

SOUL LIGHT - Twenty Eight

REALITY IS LOVE

Over the past 20 years I have written well over a thousand articles on spirituality for both my own books and newsletters and other quality journals across the world. If I had to encapsulate my teachings into just three words this would be them – Reality is Love.

Love is the only reality. Love unifies the universe.

Love is the flow of energy that mystics both ancient and modern constantly speak about.

Know it or not, it is love that is reading these words right now!

Like it or not, it is Love that is your very being – love and nothing but love.

Yes, you are love.

Everything that is real within you – as you - is love.

Anything that seems to be within you that isn't love is just an illusion, a misapprehension of the reality of love from which you are temporarily suffering. (Don't worry, we're all in the same boat. We all forget sometimes!).

Everything is simply love in action.

Flowers, trees, plants, rocks, streams, oceans, birds, animals, people....

You can call this Love by any name you wish – God, spirit, light, George..... in truth it's simply Love.

And that Love, that creative delight, that harmony of existence, that song of life is the only reality there is.

The forgetting we are Love we call our illusions.

The belief that we can happily exist in our forgetfulness is plain delusion.

The results of our forgetfulness are clearly seen today in the many hurting, angry, lost and unfulfilled people we find in the world.

They've simply forgotten who they are.

The answer is obviously to remember.

To remember who we are – love.

To remember our purpose – to love.

To remember how we heal – by becoming a conduit for love.

To remember how we make ourselves whole – by fully embracing the love we are.

To remember how we remember – by loving ourself enough to go inside and face the truth: reality is love.

Is anything real?

Absolutely!

Love.

Welcome to reality!

Love and Blessings,

Les