

# The Nature of Love

*Love is a term used frequently among those seeking enlightenment or awakening, but it has many different connotations. Janu and the Brotherhood of Light have addressed this concept over the years. This collection is provided for ease of reading and consideration. As always, you are encouraged to consider them for yourself and take your own journey into the Truth.*

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## **Understanding the nature of love**

January 22, 1997

JANU: This love inquiry that you issue forth this morning has more wonder, more magic, more beauty, and more range or depth as you put it, than one can imagine. In the truest sense, in the deepest depth, dear one, love is pure being so at one with all of life that there is no sense in any way of being separate from any of it. For the life that you perceive is you. In this reality, this understanding, the paths of exploration and expansion, of assimilation and of experimentation are choices made by you as the elements of life. This breadth of reality and understanding in its completeness would distract your focus of involvement of an elemental life from its full embrace.

This all-embracing reality is shared to varying degrees by the elements of life. Consciousness has the capacity to bridge these degrees of awareness and grow into the fuller reality, you see. Even the expressions and understandings of what many call love shares these degrees of awareness. Understand that the fuller reality of love embraces, as essential nature, all the lower orders of this understanding, for in true pure love all life is embraced as its own nature. The oneness we speak of so often is the path to this reality. In pure love, dear one, you are not at odds or in disagreement with anything.

There are those who ascribe to the beloved of spirit, flawless reality, perfection and all knowingness. These dear ones are but yet another order of reality, dear one, growing, learning, profiting from choices of involvement, serving, and aspiring to grander realities. The love we speak of embraces them the same as it embraces you. What they have achieved is the bridging of a greater degree of any sense of separation from life.

You are free, dear one, to embrace as much or as little of life as you choose. To focus wholly your awareness on your piece of life's creation or embrace more fully the source of it, and realize that in truth, that in pure love, there is one life. The more you embrace this truth, the deeper, the more profound, and the clearer is your caring for all the levels of life, all of your comrades in life, regardless of their stations. Service and enriching to the end of life, dear one, is a consciousness in its fullness that holds no aspect of life in higher regard than another.

Our union in consciousness is not for the purpose, to blend all interests and endeavors into one, but we truly support, encourage and inspire these endeavors and share in their truth. As you know, the diversity of life is part of its strength and its mechanism for ongoingness. But the strength of diversity is realized when shared and the love we speak of makes this possible. For you realize that the profits of your journey are not for you alone but for you as one with all of life. The old ways of comparing one journey with another, one life with another, of greater and lesser worth, of greater and lesser truth, of being for and against, limits the enriching of life, diminishing of shared diversity, of shared profit. The old battlegrounds, dear one, of advantage over others, the illusion of security and power, have served their purpose and have demonstrated a faculty for willfulness, individuality, creativeness or creativity, the power to manipulate creation. It is time, dear one, to elevate these qualities into the profit of shared diversity and mutual support of each one's unique path.

You are moving up the ladder of pure love with no condemnation for the rung that got you to the one you reach for. Understand this clearly, dear one. Gratitude serves better here for it opens and holds open the opportunities for a fuller life. One who lives in

gratitude adds value to life. The Brothers of the Light condemn no one, regardless of their position in their journey. We love who you are and appreciate your life enrichment.

Ponder this, dear one, in your contemplations into how you conduct your life and speak to another. We are with you in this. Let us bridge the realities of love together. Namaste, our brother.

### **Understanding the purpose for the quality of Love to exist in the nature of life itself**

December 1, 2000 B

JANU: We have a presentation this evening that speaks well of the nature that you aspire to, that you acknowledge, and that you cherish, that being the source of love that gives you life. For to be in your octave of life, one must assume from that perspective a caring for, an affinity for the framework and nature of life that sustains it. For this evening's subject, "The nature of Love", we would begin with a short or small discourse as to the purpose or reason for this quality in the nature of life itself.

To begin with, there comes a time when each element of life acknowledges and expresses its true nature. This takes place for the reason that the ongoingness of any expression of life must be sustained and the true nature accomplishes this. It does so through the medium of a quality of love and all its dynamics or attributes, if you will. Love is the vehicle of expression that is connected with all of life in such a way as to bring about the gift of life's true nature that sustains it. When one puts their attention upon, to return to a conscious union with this love within them, there becomes a vehicle of expression that is this love, that delivers the resource of life for your ongoingness. This quality of the nature of life brings about a wholeness to the many purposes of your life's journey. This quality of love has substance, has counterpart, in the finer life to your materiality. It has presence and a life that touches all life as if it were of that life and, through the intent of its creator, it is.

