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## Self Love and Unconditional Love

Dearest Souls of Love and Light~

Upon placing what I wrote here below onto my facebook walll, there were a series of comments that were made by a couple of women who I mentor and being that our topic for our next gathering of our group locally is to be about Self Love and Unconditional Love and because someone on another group I Am on posted these two videos below as well, a flood of inspiration flowed through me of wisdom that I wrote in response to those two women (and for all who choose to read such as well) that I would like to share with you all here. It is below. Feel free to take such that is here given in love to you, to all and take with you what resonates and feel free to leave what is free from resonating. May it guide you on your journey. Read below. Much Love ~Nenari xoxo

What I have come to understand is that Unconditional Love and Self Love are one in the same. It is through loving ourself totally and completely then we experience this seemingly overwhelming love from within and then just feel compelled to share it with all in being ourselves. For it is only through unconditionally loving ourself first can we then love others. Rev Joanne Coleman spoke of such love overflowing from within you to all and how some may equate it to being crazy or fake when they are free from understanding that this is where you are coming from in sermon a couple weeks ago in Agape Sunday Services <http://livestre.am/3Ly8f> and Osho explains it within being yourself <http://youtu.be/bxYDPptZams>

Patricia Kelly Campbell

Thank God I crossed paths with you, Patti.xx

56 minutes ago · like · 1

Nenari Diamondlady

Indeed, I thank Source as well. You are a blessing. Much love ~Nenari xx

45 minutes ago · Like · 1

Patricia Kelly Campbell

I do believe Source is answering my prayers.. and this has been one of many indications so far. That concept of love is just sooo on an intensely high and enlightened plane. I was taught very nasty lies in the nurture I had when I fell to this life, and I ended up making some bad mistakes in life. I'm almost 30 now but I'm on the mend.xx

39 minutes ago · like · 1

Nenari Diamondlady

Indeed Source is answering your prayers indeed. The Master Artist does work miracles when we allow such :) We all in some form or fashion have been indoctrinated into what we earthly call lies. The key in unconditional love is understanding that they are simply free from being lies that in Source ALL is true and it is also understanding that they truths we were indoctrinated into are simply the opposite within duality being given us so that we can come to instead of believing that truth given to remember THE truth which is the truth of the Master Artist which is that you are love and you are loved always, in all ways and remembering and BEing more and more of who we are. We are to utilise that opposite propel us into Oneness, into love. Nothing is ever a mistake dearest one, it is only a path that we choose either consciously or unconsciously to experience and when we are through experiencing and desire another experience, we choose again so that the Master Artist can experience All That Is through us as us. And you on the mend? No love, not at all. You are already and always whole, perfect, complete, and beautiful simply as you are, therefore there is nothing to mend. Always remember this beautiful goddess ~xx

32 minutes ago · Like · 1

Patricia Kelly Campbell

I'm just about choking up reading this. I always believed there is a reason for everything. I guess there are some things we need to experience.. for spiritual growth lessons and such. This is my last life on earth. After this I'm not coming back. It has

been said that you have to experience the darkness to know the light. I never ever desired the darkness. Maybe it's a "man" thing but I have heard men saying more that they were fascinated, and in maybe one or two cases, they were also "scared" by it at the same time. Thank you for that. You are such a beautiful and wise woman.xx

14 minutes ago · like · 1

Nenari Diamondlady

Such a choking up within you is the calling of and mirror of your soul of who you really are being reflected to you through me dearest one. Indeed there are always things we are to experience for what we call earthly as life lessons or soulfully we call as soul rememberings. This too is my last life here on this earth :) So as I kind of say as a saying nice to meet you ;) And in as such as it is your last life here on this earth as it is mine, what it is we are to come into with such soul rememberings (or life lessons) is that of balance and unconditional love. Unconditional love of and with ourself and also of and with all. For anything that we are free from loving totally and completely and wholly we will repeat again and again until we come into a place of love with it and within it. In that being here on this earth to experience, we are to experience that duality of both what we call the darkness and the light to come into that place of remembering the truth and that truth is love and that truth is balance and that we are already and always this love and this balance, it is that we in coming here to experience and play this game called LIFE on this earth (Living Infinitely From Existence and Living Infinitely From Experience) part of the rules of the game if you will is to forget who we are and the game is to remember and BE who we are. And for men indeed this is often the case. It can also be for women as well. For most men it is that they are facinated and scared at the same moment. For the one thing we want both men and women more than anything is to be loved and that starts from within and then we experience it within another which is really just a mirror of ourselves. Men are often scared of this love because we as women represent that love, that unconditional love and its the very thing they are fascinated by and desire the most and at the same moment they are scared of that of what they desire most. Our task is to keep loving. Unconditionally both ourselves and that man. For with and through love ALL things are possible. You too are such a beautiful and wise one as well dearest one. For it is only what is within you that you also see within me. ~xx

about a minute ago ·

Mindy Riehle-Benoit

Love is the willing, sacrificial giving of oneself for the benefit of others without thought of return, and self love is the willing or unwilling giving of oneself to others with selfish thoughts of return. they are totally different.

