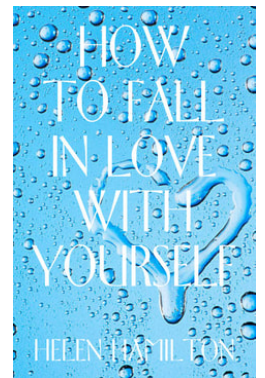
Introduction

How to use/study this book

It may be helpful to read the notes in this guide first before reading each chapter in the main book. Just reading through the book slowly, along with these notes, with an intention to understand deeper but with no struggle is the most effective way to do this. None of us need to work hard at this; repetition is the key rather than effort. Just reading in an open and relaxed way.

These notes are meant to be used after reading each chapter of the book.

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Introduction

Thank you for choosing to love yourself more. Falling in love with yourself is perhaps the most challenging thing you will ever attempt as it is akin to awakening to the Truth of who and what you really are. Love is the outcome of awakening to Truth and any authentic awakening or enlightenment must come with a deep and unequivocal love for yourself and all of creation. Perhaps we can use this opportunity to stop for a moment and look at why most people fail to fall in love with themselves. Let us consider that this could be the hardest thing we'll ever set out to do but not because it is actually difficult or impossible, achieved by only a few beings, rather it's challenging because we think we know what it means to love deeply. Could the difficulties be found in what we think we know already about love and ourselves? Could this journey to complete self acceptance be the most challenging because we think we know what self acceptance is? In my own awakening and subsequent unfolding of love, it was always my misconceptions that perpetuated my suffering because I was trying to allow love to emerge through and from those misconceptions about love and acceptance. Repeated failed attempts bore evidence to the fact that I was simply not good enough to be the unconditional expression of love itself and that there was no point in further attempts at all. This left me in a desperate place however because I could not get rid of the desire to be this love. On the contrary the desire increased exponentially each time I failed. Finally, after much soul searching about whether awakening was even meant for me or not, I finally began to realise it may not be any fault of mine but rather the tools I was using for the job were inadequate. With utter relief I began to see that my definitions of love, self love, unconditional love and more may be the only flawed things. Perhaps I needed to question my compass, roadmap, even the reason for the journey, rather than questioning the validity of the Self.

Do you think you know what love is? What would it look like to love yourself fully? What would it be to love the world unconditionally and live in a state of total acceptance of what is? If you think that you can answer these questions then there may be assumptions about love and yourself you will need to question before progressing any further. We do not need to throw anything out here but only be willing to upgrade them. I do not know what love is even now and I don't want to know. I don't have any presupposed views on what unconditional love of someone else would be like or how I would act. I would urge you to commit now to a neverending exploration of what love is, releasing any desire to come to a final conclusion. In fact, this is love of love itself.

Reading through the chapters of this book will help to release any notions you may have of what love is and most of all it will help you come to the inescapable conclusion that loving yourself and the world is easy, fun and simple. It will allow you to see more clearly that love really is all we need to have the changes happen in the world and ourselves that we may wish to see.

I would like to suggest reading the notes here in this guide, then reading the chapter in the book and then coming back to scan over these notes again on the chapter you just read. In this way you will absorb more of what has been written and it will come to find a deeper home in your heart. May you fall in love with love itself.

Chapter 1 What is love anyway?

Our journey into love will progress faster if we can be very honest with ourselves here and admit that maybe we do not know what love is really. Most of us may feel that we do not love our Self at all right now and maybe even dislike or hate who we think we are. An important thing to understand is that if we notice self judgement, blame or criticism happening then we are already loving our Self in a conditional way. Later in the book we will take a look at the various stages or types of love but for now can we admit conditional love may already be occurring and that we may simply need a shift to unconditional love.

Perhaps the greatest lesson is to recognise that we do not know what love is and we may never know fully in the way that our mind would like to know. In each moment love may express itself differently and we will see what that is as it unfolds and not before. Perhaps one definition of love could be “that which we can never fully know”? We may end up with a thousand definitions of what love is and each of them would be right in their own way. No definition of love can be the fullest answer which will always remain a beautiful mystery. We all like to think we know what we would do or say in any particular situation but what happens if we release this idea fully? Pure love would guide our thoughts, words and actions and whatever occurred from here we would know it is for the highest good of all beings.