The nature of love, then, is that which not only binds all life but continues it, serves it, and reveals it to its creator. For the most part, a being perceives not love as a separate thing from the life it serves, but perceives it by its expression reflected in the quality of the life it serves. Love is known through all creation by many names, many expressions. Love is found by the quest within. The service you offer another to unfold their life finds this presence shaping itself perfectly for the moment. Accepting this opportunity completes the shaping and fulfills it. Its capacity for expression never diminishes. As long as there is life so shall it be.

### **The Forbidden Zone**

January 5, 2001 B

JANU: To begin with, this afternoon's journey will include a journey into what some have called 'the forbidden zone' of the nature of life. Forbidden by them for it brings to the surface the inequities of the various choices having been made by those in their expressions and manipulations of what they have called 'for the love of mankind.'

This forbidden zone reveals the true nature of everything. One must walk the simple path of purity, single mindedness, and a conscious seeming addiction for the truth of life, including their own. Few imagine the reality of being in the presence of the true nature of love, and what that means to your entire being and all of your life's choices. When placed at the root of your path in life, choices are made as if you were the object of your attention, the object of your concern, the object of your service, and the object of

your perception of that you need. To begin with, one must acclimate to this purity of motive of profound peace at the heart of desire and they stand in full knowingness that they move and have their being in a relationship with all of life that can no longer be seen as separate or unconcerned. Yet their beingness remains unique in all of creation for they understand in some measure the vast diversity that makes the completeness of the nature of life. This loving presence, which is the nature of the vitality of life, springs forth in full blossom when lived by life's companions.

Please bring to your awareness on these journeys in this series this forbidden zone of absolute freedom. The price has always been 'to achieve that you desire, you must be one with it.' Namaste, our brother.

### **Experiencing the Unifying Principle of Love**

January 22, 2001 C

JANU: This is a happy occasion for it brings us together on a point of substance and interest that develops nicely along the lines of the unifying principle of life, for love does accomplish this, you see, for it is a common reality for all of life. The nature of love includes this understanding, this unifying principle. And, really, only through this principle does one appreciate the perspective of life of the coexistence of unity and uniqueness.

To achieve this understanding, this viewpoint, one must embrace their own loving nature. And if it is their desire, the unifying principle of the presence of love serves that desire. You may well ask, "How does one invoke this experience?" It is done so by breathing that life into your being, your consciousness, your vehicles of presence and expression. Breathe in now, on all levels, the unifying principle of the true nature of love. We will accomplish this with you at this time.

You are now experiencing the crown chakra activating to this flow, for this is the channel of life, a conduit of nourishment, of regeneration, of reconfiguration, and reawakening. Breathe in this unifying principle and allow the alerting to its presence and its influence to every element of your being. Even at this point, the radiance of your life force is enhanced. Allow this to continue, to permeate you, enlighten you, and bring you peace and clarity. Allow the regeneration to take place, noting their activity. The joy of renewal experienced again and again. This nature of love is unmistakable and gives testimony to its presence by these responses. Life in your world is not mandated to be devoid of this flow, this joy, and this peace. Choose to live in this way and so it shall be.

### **Love on the Path of Awakening**

July 25, 2001 B

JANU: I am Janu speaking, hearing your request that which I am dear to: the understanding of the presence of Love in the path of awakening. To pursue this course, for anyone's journey, is to embark upon a path of righteous commitment, forsaking no part of life and embracing that which gives all life.

Love, as a vehicle for awakening, brings order and harmony to the elements of that awakening and reveals ever more of the purity of thought as creator.

Love on the path of awakening inspires the purity of the journeys of everyone. Love on the path of awakening awakens all of the powers within for health and well-being, clarity of mind, openness of heart, symmetry of your engagement with life. Balance and order do not limit the diversity of your journeys, but enrich them and reveal all that they contain.

Love on the path of awakening beholds the truth of the one awakening and the object of that awakening.

Love on the path of awakening honors life as none other can. And the opportunities to embrace all aspects of life are opened to you, reaching into the depths of your being.

Love on the path of awakening explains life with such great clarity that none is condemned or dismissed out of hand.

Love on the path of awakening reveals patience as a virtue and a theme that allows all life its due.