20 minutes ago · Like · 1

Patricia Kelly Campbell

Such beauty and wisdom all around. Long may it last, ladies : ) xx

12 minutes ago · Like

Nenari Diamondlady

Dearest Mindy~

The kind of self love I write of here is not the same as you write of. The self love you describe is one is selfish love. What I write of is soulful self love as in seeing oneself and loving oneself unconditionally as whole, perfect, complete, and beautiful simply as we are and seeing oneself in right seeing as God (Source/All That Is/The Master Artist) for we are God incarnate as we are made in the image and likeness of Source and then from within that giving and sharing that with another free from expectation of anything in return in seeing them as whole, perfect, complete and beautiful simply as they are for they are simply you a reflection of you and in that giving to another which in essence is giving to you and giving to Source, then that other feeling the inwelling within their heart of such love will then give to us not from expectation but simply from the same place we give within what I write above. Thus its an infinite circle. This is what I mean when I write about self love and unconditional love being one in the same. Attached love loves conditionally based upon how we feel. Unconditional love simply sees the God in another and loves from the beauty of seeing God in them. There is a movie I watched just recently called Rab Ne Bana Di Jodi [http://movies.netflix.com/WiMovie/Rab\\_Ne\\_Bana\\_Di\\_Jodi/70103521?trkid=8152197](http://movies.netflix.com/WiMovie/Rab_Ne_Bana_Di_Jodi/70103521?trkid=8152197) and about 2 hours and 16 minutes in she asked him "How can you be so happy?, how can you love me without expecting any love in return? Don't you feel pain in love?" and he says to her "Pain? Love is God's gift so how can there be pain in love? And about expecting love in return, one doesn't love only if the love is reciprocated. Look I see God

in you so I fell in love with you..." and this as well at 2 hours 28 minutes in when she says to him "I see God in him, Its possible to leave a man but how does one leave God? Wherever I may run to God will be present...and wherever there is God he will be there" this is how I write of unconditional love and self love, seeing this within ourself and another (which is really seeing the mirror of ourselves as God within another)

6 minutes ago · Like · 1

Nenari Diamondlady

One of the other things I have come to understand dearest Patricia about what you wrote about men and being fascinated and scared at the same moment is that it is through both unconditionally loving ourself and also that man (or that woman) seeing them as God no matter what through ALL circumstances as Bryon Katie speaks of in this video here <http://youtu.be/7axzeexxgT8> it is also within being the model and example within ourselves and also with that man (or that woman) of how can we be afraid of the very thing that we are which IS that love. I share with you a story about this. Years ago when my youngest son Anthony Diamond was small he used to be very afraid of mosquitoes. Until one day I said to him Ant (that is what we call him) how can you be afraid of that of what you are? You ARE that mosquito? And knowing of course who I Am and what I do in this life of mentoring and such, he looked at me and said "mum, this isn't one of your spiritual philosophical talks is it?" and I laughed (and he did too) and I said "Yep" lol! My children know their mum so well eh lol! And after that day and that talk a bit about it a bit more, he realised that since we are all One that therefore he IS that mosquito, how could he ever be afraid of it. It is the same thing with showing that man who is afraid of love (and for women too) that who we are, who they are IS love. And it is through loving them unconditionally as we love ourself unconditionally and showing them that there is free from being anything to be afraid of for he is this love, I Am this love, and we all are this love, that then transforms it. And all of this that I write I Am able to share with you and write of because I live and BE it in my own life. It is through my experiences of the dualistic perspective of light and dark, shadows and love, that I have come into unconditional love and self love through these experiences, experiencing them within me first, so I can heal them into love and oneness again and again so then I can then share them with you and with all, with the world. This is what a true lightworker is

There is a beautiful interview that my dearest friend Gabriella just did with another friend of mine Robert Schwartz. In this interview which can be heard here at Gabriella's

show <http://www.blogtalkradio.com/beyoutofull/2012/05/28/understand-why-youve-chosen-your-life-plan-before-birth> 40 minutes to about 50 minutes or so Robert talks about what a true Lightworker is and also about Self love and loving another as well. And this is who I Am and what I have done in my life as a lightworker. I too went through both the opposites he talks about in this show of a childhood that was earthly challenging and even things in my adult life to be able to heal such things and to give such gifts to the world within what I healed within me first and then giving to the world. That I love me first and then from that it overflows me and I give to the world such love. Anyone who truly knows me knows I Am this. And if anyone cannot see the light of who I Am and desire to be with me as I Am then such a person is free from being required to be in my life. As the tao says of this ~

Tao te Ching:

"The Original person,

by residing in the Tao,

sets an example for all beings.

