

LOVE IS THE KEY

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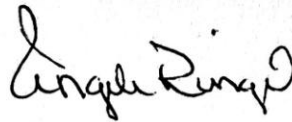
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A thesis submitted in partial fulfillment
of the requirements for the degree of

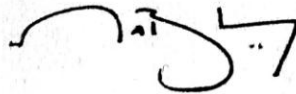
MASTER OF METAPHYSICAL SCIENCE, M.Msc.

On behalf of
the Department of Graduate Studies of
the University of Metaphysics

This thesis has been accepted by



Thesis Advisor



IMM President, Dean

June 17, 2024

Acknowledgements

I would like to express gratitude to myself first for saying yes to the exploration of love and for continuing this exploration regardless of what came up in my life especially when it did not look like love☺ It is funny to me that one of the sources for this paper was a book around love and higher consciousness written by Ken Keyes. This book showed up along with my divine partner, Bill Little, exactly 12 years ago, he was my gift. He has given me the space to explore love within myself, in business, and within the context of metaphysics. He gave me unconditional love to be able to get to this space where I could write this paper from a place I actually believe in. I also wish to acknowledge a former professor from the University of California, Leo Buscaglia. He had the courage to host a “Love Class” in the 70’s. As a former University Professor, myself, it too took courage to write this paper and explore love but I figured if he could do it then why not me since love shows up in the most mysterious places. And lastly, I am grateful for all the beings that have come before me, now and in the future, that have had the courage to write, share and speak about love. Thank you, the world needs it.

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Introduction

The thesis claims that love is what connects us to the universe, it is a life force that is all around us. Love is the energy that connects us more deeply to our higher selves, the greater aspect of who we truly are. By focusing on love and love of self we can achieve greater states of peace and happiness within ourselves. This requires that we let go of control, our limiting belief systems, and everything we "think" we know by surrendering to something much bigger than we know. By learning to operate from this energy of love/our higher selves it helps us come from a place of inner knowing instead many of the fear-based paradigms that we have been led to believe and creates a stronger foundation for ourselves and others to build our lives upon. If you are looking for change in your life then focusing on love and love of self is the key.

When I met my divine partner Bill Little almost 12 years ago, he was the only person I had ever met that could talk about love and its impact on the planet and knew without a doubt that unconditional love was the answer. I had an inner knowing that what he was saying was true, that love was the key, but how can we do that was my question? This sparked a deep desire in me to explore unconditional love and to embody that again within myself. I had certainly experienced lots of things in my life that were not love but maybe in hindsight they were all pointing me back to love. I had a long road of not loving myself, placating others and playing a role of what I thought love should be. It almost killed me by the age of forty-four. I had enough by that age and said there has got to be more than this! I am just now coming back to deeper states of self-love and because of that my life has taken a turn I could never have imagined. My life has a richness I cannot explain and my invitation is for you to do the same.

The tag line for our first organization together was – “A Whole New Level of Love”. Most people thought we were nuts. It never occurred to me that people would not want more love in their lives. Together we set out on a journey dedicating our lives to each other’s evolution and journey of love. We knew the energy and vibration of unconditional love was what we were seeking, not the conditional love that most of us were living. For most people the word love has a twisted connotation and when we mentioned love it either got messy or people ran the other way. But love is the energy of all true healing and much of what we have been taught about love is simply not true. This paper is dedicated to help open a door for a new way of looking at love and how this may impact your life.

I have brought forth some forward thinkers, a University Professor or two , Dr. Masters that studied consciousness for years with thousand of students, to bring the essence of a path to finding ourselves and bringing more happiness back into our lives again. In this paper I will use of the word love and unconditional love interchangeably, as they are one in the same for me. The True Essence of Love never had condition. It is only humans that have made love conditional. For me love and the higher self is the essence of who we are, which goes way beyond this human form. It is our real self, the essence within us, that has a right to be here and live love again.

