

# Love is letting go of fear

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In this paper I wish to talk a little about loving yourself. You cannot love others until you can truly love yourself and until you are prepared to love you cannot truly be loved. There are so many sayings and phrases that we can all trot out about the subject but few of us are prepared to practice what we preach. I speak with more than a little authority on the subject myself! It applies to pretty much everything else you can come up with, you cannot heal until you yourself are healed and you cannot be healed until you are prepared to allow yourself to be healed. You cannot teach until you have been taught yourself and cannot be taught until you are prepared to be taught. In order to achieve any of these things you have to live in the present and that is a very hard thing to do. Few of us can ever say we live wholly in the present; many of us fear the future or regret the past. Our only true reality is the present, the past has been and gone and the future may never happen. Lets deal a little with the past; as far as I am aware nobody has yet managed to find a reliable way of going backwards in time and so we can have no way of living our time again and therefore no way of changing what happened. Regret, sorrow, anger, envy and guilt are all very negative emotions and are centred on our past and as such are beyond our control. What is within our control is the way we deal with them. For all these emotions, we are responsible! For example, anger, you are responsible for allowing something or someone to affect the way we feel to the point where we feel angry. Jealousy, you are responsible for allowing your own sense of insecurity to control you to the point where you feel jealous. Guilt – you are responsible! Sorrow is a bit different as it is usually caused by one or more of the aforementioned but ultimately you are responsible! If you are feeling sorrow because of perhaps the end of a relationship you will find some of all the above contributing towards that feeling. So we have allowed ourselves to move into that space.

I remember when my own mother passed, that evening I was numb, I was unable to feel anything at all. There was a certain amount of anger but that didn't feel appropriate, I walked into a bar where the staff knew me and fussed around me but that didn't feel right either so I went home. The following morning when I awoke I felt happy! There was inside me the warm glow of happiness as I leapt from my bed and headed down stairs to put the kettle on. I remember thinking at the time, "I shouldn't be thinking this way! My mother has just died; I should be feeling sad, at best." I opted to feel sad and because that was my choice the dear old subconscious did its best to make me feel that way and what a job it did! It was several years before I could remember feeling happy again. I could blame the world, the universe, the government, and did, but ultimately it was me that chose to feel that way! The biggest thing preventing us from living in the now is our negative emotions concerning our past and they are all centred round fear.

Some other areas of fear take us into the future, which as I said may never happen. Fear of the unknown, greed, craving, lust; all based on the future and all negative emotions which

prevent us from living in the now. They are all the fear of not having enough; whether that be money, goods, food, love, sex and a thousand other things. We need to trust in ourselves and trust in the now! We have enough to survive the next minute and that is all that matters. Can I pay the mortgage, well, maybe; maybe not! But do you need to pay it now this minute, chances are, no! Even if it was the minute when the payment needed to be made, fretting about it at one in the morning would not alter anything. Take the moment and give it our greatest effort, grasp any opportunity as it presents itself and if you have nothing better to do, go with it. We are all trying to activate our subconscious here and make it give us the opportunities to achieve our goals and yet many will spend our lives worrying about the past and not believing the opportunity of the future and giving them both so much of our attention that the bit to which we should be giving our attention, we are ignoring! The way we will achieve our best is to cast off the past, the subconscious has taken all the information that it needs from that to guide our actions in the future. The future is pure speculation and so can have no real effect on our lives today. They both prevent us from living in the now and that is where we can only truly be happy. It is when we are happy and living in the now that we are in a space where we can accept healing, love and the myriad of other things which we would allow ourselves in order to feel whole. We cannot love until we can love ourselves; cast your mind back to a time when you were feeling regret or even guilt for something that you felt responsible for and let's face it we've all been there. When you are in that space the last thing on your mind is receiving love for yourself and very often if someone tries to give it you find it irritating. When you can cut yourself loose from the situation in the past that has caused the self loathing then you are in a position to forgive yourself and love yourself again.