We beseech you to understand these things and embrace them in your way. We are the Brotherhood of Light, and this we know. Namaste.

### **The Language of Love**

October 30, 2001 A

JANU: Much has been said on this subject and much has been accomplished. Yet the language of love persists as a beacon for so many who reach for a remedy for their challenges in life. The language of love holds within it the promise and the hope of all generations and those to come. The language of love is the intimacy of connection and relating to the truth, to the reality, of all life. The language of love speaks to everyone's heart, everyone's spirit. The language of love is known by all creatures of your world through kindness and assistance and the peace and integrity of your being. The language of love inspires the best in everyone. The language of love adapts to all forms of life. The language of love is the pathway home to that within you that has always loved you and brought you endless opportunity to know your truth. The language of love reveals the essential nature of all of life's changes, flows, nuances, and relationships.

This language of which we speak is the patterns of life that connect us all with each other, for this matrix of existence is the source of all patterns which are born of its nature. To speak the language of love, one must know that love within themselves and call it forth as if an unstoppable utterance from the Fountain of Life. All of life responds in kind for this utterance is recognized by that same source within. And it is unstoppable. Chose love, then, dear one, as the basis for communication in your relationships, in your searches for understanding, in your journeys into the mysteries of life, and all mysteries will reveal their truth in kind.

### **The Fabric of Life**

November 25, 2001 B

JANU: The subject 'the nature of love' addresses the quality that reveals to all of humanity, the purpose of life itself. Love is woven through the fabric of all of life and binds it in such a manner. This tapestry you call Life is as the imprint of color and design imposed upon this basic fabric. The weaver of this fabric of life has woven such that the intersections of these threads are intersections by which the weaver is known. And the weaver knows the design of life, the patterns of existence, the countless purposes, desires and intents. These intersections in the fabric of life, whose nature is love, are where all things meet and find their common ground. The designs of the pattern of life have no platform for existence without this tapestry. It is in this way that love binds all life and is available. The memories of life are woven here as well, for these memories are lovingly received by the weaver on this fabric of life. And all of life records itself in the

ongoingness of the weaver. Therefore, all is known, nothing is lost, and life is enriched by every moment.

Love, the fabric of life, makes all of this possible and brings together the weaver and life's journeyer. Love knows no limitations save that which is born within it, that being the vehicle for the nourishing of life and its creator. There is reciprocity, you see, in all of the realities and functions of life. The vehicle for this is love. Love, then, the vehicle of communication, the primary connection between creator and creation is in the essential nature in all you are and do. Let this be a theme for life and living, and unify all your purposes and reasons for being.

### **The True Nature**

Nov. 4, 2008 B

JANU: The nature of love embraces a profound reality that anchors itself in the heart of the first principle of life: the expression of pure being and all of its potential. The nature of love transforms and transcends what is to become of the first principle of life. It begs the notion that the first principle of life is a continuation on the road to a larger venue. To journey into this understanding, one must prepare oneself for a deeper and less confined experience. For love itself, even on this level, is expanding on its manifestation of its potential. For there is love reality larger than your universe. All of life is in motion.

Now, as to the nature of this more immediate to the human journey, let us say that we would expand your understanding to a point. The tapestry that love reveals its nature through, by expression, is characterized by the returning to a consciousness and experience of engaging life's patterns of expression as if you were they. Each expression speaks to survival, even when one avoids the responsibility of their creation. "But survival of what?" you may ask. And it is the survival of the true nature of love that your own True Being embraces.

When one has fear as the basis for their conduct, their decisions, its nature is the fear of disconnection, of separation, of being alone, of uncertain survival in the sea of life. But the fear masks the joy that lives in your True Nature that is seamlessly intertwined with the magic and the beauty, the true power, of the love of life. When one feels fear, surrender that to the peace and joy of the living presence of love that is your nature. Allow its presence to regenerate a powerful love of who you are, as you are. Feel the warmth, the companionship, and the peace. This opens you to clarity and understanding and resolve.

### **Vitality**

January 24, 2012

JANU: We have certainty in our focus this morning, that being the essential element of life, the nature of love. There continues within us and through us this quality that surpasses most understanding, for it resides deeply within the constitution of this fabric of life. There are those among you who embody this understanding, yet are not understood to the degree that others easily accept it. Let us journey, then, this morning, in a direction of that understanding and acceptance.