Because she doesn't display herself,

people can see her light.

Because she has nothing to prove,

people can trust her words.

Because she doesn't know who she is,

people recognize themselves in her.

Because she has no goal in mind,

everything she does succeeds."

"When someone points out my faults I Am to Love myself more deeply rather than defend myself" ~unknown

This is who I Am and all who truly know me and see me know this without me having to say a word and thus be with me. Thus, this show above here is really beautiful and I really invite you to listen to it and may it guide you on your journey.

When you love yourself, you are free from writing or saying or acting hurtful. When you love yourself you write lovingly and you see things that have occurred through the eyes of love and beauty rather than seeing them through hurt and pain and lashing out. When you love yourself, you see who I Am in the moment which is I Am love, I Am beautiful, I Am whole, perfect, complete simply as I Am and I share that completeness with you in love. And you are this too. Any block or judging of another are the blocks within you that are to be healed and you judging you. For you can only see within another what also resides within you. When you love yourself, there are no judging yourself or blaming yourself or another (which is you judging and blaming you) there are no blocks and there is then no desire to block anyone or anything, there are no blocks in love. You blocking me is simply you blocking yourself. Blockage is only an unwillingness to move in the direction that is most obvious, blockage is a lack of trust. None of us have any real blockages it is simply a lack of willingness to believe and have faith in and to know that what you really know is what you really know. Not feeling the love is simply due to feelings of hurt, pain, etc. which is fear. Unwrap the fear seeing it as love wrapped up as a gift and the love that is always there is there. Love Is

Unconditional love is simply that, loving ourself and another (which is really you loving you and you loving God/Source/ All That Is/The Master Artist whatsoever you choose to call such) freely without conditions. Seeing them and seeing you as whole, perfect, complete, and beautiful simply as you are, they are, as we all are, regardless of outer circumstances of behaviour etc. Our loving is free from being because of something outside of ourselves or because of another's (or even our own) actions. We simply love because it is who we are. We are this love. We may be free from liking a particular behaviour and still at the same moment we still love the person (and ourselves) seeing them as God in each moment. Just like we love our children unconditionally. And in moments when a behaviour is what we consider to be free from our liking, it is simply accepting that person still (and ourselves) in all circumstances and all ways. In other words to mean as Bryon Katie says in the video just because someone says something that we don't like doesn't mean we withdraw or block our love or withhold our love. We keep loving. And allow another to be who they are without needing them to change who they are to somehow make us happy, for it is up to us in each moment to choose to be happy. And if we see something in another that we do not like, it is a pause for us to look within and come into right seeing. And that right seeing comes from something I wrote about last week which is this ~

What I have come to understand is that Living Loves Vision is just that living and seeing as love sees. Touching what only love can touch. It is through right seeing of

seeing that There's a World where loves the only rule, light shining from every heart, where love for each other is why all things are done. Love for each other as in mutual love, reciprocated love, not because a gift is given in expectation of something given in return but rather because when a gift is given even if it is asked for or not, that we feel an inwelling with our heart of love so much that it overflows and we feel to give in return as the universe is a give/give universe and is an energy exchange universe within this give/give. It all comes from right seeing. Any moment we see something as delusional or seemingly not right, it is a reflection within us that we are being asked to see right, or see with the eyes of love. Remember the moment you first fell in love, when you had that first intuition of love of someone or something? That first intuition is always the right one as it comes from right seeing through the eyes of love, of being in love of Living Loves Vision as love sees. And it is within continuously reminding ourselves of that in each moment we stray from this and see something else, it is that reminder that helps us to remember and be more and more of who we are which is love as we are love, we are born of this love, created of this love as we are the Master Artist incarnate made in Source's image and likeness. Remembering and BEing this heart to heart, soul to soul, breathe to breathe. This is what I have come to understand is Living Loves Vision. May our hearts be guided by love and may our songs echo this same heart. ♥Along with that, there are some beautiful songs that the Agape International Spiritual Centre sings that reflect what I posted here and I thought I would share them to go along with this as well. These songs and what I wrote above is what I Am in each moment. Some moments I may falter and in those moments I do, I love myself and forgive myself and reach once more for that remembering as I wrote above. Remember to always remember. Return to me, return to love. Here below are the songs ~