In our lives so far, we may have only experienced love in certain ways, such as from our parents and siblings, from our partner in a romantic, intimate relationship. All of these are beautiful ways to experience love and we are now simply going to widen our experience of love to move into firstly unconditional love and then nondual love. We do not need any special skills for this journey, only a willingness to see there may be other, deeper ways to love and be loved. Eventually we will see that we are this Divine Love and not a “someone” giving or receiving love.

Chapter 2 The Joy of Loving Acceptance

Let's start this chapter by taking a look at the word “acceptance”. As you read this word, notice how it feels inside your consciousness and body. Does it feel positive, neutral or negative? Notice also how you feel about similar words (in a spiritual sense) to acceptance, such as “surrender”, “receiving”, “embracing” and “welcoming”. It may seem strange to start with noticing the felt sense of these words, however, it is informative practice to really listen and feel your body's response to these words. If you notice any negative feelings at all, you may have resistance to the idea of acceptance. If we look at why we may resist any spiritual process it may be because there is an idea we are going to lose something or become stuck with something we do not want. If we take the example of a negative emotion such as fear we may feel deep down that if we surrender to it, accept its presence completely, we will be stuck with it forever or that it will last longer. Conversely if we were to accept bliss and surrender to it, most of us would do this initially in an attempt to make it stay longer.

In reality, when we accept something completely we are ceasing the push/pull of our egoic sense of self. We are dissolving the “I like this and will therefore try to hold onto it” or the opposite movement of ego which says “I do not like this at all and so I will push it away”. Neither of the push or pull mechanisms have ever actually worked in a permanent way! The very act of pushing or pulling, grabbing or rejecting makes us feel divided and separate to the emotion.

Now, let's consider some further synonyms of “acceptance” such as “ratification”, “adoption” (to belong to), “integration” and “obtaining”. Perhaps it may be clearer from these words that the deeper meaning of accepting something is to merge with it, take it deeply inside us and make it our very own Self. In the deepest sense of the word then “acceptance” becomes a way to recognise that everything is the Self, everything is Love in disguise.

Now let's zoom out and look at what it means to accept our self, our mind, emotions, life and karmic patterns. This process becomes something deeply profound and magical then as we begin to merge everything into our own Self. Instead of losing something valuable or having to keep suffering, we may find that acceptance is the doorway to infinite peace, joy and bliss. Far from the mind's definition of acceptance as simply having to put up with something, we find acceptance to be the vehicle to transmute anything and everything back into the Self. We will no longer suffer from any core division imagined between “me and other”.

A total acceptance of “what is” leads to a Divine transformation. Nothing will actually change for us though; everything is already the Self. We will just come to see that it is all made of love and is harmless and beautiful and with that comes infinite peace.

Chapter 3 Understanding Conditional Love

We can begin our study of what love is (and isn't) with “conditional love”. As with each chapter in the book and in these notes, try to read through each with an open heart and mind. Let's pay attention to the chapters we want to avoid or have resistance to as these are going to be where we make the biggest breakthroughs.

We may have a lot of resistance to looking at conditional love because we have labelled it somewhere deep down as bad or unwanted. We may have heard saints and sages talking about unconditional love we desire to be this and to eliminate conditional love. Intuitively, we may know that conditional love and suffering are the same and this leads to a desire to push it away. Paradoxically, the more we deeply come to understand how and why we love ourselves and others conditionally, we will find we accidentally fall into unconditional love and this may be a lot easier than we think. Wanting to understand why we love conditionally is unconditional love emerging. The very fact you are reading these words means unconditional love is emerging as your pathway and life. Let's not judge where we see conditional love appearing. Can we simply notice it and then notice the desire to move into a richer expression of love?

Conditional love means that we are waiting for some future moment when certain changes have happened (to our Self or another) before we will like, approve of, believe we/they are worthy of love. All these terms are synonyms for love. Notice where you may withhold respect, liking, loving, friendship, devotion, kindness, generosity, intimacy and approval from someone in a subtle attempt to change their behaviour. As you notice this, it is important to see it is a human trait and not a personal thing that you are doing wrong. We have all been taught, knowingly or unknowingly, that withholding love and respect until we get the results that we want is the way to get what we desire. We can simply notice this and see that it was all we had until now. If conditional love was all we are taught (because those teaching us do not know any other way either) then we cannot blame ourselves for judging others. It was the only tool we had to try to get what we wanted.