This nature of love that we speak of continues to embrace and imbue with vitality, the existence of each one, and we are included in this. Without it, or an awareness of it, or a relationship with it, vitality becomes less and less the foundation upon which life's purposes are based and therefore, unrealized fully.

Love, on all levels and in all expressions, brings vitality to your interests, your carings, and motivations, your well being and the expressions you offer others. Life speaks to life, my brother, and vitality is no stranger to the nature of another. It allows an individual to stand in their truth and experience the vitality of life. A purpose that is owned and believed in is one that is rich with this vitality. The love of life is the love of everything you do and know, invigorated by this vitality.

Let there be, then, within you a richness in your life, difficult to explain or describe but is unmistakable in the presence of others and in your own self-awareness. This universal vitality, for it is in all creation, my brother, is known throughout the universe and others. Different words, different purposes, different relationships, but the fundamental tapestry is the same. To embrace another, from another world, a different reality, vitality communicates a peace, from a common understanding and connection.

Let us discourse, then, from time to time, as we bring about a diverse and rich understanding of the nature of love. We are with you, our brother, and all who love, whether they understand it or not. Namaste.

### **The Language of Life**

August 17, 2012 A

JANU: What, then, can one say about love and its nature? It permeates life so completely, including the true nature of life itself, that to separate it for analysis is very unnatural. The nature of love is so complete as to its own presence in life that analysis yields something less. Love is to be lived, my brother, not as some object of interest, separate in any way from life. How thoroughly can you know and understand and analyze your true divine nature, the eternal you, the spark of life that is your being? One may analyze the expressions of love, which is useful, but its true nature is realized in life itself, for they are one.

One might do well to approach this from appreciating the range of expression of love. Every expression in life, every occurrence, every interaction, yes, even conflict...conflicts...continue life and this is life's mission, love's mission: the continuation of life. Let there be, then, in each one an understanding that grows in the direction of continuing life. What greater purpose for humanity than that this be so?

Love is the vehicle of expression that communicates most effectively from one element of life to another. It is the language of life and is how life speaks to itself, across the breadth of its existence and potential. Yes, 'language of life' is a good beginning on this journey. Let there be, then, an understanding of this as when you observe such expression that this is the language of life.

So we will explore this, our brother, on this platform, this basis, for a growing understanding of the nature of love. Thank you, our brother, and namaste.

### **The Nature of Love**

Sept. 26, 2012 A

JANU: The nature of love, the focus for this morning; it is a subject that is dear to all life, even so-called unsophisticated life, the creatures of your world. They all understand this to one degree or another. So what is the nature of this reality that is everywhere? It is born of the desire to become one with the life that is all of life, the origin of your being, the reason for being, and the fruits of existence that perpetuate this—rephrase: that support this. The nature of love is life's embrace of all its potential to become realized,

engaged, and develop into always the next phase of life, the next threshold, the next beauty.

Observe the process of creation and re-creation throughout the universe that continues on and on. Is there not a pattern here of purpose and the creation of opportunities to become? This exists for all elements of life; even your worlds spew forth life in their molten rock, their lava, enriching their worlds again and again.

Love is everywhere, our brother, and is seen in everything, as everything moves through life. And as you observe its manifestation, be aware that its reality and its manifestations exist beyond your current understanding. For wherever there is love, there is life. Observe, then, our brother, as you may and perceive the manifestations of love, from the smallest to the largest, from the briefest existence to the seeming eternal.

Love is serving life. Do not forget the love that is within you, through you, around you. All of your vehicles find balance in unity, harmonious existence, supported by the love of your own being, for this platform of consciousness is the vehicle for loving others who will be encouraged by its beauty.

Thank you, our brother, for this journey, for this movement through life, and for our mutual service to life. Namaste.

### **The Language and Truth of Life through True Peace**

Nov. 8, 2012

JANU: I am Janu speaking, wagering, then this morning, that the Nature of Love will bargain for your awakening to its truth by challenging you to allow it. A bargain, my brother, you can't lose, for life will love you anyway.

Now, then, what of this Nature of Love? It can be symbolized by a handshake between life and all of creation. A handshake you can ignore or embrace, but always remains. Everything in life has the in-breath and the out-breath of the flow of life. The character of this varies greatly as to the needs of the elements of creation. Allow, then, the life-giving reality of this in-breath and out-breath to restore you. Free your consciousness of limitation. It is the Breath of Life and it is the Nature of Love. All of life has a rhythm, a cadence for living, and recognizes all of its being, its diversity one to another, by this rhythm.

