

"LIVING UNCONDITIONAL LOVE"

09/12 February 2025

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The Love Foundation Inc.

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"LIVING UNCONDITIONAL LOVE"

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Love is the cause of life. Life is the dance of love. Love is the best way to live life. Love is the unending music that celebrates life. Love is the profound whisper that calls each human soul in the journey quest of life. To love and to be loved is the sacred lesson of life.

What can we do with love? We can know love as the force of personal inspiration. For love is beyond mere feelings and must reach out to others. We do so by acting with loving-kindness regardless of how others treat us. Love makes us feel special, and we extend this wonderful feeling to enrich others we meet in the journey of life.

Love is the quality that sparkles brightly, and lights up the world with zest and zeal, empathy and compassion, and extends forgiveness despite the wrongs that cause us pain and suffering. Love heals with a touch of tenderness and kindness beyond right and wrong.

Love is truly timeless magic. As a human person, I journey through my lifetime learning from mistakes and mishaps along the pathways I take, and the vivid encounters I meet. And I must learn to bring forgiveness and to release myself from the errors and unloving moments I experience. Only by learning to forgive myself can I practice the art of forgiveness for others that hurt me or cause me pain. Life is an arena for learning the many lessons of love.

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Being an emotional creature means that I have sensitive feelings that can be hurt. And I may react without considering how unloving my actions may be. So, I learn to unlearn, and purge these bad vibrations. I simply choose to love more and more, and to avoid hurting others.

By simply letting go of the bitterness and grudges of past negative encounters, I can re-make my experiences into positive ones. I can then choose to love without conditions, without expecting a return on love. This leads me to more and more opportunities for unconditional love to flourish and grow in my space.

I focus to invest in feelings that spur unconditional love for myself, and then extend unconditional love for my fellow man. By taking these simple steps, I can thus impact others with compassion, empathy and loving-kindness expressed as unconditional love.

The world is a meeting place for souls to encounter each other in the various shades of identities and postures. We are here on this good earth to learn lessons on the course of love. No matter who we are individually, and no matter what our status, we are — each of us — here to learn the lessons of love. Love as they say, is what makes the world go round.

We are truly interconnected — regardless of distance and geography — despite our skin colour, race, religious affiliation, culture and obvious varying differences. The universal mark of our common humanity is the colour of human blood. It is simply red! Yet, we must appreciate our humanity and diversity across a world often divided by corruption, bloodshed and animosity.

Only love can achieve that deep longing in the human heart for peace and harmony. Love is the divine elixir that heals all wounds caused by hate and ego separation, and fearful distrust and division caused by human vanity and power struggles. Love heals all wounds and makes each person whole again mortally and spiritually.

Love wears loving virtues, and each human person is a vessel for love to abide and to grow abundantly. Consider love as a bright flame and we are each vital sparks of love. Love is fully demonstrated in acts of love that make a difference, especially to others. Qualities like compassion and empathy, sincerity and forgiveness, appreciation and dedication, and doing good works by extending help to those less fortunate than us show us the way of love that endures.

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Love is about self-esteem and self-respect that we can extend to others without conditions, or without asking for a return. This empowers harmony and an ability to embrace diversity wherever we encounter others — especially people that look and feel different from us in their outward manifestation and outlook. Love makes unity in diversity possible here on earth.

Only by creating our own personal core values can we learn to treat others well. Since love is the start and end of all life endeavours, we must look to love that is timeless and beyond boundaries or limits. We start within our own hearts and then reach others with awareness and understanding of love's presence. Love is the light that shines brightly in the darkness.

To love unconditionally makes us vulnerable, open-minded, and risking hurt and pain — to share love despite contrary consequences. To love unconditionally, is a constant challenge with uncertainty and unpleasant situations that may reject our good intentions. This is the price a person pays to walk the path of unconditional love.

Love calls to each living person to respond to the message of love. For those who embrace the path of unconditional love, the rewards of a loving-kindness approach to life is most revealing — with peace of body-mind, heart and soul that abides despite the ever-changing life scenarios and conflicts we experience here and now.

Love, given freely and received freely — in such extravagance — is the best testimony that unconditional love begins with me, and you. Yes, love defies human logic, and transcends all human boundaries in a world of extremes.

Love is truly a timeless miracle, and unconditional love the gateway to eternity. To love fully and unconditionally is to be in heaven here on earth. Love is the timeless miracle that blesses all without prejudice as only love is the divine elixir of life.

<ENDS>

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