Review of Literature

Love is a Thing

“Love is what we are born with. Fear is what we have learned here” (Williamson xxii). We are born as love and our journey is to come back to love in our hearts, body and mind, to live and experience life from there. This is what helps create a life way beyond what we can currently imagine. Love is not what we typically think of or see through our own eyes. It is an energy that can be sensed in various ways including the intuitive knowing of our own hearts and the knowing of our higher self. Love is an experience that cannot be expressed through physical items, it is an experience of our true selves. Love exists inside all of us if we are willing to seek it (Williamson xxi-xxiii).

Love is not the human condition or emotional love that often we have been taught, it is understanding that love is all there is. It is a powerful energy field, the home of all creation, unconditional in its existence (Baxter Marlow 34).

The universe loves us so much that if we want to live in fear and suffering it will respond. The current state of our world is a direct reflection of the current state of the consciousness of humanity. We have created this world in fear, scarcity and suffering and with that same power we can re-create it over time with the power of positivity and love (Baxter Marlow 49-50).

We have been taught to love conditionally. Much of our programming, learned at an early age, is anything but unconditional love. This explains why many of our relationships and experiences around love are so painful as we are often seeing our experiences through the eyes of

conditional love. It is easy to judge and constrict ourselves if we are seeing through the limiting patterns or eyes of conditional love (Keyes 8).

All aspects of what man has created is aimed at bringing us closer to the connection of knowing oneself. As we are able to accept all things of self we become closer to love, unconditional love of self and others (Buscaglia 50). Several studies have demonstrated that when love is provided the status of mental, physical and emotional health are better than when love is not present (Buscaglia 51-53). If we are taught that the world is evil then we will respond accordingly. If we are taught the world is good then too shall we see the same. Hence the pursuit of seeing good or love in everything brings us the happiness that we seek (Buscaglia 86-88).

The journey of unconditional love is about accepting everything as it is now and by changing the pre-conditioned patterns that have been programmed as conditional love, we can make better decisions on how to move forward from this place of higher consciousness, rather than a place of continued separation and fear. Our current perception of love has been based on condition and this is what has caused many of the difficulties we are currently in. We are all adding more suffering into the world by perpetuating these patterns from the place of conditional love (Keyes 9).

“Consciousness cannot be understood by science, consciousness is unconditional, there is nothing else” (Baxter Marlow 37). So why can't we just manifest and make changes from our mind? Many of us are still operating from a “fear-based paradigm” so without deep inner change we cannot create a new one. We need to let go and stop trying to control what we think the outcome should be. Letting go and allowing the universe to orchestrate with us, is where true power and happiness occurs by living in the trust frequency (Baxter Marlow 65-66). It is the

“...vibratory rate of our subconscious...” (Baxter Marlow 73), our belief systems, among many other things that creates our reality. In order to shift we must let go of control, surrender and let the Universe orchestrate rather than basing our choices on what we think we know today from our existing limiting belief systems (Baxter Marlow 73).

Each person achieves peace in their lives by letting go of everything we have been taught because love and only love is actually true. Anything but love is what causes “controversy”, struggle and pain in our lives (Sovereigns Way Module 1.1). Love has unlimited power and within its unconditionality, we have choice, true choice, that nobody is imposing anything upon us, and this creates the freedom we seek. By staying within the confines of our own minds, this is what is causing us pain and suffering (Baxter Marlow 40-41).

In the moment much of our happiness or love of self is primarily connected to a false sense of security, through possessions, sex, money, etc. We are using these things to fill a hole inside ourselves but if we are willing to explore a deep love of self then, this is what will bring us true inner happiness and fulfillment (Keyes 1-3).

As long we are creating from fear we will continue to live in an illusion filled with fear, pain, anxiety and stress. Creating from love is the only thing that is real. Creating from love is what will change our lives and the world around us since living from love is the true source of all healing, the rest is just a temporary solution (Williamson 22-24).

If we could access and live from that place of what is already stored deep within the inner mind or cosmic consciousness of who we are, we would advance as a species much quicker than traditional science. When one is willing to practice and study mysticism in one’s life we are

learning to fully actualize all aspects of ourselves. In the end, this is what brings us the peace and love and harmony that we all seek in this world (Masters 1:36-38).

