

## **Pretending More Than Love Matters**

*Johnny Depp in the movie Don Juan deMarco, proclaimed:*

*"There are only four questions of value: What is sacred? Of what is the spirit made? What is worth living for? What is worth dying for? The answer to each is the same - **LOVE.**"*

Following an especially challenging time spent with a friend, I kept mulling over in my mind all of our differences and how they made it extremely difficult for us to connect. Continuing along this train of thinking, I began to feel like I was “wasting my time and energy” by continuing to be “involved” in this relationship. I felt sad and disappointed that I hadn’t realized earlier how our vast differences kept us from having the type of relationship I desire and deserve.

I began to feel fearful. Fearful that THIS relationship was preventing me from having the relationship I desire and deserve. Fear that our differences are too great. Fear that I would waste more time and energy by continuing the relationship. Fear that it might end. Fear that it might not end. Fear . . .

I then thought about how deeply I love and care about the well-being of this person, and how that love and caring is reciprocated to the fullest extent possible given our differences.

My next thought? “All that really matters is that we love one another.” And I KNEW that was the truth.

And “The Universe” validated my thought with this email message:

**Each person in your life is there for a reason, DebraRae, and that reason always has something to do with love.**

**Like me,  
The Universe**

On this planet of dichotomies . . . along the spectrum with LOVE at one end, what is at the other end? FEAR!

Many times, our responses are primarily rooted in and motivated by fear—fear of what might happen, fear of what might not happen; fear of not being able to handle what might happen; fear of things changing; fear of things not changing; fear of the unknown, fear of what you know and don't like – whew! That's a whole lot of fear flying around!

Definition of insanity: *doing the same thing over and over and expecting different results!*

Choose love! Choose to release all resentments. Forgive everyone. Choose to release all regrets. Forgive yourself for all decisions you have ever made that didn't work out as you hoped. Forgive yourself for any financial decisions that didn't meet your expectations. Release your regrets if you choose the "wrong" spouse or the "wrong" career. Today, choose love. Choose to love yourself. Choose to love your life. Choose to love all the friends, family, co-workers, acquaintances, and others with whom you share your life.

Love = pure, supportive, uplifting, healing, light

Ask yourself: “Does my choice validate spirit, eternity, limitlessness, oneness, allness, wholeness and truth? Does it validate who I really am?”

How? How do we move from fear to love? A Laurie Cameron explains in her book, “The Journey From Fear to Love,” by using the cycle of reinforcement. Our thoughts create our feelings. Feelings influence our attitude. Attitude is the driving force behind the words we choose. The actions we choose generally match the words we speak. And those actions, typically, in turn, reinforce your original thoughts. (DIAGRAM)

This cycle of reinforcement, like Universal Law, is NOT dependent upon thoughts being positive or negative, judgmental or compassionate: the cycle is the same regardless.

Laurie goes on to say, “The Evolutionary Relationship is one in which you and your partner consciously and intentionally CHOOSE thoughts, words and actions motivated by love over those motivated by fear as frequently as you can.”

Typically, in time, this process is one that happens with progressively less effort and with more grace and ease.

It is said—and written in a book—that there are five languages of love.

**Verbal Communication** – Speaking “words of love,” including, “I Love You” and expressing how one feels about another

**Service** – Doing small—or large—“acts of kindness” for someone (fixing dinner, running an errand for them, etc.)

**Gifts** – (small “tokens” or large)

**Physical Touch** (hand-holding, cuddling, kissing, hugging, etc.)

**Quality Time** (spent together)

Rather than one being more important than another, it’s more a matter of which most resonates with you. When you prioritize the importance of each for yourself, it becomes clearer how you desire to have love expressed to you as well as how you prefer to express it. This “gauge” can be helpful in understanding the dynamics of your relationships.

In the last chapter of her book, Laurie talks about not “peeing in your own pool.”

Many people believe you’re not affected when you think a destructive thought about another person or speak a hateful word. They may even believe the other person isn’t affected or hurt by it. However, scientific evidence is mounting that says their beliefs are wrong on both accounts.