I love myself so much  
that I can love you so much  
that you can love you so much  
that you can start loving me  
I love myself so much  
that I can love you so much  
that you can love you so much  
that you can start loving me



Return to me

Return to me

with every breathe return

end and begin with me

with every breathe return

Return to me

Return to me

with every breathe return

end and begin with me

with every breathe return

Return to love

Return to love

with every breathe return

end and begin with love

with every breathe return

Return to love

Return to love

with every breathe return

end and begin with love

with every breathe return

Return to peace

Return to peace  
with every breathe return  
end and begin with peace  
with every breathe return

Return to peace

Return to peace  
with every breathe return  
end and begin with peace  
with every breathe return

Return to me

Return to me  
with every breathe return  
end and begin with me  
with every breathe return  
with every breathe return  
with every breathe return  
with every breathe return  
with every breathe return

return

~~~~~

I will touch you with my soul  
soul to soul  
let us meet again

and then may we become

more of who we are

more of who we are

I will touch you with my soul

soul to soul

let us touch again

and then may we behold

more of who we are

more of who we are

I will meet you silently

breath to breath

let us breathe as one

and then may we become

more of who we are

more of who we are

Will you meet me with your heart

heart to heart

let us meet again

and then may we become

more of who we are

more of who we are

Will you meet me with your soul

soul to soul

let us touch again

and then may we behold  
more of who we are  
more of who we are  
will you meet me silently  
breath to breath  
let us breathe as one  
and then may we become  
more of who we are  
more of who we are  
I will touch you with my heart  
heart to heart  
let us meet again  
and then may we become  
more of who we are  
more of who we are...



Oh let me love in a wholly holy way  
Let me love, let me love in a wholly holy way  
Oh let me love in a wholly holy way  
Let me love, let me love in a wholly holy way

Oh let me know that love is all around me

let me know, let me know that love is all around me

Oh let me know that love is all around me

let me know, let me know that love is all around me

Oh let me love in a wholly holy way

Let me love, let me love in a wholly holy way

Oh let me love in a wholly holy way

Let me love, let me love in a wholly holy way

Oh let me live in a wholly holy way

Let me live, let me live in a wholly holy way

Oh let me learn from all the ways I've fallen

Let me learn, let me learn from all the ways I've fallen

Oh let me know that love will heal us all

let me know, let me know that love will heal us all

Oh let me walk each day a little wiser

let me walk, let me walk each day a little wiser

Oh let me live in a wholly holy way

Oh let me live in a wholly holy way

Oh let me love in a wholly holy way

Oh let me love in a wholly holy way

Oh let me serve in a wholly holy way

Let me serve, let me serve in a wholly holy way

Oh let me share the good that's overflowing

let me share, let me share the good that's overflowing

Oh let me care for those around the world  
let me care, let me care for those around the world  
Oh let me steps reveal the path of peace  
let my steps, let my steps REVEAL the path of peace  
Oh let me serve in a wholly holy way  
Oh let me serve in a wholly holy way  
Oh let me love in a wholly holy way  
Oh let me love in a wholly holy way

(instrumental on electric guitar awesome!)

Oh let me love in a wholly holy way  
Oh let me love in a wholly holy way  
Oh let me live in a wholly holy way  
Oh let me live in a wholly holy way  
Oh let me love in a wholly holy way  
Oh let me love in a wholly holy way

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because ultimately its all an inside job :) All love comes back to the one within. The 'others' that are perceived as outside within other people other relationships are simply mirrors. There is only One of us here, experiencing and expressing and BE through the many. It is an infinite circle. "It is only with the heart that one can see rightly; what is essential is invisible to the eye." ~The Alchemist. Much love ~Nenari xoxo

a few seconds ago · Like

Nenari Diamondlady

Earthly relationships are based upon needs being met, where we feed off one another trying to get some sort of wholeness and completeness from another because we feel lack of love within ourselves and we seek to then suck energy from another to somehow fill us and we somehow feel that that other one will somehow complete us. Unconditional love and self love is about seeing yourself as already and always whole, perfect, complete, beautiful and filled and fulfilled already and then from that place give of that love to others in relationships in a place that is overflowing from you in giving rather than trying to get something from someone. And it is also within seeing all others in this same light as well as I wrote of above. In this we are having soulful deep mutual meaningful mutual authentic relationships of true unconditional love as mirrors of who are are rather than attempting to get something from someone else. As Neale Donald Walsch puts it this way ~