As each of us are willing to let go of the vision of what we think things “should be” we can move forward more from a place of peace and love from within. “It is the holding on of the images of past that is creating tension in the future” (Team Love n.p.). This is about giving permission to the ego or limited thinking mind to let go of past stories, the stories that are creating the fear in many of us. The holding on is what is causing us to not be able to move forward, instead it is keeping us in the past. In order to move forward we must let go of beliefs of all the pain and suffering as this is impacting how we perceive our current reality and our future (Team Love n.p.).

Many ask why can't we just manifest things from our mind? Because many of us are still operating from a “fear-based paradigm” and so without deep inner change we cannot create a new paradigm for ourselves or anyone else (Baxter Marlow 65). We may appear to be only human beings but inside we are beautiful and radiant beings of divine light that can create anything. Somehow, we have forgotten but we are here to remember this. In true higher states of consciousness we can elevate ourselves beyond this experience (Baxter Marlow 74-75).

Williamson reminds us that miracles happen simply by being able to see through love and when she lets fear lead the way it is disastrous. If we hide from love we hide from ourselves and when we return to love this is where the real fun begins (Williamson 25). Life flows better when we focus on love and life gets a little stickier when we are not. Love is the connection to how things are created in this world as an agent of peace rather than violence. Without love there is no wisdom or meaning to our actions in the world (Williamson 19-20).

Buscaglia describes an experiment he ran called the “Love Class” at the University of California over a three-year period. He recognized that love could not be taught in a traditional way, that it must be explored. Each person learning from themselves and each other, including him as the facilitator. He created something that grew over three years including well over 300 students, who sought his class year after year. Even though other professors made fun of him he discovered and saw that the exploration of love brought fulfillment not only to his students but to himself. He recognized that love cannot be defined, it is limitless and that even though we grow in love that it never ends (Buscaglia 1-3). He recognized that by becoming more involved in the exploration of love in our own lives, we create a stage of people we wish to surround ourselves with. We do not sit idly just letting things happen but create the stage of life that we wish to see. There is no such thing as peace only the peace inside of us and we create our own stage of life from love (Buscaglia 24-25).

In true higher states of consciousness, as we access our higher selves, there is space of freedom that exists in our more expansive or cosmic minds to more freely find answers to anything in our lives. Often answers to our problems are clouded by the limited thinking mind. The mind often sees the world through struggle, fear, scarcity and loss instead of love. As we begin to release beliefs around fear, it allows us to operate from a different space, a vaster space of intuitive knowledge stored inside ourselves which makes our lives easier (Keyes 130 -131).

Often the fear of change is the deterrent to living in love. But love is like a river, always flowing, moving and changing. When we can take our paddles out of the river then love can guide us through the river of life. There are no obstacles we cannot overcome when love leads the way (Buscaglia 92).

We can engage the ego and rational mind in the process of re-programming by asking our mind to work with us, then our mind can realize that all patterns of suffering are coming from within. We can begin to operate from a different state by turning our attention and the focus of our operating system to focus on our own “inner programming” instead of on the outside world, moving us from external to internal. Suffering simply comes from the programming of our minds and when that lens is changed the suffering stops and we begin to see the world through the eyes of unconditional love and our lives start moving again (Keyes 88-89).

To operate from the place of higher consciousness many of us need to overcome a foundational underlying belief that we are not worthy, worthy of love. Many of us are trying to control our reality and as a result we are creating a false one around us (Baxter Marlow 87). We can do all the mental affirmation work we want and dreaming, but if the vibration of our mental and emotional bodies is not in alignment with this higher-level frequency of trust than it does not matter what we ask the universe for, it will not respond. To truly live in a world filled with love we need to shift our vibration, surrender and allow the universe to work with us so that the world we truly want to live in is not created from our current limited perceptions. This will come if we can learn to come from that place of inner deep knowing and then take-action from there (Baxter Marlow 89-90).

