

ARTICLE: Knowing Unconditional Love

What is love? Is it “unconditional”?

The word love means many things. The love that I refer to as a "Christ" quality, is "unconditional love", sometimes called universal love. In a recent meditation session we were discussing what this really means. By definition it is the love we experience that is free of any conditions, expectations, judgments and attachments to outcomes and ways of being - it is pure selfless love. To describe unconditional love, especially if someone has never experienced it, is difficult to put in words. For we can know it as an experience only through our feeling senses. I'll attempt to describe it in this article.

Experiencing unconditional love - meditation

The experience of truly knowing, giving and receiving love that is unconditional, is our greatest learning. Sometimes our "hidden agendas" in giving and receiving love, are very subtle and it takes practise in bringing conscious awareness to self, to recognise them. Perhaps you have experienced unconditional love as the love you feel for a newborn child or a pet?



In meditation practises that focus on opening the heart centre, unconditional love may be felt or described as an expansive, light, gentle, uplifting - even blissful feeling. It feels safe, nourishing and free. It is powerfully linked to the experience of expansion into being at one with everything.

In the weekly Meditation "Food for the Soul" groups a key focus is opening the heart and expanding consciousness to feel at-one with the Universe- all that is, unbounded and unlimited by time, space and dimension. Love is the pure infinite energy sourced from the wholeness of Universal (Source) energy. It is in every plant, animal, the sunset, the oceans, the mountains, flowers, birds, trees and stars. It has been called the "glue" that binds the Universe. Meditation practises can empower you to a deeper experience of unconditional love. You can also learn how to direct this powerful energy to enrich your life.

To experience unconditional love in your daily life is a deep journey. It involves accepting love and allowing love to guide you in life. Unconditional love is also the key to forgiveness. True forgiveness is the offering back from our open heart of unconditional love - it cannot be a mind based intention. Often our deciding to forgive ourselves, someone or something in life is directed by the mind, rather than an open-hearted offering of unconditional love. Forgiveness also is a journey that takes time, for it alone frees the pain of the heart. Our heart energy closes when love does not flow.

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