

Love is the Answer to Every Question

If you touch one thing with deep awareness, you touch everything.

~Thick Nhat Hanh

From the beginning of time we have been attracted to each other and to the continuing cycle of life, to gain sustenance, grow and play out a destiny together. This attraction leads to admiration, love, and in due course, to higher vibrations of light energy. At love's first blush, our combined energy is a powerful thing to behold. We can practically see the stars light up as we become the focus and center of the earth, of *our Universe*. We are in awe of each other as we discover the wonder and bliss of being together, being one. The mirror image is perfect as it reflects the joy and power of sharing. This is perfect love, perfect joy and perfect peace played out in a reflection of the other.

Romantic love is the prelude to a partnership in life's journey. This powerful journey provides nourishment to the soul, and alas, ego builds as the perfect complement to life. More definition comes to the partnership as a family begins and we take our place in the community. When we look down at our first child we realize this gift from the Heavens, the perfect creation and complement to life, has unfolded. Great steams of energy shift our personal light ever higher in a brilliant illumination that everyone recognizes. The joy and love in this reflection of self is an awesome experience that many share and all recognize. Love answers the ancient call to generate more love.

Loving from the deepest part of ourselves, given without expectation or judgment, allows the blessed object of our desire to flourish. Both participants of the mirrored partnership find balance and healing in this renewing exchange of energy. In this simple exchange we truly see the other at a soul level while reciprocally giving of self. This is easily recognized and understood with lovers, children, friends, and also with pets. Energy shifts back and forth as we take some, and give some. Food for the soul, this nourishment is a critical part of loving, and often overlooked in our driven lifestyles. Keeping love's energy vibrating high requires that we see each other, feel each other and give to the other in the way that meets our personal needs.

Let's look at this from a different perspective, a plant for example. What kind of growth would occur in plant life if we only put water on it and deprived it of food? We all need different types of food to flourish. Plants get their energy from light; therefore, they need light to live and to go through the natural photosynthesis process. They will subsist without other nutrients, but not thrive. For plants to go beyond survival, to *thrive*, they need additional nutrients as the soil is depleted. Plants also need to be loved and admired.

Ask anyone with a green thumb why their plants do so well. They will readily admit that they *love* their plants. This is the difference between a green thumb and a brown thumb. The green thumb gardener gives their plants attention. Even an object, such as a car, needs attention. Car lovers provide more undivided attention to their vehicles than some parents give to their children. They wash, rub, polish, admire, take pictures of and fully appreciate their vehicles. Thus love creates beauty in the eye of the beholder. Not so easy for someone with whom relationship is a struggle.

The relationship that is a struggle is the most important of all. I am not referring to abusive relationships, but those that seem to cause discomfort. This is where we really grow into ourselves. Learning to see past the projection in this relationship of our most unwanted traits is the first step in true love of self. Difficult as it may be to admit, that mirror is there because we have invited it into our lives. Get rid of the mirror and another one appears to take its place. Get rid of the relationship and it will be back exactly like the last one. When we allow ourselves to witness this part of self, accept and love ourselves, we are empowered. We have come to know and embrace all aspects of humanity.

Providing the energy of love is all there is in life. Love is the answer to every question. Give unconditionally to what you behold, especially those parts that are not well understood. Observe and give without judgment or expectation. Witness the mirror's heart, the fulcrum and core of the reflection. This is love fulfilled, baring and exposing itself to both sides of the mirror's edge in a dance of compassion. Love is co-creating itself in splendor and adorning itself in the light from our deepest and purest soulful reflection.

Love asks nothing, but to be. Whatever is left within the circle of love falls aside in appreciation of its self. We need only share that self and in the giving, we both grow and move to the next level of beingness. When we find that fulcrum's edge in each mirror we behold, the relationship or beloved object comes full circle and energy's light shifts again in deep revelation. Lifted to perfect balance, we co-create our lives in full recognition as duality becomes complementary rather than opposed to the other. Touch one thing in pure conscious awareness and our veil is lifted. We ascend to full consciousness, and the circle of life fills with a purity and peace that nourishes the spirit. As love becomes the answer to every question, we live life in a mirror-less world of full abundance: materially, emotionally and spiritually.

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