It is a personal choice to return to love. Many of our “problems” have become internal. Fear turned anger and hatred for ourselves often to cover up the “I am unworthy” attitude we carry deep inside ourselves (Williamson 5-7). If we can learn to depend on love as a foundation of our lives we can change the literal foundation that lives are built upon (Williamson 17-18).

“For all I know, nothing if I cannot demonstrate a better life” (Bachelors 1:1). In the introduction to the Bachelor’s degree program Dr. Masters discusses that “learning” something for the sake of learning makes no sense if we truly cannot live it. He argues that the application of metaphysics, is real life and it is vital for us all lead a better more fulfilled life. He goes onto to describe how traditional psychology does not give us the capacity to be fluid with life as we are perceiving our reality from a static lens. That if we are able to connect to the higher-self more often we can give ourselves a greater capacity to live a richer life, not feel so isolated from the world, because we will have a different frame of reference and way of being and connecting to this world (Masters 1:15-17).

“The only question we can justly ask of ourselves is, “What can I do? (Buscaglia 90). If each of us is willing to choose love each day, this is the ripple of change each of us can contribute to. Buscaglia gives an example of how he impacted the lives of three families in Hong Kong in a “perceivably” small way but if each of us chose than love would prevail. It does not need to be big and fancy and powerless against some of the larger issues that seem to be facing humanity, it can be small and simple and then watch the change from there (Buscaglia 90).

If we can *“Eliminate Violence and Remember to Love”*(Walsch 223), this is the fastest way to have a happy, joyous experience (Walsch 223). We are love at its essence but we have forgotten how to love *“purely”* which at its essence is love without condition (Walsch 224-226). As we are able to shift away from the victim mentality that many of us have been walking around with, we will understand that the universe is a caring and loving environment (Bailey Marlow 37).

The frequency of the universe is unconditional love and what we focus on is bringing that into literal existence. As we shift to higher frequencies of love we can change our universe, the one that is all around us. There is a call to use that power more consciously or we will remain creating the same thing over and over (Baxter Marlow 44-47). Changing our thoughts from fear to love is what puts us in the “Trust Frequency” and this is what creates change in our lives and the world we see around us. This frequency is an inside job, meaning each of us plays a role. This is not an easy choice given the frequency of the collective and the generations of fear and lower frequency that is stored inside our cells. As each of us moves more and more to the frequency of trust and love we will be able to do anything, we will be unstoppable, since in that higher level anything can be done (Baxter Marlow 47-48).

“Your growth to higher consciousness should begin by fully understanding the importance of becoming one with the Law of Higher Consciousness: Love everyone unconditionally – including yourself“ (Keyes 8). The desire for love is not enough. Love requires action, we need to do something about to actually shift the source of the issue, lack of love. The lack of love is what is causing the suffering and the mayhem (Keyes 11). This is a choice for ourselves to evolve, it is not others doing it for us. It is empowering once we decide.

Self- Love is the Key

Loving ourselves first is like creating the foundation or “building blocks” of love and then allowing it to grow from there this is truly what we all seek. A coming back to love, self-love and then love of others from a place of unconditionality (Keyes 9).

Self-love comes down to self-worth not just self-esteem. It is not “woo-woo”, but “one of the most essential misunderstood medicines we need in these times” (Ayrlo n.p.). Self-love is at

the root of our choices, it impacts our children, it impacts how we connect to each other and how sets a foundation for how this planet will thrive more if we choose to operate from this deep state of self-love, being worthy (Ayrlo n.p.).

The first step in exploring love is the foundation of loving oneself. In that stronger foundation of self-love, one can filter and express love and connection with others from a better place. It is like loving and giving from a full cup so to speak and letting our creations and life flow from there with others. Learning to express and explore who we truly are instead of repeating what conformity and the limited thinking mind thinks we should do. This non-conformity is what allows us to express ourselves and live from love (Buscaglia 8-9). When we learn to love ourselves then love can flow over to others. It is through the simple act of learning to love ourselves again that we “teach” others simply by being our true selves (Buscaglia 95).