"It is only through your relationship with people, places and events that you can even exist. Relationship is the most important experience in our lives. Without it, we are nothing. Literally. Relationship is the only experience in life that brings you an experience of yourself in life. Not only do I know myself out of my relationship with you, but I literally define myself as well. I can only see in me what I see in you. Relationships that are based in real Love ~ a Love that is true ~ are relationships that are totally and completely free. Freedom is the essence of Love. When we Love another, we never seek to limit or restrict them in any way whatsoever. Love does not limit, does not own, does not hold in, but expands, lets go, and releases, the grandest part of who all of us are. The purpose of a relationship is to decide what part of yourself you'd like to see "show up", not what part of another you can capture and hold. The purpose of relationships is not to have another who might complete you; but to have another with whom you might share your completeness." ~Neale Donald Walsch

And as Louise Hay shares of this~

"There is no difficulty that enough love will not conquer. There is no disease that enough love will not heal. No door that enough love will not open. No gulf that enough love will not bridge. No wall that enough love will not throw down. And no sin that enough love will not redeem. It makes no difference how deeply seated may be the trouble. How hopeless the outlook. How muddled the tangle. How great the mistake. A sufficient realization of love will resolve it all. And if you could love enough you would be the happiest and most powerful person in the world" ~ Louise Hay, "The Power Is Within You"

And Wayne Dyer this~

Demonstrate tolerance and Love by ignoring what may have transpired in the past. Avoid the inclination to make someone else wrong by pointing out the fallacies of their point of view with examples from their past. Let go of the desire to win and cultivate the desire to communicate ~Wayne Dyer

2 seconds ago

Nenari Diamondlady

And a few more words of wisdom upon such ~

(note ~ this below can apply to either a man or a woman and also to loving oneself as well)

Loving someone unconditionally means that you Love even that dark side.....deep down a man is as John Lennon puts it in the song Woman 'the little child inside of the man' who all he wants is to be Loved, all any man deep in his heart wants is to know he is Loved, honoured, and cherished. A man wants to know that no matter how dark he is or how fucked up he does things or is, that all the same she Loves him. I don't care who the man he is or if in ego he will deny such, but to a man the approval of the woman he loves is like one of the most important things ever to a man. And a man who feels he doesn't deserve that Love will test the woman he Loves over and over again for her to prove her Love for him. Our task as the woman he loves, is to continue to be there for him, Love him unconditionally, bumps, bruises, and all. Love the whole of him, all of him. Hold him, that scared little boy who is the man in your arms, hold him, and say I Love you and its ok and you can do it over and over again no matter how much he fights you and says Let me go. Love him all the more. Love him from all the Love within you in which you Love yourself as the whole, perfect, complete, and beautiful being you are and show him that he is this as well through your Loving him as you Love yourself sharing your completeness with him. Allow your arms to be his surrender and freedom no matter how much he kicks and screams, Love him all the same. Love him into healing, Love him into freedom. For with enough Love, anything can be healed. With enough Love anything is possible.~unknown

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Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it ~Rumi

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Kahlil Gibran on Love (From The Prophet)

When love beckons to you, follow him,

Though his ways are hard and steep.

And when his wings enfold you yield to him,

Though the sword hidden among his pinions may wound you.

And when he speaks to you believe in him,

Though his voice may shatter your dreams

as the north wind lays waste the garden.

For even as love crowns you so shall he crucify you. Even as he is for your growth so is he for your pruning.

Even as he ascends to your height and caresses your tenderest branches that quiver in the sun,

So shall he descend to your roots and shake them in their clinging to the earth.

Like sheaves of corn he gathers you unto himself.

He threshes you to make you naked.

He sifts you to free you from your husks.

He grinds you to whiteness.

He kneads you until you are pliant;

And then he assigns you to his sacred fire, that you may become sacred bread for God's sacred feast.

All these things shall love do unto you that you may know the secrets of your heart, and in that knowledge become a fragment of Life's heart.

But if in your fear you would seek only love's peace and love's pleasure,

Then it is better for you that you cover your nakedness and pass out of love's threshing-floor,

Into the seasonless world where you shall laugh, but not all of your laughter, and weep, but not all of your tears.

Love gives naught but itself and takes naught but from itself.

Love possesses not nor would it be possessed;

For love is sufficient unto love.

When you love you should not say, "God is in my heart," but rather, "I am in the heart of God."

And think not you can direct the course of love, for love, if it finds you worthy, directs your course.

