



BELIEFS, LOVE, AND FEAR

Let's talk of love

A common notion that runs through most metaphysical teachings is that there are just two fundamental emotional states—love and fear. We can imagine these states to be on either end of an emotional continuum, with Divine Love at one end and abject fear at the other. All the emotions we label as positive or negative are gradations along this continuum.

The natural principles that describe the vitality of Divine Love (the action through which Consciousness creates) underpin our very existence in the physical dimension. We translate these vital principles, or “laws of the inner universe,” through our collective belief systems. As human consciousness possesses *conscious* self-awareness, with an ability for self-reflection, Consciousness *accepts and allows* for us to translate these principles *in our own way*. Distortions in translation then, are due to the belief systems we hold.

Human love is our best effort at translating and expressing the natural power of Divine Love. Fear, at the other end of the continuum, is really a measure of how badly we are translating information from the spiritual, or subjective area within Consciousness—how far we are away from the Divine Love end of the continuum.

Human love

When Elias states that love is a truth, he is talking of Divine Love, a *multidimensional* quality of existence, a truth that is only relative to the one Truth (with a capital T) of Consciousness.¹

Human love and our descriptions of it are our *interpretations* of Divine Love.

Even though our interpretations are somewhat muddled and confused by our belief systems, they are nonetheless a creative attempt at understanding the vitality of Consciousness and making Divine Love a reality within our physical experience. Creativity and further understanding will eventually bring us closer to expressing this primal force in a less convoluted way.

The consensus of channeled advice on how we can best express Divine Love and thus enjoy its guidance both in psychological terms and physical actions is to *begin with a total acceptance of what is*. From this fundamental action of acceptance, trusting in the fact that “what is” does not exist without reason—for us to discern *what we prefer through contrast*—we might just be able to *totally* accept “what is” for what it is! The unpreferable is there to get us to act upon it being there! It's also there to get us to realize that the preferable creation we desire will entail some work on addressing one or two of our beliefs.

When we *trust, accept, and allow* that all creations are there for a reason, we begin to actively demonstrate genuine *gratitude and appreciation*—which is an expression, a natural principle, of



Divine Love. Genuine appreciation of another individual is therefore the basis of human love. Genuine appreciation *allows* us to *allow* them to be who they are. *Accept and allow* is of course another expression, another natural principle, of Divine Love.

Remember from Article 2, *How to be in Divine Love*, that the channeled guide Omni stated that we have a “will to love”—because it is within the nature of Consciousness and all its expressions. Our will to love is our direct link to Consciousness and its *modus operandi*—Divine Love.

To recognize when you are being allowing and appreciative—that is, expressing Divine Love through your will to love—take a moment to review your relationships, particularly those you have with children. Notice when you *don't* appreciate the actions of another person, for this is when you are withdrawing your will to love from them.

Understand that this psychological withdrawal alerts your conscious-mind to *beliefs you hold about their actions—not the person*. Non-appreciation tells you to look to your beliefs *first* to see if they need adjustment in order that you can return to acceptance and appreciation. If, after examining your beliefs, their actions remain *truly unacceptable to you* (ask yourself whether their actions are disrespectful of another expression of Consciousness, a *violation*)—then you need to make this clear to the other person if they are a key figure in your co-creations—your partner, for example.

This course of action is easier to understand and implement when we consider the actions of a child running across a road, less so when the actions of an adult or group of people are at issue. This is because, where children are concerned, our own beliefs are less able to interfere with our will to love them, because a subconscious hardwiring exists to re-establish appreciation and acceptance of a child as soon as possible. In addition, children have yet to layout their own definitive belief beds, or concern themselves with defending the beliefs they are currently cultivating. Whereas, unacceptable actions by adults invariably involve complex belief systems (religious doctrine under the core belief system of *Spirituality*, for example) and judgmental attitudes born of the belief system of *Duplicity* (refer to the *Systems of Beliefs* document under Module 11 content).