Each of us is unique. If you look at nature no two things are alike and yet as humans we strive sameness or a sense of belonging often driven by sameness to give us a false sense of security. Unconditional love celebrates the uniqueness of each of us and allows that to come through uniquely each on our own way (Buscaglia 96).

The answers to life come from our connection to our higher self and this is a very personal experience. Not something that can be taught per se but be experienced through ourselves as we learn to connect to our divinity from within (Masters 1:12).

There are various layers of the mind that work to connect us to the world around us and as we are able to connect more deeply to the layers of who we are, our higher consciousness or vital life force can truly bring us into a deeper state of happiness as we are no longer dependent for happiness on the environment around us. Connecting to this greater state of who we truly are

helps us access and relate to our world from a greater place and sense of wholeness within ourselves (Masters 1:12-14).

Are we creating more problems in the world by focusing on what is wrong with the world? Can we instead focus on creating a new reality by focusing on loving ourselves instead? This is how we create the world we want, by stopping fighting the system and instead choosing to create from love (Baxter Marlow 63-64). Each of us must honour ourselves and this is not about being selfish. This is about following one's inner knowing that brings us each into balance. As each of us does this for ourselves we bring others into this simply by being love for ourselves (Baxter Marlow 203-204).

We are not here to change ourselves, but to remember and know that we are “*whole, complete and perfect*” exactly as we are right now and then we choose to grow from there from that place of wholeness inside ourselves (Walsch 220). We are all like children learning to remember who we are so why would we be mad at ourselves and the world around us? There are no mistakes we are all just returning to love and remembering who we are (Walsch 229). This is a journey, not a destination to be achieved in a week. Learning to see others and ourselves all on that journey of higher consciousness back to love is true for all of us. Do not to “berate” ourselves if we do not get it overnight. This is a journey for each us to come back to love within ourselves (Keyes 9).

Each day we are sending out a vibratory signal. If our subconscious is focused on fear, scarcity and loss then that is the signal we are sending out. The universe then sends us that back whether we like it or not. It takes a personal commitment each day to shift our state, it is not something you just read and say yah I am good to go. “*The challenge is to act (translate*

thoughts into action) from a place of trust in the conscious loving Universe” (Baxter Marlow 63). The focus should be on changing ourselves, not others, to create what we want, and stop fighting the system (Baxter Marlow 61-64). There is a “vibratory” continuum that we are all experiencing and as we get used to riding the higher vibes of love and trust we can learn all to do this even better (Baxter Marlow 82-83).

Self-Love is that little voice inside of all us that is pushing us to see everything through the eyes of love. Our willingness to follow love and evolve love within ourselves will provide the change, connection and the foundation that we are all seeking within ourselves and with the planet (Team Love n.p.).

Self-love is the energy of all our existence it not just our humanness it is the essence of the soul within us. Self-love is irrelevant to how others perceive us but it does require that we accept ourselves fully and completely by letting all the judgement fall away. This allows us to create an experience of life revealing the true beauty that lies within us. “Self-love is not a journey it's a foundation that you carry with you. You don't have to look for it. It's there” (Team Love n.p). If we wish to follow a journey of love then focusing on loving ourselves is the place to start. That is how we build a new experience on this planet for ourselves and the lives we touch (Team Love n.p.).

This Requires That We Let Go of Everything We “Think” it Should Be.

To build a new paradigm and make changes, we need to go deeper as a world to focus on one that is based on trust and not overlaid with fear. This requires each of us to do our own work and then take-action from there. Positive thinking is not enough. It is the action that opens up possibilities in the “quantum field of love” (Baxter Marlow 85). As we raise ourselves to this

higher frequency of love we learn to listen to ourselves, the higher self or deeper self that goes way beyond our ego. It is like a muscle that needs practice but as we begin to learn the difference our limited thinking minds and our higher self as, we begin to see the difference between living from one place or the other (Baxter Marlow 84-85).

Walsch in his Book *Awakening of the Species* encourages us not to believe anything that is said or written in his book or others. They are all just perspectives. The invitation is to experience the awakening inside ourselves, to find our own truth and live it and experience it for ourselves (240).

