

## Loving and Being Loved

What I have learned when going through some difficult times.

The difficult time(s) could be any event(s) in our lives. It can range from death, illnesses i.e. physical and mental, separation /divorce, breakup of relationship, loneliness, depression etc. I believe during this phase we are very vulnerable and feel less love either from our friends or even the universe and much less do we feel God's love. But the truth of the matter is that the Love from God and the Universe is more immanent than ever. It's just that we fail to feel THAT Love. Also there is the tendency to do irrational things i.e. saying things without putting much thought as to how our words or even actions may affect others, especially people we profess to love and regard as our own. And in the process we learn that we cannot undo what has already been done. Forgiveness is a noble trait and one who is able to forgive and forget is indeed virtuous, truly a moral soul. But how many are truly able to forgive and forget easily? Will there be the same level of trust and open communication? What is friendship worth to you? Is your friendship the expression of Unshakeable Love?

I have learned to retreat to Silence in these situations. My Higher Self than allows me to feel the LOVE that I really am. I feel the pervasiveness of the Love of the universe and God's Love permeating my environment. I then realize that this Love in reality is coming forth from within me. A little time to my self and a little bit of calmness brings out the gem that is inside of me.

**When a person feels loved, he/she acts loving.** And people who frequently act loving, receive a lot of love. Love creates love. It can be great.

**But if or when someone doesn't feel loved, then he/she can't be more loving, which makes him/her less lovable. It can be awful.** When we are not feeling loved, we don't have much love to give. When we are not feeling loved, we want to receive. We can't force ourselves to be loving toward another person any more than we can force someone else to be loving towards us. **It's circular. We can't love unless we're loved, and we (mostly) won't be loved unless we're loving. Love creates Love.** When the cycle of love is working positively--you give love and receive it from the people you love--it's great, but how do you get it started? To get the cycle of giving and receiving love started and to keep it going during the hard times--and there will be hard times--we need to have love flowing in from outside of us.

**There is love available. God is loving us all of the time. His love is being poured out to us, all of the time. But we're usually insensitive to it.** The way to get more love in our lives, I believe, is to be more receptive to the love that God is giving us right now.

**God gives us little loving impulses. Our job is to act on them.** He suggests small acts of kindness and gentleness. When we act on those, trusting God as we do so, we bring more love into our lives and into the world.

**God sends His love to us through other people in little ways. Our job is to recognize it and receive it.** Others are not usually going to shower us with love because they don't have it in them.

**Love comes in little ways, and we generally give love in little ways.** Rather than grumbling over what we aren't getting, we need to see the love that is there. As we learn to act on our little loving impulses, to recognize and receive the love that is being given to us, and as we are grateful to God for this love, it increases. We find ourselves giving more love and receiving more love.

**When we don't feel loved, it is hard to see beyond the negatives, beyond the ways in which we aren't loved. We must learn to go within to rediscover that love. We have it within us and yet we go all over the universe in search of it. Love is the source of all love.**

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