Love has no other desire but to fulfill itself.

But if you love and must needs have desires, let these be your desires:

To melt and be like a running brook that sings its melody to the night.

To know the pain of too much tenderness.

To be wounded by your own understanding of love;

And to bleed willingly and joyfully.

To wake at dawn with a winged heart and give thanks for another day of loving;

To rest at the noon hour and meditate love's ecstasy;

To return home at eventide with gratitude;

And then to sleep with a prayer for the beloved in your heart and a song of praise upon your lips.

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On Marriage

Kahlil Gibran (From the Prophet)

You were born together, and together you shall be forevermore.  
You shall be together when the white wings of death scatter your days.  
Ay, you shall be together even in the silent memory of God.  
But let there be spaces in your togetherness,  
And let the winds of the heavens dance between you.  
Love one another, but make not a bond of love:  
Let it rather be a moving sea between the shores of your souls.  
Fill each other's cup but drink not from one cup.  
Give one another of your bread but eat not from the same loaf  
Sing and dance together and be joyous, but let each one of you be alone,  
Even as the strings of a lute are alone though they quiver with the same music.  
Give your hearts, but not into each other's keeping.  
For only the hand of Life can contain your hearts.  
And stand together yet not too near together:  
For the pillars of the temple stand apart,  
And the oak tree and the cypress grow not in each other's shadow.

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### On Children

Kahlil Gibran (From the Prophet)

Your children are not your children.  
They are the sons and daughters of Life's longing for itself.  
They come through you but not from you,  
And though they are with you yet they belong not to you.

You may give them your love but not your thoughts,  
For they have their own thoughts.

You may house their bodies but not their souls,  
For their souls dwell in the house of tomorrow,  
which you cannot visit, not even in your dreams.

You may strive to be like them,  
but seek not to make them like you.

For life goes not backward nor tarries with yesterday.

You are the bows from which your children  
as living arrows are sent forth.

The archer sees the mark upon the path of the infinite,  
and He bends you with His might  
that His arrows may go swift and far.

Let your bending in the archer's hand be for gladness;  
For even as He loves the arrow that flies,  
so He loves also the bow that is stable.

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On Giving

Kahlil Gibran (From the Prophet)

You give but little when you give of your possessions.

It is when you give of yourself that you truly give.

For what are your possessions but things you keep and guard for fear you may need them tomorrow?

And tomorrow, what shall tomorrow bring to the overprudent dog burying bones in the trackless sand as he follows the pilgrims to the holy city?

And what is fear of need but need itself?

Is not dread of thirst when your well is full, the thirst that is unquenchable?

There are those who give little of the much which they have--and they give it for recognition and their hidden desire makes their gifts unwholesome.

And there are those who have little and give it all.

These are the believers in life and the bounty of life, and their coffer is never empty.

There are those who give with joy, and that joy is their reward.

And there are those who give with pain, and that pain is their baptism.

And there are those who give and know not pain in giving, nor do they seek joy, nor give with mindfulness of virtue;

They give as in yonder valley the myrtle breathes its fragrance into space.

Through the hands of such as these God speaks, and from behind their eyes He smiles upon the earth.

It is well to give when asked, but it is better to give unasked, through understanding;

And to the open-handed the search for one who shall receive is joy greater than giving.

And is there aught you would withhold?

All you have shall some day be given;

Therefore give now, that the season of giving may be yours and not your inheritors'.

You often say, "I would give, but only to the deserving."

The trees in your orchard say not so, nor the flocks in your pasture.

They give that they may live, for to withhold is to perish.

Surely he who is worthy to receive his days and his nights, is worthy of all else from you.

And he who has deserved to drink from the ocean of life deserves to fill his cup from your little stream.

And what desert greater shall there be, than that which lies in the courage and the confidence, nay the charity, of receiving?

And who are you that men should rend their bosom and unveil their pride, that you may see their worth naked and their pride unabashed?

See first that you yourself deserve to be a giver, and an instrument of giving.

For in truth it is life that gives unto life while you, who deem yourself a giver, are but a witness.

And you receivers... and you are all receivers... assume no weight of gratitude, lest you lay a yoke upon yourself and upon him who gives.

Rather rise together with the giver on his gifts as on wings;

For to be overmindful of your debt, is to doubt his generosity who has the freehearted earth for mother, and God for father.