Evolution is being able to let go of emotional patterns that keeps our minds in a space of control. Some patterns are obvious and some are so subtle that we cannot even see them. As we reprogram our inner biocomputers or minds we are able to operate from higher states of consciousness. If we continue to force our reality our changes are not “real” as they are based on a false illusion of self. By running control patterns deep inside ourselves that we have learned as children, we are only perpetuating conditional love of self and others and this is what creates an empty life for each of us. This does not mean we have to accept other people’s behaviours or perceptions but we do not need to continue to have control over others in order to be happy within ourselves (Keyes 134-135).

Williamson calls this “spiritual surrender”, a willingness to truly let go and trust in something bigger. When we are willing to truly let go of control and surrender to something bigger, this is when something bigger can occur. As humans we cannot see the whole picture. If we are not truly letting go of control than we are building a faulty house and tricking ourselves

into living a lie thinking we know the answer. With pure surrender you get to recognize a deep sense of peace and power so that we can allow our lives to unfold (Williamson 11-13).

In the *Awakening the Species*, Walsch lists principles or signs of Highly Evolved Beings like non-ownership, not harming others, unconditional love, synergy and harmony with each other and the Earth. These all frame the core concepts of love and the evolution of mankind and he reminds us we are still in our infancy stage (75). In the larger picture, humanity is still very young in its development as a species, more than most people realize. “*A lot of folks like to think of humans as highly evolved*” (Walsch 78). The awakening of humanity should be perceived as though it has been in a long sleep and if we continue to focus on violence the violence is being perpetuated within the collective consciousness (Walsch 91-92).

When you look at a person who has self-damaging or destructive behaviours you would not reprimand them if you could see them as a child. Instead you would see them through the eyes of love and nurture them until they grow. This is the focus of unconditional love in the human form. Knowing we are growing and getting back to love each and every day. It may not seem that way, but remember the species is still young and the souls are arriving to assist in moving it along and bring us closer to love each day (Walsch 91). There is a broader perspective of seeing love if you could see it through the eyes of the soul or from our higher-self, remembering that we cannot see all the pieces of life as a human, so surrender and let go. By allowing and awakening to these principles of love we can awaken to the depths of consciousness inside each of ourselves. This is what each of us can do to contribute to creating more love and expansion in the world (Walsch 123).

Discussion

Love is the conduit of everything, as Keyes, Baxter Marlow and The Sovereign Way all agree. It is the energy of our existence, it holds the field of possibilities, it is the only “law” that truly exists. It is the energy that provides a conduit of connection to our higher selves, our true state of being that we have forgotten. Williamson reminds us that what we have learned here is fear and our only job is to get back to that state of love within ourselves. This is a personal journey one that cannot be taught and it is the true source of healing we all seek. To evolve love requires that we take the focus off of perpetuating more violence and aggression in the world. This is what elevates us past the reality we are currently experiencing.

Walsch reminds us that love is the conduit and that some of us are being called to focus on love, there is the bigger picture at play. We cannot see this as humans and love is our contribution to the change to becoming more Highly Evolved Beings. Humanity is still in the “infancy” stage so be patient and kind with ourselves and each other as this too is part of evolution for ourselves and mankind. It is a process not a destination.

Dr. Masters reminds us that as we can learn to connect to our higher minds or deeper states of consciousness that this process releases us from the current lens of how we see this world, the state of chaos that it appears to be. This shift in perspective is what gives us the peace and harmony we seek to get past what we are currently experiencing in our lives and it starts with a focus on self- love as Ayro and Team Love remind us.

The definitions of perceived success as defined by the Western world is not yielding us happiness and if we continue to add suffering to the world by focusing on things that are not about evolving love then it will lead to more unhappiness. Keyes reminds us that fear gets in the

way of creating space within ourselves to be able to create a life that goes beyond what we can see within our limited thinking minds. There is playfulness or creation energy that can be created when we focus on love. The energy of love is the cosmic flow of life that we are seeking to ride and move forward on.