We can also come to see that conditional love that says “I will like you when you change...” is really a symptom of believing ourselves to be a “someone”. When we believe deeply that we are a person, separate to life, to God and everyone else then we will find that we are always waiting for some future moment when we (and everyone else) are how we want it to be. Instead of blaming ourselves for blaming, can we simply notice the urge to upgrade and embrace it? If you upgrade your cell phone to a newer model with better features, you immediately embrace its new appearance and functionality. You do not spend time berating the old, worn out one, telling it how bad and wrong it is because it is not the new model. This may sound very strange but we are all doing that with ourselves and our ability to love!

Pondering these questions will help you begin to open to a deeper love (but not “better” love):

- Do you really like or approve of yourself? What is it like to answer this question, simply noticing it?
- How would unconditional love meet your conditional love?
- Can conditional love ever get what it is aiming for? If it wants outer circumstances to change *before* accepting what already is - will that work?

Chapter 4 Conditional Love of the self (ego)

Conditional love of our own Self will be running most of our lives and we are simply coming to see it non-judgmentally and allowing a shift to unconditional love to occur. Most of us will be very unconditionally loving towards others, people and animals etc, but we will be very harsh on our own body and mind. We even pursue awakening as the ultimate goal so that we can finally stop pushing and trying to improve ourselves and feel peace. We begin the pathway to awakening from conditional love which says “when I am enlightened, I will be good enough” but we will finish it in total unconditional love of our Self.

Feeling unworthy of Divine Love, awakening and happiness is really the cause of conditional love. Each one of us has ideas about who we are and where we would like to be and we hold up an imaginary picture in our mind of what we must be before we love ourselves. We want to be unconditionally loving of all, wise, peaceful, kind, happy, compassionate to others, abundant and more before we will grant ourselves the approval we are seeking. How can we ever be loving if we won't love right now? How can we develop unconditional love when we will not love our very own Self? If we are not going to include our own body, mind and life in our unconditional love we are really saying “I am the only one that the Self made that is flawed. I am special as I am not good enough. Everyone else is worthy but not me.” If there is only One being then can this really be so? Can the Divine make something (or someone) that is less than perfect?

In my own journey I had to admit eventually that if I love Truth so much, I also had to be truthful about this too. I had to be Divinely Perfect already. It felt wrong to even admit this, but also very right. I was finally willing to see that my body and mind may always be an unfolding in progress, unfolding from self centred ways of thinking to ever more selfless ways of thinking and acting. Let's be careful to note this is not wrong but merely centred around my small/egoic self. I had to admit that wherever my mind, awakening, karmic patterns, relationships, friendships, career were at that moment was always the highest they could be in any moment and that it could not be other than it was. The very fact I wanted more for myself showed me (once I let it) how far I had come in my pathway. It was because I valued love, compassion and peace so much that I wanted those for myself too, but I had to admit that I would never have those if I insisted on arrogantly being sure I was the only one in the entire universe that God made a mistake with. I could not hold onto the idea that I was the only one that would never make it to awakening and still love the Truth. I had to let go of believing that fate or some other power started me off with some intense karmic traits that could simply not be overcome. In short, I had to look at myself as the Buddha does. I had to be willing to talk to myself as Krishna would. I had to throw out all ideas about myself that Christ would not tolerate about me. I had to value my mind and body, my behaviours and actions with the same Divine Love that was shining on me always and I had to start now. Moment by moment, thought by thought I began to turn around each criticism and self-judgement. I had to come to see all my fears, flaws and inadequacies were of my imagination only. Of course, there were things I would like to change about myself, such as wanting to be more patient with my children and less irritable, but I had to begin to want that from the place where I was already doing the best I could.

This was the hardest thing I ever had to do along my pathway to awakening, simply because the force of habit was to diminish and berate myself in some ancient attempt to win favour of a God that could be pleased or displeased, wrathful or sit in judgement of me. If I criticise myself then God won't have to do it for me. This was the most primitive part of my ego that was absolutely terrified of meeting God because of its beliefs about God. Little by little, I began to understand this ancient mechanism of self rejection in order to feel safer but also began to step away. From perfection of the Self comes only perfection in manifestation and a neverending unfolding of even more perfection.