The language of love, the breath of life, the rhythm of everything go hand in hand with awakening, for all of this, our brother, is your True Nature. So, realizing the truth of your being is realizing the truth of life, and that's what love is: the truth of life. Restore this focus in your interests, in your embrace, and encourage it where you may.

This nature of love communicates, for it is the language of life, with *every* part of life, in nature, the creatures of the Earth, each other, and worlds beyond. Develop your ease and command of this foundation of life and you open the door on this path with true peace and its true power and its clarity.

### **Love allows all life to be what it chooses, so choose wisely.**

Dec. 22, 2012

JANU: The nature of love speaks for itself, for without its truth, its reality, its presence, its omnipresence, there would be no life. For it allows life to continue, any way it chooses, for in the choosing comes the experience, and the experience yields the wisdom of the choice. And the potential of life allows for countless possibilities of discovery, fulfillment, engagement, even new life forms, our brother. For each specific



manifestation of life has beginning and end, yet life goes on and life continues and the richness builds.

What then as to this nature of love is there to discover, understand, and allow? It is everywhere, our brother. There are no areas of life without it. As to its nature, its character, its reality, these are without limit in qualities, performance, and potential. Love binds life into existence and not just physical, you see, all existence, all reality. The entire universe is bound by this principle, unto its beginning and to the end of its cycle. And love allows it to begin again.

Love in your life at this time has enormous possibilities for allowing life to flourish, become more diverse, and more conscious. Co-creators create by this, our brother. The collective and the so-called individual find harmony in this and peace in the midst of all of the expressions, the journeys. Love allows life to be whatever it chooses. When tragedies occur, people ask, “Why was this allowed? Where was the intervention?” It is not the nature of love, our brother, to disallow, but it is the nature of life to gain wisdom to make more loving choices and act accordingly.

For answers to these questions that trouble those in strife, look within at the choices made by those who made them and were allowed to, through the reality of unlimited love. There is the answer, our brother, and there ultimately is the peace and the confidence to continue. Understanding is a key to freedom and the mastery of life.

We recognize this, and so do you, our brother. Master life through the power of love that allows all truth to continue. Namaste, our brother.

### **Love and human destiny**

Jan. 2, 2013

JANU: For this morning’s journey let us consider that which belongs to the nature of the love life has for all creation. This love is unlimited, knows no bounds, and is intimate with everything at all times. The love that is expressed in countless ways. When two engage in coupling, the love they feel for each other is an expression of life, regardless of its depth, content, or range. So then, to appreciate the observation of any kind of—rephrase: any expression of love is to view life in motion and the miracle of it.

It is the same throughout the universe, our brother. Little things and big things are one, for their root is the same. And where would life be without it? So, when one explores the deeper and larger expressions of love from life itself, the theme and the source is the same. And the appreciation deepens and broadens and becomes richer.

So we would see this new year be ‘enriched’ with this, and the overcoming of challenges through it, and creativity enhanced by it. And for humanity, the time coming when discovering another species, seeing this love is part of their life as well. And in that, realizing your connection with the rest of life has always been there although undiscovered. The vision for human destiny includes this, and one reason why so many have a vision for humanity that allows them to serve humanity.

So, as humanity reaches to discover life on another world, may that searching be imbued with a first contact that speaks of love. Namaste, our brother.

## **All Life is Bound and Enriched by Love**

March 12, 2013 C

JANU: Let us continue then with the dialogue that best describes the enriching nature of this reality. For this reality enriches everything, all of life, all of creation. For how could it not be so?

The intimacy of love in everything transposes disassociation into renewal, rejuvenation, and the aspects of life that counter any alternative. The nature of love speaks to that which lives within, self-preservation. Be aware, our brother, that this sense of preservation exists throughout all of creation, even what you call inanimate objects. It exists in the light from your sun: the continuation of its consumption of energy, materials.

There is preservation everywhere. When a star explodes and the dust clouds ensue and the accretions begin, and formations, preservation is alive and well. This reality is part of the nature of love and all of life supports this, in one way or another. Continuation, preservation, connection, oneness. Think you humanity is the only life that knows the joy of love? All of life knows this, our brother, even this world of your choosing, in its way.

