



3rd October 2009, Chelsea Old Town Hall, Kings Rd, London, SW3 5EE

What is Love?

Love is everything. Every expression of life, every action, intent, every state of being, every consciousness, is love. Love exchanges, joins, spirals, refines, elevates and transmutes the dense and the angular. Love flows and ripples with laughter over the rocks of stubborn belief and ambition. Love circles and soars free from personality, and looking down at the ego, sings its joyous melody. Love is everywhere and everything. And yet we do not see it. We only identify certain sensations as love. In this categorising of love we lose its essence and its ubiquity. It is literally the fabric of the universe. The Bible says, 'God is everywhere and everything' and 'God is love' - it is that simple.

In our chosen perception of reality, we often lose our connection to the divine and to love in duality. Our love for our husband or wife, children, car or job is like a picked flower. Once we identify it with specific relationships or objects of love, cut off from love for all creation, it will eventually wilt.

Tread lightly for beneath your feet are your fragile loves, the flowers of your divine essence. Speak gently for the breeze you move is your heart unfurling like a rose. Watch softly for your gaze is a hailstorm in another place. Act with infinite delicacy for everything, here and there, near and far, real and not; all are love, and all are in you, and all are you, and all are Goddess God.

Your breath is the breath of Goddess God, your eyes his/her eyes. That gaze is infinitely powerful, as are you, for you are the loving instrument of Goddess God. He/She is in you and sees through you.

No love is more powerful nor gentle than this loving look, this instant of love, radiating out from your heart, from your eyes through all time and space, only to return back, shining through millions of yours and theys to become again and always the light of the one love, the light of Goddess God that you are.

What is Love?

We search for love. We yearn for it. We seek it everywhere and when we find it we are intoxicated by the heady beauty of the emotion, of our true self.

We know love heals us. We don't need a scientist or doctor to tell us. Every human knows that when love is truly present it brings harmony, and a person lives in joy and happiness, in tranquility and peace. The Joy of love permeates our every smile.

We find unconditional love in simple kindnesses.

We find spiritual love in devotion to Gods and Goddesses.

We find love with our beloveds, holding hands and staring into moonlit eyes for something deep, something intimate and personal to us.

We find love in passion and compassion; family and strangers; the tangible and the intangible.

Love is the food of our soul, the music of our life.

Love is quite simply the most intangible expression of humanity; it is at a fundamental level both what we are and what makes us divine.

There is only Love.

When emotions are exhausted, when there is nothing more to be said, when you find yourself saying goodbye to someone close to you, there is nothing left but love.

My heart exploded with love for Her. When the psychic dust had settled, there was nothing left but a shining bright crystal core, like a magnificent multi-dimensional diamond.

I knew it was Love. I knew that there was only Love. I saw it. I felt it. I knew it. Love.