So now I offer this challenge to you too. I ask the hardest thing I can of you but I know unconditional love is already emerging in you or you would not be reading this. Will you admit the Truth inside your heart? Will you continue to try to be more loving of your own self? And when you fail and judge yourself, will you offer even that judgement your loving acceptance? Your very

existence is a miracle and you are Krishna in disguise. Krishna is everywhere you look including what you see when you look down at your body, Christ is in the bathroom mirror each morning looking back at you. Muhammad is appearing to you right now as your own body and mind. Sri Nisargadatta Maharaj is you in disguise.

This challenge is only the hardest because of the habit of berating yourself. It is not hard in terms of what you must do to overcome it. After all, it is just a habit and any habit can be broken with ease if our desire to do so is intense enough. Don't you want to look at yourself with as much love as Krishna would? Isn't that the best way to honour Christ? Isn't that the best way to show your love for the Truth - to apply it to every part of yourself? Begin to notice how you talk to yourself in your inner dialogue or when you think nobody is listening. Would you say it to anyone else? Would you say it to Jesus? If not then it is not a worthy thing to say to yourself - ever. It is just an old habit.

It is just an old habit.

Conditional love is just a habit.

Any habit can be overcome if we really wish to.

You've overcome many diminishing habits already.

This is just the icing on the cake.

It's already started changing.

It has to happen if the Self wants it.

It is really just an old habit that no longer suits you.

Chapter 5 Unconditional Love

Unconditional love is the next stage of love we will go through after we begin to see the limitations in conditional love. It is important to remember that unconditional love is not better than conditional love and if we judge it as such, we are moving back into conditional love which categorises and classifies as good or bad, better or worse. It may help us to see unconditional love as simply more expansive, inclusive or without limitations. It is simply the next evolutionary stage in our expression of love.

As we begin to see that nobody else can give us what we want or need in a permanent way, we can begin to love them unconditionally. Nobody in our lives can give us love, approval, recognition or acceptance as much as we may want because they are also looking for it too. As we start to recognise that everyone has been "running on empty" and feeling unworthy of love and approval we begin to have more unconditional love for them automatically. The only way we have been taught to try to get what we need emotionally is usually by the example of the adults and important people in our lives who in turn were taught by example. We cannot expect people to be able to make us feel safe, loved and accepted if they do not feel that way themselves. The most we can hope for is temporary relief. Any kind of love or happiness that comes from our relationships with others is bound to be lost sooner or later if that relationship ends or eventually when the body dies.

Unconditional love is allowing all that we need to come from the inside, from our spiritual heart and not from the outside in. If we feel that we need things from others, we will always be looking for love. The "others" that we are pinning our hopes on are actually our own Self. The more we feel we need or want love, safety or approval from others, the more we will keep experiencing needing them but not getting them. We must turn to what is within us to allow it to flow into our mind and body. The Self is a wellspring of all that we could need, an infinite supply of everything, so much so

that if we begin to allow it we will quickly find an excess of love flowing out as our very own being. Infinite supply really is endless and we will find we have more than enough to even be able to let it flow to others. We will find that if we do allow self-love, acceptance and approval then it quickly becomes very appealing to others and they want to feel it too. The more we allow this from inside and flowing out to others, the more there will be to flow. As demand increases, supply increases exponentially. This is why an awakened being is able to love everyone without feeling diminished or exhausted.

Unconditional love emerges automatically as we begin to understand the reasons for conditional love and why it appears. This is why we spend time looking at conditional love in so much detail, only once we understand why we have not been able to fulfil our own needs or get them fulfilled by others will we be able to let go of trying. We could look at conditional love as a symptom or side effect of believing ourselves to be a separate someone, moving around in time and space. When the infinite Self believes itself to be a person and identifies itself with a particular human body it will be very challenging for it to stop trying to get what it needs from others. The Self believes it is only one body and mind and that it is cut off from Divine Love, it even believes it is not worthy of that love because of this imaginary "doer" of actions that we imagine ourselves to be. This imaginary person seems to make all the wrong choices because it feels less than Divine. When the Self believes itself to be only one mind and body then it also feels deeply unsafe. Suddenly the existence of all these "other" beings and the illusion that it will die when the body dies is very scary. When the Self is caught in an illusion that it is alone and mortal, it tries to feel loved and safe anyway it can. Unfortunately, when we are functioning from incorrect assumptions about ourselves, we can never stop experiencing those assumptions as true. It is impossible for us to feel loved, approved of and safe when we are starting from the ideas that we are not. Only when we are able to see our true nature as the Infinite Self that is the source of all Love will we be able to really question these assumptions and begin to experience all the love we want and to feel deeply safe.