The nature of love is rich with elements of its expression, of contribution, and presence. You talk of the binding nature of life, everything bound together. Does not love speak of this, in its reality, its expression? Come to understand, know, and perceive this reality and to appreciate it in every part of creation, including your neighbor. Love communicates across time and space. A love for the life of others on worlds you have yet to meet is the beginning of communication and understanding.

This nature plays a strong role and the reason we are together for these journeys. It is part of your mission in life to embrace this, to be it, and to magnify it. So let us continue our journeys, our brother, and magnify the love that we are. Namaste.

## **A Loving Consciousness**

May 14, 2013

JANU: This subject, the Nature of Love, extends further than you might realize. And, as you just intuited a moment ago, to find love in yourself you choose to see love in everyone else, everything else, every moment. For doing this, and accomplishing this, brings your awareness to the love within your being. To find love within yourself first, separate, misses the point of love's true nature. It is everywhere and in everything. Touch life with your consciousness, all creation, all creatures, all manifestations. Intimacy in this way reveals the love that is the bond that draws you near and brings you clarity and the connection that has always existed. Too long humanity has perceived life as something outside them, separate paths, separate purposes, separate meaning, separate identity.

The loving consciousness finds revelation in everything. It broadcasts this on its life path. Before encountering a foreign species from another world, connect with your loving consciousness, for they have this nature as well. It is how they exist, whether conscious of it or not. And you will know their true nature. This can be applied to your politicians who seek office, in the same way. All you seek dealings with, or to serve, or to understand, in the same way. Be then, our brother, a loving consciousness and touch the lives of others, whether human or not, and so much will be revealed that justifies the love, you see. Even those in spirit are known in this way.

Now, the nature of the love that you embrace them with has no judgment or condemnation or evaluation of good or bad, right or wrong. It's just life touching life.

Even if they are with anger or judgment or suffering, it matters not in your approach, in your embrace. Be prepared, our brother, when you do this, for a flood—by comparison—of revelation, insight, understanding, for each one is rich with these for they are life in motion. Stay centered in your true integrity. It shows character and strength and is now enriched and more conscious.

### **All life is loved and is love**

July 5, 2013

JANU: Loving, then, is the natural way of life, all of life. What do we mean by ‘loving,’ then? For it finds an infinite variety of expressions. There is the love between people, isolated in the form it takes between two, to subtly imply that one loves only one and not another, dedicated to the well-being and nurturing of a mate. The love of a community is different in their perception, for a nation or humanity, unique expressions of the universal love of life.

How does loving then become a way of life, a way of being, a way of perceiving, and a way of serving? Must it always be modified with the circumstance, the object of loving? Yes and no, our brother. Yes, in the sense of the nature of that needed in another or a circumstance or a condition. No, in the sense of oneness, connection.

Another form of love is that which accepts and cherishes love from another, and from life itself. This honors the giver and, when lovingly received, supports the love of self. Love is an exchange of the presence of life: its beauty, its infinite embrace, and its continuation. For when life continues, consciousness expands and becomes more inclusive, and from the infinitesimal to the infinite, to the collective of all life, new creation is inspired and life fulfills its destiny.

A loving consciousness communicates everywhere and every-when. The entire process of life is revealed in the reality of Now and is touched, connected with past, present, and future. So live and love in the moment, our brother, without evaluation of worth, for all life is of equal worth, is loved, and is love.

### **Experiencing life loving you and you loving yourself and others**

Aug. 25, 2013

JANU: I am Janu speaking, reaching then into this pocket of understanding of a fundamental element of life. Let us pull out a nuance, then, that enriches primary understanding.

The nature of love, then, our brother, is better understood as ‘love is the nature of life.’ Witness those you’ve known who have difficulty accepting a love for themselves, of who they are. And this, you might say, has a souring effect upon relationships, performance in life, and expansion of consciousness and creativity. Those you have counseled on this subject seem not to take this understanding to heart, to manifest change in perception. And this love of self extends, our brother, to a love of your place in life, your performance on your journey as a human being, your first thought of the morning when arising, or your last thought in the evening before sleep, reviewing your day—and not only your contribution but what you have received.

Loving yourself can be seen from many perspectives. A doorway into this is one person truly loving another in such a way that the one receiving can experience it. Many have forgotten or lost sight of the experience of being loved. And this is where individuals can raise the consciousness of all of humanity, by loving even one person with patience and understanding.

