

6. Lovers

Keyword: union

Affirmation: I see the Divine in myself reflected in another.

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Pamela Wells has been working as a fine artist, commercial illustrator and graphic designer for over 20 years. She has won many art awards and shown her fine art work throughout the country. She specializes in creative work (web design, commercial illustration and fine artwork) that leads to greater understanding and awareness. Her goddess fine artwork incorporates her interest in the study of transpersonal psychology, integral transformative spiritual practice and the evolution of human consciousness. She cares deeply about both men and women and also about the ecological preservation of the planet which benefits all living things.

Affirmations for the Everyday Goddess

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When you are born into the world, there begins a longing in you for union with the other. The Lover's arcanum asks "What or whom do you seek?" Love awakens you to the essence of yourself, another, all sentient beings and God. Love between two people celebrates the wholeness of body and mind. When love radiates outward like the roots of a tree, truth, beauty and goodness are realized. To be in love with another is to remember paradise.

Affirming the Lovers

The minute I heard my first love story
I started looking for you, not knowing
how blind that was.
Lovers don't finally meet somewhere.
They're in each other all along.
—Jelaluddin Rumi

It is only possible to grow into an awareness of who you really are through the experience of love. The first thing to learn is how to love yourself; the second is to move beyond yourself and to learn how to love another.

When you were very young, you had no fear and felt no separation from your mother until you became older and more aware of yourself. Your family taught you how to love, and they were foundational in shaping your original self-concept. Despite their best intentions, they may have taught you how to control love and they may have limited your self-concept to who they wanted you to become.

So what is love and what does a healthy self-concept look like?

Love is life. It is a much greater force than you so it cannot be controlled by you or by anyone else. You were born as a result of love and every cell in your body and also your life-force energy is love. You are completely present to the moment in that energy.

Affirmations for the Everyday Goddess

When you are *in love*, there is no searching for meaning because love gives meaning to your life. The reason you feel so alive, complete and full is because you have “fallen back into unconsciousness” - into your emotional heart center. Your mind isn't running the show any longer.

The secret of loving is surrendering to this greater force. Allow it to move you out of your mind and into your heart where you can begin to feel and become whole. Many people live in their minds and have not been taught the great importance of the heart center or how to live from the heart. A healthy person lives in both the mind and the heart.

A healthy self-concept results from learning how to love yourself. You do this by recreating who you were told you are by rewriting your personal history and by being in love with another person.

Self-love doesn't limit who you are or what you can become. Once you are an adult, it is your responsibility to make yourself enormously full of understanding, knowledge, love, and full of everything else. If you don't like you, create a new you! You are unique and it is supremely important to return to respect and love for yourself.

Rewriting your personal history is about taking a look at your life as if you were watching a movie and seeing the little you who was doing the best you could under the circumstances. Forgive and let go of the past. Imagine: today can be the first day of the life you always wanted. Free yourself from the constraints put on your identity by your family or your society. Start over and re-create the you who is timeless, limitless, full of abundance and connected to everything.

Your ability to love yourself will determine your ability to unconditionally love another. Being in love with another person will lead you back to who you are. From a non-dual perspective, you are the witness (I am) of everything that arises. Without a mind and a body and an

object of perception (like another) you wouldn't be able to experience who you really are.

Loving another helps you remember that you are not separate. During these moments, the beloved disappears and you have entered paradise again. You are possessed by something greater than you - a love tsunami!

Love will transform your whole life because it is through love that you learn that another being is just a reflection of yourself, and in so doing, you grow into knowing the ultimate love of God.

Jesus said, "God is Love". When love grows to include all of existence, everything has become the lover or the beloved and your whole life becomes a prayer filled with love and light.

Contemplation for the Lovers

1. What is another name for awareness, and what is awareness?
2. What did my family and culture teach me about love and my self-concept?
3. What are some of the symptoms of feeling separate?
4. What is love?
5. What have I been taught about emotions, feelings and the heart?
6. What is the difference between "living in my mind" versus "living from my heart"?
7. What is self-love?
8. How do I rewrite my past, personal history?
9. What have I learned from loving another person?
10. What is the ultimate love?

Affirmations for the Everyday Goddess

Exercise: Consciousness Visualization

Feel the consciousness of each person as your own consciousness. Become the consciousness of your husband, your best friend, a tree, the sky, a bird, or a mountain. You might find this challenging at first, but the only way to find out is to try. Here is an example of becoming the consciousness of the mountain:

Become the consciousness of the mountain by entering into the foot of the mountain and becoming the mountain. Feel the rising up, the strength and power in you and when you look around, you see a great expanse of land spreading from your base and out into the horizon. See the land is busy with activity, and feel the land vibrating with energy. Above, there is an expansive blue sky, and you hear silence and feel peace.

The mountain is completely satisfied and content with her magnificent view. She feels the land at her feet, and she touches the sky at the same time. She is energized yet peaceful, strong, powerful and confident in her existence.

As the mountain changes every moment, you are also changing. The deeper you go into the consciousness of the mountain, the more empathy you have and the more you can understand the feelings and language of the mountain. If you can feel a strong connection with the mountain right now, you have become truly united and one with the mountain.

Ask: "May I experience Divine love."