Perhaps unconditional love is a symptom or side effect of realising our true nature as Divinity itself. How could we have ever felt safe when we believed deeply that our existence could end at any moment? How could we have ever felt truly loved and loveable if we believed deeply that we had emerged from the Self or God as imperfect beings, trying to make our way back to perfection?

As you read through this chapter in the book, I would urge you to pay particular attention to the section on our awakening journey. Most of us start this journey as a means of self improvement in some subconscious attempt to measure up to some standard we believe we need to be. Awakening must become an expression of our unconditional love of ourselves for it to progress to the deeper stages. We must love our own body and mind as much as anyone else. We must come to see that our own life is the expression of the Divine Self and that we are always completely perfect and whole. Already perfect and allowing an ever greater expression of that perfection in and as our mind, emotions, body and life in every moment.

Looking at your life, relationships, career, debts, awakening and any other areas that you may need to is essential now. Review your current state of being but this time from unconditional love. That means loving, liking, approving of yourself without conditions, no "if", "should", or "but" to be satisfied first before love is given. Of course, there are things you would like to change about yourself but let's come to see that these changes can only emerge as a product or effect of unconditional love. Let's remember, we are moving from perfection to ever increasing perfection and not from imperfect to perfect. This will seem like a huge task but you can simply take one area at a time in your life. This will be a loving review with a deep software upgrade for the mind too! From the perfection that is the Divine Godhead nothing other than total perfection can emerge. No flaws or imperfections are even possible and where it seems they are possible is only a reflection of our previous conditional love of our Self.

Chapter 6 Love Before Duality

As the unfolding of love continues within us, we will notice that it is becoming simpler and easier. We are moving from the conditional love that will only give love when conditions are met (or we get something from someone else in return), to unconditional love of another to non-dual love. Love before duality simply means when we have deeply realised that we are seeing our very own self wherever we look. There is only One Being that is the source of all creation and when we start to realise this, we realise there is no “other” being for us to love or be loved by.

Now, love does not need an object to express itself. We do not need someone to love and we realise we are the source of love itself. There is only love and all the ways that this love is appearing in form.

Loving before duality does not mean that we have to give up loving in our marriage, loving our children and any other way that love is appearing. It simply means love is playing the role of husband and wife, mother and daughter, owner and pet and that we know that ultimately it is a relationship of one! There is only one of us in any relationship and this One Being is only playing in duality. As we begin to allow this understanding to permeate our lives, we will find that love asks us to upgrade each of our relationships. We will be asked to let go of the idea of “another being” that we are in love with and instead come to see our relationship as an expression of love unfolding. We won't lose anything by allowing non-dual love to blossom in our lives and in fact we can experience an even deeper level of intimacy within the relationship. Perhaps this is the first time we have actually been with our lover without any thoughts at all in the way of our experience. Perhaps we have never fully met our children before without the idea that they are separate to us. What is it like to pet your cat without the sense that they are outside of you, separate to you and will leave you at some point?

Without the sense of “me and other” permeating our thoughts we will find peace. We will be able to be in a relationship without having any distance from that being and letting them be exactly who they are in any moment. Even unconditional love, as beautiful as it is, arises in separation where we love “another” being without conditions. This may seem like a small thing, semantics of description or just a thought but it makes a whole world of difference in our lives to move beyond even unconditional love.

