

When You're in Love

Love is life. And if you miss love, you miss life.

—Leo Buscaglia

Being in love is one of the greatest experiences you can have, but it also opens the door for all kinds of tagalongs, such as attachment, jealousy, desire, and anger — and maybe even eventually hatred and the unwrapping of that old prenuptial agreement.

Here's the thing: If you keep your love on the levels of attachment and desire, you'll probably also end up hopping over to their housemates of distress and anger one day. The way around this predicament is to take the love you're feeling and to uplift it into a higher spiritual love that doesn't rest with such unsavory bedfellows.

When your heartfelt love resonates with a higher spiritual love, your love becomes a ray of God's unconditional, divine love. Can you imagine how cool it would be to be totally in love with everything and everyone in life? That's the power of true unconditional love.

Here is a method to help uplift your experience of mundane love into an all-pervasive, universal love. When you're feeling deep love for someone or something:

- 1. Pay attention to the loving feelings arising within you.**
- 2. Focus on the love, separating it from the image of whatever or whoever is evoking this love in your heart.**
- 3. Expand that unattached, free feeling of love so that it begins to pervade everything.**

Don't Forget

Any form of heartfelt love is a good start to opening to higher forms of love.