~~~~~

(note ~ this below can apply to either a man or a woman and also to loving oneself as well)

If you want to change the world... love a woman-really love her.

Find the one who calls to your soul, who doesn't make sense.

Throw away your check list and put your ear to her heart and listen.

Hear the names, the prayers, the songs of every living thing-

every winged one, every furry and scaled one,

every underground and underwater one, every green and flowering one,

every not yet born and dying one...

Hear their melancholy praises back to the One who gave them life.

If you haven't heard your own name yet, you haven't listened long enough.

If your eyes aren't filled with tears, if you aren't bowing at her feet,  
you haven't ever grieved having almost lost her.

If you want to change the world... love a woman-one woman  
beyond yourself, beyond desire and reason,  
beyond your male preferences for youth, beauty and variety  
and all your superficial concepts of freedom.

We have given ourselves so many choices  
we have forgotten that true liberation  
comes from standing in the middle of the soul's fire  
and burning through our resistance to Love.

There is only one Goddess.

Look into Her eyes and see-really see  
if she is the one to bring the axe to your head.

If she is the one to bring the axe to your head, then she is 'the one'.

If not, walk away. Right now.

Don't waste time "trying."

Know that your decision has nothing to do with her  
because ultimately it's not with who,  
but when we choose to surrender.

If you want to change the world... love a woman.

Love her for life-beyond your fear of death,  
beyond your fear of being manipulated  
by the Mother inside your head.

Don't tell her you're willing to die for her.

Say you're willing to LIVE with her,

plant trees with her and watch them grow.

Be her hero by telling her how beautiful she is in her vulnerable majesty,

by helping her to remember every day that she IS Goddess

through your adoration and devotion.

If you want to change the world... love a woman

in all her faces, through all her seasons

and she will heal you of your schizophrenia-

and she will heal you of your double-mindedness and half-heartedness

which keeps your Spirit and body separate-

which keeps you alone and always looking outside your Self

for something to make your life worth living.

Man doesn't need any more choices.

What man needs is Woman, the Way of the Feminine,

of Patience and Compassion, non-seeking, non-doing,

of breathing in one place and sinking deep intertwining roots

strong enough to hold the Earth together

while she shakes off the cement and steel from her skin.

If you want to change the world... love a woman, just one woman .

Love and protect her as if she is the last holy vessel.

Love her through her fear of abandonment

which she has been holding for all of humanity.

No, the wound is not hers to heal alone.

No, she is not weak in her codependence.

If you want to change the world... love a woman

all the way through

until she believes you,

until her instincts, her visions, her voice, her art, her passion,

her wildness have returned to her-

until she is a force of love more powerful

than all the political media demons who seek to devalue and destroy her.

If you want to change the world,

lay down your causes, your guns and protest signs.

Lay down your inner war, your righteous anger

and love a woman...

beyond all of your striving for greatness,

beyond your tenacious quest for enlightenment.

The holy grail stands before you

if you would only take her in your arms

and let go of searching for something beyond this intimacy.

What if peace is a dream which can only be re-membered

through the heart of Woman?

What if a man's love for Woman, the Way of the Feminine

is the key to opening Her heart?

If you want to change the world...love a woman

to the depths of your shadow,

to the highest reaches of your Being,

back to the Garden where you first met her,  
to the gateway of the rainbow realm  
where you walk through together as Light as One,  
to the point of no return,  
to the ends and the beginning of a new Earth.

