

2010-02-02

GIVE YOUR LOVE AWAY!

We cannot really give peace and love to others until we accept them for ourselves. Peace and love begin from within, not from without. It is very easy for us to forget this principle, and when we do, we find ourselves in pain and conflict once again.

When we are experiencing a lack of love in our lives, we frequently behave as though we're automobiles about to run out of gas and go searching desperately for someone to fill us up with love in order to keep on going. We forget that love, which continually renews itself as we extend it to others, is the essence of our being. Instead, we perceive it as something outside ourselves, given to us by others in limited quantities, which we are constantly afraid, will run out. We often spend a great deal of time seeking love -- believing that what we want and need is outside ourselves -- expecting others to meet these needs, and sooner or later, we're disappointed and frustrated because we don't get what we think we want, often with depression, conflict and anger following.

The reason we experience these limiting, negative feelings and thoughts is because we literally give our power away. When we give others the option to decide for us whether we're going to be peaceful or in conflict, we only reinforce the belief that we are victims of the world around us. Forgetting that we alone are responsible for our own peace, we erroneously conclude that whatever happens to us is caused by someone or something outside ourselves.

The only way human beings have ever devised for being loved, is to BE LOVING!! If you want love, show it; if you want love, give it away -- in great big chunks. Allow yourself to love people who come across your path -- even those who may irritate you! You'll find that love is an energy and power, and the more you give of it, the more you have to give. Try it! It works!

From Good-Bye To Guilt
By Gerald G. Jampolsky, M.D.

Read by Kenneth Haystead
PEACE FOR TODAY
February 2, 2010