The presence of love is universally sensed. When you are genuinely loving another or yourself, you are aware of it, its peace, its upliftment, its enrichment. This is not some bizarre experience, a stranger to daily encounters. It is a fundamental, primary, and pervasive experience, for life's love exists in every element of your being, including your human existence. Otherwise, our brother, you would cease to be.

Allowing the love of life to flower within you is a liberating experience, requiring no effort, no ritual, no technique, only allowing. It is as the breath of life to your thoughts and emotions and every cell of your body. Love is everywhere, but rejected by many who have focused their attention upon society that, in large measure, does not walk through life in this manner, isolating their consciousness to the many examples through a perceived loveless reality. Which is real and which is illusion, our brother? A love of life or a loveless existence? Choose wisely, with an open heart and open mind and a desire to be something greater.

Namaste, our brother.

### **The magic and elixir of life**

Jan. 12, 2014

JANU: The nature of love is life itself. But more than that, it is many expressions. Even as life is a continuum of creation and return, of potential and realization, so is love.

Love binds life into this continuum we speak of. Love is the attraction of life to know itself, to serve itself, to realize its potential. It is like the magnetic field that draws everything to itself. It coalesces the elements of life, of creation, into form, opportunity, and relationship. For what is life to gain, without these relationships of interaction, of potential, of history, of memory? Love even brings us together, our brother, for these journeys. For without love, they would cease to be, for they would lose meaning and purpose and fulfillment.

Love attracts elements of life after their own nature or kind or patterns of existence, desires, and interests. Fundamentally, love exists everywhere but is activated, so to speak, by those consciousnesses that live in its embrace. Humanity is not the only player in this field. All of life is, in its own way, according to its patterns of existence, its beingness, its need to give and to receive.

Love realized brings joy, freedom, enrichment, and the encouragement to be all you can be. Love frees the heart from the restrictions of limitation and expands the heart and the mind into beauty, understanding, and serving life. Describing all that love is and can be is an endless journey, but one worth taking, our brother, for it is the magic of life, the elixir of birth, the adventure and the coming home, at the same time.

### **Love something or someone every day**

Mar. 7, 2014

JANU: For the most part, our brother, the nature of love speaks for itself. Its nature is life itself, the range of its expression or manifestation, unlimited. It inspires, draws near, elements of life. The fruits of it are gratitude, loving return, unlimited patience, profound caring, and the continuation of life itself. It isn't just scientific curiosity that inspires one world to visit another, but the expansion of the species and the life and the consciousness into new frontiers, embracing life more fully and, through a growing compassion for newly discovered life, service, uplift, fulfillment of dreams, understanding, exploring life together.

Love brings a warmth from within that life loves you no matter what. You are worthy just by being. And so is everyone else. Love sacrifices for another. All the acts of

love enrich life and an enriched life offers greater opportunities to realize potential and become a more profound expression of love in each one. Many consider love an emotional activity or response to life. It is that, our brother, and far more. Love unites us all in the purpose of living, which is for life to realize itself and elevate and deepen the meaning of love.

Loving and being loved, as they say, are two sides of the same coin. Both are necessary for love to function and perform its role in life. Be sure to love something or someone every day. Namaste, our brother.

### **The Ways of Love**

May 1, 2014

JANU: The Nature of Love is a journey of longstanding, profound depth and unlimited potential. What is there to understand of love, other than it is the vehicle of life to exist, to be, to express, to embrace itself, to continue, and to become richer. Love is a reality that has so many attributes, characteristics, it is difficult to describe them. Here and there one appreciates the reality of love in a particular expression of life.

The path of discovery and growing into the meaning and purpose of love is a never-ending journey, but the entire journey is rich, our brother, and full of life. The meaning grows and deepens. And on this journey, one becomes conscious of oneness, connection with all that life is and can be. Even in deep despair and isolation, seeming separation from life, love is present. And yet one with your life continuing, to discover who you are, what you're capable of, and why you exist.

The troubadour and his song are inspired by love and attempt to express it. The infant, newly born, is the embodiment of love, not only in its creation but in its love for the opportunity to be one with the parents and flower into this world. Everywhere that life issues forth, in new birth and in the transition of changing life, there is love. It never ceases, always in motion, and embraces you from within and without. It is interesting to observe love moving in waves through life, through populations, communities, families, surging and ebbing with conditions of consciousness.