Human love and sexuality

Human love, our attempt to interpret the power of Divine Love, is often utterly confused in the minds of most of us. This is because we have two overlapping, overgrown, and entangled core belief systems interfering with the translation process. These are the belief systems that have grown from our thoughts on the nature of the two primary energy configurations driving the expression of human consciousness in the physical domain—sexuality and emotions.

Our current understanding of love relies upon *deep affection* and *attraction* as its mainstays when describing it—rarely do we see acceptance and allowance in a description. We might



though equate attraction with the magnetic *will to love* instilled within us, whether we are consciously aware of it or not. Or we can think of attraction as a physical reflection of the natural *Law of Attraction* sown into the fabric of our being by the natural power of Divine Love.

Affection, on the other hand, is a *feeling*. That is, it is an *emotional-signal* type of feeling that alerts us to the fact that emotional energy is available to us should we wish to stimulate our will to love—perhaps through an act of genuine appreciation. We can call this feeling and the emotional energy that follows “love” if we like, but keep in mind that it’s natural for feelings to ebb and flow and for emotions to subside quickly. Because of this, this kind of “love” in a relationship can appear to dissolve rather alarmingly once shared actions become routine. However, it may be worth noting that *continued acts of affection can literally re-energize a relationship*—when affection seems to be ebbing, get the emotional flow going again with a simple act that shows genuine appreciation for the other.

Furthermore, we can regard *deep affection*, often felt for offspring or another adult, as an innate ability to sustain acts of affection towards them. Sustained acts of affection, along with actions that consistently correspond to the natural principles—compassion, acceptance, forgiveness, cooperation, patience, openness—bring us closer to being in Divine Love, a pure, nurturing, unconditional love, disentangled from the belief systems of sexuality and emotions.

Sexuality represents an important way in which Divine Love can express itself in the physical realm, however, our beliefs have put enormous restrictions upon this route for expression. Our beliefs on *gender* and *sexual preference* are typical examples of such restrictions.

You may be surprised to learn that when it comes to sexual preference, this facet of your will to love attraction magnet, is determined by your Essence self prior to physical birth. Your Essence self subconsciously sets, within the template of your about-to-be-born personality, whether you will be attracted to the opposite sex, the same sex, or both, when your physical body reaches sexual maturity. It may come as a bit of a shock, but the greater spiritual *identity of your Essence self* enjoys bisexuality—which means your current physical self, and any physical self your Essence self creates, has bisexuality at its core.

Sexuality is a primary mode of expression for human consciousness to explore in the physical realm. Seth reminds us that too many of us equate sex with love. In the West, we have compounded this erroneous equation by imagining that apart from motherly love, sexual acts, physical intimacy, are the *only* natural way to express love. This has led us into further restriction over the use of any form of physical intimacy as we are now apt to construe this as a prelude to a sexual act. Think of the father's angst in stroking the neck of his daughter, or the “get off” cries of many a woman who just wants to have a motherly or fatherly cuddle.

To love someone is to *allow* for and *appreciate* his or her differences. Genuine love is creative and seeks to explore—and not just the fascinating physical bits and pieces. It seeks to explore all aspects of the beloved one, including the characteristics and actions that contrast with your own.



Genuine love sees and accepts these contrasts for what they are—idiosyncrasies that make the beloved special, that give them their unique identity.

Consciousness, through Divine Love, delights in the differences and contrasts because it knows that all that exists are individuations of itself—created for a reason—to better know itself. Human love can bring us close to the state of being described by Divine Love and thus the very nature of Consciousness. By adhering to the ten *Natural Principles*, we can get closer still in our personal quest to know our Self through the contrasts we create for ourselves.

In all of this, a genuine expression of love between individuals reflects a mutual allowance of each to generate and create that which they desire without restriction.