~Awakening Woman

a few seconds ago · Like

~~~~~

If you want to change the world, love a man

If you want to change the world love a man; really love him

Choose the one whose soul calls to yours clearly who sees you; who is brave enough to be afraid

Accept his hand and guide him gently to your hearts blood

Where he can feel your warmth upon him and rest there

And burn his heavy load in your fires

Look into his eyes look deep within and see what lies dormant or awake or shy or expectant there

Look into his eyes and see there his fathers and grandfathers and all the wars and madness their spirits fought in some distant land, some distant time

Look upon their pains and struggles and torments and guilt; without judgment

And let it all go

Feel into his ancestral burden

And know that what he seeks is safe refuge in you

Let him melt in your steady gaze  
And know that you need not mirror that rage  
Because you have a womb, a sweet, deep gateway to wash and renew old wounds  
If you want to change the world love a man, really love him  
Sit before him, in the full majesty of your woman in the breath of your vulnerability  
In the play of your child innocence in the depths of your death  
Flowering invitation, softly yielding, allowing his power as a man  
To step forward towards you...and swim in the Earth's womb, in silent knowing,  
together  
And when he retreats...because he will...flees in fear to his cave...  
Gather your grandmothers around you...envelope in their wisdoms  
Hear their gentle shushhhed whispers, calm your frightened girls' heart  
Urging you to be still...and wait patiently for his return  
Sit and sing by his door, a song of remembrance, that he may be soothed, once more

If you want to change the world, love a man, really love him  
Do not coax out his little boy  
With guiles and wiles and seduction and trickery  
Only to lure him...to a web of destruction  
To a place of chaos and hatred  
More terrible than any war fought by his brothers  
This is not feminine this is revenge  
This is the poison of the twisted lines  
Of the abuse of the ages, the rape of our world

And this gives no power to woman it reduces her as she cuts off his balls  
And it kills us all  
And whether his mother held him or could not  
Show him the true mother now  
Hold him and guide him in your grace and your depth  
Smoldering in the center of the Earth's core  
Do not punish him for his wounds that you think don't meet your needs or criteria  
Cry for him sweet rivers  
Bleed it all back home  
If you want to change the world love a man, really love him  
Love him enough to be naked and free  
Love him enough to open your body and soul to the cycle of birth and of death  
And thank him for the opportunity  
As you dance together through the raging winds and silent woods  
Be brave enough to be fragile and let him drink in the soft, heady petals of your being  
Let him know he can hold you stand up and protect you  
Fall back into his arms and trust him to catch you  
Even if you've been dropped a thousand times before  
Teach him how to surrender by surrendering yourself  
And merge into the sweet nothing, of this worlds' heart  
If you want to change the world, love a man, really love him  
Encourage him, feed him, allow him, hear him, hold him, heal him  
And you, in turn, will be nourished and supported and protected  
By strong arms and clear thoughts and focused arrows

Because he can, if you let him, be all that you dream  
If you want to love a man, love yourself, love your father  
Love your brother, your son, your ex-partner; from the first boy you kissed,  
To the last one you wept over  
Give thanks for the gifts; of your unraveling to this meeting  
Of the one who stands before you now  
And find in him the seed to all that's new and solar  
A seed that you can feed to help direct the planting  
To grow a new world, together  
~Anonymous~

Attachment to being right creates suffering. When you have a choice to be right, or to be kind, choose kind and watch your suffering disappear ~ Dr Wayne Dyer

What angers us in another person is more often than not an unhealed aspect of ourselves. If we had already resolved that particular issue, we would not be irritated by its reflection back to us. ~ Simon Peter Fuller (from 'Rising Out of Chaos') ~

Often times we will experience a healing crisis, where things will get worse before they get better. When we have unhealed aspects of our soul, we will go through anger and fear as the pathway to love. Who we are angry with is really us angry with ourselves being represented within the mirror of another. Give thanks to such a soul who gives this gift to you for they do so in the greatest of love. Love those who give you such a gift. To heal something is to come to a place of love with it and within it. What it is we are angry about is the very thing that we are being asked to come to a place of love within. For on the other side of a healing crisis is love ~ unknown

In surrender, you no longer need ego defences and false masks. You become very simple, very real. "That's dangerous," says the ego. "You'll get hurt. You'll become vulnerable." What the ego doesn't know, of course, is that only through the letting go of resistance, through becoming vulnerable, can you discover your true and essential

invulnerability. It is within being vulnerable is where true love resides. ~ from The Power of Now by Eckhart Tolle

And something that I wrote back on Valentine's Day that I also desire to share as well ~  
Love and Appreciation

by Nenari Diamondlady on Tuesday, February 14, 2012 at 6:38pm

Definition of what Universal Consciousness means ~ the universe exists within me. Which means all of you are me. All of you are simply the mirror of me as I Am the mirror of you. Source is in me and I Am in Source. Source is in you and you are in Source. Simply say I love you and thank you to each expression that comes forth to you ALL things that come to you, simply say thank you and I love you. True love is accepting all of me all of you, all sides, all facets of the diamond. I love and accept me, I love and accept you. ALL of me, All of you. For you are me and I am you.

I'm sorry for whatever role I played consciously or unconsciously that created this programming in my life. I'm sorry as I have no idea how I helped co~create this programme in me, I have no idea where they came from so please forgive me for whatever role I played in producing them in my life. Thank you for listening, thank you for helping me, thank you for this occurring in my life for the gift that it is as it is an amazing gift, thank you for seeing me as the divine being I Am. I love you. I deeply deeply love you.

Unconditional love of ourself and others is also realising that everything that occurs, including what we deem as something that is bad is free from being bad at all. In spirit there is no good nor bad, nor right nor wrong, there just simply what is, and what is is the experience. When we understand this we see everything is a gift, there is love.

"I offer you peace. I offer you love. I offer you friendship. I see your beauty. I hear your need. I feel your feelings. My wisdom flows from the highest Source. I salute that source in you. Let us work together for Unity and Love" ~Gandhi

~As given in love through the Master Artist in the hands of Nenari, Princess of the Sea  
01 June 2012