By connecting to the energy of love we can move through life more fluidly instead of through the static lens of noise that has been created so far. This change in perception removes us from isolation and helps us be of this world, not buried in it. As Buscaliga and others remind us this exploration never ends hence it is constantly evolving. The focus on love helps us get to know ourselves more deeply and when love is present we lead a more full and rich life, than when love is not present at all.

Walsch and Baxter Marlow remind us that love is present at all times whether we know it or not. The Universe is made of love so the question that comes to mind is why does it not look that way sometimes? Why can't we see love when it is right in front of our eyes? Often, we are so used to seeing the world through the eyes of fear and the limited human perspective and we feel unworthy of it. If we can change the lens of how we see this world by letting go of our belief systems we begin to feel we are worthy again and we have a chance to see the world differently.

Buscalgia reminds us that even small choices of love can have a ripple effect more than the eyes can see. When we allow this energy of love to come more wholly into our lives each day we can see its effect on each other when we are choosing to come from love and not fear any longer.

As we focus on love and choose our actions from there we get into the flow of life more easily. This opens us up to more quantum possibilities than we can currently see. As we begin to

listen to our higher selves more and the more this energy of love guides us through the flow of life, we are then able to achieve higher states of consciousness and be happier than when we are listening to our egos.

How do we do that if all we can see is fear? By learning to trust, let go and surrender. By letting go of all of our current belief systems, love becomes the key to moving forward. Love provides us growth within ourselves, it allows us to experience things differently, it is our natural state that we are returning to, it is as easy as breathing. If we could let go of control and surrender to that which we are, we can let something bigger drive our lives.

We have been taught to love conditionally and this is what is holding us in this fear-based paradigm. Keyes and Team Love reminds us that if we could accept everything as it is now and let go of our belief systems we could make better decisions moving forward. Much of what we have been taught is good vs. evil and so many of our stories hold us in the past. This is what causes the tension and limits our capacity to move forward. But what if none of what we think is true is actually real at all? What if we could let go of everything we believe, how would that move us forward, towards love?

This is where we find a true sense of peace and power within ourselves. This place of letting go and allowing, this is where the true energy of love resides within us and this is what brings us peace.

Letting go can be a really big and scary thing for many of us especially when we have been trained to think we “know” things. This was huge for me as a former CPA, specializing in taxation and education. I was paid to know things so I could help my clients and my students. This pattern of “Knowing” is true for most of society and is perpetuated in the education system.

We have been rewarded and prided ourselves on thinking we know things. Thinking we know things leaves us in a static belief system. But what if moving into this space of not knowing anything is way more enjoyable than one might believe ? What if letting go brings us the capacity to live in the unknown and brings us back to a joyful part of our life that most of us have forgotten ? What if letting go restores us to a place of curiosity, exploration and zest for life, even when it comes to finances? If we are not judging and we are accepting and allowing our lives to unfold this has a different impact than the approach many of us have been taught. We can do this by surrendering to our higher-selves and our intuition so it can guide us back to love of self and love of life. All of that comes from letting go of control and knowing we are perfect just as we are. The rest is just a fear-based story we have been believing and living over and over.

By trying to find solutions from our limited fear-based thinking minds we create more problems than solutions. If we are able to find the Trust Frequency as Baxter Marlow suggest, and ride the wave from there, we can find the energy of love and re-create our lives from that more cosmic or expansive space which creates a different operating system than we are used to. If science cannot truly understand our universe then why do we think that our minds can see the answer to the solution? How can we even “think” we know the solution when we cannot even see the whole picture?

We are made up of thousands of belief systems and trying to analyze and let them go one at a time is a waste of time. What if we could make quantum leaps to new paradigms where we can all thrive? Our beliefs systems make us feel safe, “ But what if you are never safer than when you are going direct with Life’s wisdom, without filters, and creating new realities that allow you

to alchemically influence your world without being restricted by protective belief systems” (Hough 24).