As you read this chapter in the book it is good to pay attention to any resistance or tension in the body that arises. It is very likely that we will have some ideas inside that to move deeper into non-dual love will diminish our enjoyment in the relationship. We may even feel inside us that it is impossible to even have a relationship in this nondual loving Self that we are. As you read and allow these words to permeate your being simply notice any resistance you feel and note it down so you can look at it later. As we moved from conditional to unconditional love, we felt an even deeper connection with our heart and more joy and intimacy was able to unfold. The same holds true for the evolution from unconditional to nondual love too. Simply stated, the less thoughts in the way of love, the better the experience will be for everyone involved. Even if your husband, wife, son or friend is not interested in awakening to the Truth of their being and realising there is only one of us just you knowing what is true will uplift the whole relationship. This is a beautiful gift we can give each other as we move through the journey of this lifetime. Our very presence will become the greatest gift we can give anyone in our lives, from those we live with every day to those people we pass by in the street once and never meet again.

Making a commitment to allowing love before duality to emerge in your life, allowing it to work through each relationship you have and upgrade them is the best thing you can do for yourself, your loved ones and humanity as a whole.

Chapter 7 Love And Relationships

As we read these notes and the chapter in the book we can stop for a moment and ask ourselves if we are truly willing to allow these deeper stages of love to flow through and as our thought process, our life, our relationships. Asking this question will most likely show us that a large part of us is willing and another part of us is resisting that transformation. We can apply unconditional love here by not judging that part of us that isn't willing here. We may notice this resistance as a feeling of "this is going to be too much work" or a sense that it will be too much or not possible. We may not notice this resistance at all until we find ourselves in the middle of a disagreement about something with our partner and there is an unwillingness arising inside to try to work it through and talk it over.

Whichever way we notice resistance arising, we can move beyond it by noticing it nonjudgmentally (applying unconditional love) and recognising that this feeling is also made of the Self and is not different to the willingness. They are simply different frequencies arising out of the same Self. If we judge one as bad and the other as good, we are not allowing the resistance to dissolve into peace.

In all our spiritual endeavours (and life in general) we will have some energy moving us toward what we want and some trying to keep us in the same place. This is a protective mechanism of our egoic sense of self that wants to keep everything the same for us. We can notice this without judgement as we know the ego works on the idea that change is bad and staying the same is safer. If we simply notice this resistance and do not judge it, we will find we are not at the effect of it. We are only held back by resistance if we identify with it as "my resistance".

This is important to know because when friction or disagreement arises in our relationships, we may be tempted to push against the other being or try to change them, rather than remembering this is an opportunity for the relationship to evolve. All relationships (including the way you relate to yourself) are always in a process of change and evolution. A relationship is the vehicle that love uses to express itself. When we are committed to allowing the fullest expression of love that we are able to, each moment of tension in our relationship can be seen to be an opportunity for love to evolve. When we forget this and feel the urge to judge our Self we can also apply unconditional love, we are always doing the best we can.

Making a commitment to your awakening and to allowing the fullest expression of love you can be is really asking for all your relationships to be upgraded. It is in our relationships to people, places and things that our spirituality and ability to love really gets applied. As we move forward in our life, we can celebrate each time we are able to remember that and not judge ourselves when we forget. By doing this, we will be the unfolding love in action. As we look for a resolution to a disagreement in any relationship that allows both parties to win, we are being the highest form of love. Of course, we will find we have a well-established habit to go back to the dualistic viewpoint of "I win and you lose" (or the other way around) for some time but allowing love to express itself in our lives without duality is simply a habit we can develop over time.

Remembering that our partner, friend, boss or child is going to be reflecting back to us what we need to look at helps us to be more compassionate with them and ourselves when challenges arise. As we move forward with our awakening our capacity to love will only increase and ask for greater expression in and as our life. Let's do our best to be gentle and patient with ourselves, remembering we have only ever learned one way to love and like any new skill, it may take some practice to fully become automatic. The very urge to try is to be commended and celebrated as the precious expansion of love through human beings. You are a vital part of this planet wide awakening to the love that we are at the core of our Being.