Love your self

There is also one important person we need to love so that we can love others, as Seth remarks in, *The Nature of the Psyche: Its Human Expression*:

Love incites dedication, commitment. It specifies. You cannot, therefore, honestly insist that you love humanity and all people equally if you do not love one other person. If you do not love yourself, it is quite difficult to love another.²

The final sentence of the above quotation is a topic taken up by most channeled guides. If we cannot seem to find our will to love our Self, if we are unable to appreciate our own uniqueness, then it is unlikely we will be able to genuinely love another.

When we realize that Divine Love, the vitality of Consciousness, is all about gaining learning experiences through creative acts, *we can experience Divine Love for our Self (including our ego-self)*—through *acts* of acceptance, allowance, compassion, forgiveness, gratitude and appreciation, cooperation, and openness. This is *the* way to connect with Divine Love.

As we connect with it through such acts, we begin to realize that our uniqueness *is* our connection to the Oneness of Consciousness. We therefore owe it to our Self, and therefore Consciousness, that we express our uniqueness to the best of our ability.

We also begin to realize that as all selves are individuations of Consciousness, there can be no separation from this Oneness. As we are part of this Oneness, and take up our place within this greatest of Selves, we will be able to see that to denigrate or disparage any self within this Self, can only be an act of *personal self-condemnation*.

By not being appreciative and compassionate toward our Self, *even that pesky ego-self part of our Self*, we cannot experience Divine Love, or express human love—our best translation of its action.

Abraham has this to add:



It is absolutely imperative that you come to a place of positive vibration, which means you must adore you... The balance that you are wanting to bring into your life experience is the balance of appreciating you...

And you appreciate you—not all at once on the big things—you appreciate yourself one thought by one thought, one segment by one segment, one moment by one moment, by looking for reasons to appreciate yourself.

If you are having trouble in your relationship, it is because you are not liking yourself. Much as you would like to give the blame to the other for what is happening, it is your lack of appreciation for self that is responsible *for every area of lack* in your experience.

When you are condemning the World, whether it is the political world or the religious world, or the economic world or the ecological world—when you are looking at the flaws in the world, it is not about the world, *it is about you!* It is about the way you feel about you.

And so we say friends, nothing is more important than that you establish your own relationship with you. It is our promise to you that your Inner Being adores you, but you close the door when you think thoughts of lack about yourself.³

In her book, *Dying to be Me: My Journey from Cancer, to Near Death to True Healing*, Anita Moorjani's near death experience (NDE) taught her the importance of self-love:

You may frown or cringe at the thought, but I can't stress enough how important it is to cultivate a deep love affair with yourself... But my NDE allowed me to realize that this was the key to my healing.⁴

Moorjani goes on to say that when we realize that we *are* love; that we are, *in essence*, the Divine Love of Consciousness, we don't have to work at exercising our will to love others, "we just have to be true to ourselves, and we become instruments of loving energy, which touches everyone we come into contact with."

Self-love and self-appreciation have nothing to do with selfishness in the classical sense of the word. Metaphysical literature concurs with Moorjani when she says, "Selfishness comes from lack of self-love." Moreover, Omni makes the point that if we have issues to do with lack of *money*—which he defines as, "the physical manifestation of the energies of love and power"⁵—we will inevitably be experiencing issues to do with lack of self-appreciation and self-worth, which fire feelings concerned with fears of powerlessness.

Science on love

The "psycho-evolutionary theory" of emotion proposed by Robert Plutchik, Ph.D., describes love as a combination of the primary emotions of joy and trust. This is perhaps our best "scientific" translation of Divine Love.



Metaphysical literature suggests that joy begins as a feeling that can escalate in intensity to an emotion. The feeling signals that in this moment we are validating and appreciating ourselves. The emotion communicates that we are exercising a *trust* in our self, an acknowledgement that we are expressing our self freely in our choices and in accordance with Divine Love.