A foundation of deep love of self is required. Without a strong sense of self-love, anything we create is like a rocky boat. As the world shifts and changes our foundation then becomes faulty. Often self-love and worthiness are the core root of all of our issues, as most of us do not feel we are worthy of love. And as we continue this belief or story within us, we continue to create our lives from a faulty foundation because our belief systems are not founded solidly in love of self-first. If we wish to see change in the world than having a full cup of love as Buscaglia suggests, is how we can offer more to the world, and that full cup is true love of self. It is an energy that we then give to the world from a place of full love and abundance inside ourselves. Conformity and sameness are what is killing us. Trying to fit into something we are not. If we could truly love ourselves completely then we would always be happy in the world and other people’s thoughts and opinions would not matter. As we do this within ourselves, each of us is playing a part in the cosmic symphony of life by founding our lives from a deep state of self-love.

If we learn to love ourselves rather than trying to fix and control everything then the world shift arounds us. When we are still operating from a place of control or judging or living in a place of fear than we are trying to make things different than what they appear to be. This is what causes us confusion inside ourselves and keeps us in that state of discomfort. This is what causes the discomfort inside ourselves and the relationships between us if we keep trying to fix and control everything. When we think we know what others should do, say or feel, rather than just allowing them to be, we cause more tension, stress and pressure.

The journey of love is a choice but it is what will provide the change we are all seeking. This is the opportunity of a lifetime if we choose. Can we choose to awaken fully within ourselves and create a better future from a more awakened state of self-love? Just like we can continue to focus on violence and use that to create more suffering each of us can chose to focus on love and expand that in the universe. The more we embody love in our reality the more it becomes real for us, for others, and everything we experience.

Walsch reminds us that we are here to remember that we are “*whole, complete and perfect*” and then we choose to grow from there from that place of wholeness inside ourselves rather than believing we are continually broken. That is the foundation for unconditional love inside ourselves that Keyes talks, about as does Ayro and Team Love. It is like building a stronger foundation of existence and then letting our lives and love grow from there. That’s how we change as a human collective.

Whether we know it or not we are all on the journey of love even what would be considered the most heinous acts is love coming back to itself. On all levels even in our businesses we are “helping” each other in one form or another. It is all energy of love and it is our choice in how we wish to evolve. We can choose violence, or we can choose love. That is the choice we have been given and each of us plays that role in shaping the reality we wish to see.

Love is also constantly evolving. It’s a way of life. An operating system, not an understanding and it is something science cannot prove. It requires trust, letting go and surrender, otherwise we stay in a loop of existence that does not support us in moving forward.

One thing Keyes, Walsch and Baxter/Marlow all have in common is the belief that if we continue to focus on fear and suffering we will always be creating more of it. Walsch takes it one

step further and suggests removing any focus on violence as a whole, while Baxter suggests that we need to go deeper for we cannot simply “think” our way out of this.

So how do we find this energy of love? By surrendering to love and the flow of life. By not judging, by allowing, by accepting all that is and then taking-action from a place of neutrality, unconditional love, and a strong love of self. This is the foundation inside ourselves that wishes to create a life of experiences all founded in self-love.

Conclusion

If the word love triggers you I would not be surprised. Love has been abused, manipulated and often bastardized. Love can bring up feelings of mistrust, fear and a deep level of skepticism. Our current belief systems about love are holding us back. Many of us, myself included, have been abused by love. We have learned to believe we are unworthy of love and have closed ourselves off to the possibilities of love as a better life. But what if the exploration of love is the mystery of life? What if love was the answer and we have forgotten? This is the call to action, let go of these limiting stories and bring forth more love in business and our lives.

Love is the energy that surrounds all of us , it is a natural part of everything, if we are willing to receive it. Love is how we connect to our inner knowing, our higher selves and this connection to love is what brings us clarity and ways of moving forward. All of this is done by making a deeper connection to love of self, then making quantum leaps into creating and experiencing things that bring us happiness like never before.

Are you willing to take that leap by exploring a deeper sense of self ? The call is to move from fear to love so we all can experience more of who we truly are.

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