Chapter 8 Loving Our Ego Into Dissolution

Now it is time to apply what we have learned to our own mind or egoic sense of self. The ego is really a group of beliefs that we have held as true and believed in over much of our lives. As we begin to see what we thought we are is not at all what we actually are, we will begin to see that all we have thought about ourselves is an illusion. When we begin to see these thoughts are untrue, most of us begin to reject our mind or ego because it is labelled as “illusion” or “unreal” and we have come to value Truth more than anything else. This can be one of the most challenging aspects of our spiritual journey because we would like to feel peaceful, undivided and free in the Oneness and yet we are labelling our ego as “not me” and unreal. All of our practice of loving unconditionally can now be used to help us transcend this division finally inside ourselves and come to peace. Even though our ego is full of thoughts and assumptions that have been seen to be untrue, we must not reject it now. The ego is our creation and it was birthed from Divine Love. It is not the ego’s fault that it cannot tell that its treasured beliefs are untrue.

So how do we find peace? We must move deeply into unconditional love with and for the ego because we will only be able to heal it that way. We must move beyond such labels as good or bad, wanted or not wanted and into peace. Ego is not bad, unwanted or evil but simply not true. The Self is not good, wanted or better than ego but simply the highest way we can perceive ourselves. If we label our ego as something that we must get rid of then we will always feel divided and uneasy. There will always be something that we want to keep and something about us that we want to destroy. If we are trying to destroy or change some part of ourselves then no wonder we feel terrible! We can throw away the labels of good and bad and just allow our ego or mind as “just another way I can appear as this Divine Love”.

Even further than unconditional love, we can move into nondual love for the ego by realising it is made of the Self (just as everything is. “Ego” is made of thoughts and vibrations and it is made of Love. A thought is simply another way for love to show up. “Vibration” is a synonym for love. Everything there exists, could exist and ever did exist is a synonym for love. Our old perspective of our Self and ways of seeing the world must be included in this love before duality. Even our separate sense of self is the Infinite Self appearing another way.

This is fairly easy to understand but perhaps more challenging to apply when our mind is talking to us incessantly or some old pattern of shame, fear or anger arises AGAIN and we thought we had seen the last of it. Perhaps these patterns must arise now again in order for us to recognise them as our very own Self. We can come to see that anything and everything that we encounter is our own Self and that there is nothing to get, get rid of or change about us. We must choose to live in the richest and deepest innermost core of our Being where everything is love expressing itself in and as different forms.

Perhaps it will help us to see this as an ongoing adventure and unfolding of love revealing itself as our life. We may live free right now if we see that all of our internal creations of thought, feelings and sensations are none other than love. Everything that is created from love must also be love. This is the way to effortless peace, living beyond all labels of objects and seeing only love wherever we look. Now we must dig deep into our willingness to be this Divine Love so that we may allow our ego to dissolve softly back into the Love that we are. As you read the chapter in the book and these notes, try to see where you still reject emotions that come up, or if you push against your own thoughts when they are noisy. Try to see this without blame and unconditionally love yourself if you can. We were all taught to believe in labels and names more than the essence of the thing labelled and we hold onto these labels for so long. The final two labels we really hold onto are “reality” and “illusion” or “true” and “untrue”. In this Divine Love that we are there is only one substance and it has no opposite at all. There was never any duality at all.

As you read through this chapter in the book and these notes, take a moment to intend to apply what you are reading ever more consistently in and as your life. If it feels right to you (and the right time) to commit to being an example of nondual love in action then it is right and you are already unfolding into this. It is important to remember that being an example of love does not mean conforming to our mind's impossibly high standards or never making a mistake. It simply means you orient your life around seeing and being this Love. We all make mistakes and that is totally human and normal. Let's not expect this to disappear but rather expect each mistake to be seen as an opportunity for love to flow ever more freely from our hearts and into the world.

Chapter 9 The World Is Yourself

As we begin to read this chapter in the book, we can start by remembering that we are not really a separate being at all. In fact, there is only one of us here. One being expressing itself in an infinite number of ways. It is perhaps relatively easy to accept that you are appearing as a bird, a rainbow or a beautiful flower but it may take a deeper form of love to accept that you are also showing up as the best and worst that humanity is. You are everywhere and everything and there is nothing that has ever existed or could exist that is not you. Whilst we do not have to take personal responsibility for all that has happened in the world that we are not happy with or proud of as a species, we do have to come to accept that all life is our very own Self appearing this way.

