

How to use love in your life

As already mentioned, love has unequalled power because it is an equalising, balancing, harmonising force that is always at work somewhere in the world. Love works on two levels; personal and impersonal. On the personal level you can generate love as an expression of kindness, gentleness, fondness, devotion and appreciation of those in your family and those in your circle of close friends. On an impersonal level, love is the ability to get along with people and having good will toward others without personal attachment. For example, if disharmony should arise at work where several people are involved, bring each person to mind, bless them with thoughts of goodwill and mentally see harmony restored in the situation. Show love to each of them. You may see misunderstandings fade and tempers cool. Impersonal love can also make a perfect stranger risk their own life to save the life of another human being. For example, a house catches on fire and a person passing the house can hear the owner screaming in terror inside the house. That person risks his/her own life to rush into the inferno to bring the terrified home owner safely out of the house. The saviour does not know the person in the house but risks their life to save someone in need. That is impersonal love.

As much as it is within your power, live in harmony and remain on good terms with everyone. Conduct yourself with wisdom and love towards others and let your speech always be with grace so you know how to respond to each other. When you make an effort to take an interest in and be concerned for, those around you - that is love in action. When you are in a difficult situation, release love into it and put it to work on the stubborn problems in your life. There is no reason why any of us can't learn to generate love in the same way we generate other natural forces.

Use your love to focus on the needs of others instead of focusing inwardly on your own concerns to the detriment of others. This can be a difficult skill to learn if you are a person who likes to 'hold the floor' and let others know all about yourself. You are not being asked to lose yourself in the process, rather, show an interest in others and be prepared to patiently listen to them tell *their* story. Learn to be aware of the needs of those around you and be prepared to leave your own comfort zone to be there for someone who needs your love. When you "do to others what you would have them do to you"; when you involve yourself in the lives of other people, making their lives easier and more enjoyable, you reap the reward of the love that flows between you.