

Happy, joy-filled people just stand out. Their joy cup is so full that it overflows, falling on everyone and everything around them. It has a magnetic quality that attracts others, drawing them to it like warm sun on a winter morning. Like the sun, it has no need to shine, but it cannot do otherwise. That is what love is and what it does. Love is a state of being that spills over the boundaries of the Self, naturally, wholesomely, joyfully. The vibration of Love and its sister emotion, Joy, are the highest examples of life that we can be.

Love means:

1. We have no goal, no need for any particular outcome, no hanging on to expectations. Many self help books discuss goal setting, which is the opposite of what love is. Goal-setting causes you to live in the future, to base self worth on achievement of objectives and puts values outside of oneself. This is for people who think that once they achieve something they will be lovable. More often than not, we fall short of those goals and feel disappointed, unworthy and unhappy. They simply become another tool for self-abuse.
2. We are not ego-based (exclusionary of others). The ego is in balance since its worth is not based on any expectation of outcome. The ego acknowledges it and all others are One. It simply IS.
3. We are unconditional. Freed from hanging on to an expected outcome, we allow it ALL.
4. We are unlimited. Our thoughts and actions no longer include can't, shouldn't, only and never. Freed from limitation, we experience being much more, and we allow ourselves to experience whatever happens.
5. We are judgment free. We remain in the free flow of allowance so that the unseen reveals itself, including the unseen self.