Abraham states that while the basis of life is freedom, *joy is the true objective of life*. Joy is the feeling and emotion that informs us that we are freely expressing our personality in alignment with our intent and purpose—the underlying objective of our physical life. Omni offers this on joy:

Many of you have for so long held to the belief that the path to God or to enlightenment is the path of suffering. Suffering has served you in teaching you all about who you are not and what you do not want. The new teacher is joy. It is not that joy is new, but that you are only now awakening to it, for your evolution has taken you to the stage where you can feel the true essence of your soul. This is truly a new dawn, this is the return of the Christ, this is the awakening of the God/Goddess within, this is the dawning of a new age.⁶

According to Plutchik, the other primary emotion involved with love is trust. According to metaphysical teaching, the communication of joy indicates this to be the case, although trust isn't strictly an emotion, more a state of being. Trust is an expression of freedom (again, the basis of life)—a psychological state, which is allowing energy to flow freely through our Self in its *natural manner*. That natural manner, accords with our intent and purpose.

An example of when we freely allow this trust in our Self to come through (albeit without conscious awareness) is the act of driving a car when engaged in conversation with other passengers. At the end of the journey, it's often difficult to recall the specifics of how we got there! What we did was move our energy from one location to another in the physical realm without concentrating our thoughts, but *trusting* that we would get to where we wanted to be without anything getting in our way.

Omni's mention of issues to do with lack of money can illustrate when this trust of our Self flies out the car window. Moving our energy to a place of financial freedom involves a complex series of beliefs getting in our way—beliefs that revolve around a lack of trust in our Self.

When our mind is in a complete *state of trust*, we should appreciate that any desires we have set in motion do not require any great effort on our part to bring them into reality. We simply need to remain for as much as possible within the state of trust—trusting in the natural flow of energies and allowing them to bring about manifestation in *natural time*.

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The field of Biological Science is beginning to make significant progress in identifying the effects of emotions on human physiology. It is also beginning to reveal how Divine Love, albeit thought to be a combination of emotions, translates its energy into chemical expressions in the physical body.

For example, oxytocin (stored and released by the pituitary gland) is a hormone produced in a part of the brain known as the hypothalamus. First recognized as a peptide influencing uterine contractions during childbirth and milk production during suckling (think "motherly love" here), research is now linking it in humans with the state of trust just mentioned, along with feelings of *commitment*.

Now referred to as "the hormone of love," research begun in the late 1990s reveals oxytocin to be affecting synaptic strengths in the brain, producing, it appears, a "special" type of neural bonding, which is reflected psychologically by less selfish considerations and more of a recognition of mutual intent.






In, *The Nature of the Psyche: Its Human Expression*, Seth tells us that:

Love is a biological necessity, a force operating to one degree or another in all biological life. Without love there is no physical commitment to life—no psychic hold.

Love exists whether or not it is sexually expressed, though it is natural for love to seek expression. Love implies loyalty. It implies *commitment* [my emphasis].⁷

To round off our talk of love and its biological translations, Seth makes the point in *The Early Sessions: Book 4*, that Divine Love is "always a protection"—protecting, quite literally, the integrity of all the systems of our Self—the biological, the chemical, the electromagnetic and the psychological systems.

In Part 3:

-  So, what of fear?
 -  A matter of trust.
 -  The key to fear.
 -  The difference between *knowing* and *believing*.
 -  How to defeat fear.
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ENDNOTES:

¹ For elaboration on the subject (belief system) of Truth, refer to the addendum document, *Ain't That the Truth*, under the module content for Module 11.

² Roberts J. *The Nature of the Psyche: Its Human Expression*. Englewood Cliffs, NJ: Prentice-Hall Inc.; 1979. p. 92.

³ Extract from Abraham-Hicks AB_CD 20, #20 *Self Appreciation*. © Jerry and Esther Hicks, Abraham-Hicks.com.

⁴ Moorjani A. *Dying to be Me: My Journey from Cancer, to Near Death to True Healing*. Carlsbad, CA: Hay House, Inc.; 2012. p.138.

⁵ Payne JL. *Omni Reveals the Four Principles of Creation*. Forres, Scotland: Findhorn Press; 2001. p. 70.

⁶ Payne JL. *Ibid*. p. 96.

⁷ Roberts J. *Ibid*. p. 72.