Can an individual who lives alone be in love? They can and must be, our brother, for they are loved into life and, in return, are in love with life. A circle of being, one enhancing the other, as the Breath of Life moves across Creation. Life nurtures itself through love. The manifestations are beyond number. Find love in one way or another every day. Namaste.

### **The Act of Love**

July 1, 2014

JANU: We are Janu speaking, to explore the meaning of love, its purpose, and its expression. What we see here at first is the coalescing factor of love, uniting life and its expressions, its creations, into composites, forms, beings, worlds, and universes. It is possible to look at a single fish in the sea with awakened eyes and see love all around it and through it. It is conscious of this and has a natural urge to relate to others in a loving way, combining lives, stronger to overcome the challenges of living. Portions of humanity see this and live this way. Others do not.

Would that people could see one another as an opportunity through love to be stronger and more complete, more creative, more insightful, and mutually beneficial. It would change the face of the Earth in terms of human consciousness and society. Love serves the expansion of life, ever growing richer with endless possibilities. Even Life

itself, our brother, is not aware of all it can be. We are not speaking of life here as a thing, an object, but as a reality with vitality and presence and Pure Being.

When a planet coalesces from the debris of creation, it isn't just gravity that brings these together. It is the love of Life, creating platforms of life to expand and enrich in countless ways. Science has done well to understand the mechanics of life, but how life functions through love is still a mystery.

Most of humanity sees love as a thing of passion and emotion, procreation. It is these, but so much more. Exploration of life with new understanding and experience is an expression of love. Discovering the needs of another, and their reasons for these, the desire to be of assistance is an act of love. Taking good care of your physical body is an act of love. Incarnating, fulfilling potential in the life is an act of love. Helping another fulfill their dreams is an act of love. Taking care of the Earth is an act of love. And even taking another breath to continue the life is an act of love. Standing in harm's way to save the life of another is a grand act of love.

Acts of love are all around you and bring purpose and meaning to life and to love. Have a loving day, our brother, and namaste.

### **Life loves you unconditionally. Do you?**

Apr. 8, 2015 B

JANU: We are engaging at this time the will of the people of the Earth to better understand and inspire. Human society can be easily triggered into the embracing of a new understanding. They do it to each other frequently. A new use of the language involving only one word can take hold and be universally used, until another comes along, as you have witnessed. So what is the protocol for inspiring humanity with any new idea? Attuning to their individual and collective True Natures is the beginning. For they should decide what is needed, not an individual.

Humanity has been observed since the beginning. A degree of consciousness, individually and collectively, has changed the opportunity to inspire dramatically. As you are learning, inspiring another is a delicate reality. But the True Natures of those involved are aware of what is needed and we shall proceed.

Many humans do not love themselves unconditionally. A good place to begin. To be aware that life loves you no matter what you've done, or thought, or been, without any conditions is a beginning as well. How is it that life can love you so but one cannot love themselves? And how does one find peace? That understanding alone, our brother, is a grand service. To forgive yourself, then own all that you've been and admitted to your True Nature. A cleansing and the freedom begins and, once begun, it is easier to accept. Moving from philosophy and words to experience. And the heart and the mind become freed from the prison of guilt, unforgiveness, doubt and confusion, and fear.

### **Love transforms destructive energy**

Apr. 11, 2015

JANU: We are challenging, again, the seeming obstructions to a peaceful life. Not with more obstruction, resistance, rejection, but transformation. All energies in life are mutable. What you possess within the consciousness can be transformed.

The full power of love is seldom understood. It is a primary transformative reality and can absorb, so to speak, all energies of any form and transform them into more useful forms of energy. Even in the face of conflicts and battle, destruction, violence, hate and greed, these can all be transformed so that they no longer exist at all in that form.

Profound love has the power to accomplish this. So, when observing discordant energy that attempts to connect with you, absorb it into the love that you are, that it ceases to be the form it has been. These forms are created by consciousnesses that are not free to be their nature, caught up in the misperceptions they have chosen or accepted from others.

Love is powerful. It finds its root in the nature of Life and draws upon this. Love is not defined by passion. It is the embrace of Life itself. Align yourself and your understanding with the core reality, the essential nature of all of life. True Peace, fearless consciousness, and a loving response at all times, not to agree with distortions, miscreations, but to transform your relationship within your own being. And your True Power, your True Nature, your True Peace become your way of living, understanding and serving life. Namaste.