When we think hateful, judgmental, caustic or angry thoughts, we’re actually releasing that negative energy into the same energy field we occupy. Metaphorically, Laurie explains, we’re peeing in our own pool.

THAT’S why it’s so critically important that we consciously and intentionally CHOOSE our thoughts, words and actions. Doing so not only supports your relationship, it also supports you and every other being on the planet.

***Remember: EVERY thought you think, every word you speak, and every action you take is YOUR choice and YOUR responsibility—no one else’s.***

Love is an energy field in which we exist. It is a state of being in which we exist. When we step into it, it surrounds us, it envelops us, it shapes us, it fills us. It nurtures us. When we assume that love is a feeling, we diminish it. Feelings come and go. States of being – energy fields – ebb and waft like clouds. And yet their substance is always present. It is energy available for creation. Love always.

### **A message from ArchAngel Metatron.**

When you are concerned about a friend, send them more love than worry. When you feel disappointed or let down by a person (including yourself) or a situation, send more love to yourself and the other. When you feel anticipatory of what the next wonderful thing that is going to happen is, send even more love to it and feel it grow.

Send love ahead into all of your moments today. Before you answer or dial the phone, send love to be available in the conversation. When you get in your vehicle, send love to the route ahead of you. Before you enter your workplace, offer love to all of the corners of the building, encounters, exchanges, processes, expertise, challenges, opportunities and outcomes.

Before you eat, send love to the preparation and the intake of that with which you choose to nourish your body. Before you slip off into your sleep at the end of the day, send love to your regeneration and dream time. Oh, and then, be available for your love to meet and fill you in the midst of your unfolding moments.

### ***WINGS Report from Karen Bishop – Haiti***

The massive earthquake that recently occurred in Haiti created a monumental heart opening for the planet. The pain, suffering, and tragic loss it created opened our hearts and shifted the planet, pushing it into the heart space that it will be now operating from.

These beautiful and giving souls who agreed at their soul levels to be a part of this experience, have served this planet in ways

unseen for a very long time. As it was time for many of their soul levels to depart, they agreed to depart in a way that would serve the planet and take it to its new and higher level.

Haiti will become a very sacred space, as it already has, and this event will be remembered for a very long time. It was a part of our very new beginning, and a part that will change the vibration and direction of our new world as well.

These brave, unbelievably loving and precious souls, have given to this planet more than we could ever know. They have assisted in shifting the planet into its very new way of being that involves coming from the heart.

*Hatred paralyzes life; love releases it. Hatred confuses life; love harmonizes it. Hatred darkens life; love illumines it.* - Martin Luther King Jr.

A brief and powerful excerpt from The Hathors (an ancient Egyptian-like alien civilization):

*Your Love is our greatest award.*

Many of us have pondered the questions: *What is love? How do you find it? How do you know when it's real? Is your way of loving a function of nature or a function of nurture? What other ways of loving are possible? How does love show up across different cultures?*

Many of us have pondered these same questions. *22 Ways 2 Love You* is a film project and video series that documents the quest to explore questions like these.

The original concept for this project was born inside a conversation between two lovers. The desire to expand these conversations to the rest of the world compels them to begin a journey with nothing more than themselves, a small film crew, and a burning curiosity to hear what the world has to say. The journey begins in Denver, CO, with dozens of interviews and thought provoking dialogues that capture a story about love like no other. The journey takes them into the community and to experts who address the science of love, the psychology of relationships, and the nature of sexuality.

While this film presents many different perspectives on love familiar to us all, it also presents unique perspectives on love that are unfamiliar to most. The project is a vessel for these conversations to thrive as the evolution of love in the modern world unfolds before our eyes.

I close today's message you with a heartfelt prayer from Laurie Cameron's book:

*May you choose your thoughts, words and actions carefully, consciously and deliberately.*

*May you always hold love, kindness and compassion in your heart.*

*And may you travel the journey from fear to love with gratitude and grace.*

**NOTE:**

**I have available one copy of Laurie Cameron's book, which includes a half-hour phone relationship counseling session, for \$40, including shipping and sales tax. Email [AngelChanneler@aol.com](mailto:AngelChanneler@aol.com) and I'll respond with order information.**