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The greatest spiritual teaching that has been passed down throughout the ages has been the power of universal love. Universal love is beyond personality. And it is with the understanding and holding of universal love that all healing can take place. For no matter what is happening on a global or personal level, being able to maintain a state of unconditional love assists in all healing and transformation.

Holding a state of universal and unconditional love is the greatest gift that we can give loved ones and all life on earth. But as human beings we get caught up in personality. And once we are identified with our own personality and the personality of others, our feelings become very complex. And when we are caught up in these complex feelings we stop being a true channel of love.

As I have written over the years, life is filled with paradoxes. For on one level we have taken on personalities as human beings to experience the adventure of life. We each take on different roles that we want to live out, explore, and express in this lifetime. And at the same time we are divine spirit and always connected with Source, and we are one.

Throughout our spiritual practice we must learn to dance the paradox of life. At the same time we must remember the love of spirit and that divine love is holding and embracing us all the time. We must learn how to express this love more and more each day. This is what the times we live in call for.

On many levels we cannot change the physicality of what is happening in the world. But by perceiving the divine in all and holding a state of divine love we can transform the energies of what is occurring.

During one of my near death experiences I remember standing in front of a great brilliant light. And this light just radiated unconditional love to all of us who were standing before it. There were those we would judge as criminals and there were those of us who worked from a place of love. Yet the light did not recognize us for our deeds and who we were on a personality level. This light of Source just radiated love and light.

This was such a powerful teaching for me, at a young age. And now more than ever I see a need for us to learn how to just hold others in unconditional love.

And I do recognize that this can be easier said than done. For as personalities we judge who deserves love. And we put limits on our love.

We have been working with the principle of radiating light just like a star in the night sky. This light has no limits and a star radiates light effortlessly. Source also radiates love effortlessly and there are no limits to the love of the universe.

This month I would like you to meditate on, journey on, experience fully in every cell of your being the love that went into your creation. Take some time as we have done in the past to experience your creator. Find the term that works for your belief system - God, the goddess, Source, creator, creative forces of the universe, the divine, the power of the universe, etc.

Put on some music and lie down. Set your intention to meet your creator and experience the love that went into your creation.

We have done this before together but I have to say that the more you can do this exercise the more you can anchor the feeling of universal love in your cells. And the more you can experience this divine love in your cells the more you can express it in the world.

Love heals!!