

We Are Love

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violent action among friends: an ethnographic reflection on processes of moral and emotional perceptions and justifications of conduct

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We are all magnificent beings of love. Only the veil of beliefs we embrace masks our brilliance. At our core, we all share a cosmic connection that is the essence of love manifested in infinite ways. We are consciousness embodied in forms, exploring the depths of our imagination in a universal adventure to know and expand all that is. We know this intuitively. We feel this innately. It is who we are and, despite what our outer awareness may convey to the contrary, this truth touches our heart and illumines our soul.

At first, we may resist this grand view of ourselves. Even though it may resonate on the deepest level, our millennia of combined habits, beliefs and experiences, passed through countless generations, can seem absolute. We think of ourselves as less when we allow others to define us. In reality, we are consciousness evolving, both individually and collectively. At times, we can be so sure of our outer perspectives we engage in battle to maintain them. In other eras, we have an infusion of creativity that creates a renaissance of thought and feeling, catapulting us into new realms of potential.

Through these ebbs and flows, we continue to expand and evolve. When we carry the very best of our ideas forward, we flourish. However, when we become stalwart and stagnant with outmoded ideas, we stifle our progress and expansion. Eventually, with newer generations, we begin to flow again and reap the benefit of the previous experiences. When viewed from a broad perspective, there is never a good or bad, right or wrong, simply a flowing of our energy of love. The reality we perceive is infinitely more than we can ever take in. Given our limitations of senses, specific and often narrow focus, personal filters of beliefs, or perpetuating ingrained cultural traditions, we are always doing the best we know how to do, given where we are.

Timeless and eternal, unconditional love is the one universal constant that is present and intimately infused in every aspect of our lives. Love is what makes the most profound difference when we are consciously aware of it. When we allow it to flow through us as compassion, kindness, empathy, appreciation and respect, we lift the very nature of our reality to a higher dimensional level. We inspire and expand pure potential each time we choose to be a presence of love. This is who we are and why we are here on this journey of life.

The way forward is allowing this realization of love to permeate our conscious awareness in every moment. The more we engage love as the foundation of our lives, the greater we will expand our reality where everyone benefits from this vast horizon of potentiality. By accepting ourselves unconditionally and approaching each moment in the same way, we give birth to an ever-brighter world. We are the ones we have looked for over the eons. We are the love we seek. We are the love we are.