The Divine Love that we are learning to allow to express cannot judge and it allows the expression into form in every way it can. In fact, the only thing it cannot do is to say "No, you cannot or should not appear as form in this way". It is unconditionally loving of any expression, just as the sun shines equally on everything, so does the Divine Self allow unconditional expression. In the human realm this shows up as warmongers, dictators, abusive people and all those that prey on the innocent, it also means all of the sages, saints, teachers and avatars that have ever existed or will exist. This Divine Self is experiencing itself as both of these extremes and everything in between, as our ordinary and everyday life. Why does God allow such evil in the world? Simply because God doesn't see it as evil (or good). Life as the Divine Expression of love is simply appearing as any and all ways it wants to and can. If the Divine Self/God were to say "You should not appear as a dictator but only as a saint" then it would not be unconditionally loving for there would be conditions on how we could exist. God would also become finite and limited then because it would have separated itself from whatever it was judging and loving conditionally.

This chapter in the book will ask you to make the greatest jump in your ability to love so far and because of this it will also come with the greatest of rewards spiritually. Every expression of form deserves the same loving acceptance no matter what role that soul has chosen in this lifetime. We have all had infinite incarnations and we have all played all roles before, just like a well-rounded actor or actress can equally play a villain or a hero, so too we have tried every experience we could ever have. It is by this very choosing to experience it all that we have now ended up choosing to be this Love. It is by our very own experience of what we liked and didn't like to express as, that we have evolved to realise that what we really want is to be the purest expression of Divine Love that we can be. It is one thing to realise this and quite another one to apply it to everything we see happening in the world through the news and social media. Do we have the right to judge a being who is not as far ahead in their evolutionary journey and may still be choosing to try to hurt other beings or to control through fear and manipulation? Haven't we tried that one on and didn't so much like how it fitted? How will this being come to that same conclusion without experiencing it fully?

Let's go back to remembering our definition of love in the first few chapters which says that loving something does not mean liking it, wanting it or validating it. Loving something or someone means to accept their right to exist however they are doing right now. This also includes our own existence and our right to want to see something different in the world. We can honour what we see

emerging as the world's issues without making them bad or evil AND at the same time honour our own desires for a different world experience of peace, abundant sharing of resources etc. Let them be as they are and let us be as we are. In this Divine Stance of Love we then find we have infinite power to allow our desires to come to fruition, If we separate, condemn and judge then we lose that power to effect change in the world and we operate only from the energy level of mind or thoughts.

You will be asked by your own heart to accept everything you see as your very own Self but you do not have to like it, want it or live with it. You will be asked to desire what you desire unashamedly and to see it is possible to have the world that we want to experience. You want what you want for a reason, a Divine reason. Many beings have tried to effect change to make a better world but most of them have done it from judgement, separation and their results speak for themselves. Now we have a choice to include, accept, remember the essence of all things is the same and still desire change in the way human beings appear in the world. This is the Stance of Divine Love. Will you step into it with me?

Chapter 10 The Only Choice We Have

As we come to this final chapter in the book we are going to simplify and make it clear within our own consciousness just what our role really is. We may seem to have discussed many types of love in this book and we may feel confused as to which one to try to apply in any given moment. The Truth is always much more simple than we may realise though and as such this final chapter is clarifying this for us.

In any particular moment we only really have one choice and perhaps our life can become an ever clearer expression of this choice. We can only choose to love in the fullest extent that we can right now. If we notice we are judging someone out of conditional love, we can make a choice to love that person unconditionally. If we notice we are separating ourselves from someone or something in our imagination, we can choose to remember that what we are experiencing is our very own Self.

Throughout our life we will experience lots of things, some we will like and others we will not. We can choose to experience our life as the Divine expression of love unfolding into manifestation and in fact you would not be here if you had not already chosen this at some level of your being. A book like this will not attract those who want to keep judging and in fact they will pass right by it and it will seem invisible to them. It is ok because it is not yet their time to love in the deepest way they can. It is your time though and the evidence of that is that you are reading these words and feeling the surge of desire and love in your heart. Let's keep it as simple as we can and simply intend to be this Divine Love consciously, for we already are it. Let us choose to notice our successes and failures to love unconditionally and treat them equally inside ourselves, for this is the expression of unconditional love of ourselves in action.

A life lived in service of Love is the highest life possible and you already choose that. Recognising this - enjoy your life and love as fully as you can. Including your own Self!

I love you always.