

## ***Knowing Unconditional Love***

*An Essay Written By: Leon A. Enriquez, Singapore*

“Love makes the world go round” as the familiar saying goes. Humans are made to love and be loved. Yes, love makes a big difference to you, me and all human beings – and also to all other living creatures and things that share this good earth with humanity. Love is the vital energy that makes living a joyous celebration for all in a symbiosis of mutual well-being.

Love is a healing emotion that we all experience personally and still desire more of, in both our individual potential as well as our collective consciousness. In fact, love is a learnt experience, first through our physical body nature, and then throughout the fullness of our emotional, mental and spiritual natures through our feelings. Feelings are sensations that a person picks up through our perception of awareness, experience, memory and consciousness.

Love is the pinnacle of all human emotions and is truly the epicenter of human existence. Love is the basic reason and often the main purpose for passion and meaning to a physical life that is often viewed as transient. From womb to grave, each person desires love in one form or another – physical, sexual, emotional, mental, and spiritual – for body, mind and soul. People crave to be loved both conditionally and where possible, unconditionally.

Essentially, love is an abstract noun meaning that there is no concrete form of love that we can hold, touch, see and taste. Yet, love can also be accepted as an active verb if we elevate love to a higher principle of vitality. Here, love becomes the most important aspect of loving within oneself and then giving that realised love consciousness to benefit all others for a higher good and cause.

*Knowing Unconditional Love*

March 27, 2016

< Page 2 >

Each of us develops a subjective sense of what love is through our contacts and relationships with other people. Love freely given and freely received becomes for each a healthy pathway to optimum self-esteem. This starts intuitively and proactively from self-centred conditional love until we learn to embrace unconditional love for others that is kind and selfless.

Webster dictionary defines love as “affection for another arising out of kinship or personal ties.” Put another way, love is an emotion of strong fondness and personal attachment. Or in a philosophical context, “love is a virtue representing all human kindness, affection and compassion.”

We know that love has a variable range of descriptions. Love cannot be measured by any physical means. Thus, you may never know what true love is, and that’s until you have experienced the direct impact of love on a personal level.

What then is love? Society has and will always ponder over what love really is. Yet, we are unable to fully describe this phenomenon called love. Love is too big to be contained in mere language descriptions.

Or you might ask who deserves to be loved? Some people love only those who they decide to love. Others love people who love them in return. Then, there is the love of a parent for a child. Consider also the love in a family. Physical love involves people of the opposite sex or even of same orientation. Friendship involves love between friends. Then, there is the love for the divine or God, or a creature for the unseen divine creator.

These instances are all different aspects of love, and many different feelings associated with being in love.

*Knowing Unconditional Love*

*March 27, 2016*

*< Page 3 >*

How we express these feelings as well as the behaviour love evokes, is the way we recognise the good and the bad extremes of love we exhibit. The selfish aspects of love often cause negative effects of pain, hurt and suffering.

The kinder or selfless form of love is considered good because it self-healing for all involved, and promotes goodwill and understanding. Love is a journey from ignorance to self-awareness, from discovery to self-realisation, and a movement to higher states of consciousness and evolution.

Unconditional love is a love that has no limits, and is creative and supportive of life. Unconditional love makes possible love for yourself, love for your world, and for everyone around you – without demanding love in return. Yes, unconditional because your love is given with no strings attached. Unconditional love allows you to transcend feeble pride and is justified by a high degree of personal fortitude.

Unconditional love is the highest form of love that human beings are able to know, to understand, to impart and to live with – and is a love that is precious and beyond compare. It is a commitment to unfaltering love that is independent of circumstances or conditions.

Unconditional love bears all bitterness, hurt, pain and suffering without judgement or confrontation. Here, it is a love that surpasses mistakes, conflicts, pain, grief, betrayal, disappointment and loss. Unconditional love is the triumph of the human spirit despite the adverse circumstances or suffering you encounter. Unconditional love believes that true love transcends all the problems, hardships and human vulnerabilities that you encounter in your life journey.

*Knowing Unconditional Love*

*March 27, 2016*

*< Page 4 >*

Worry and anxiety and all conflicts you encounter in the harshness of life situations cannot affect or dilute the optimistic posture of loving-kindness held in the soul of the person who lives with unconditional love. The inner beauty of the heart and soul confronts harsh conflict with empathy and compassion through an attitude of kindness.

With unconditional love, forgiveness, acceptance and a non-judgemental attitude is the natural posture that brings about healing and reconciliation.

Love is a magical mystery. Yet, love is real and true in life. Love makes life worth living. We have all encountered the various tints and shades of love as we journey through life. Love observed from near or far reveals both the lighter and darker sides of love, in every possible human situation.

Love is the creative aspect of life from which such virtues spring forth: truth, beauty, faith, hope, devotion, empathy, unity, joy and many others. Love of all sorts precipitate from the timeless quality of unconditional love. These multiple flavours of love are possible because of unconditional love.

Unconditional love propels and sustains each one of us beyond our personal comfort zone to surpass our human limitations. And unconditional love begins with me to you, and then you to me in an ever-widening circle of expanding love.

Love is the cause of life. Life is the dance of love. Unconditional love is the magic of love energy that creates and sustains life in myriad manifestations. To know love is to be an agent of love – empowered with boundless possibilities to make a lasting impact just where you are, right here, right now.

<ENDS>