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The OM (the *One Moment*) ~
Life's Truisms in Balance
A weekly column by Nenari, Princess of the Sea



This week's column I present to you on the discourse of Love. Enjoy being in this OM, the *One Moment*.

What is Love Anyway? By Nenari, Princess of the Sea

Have you ever heard of the song by Howard Jones called "*What is Love?*" Well, I am a lover of music. Music is my heart, always has been since I was a small child. I have been a singer/songwriter in addition to many other talents most of my life. Upon this song coming to me in my head the other day, it starting me thinking of the lyrics and as the song goes ~ 'What *is* Love anyway?, does anybody love anybody anyway?...can anybody love anyone so much that they will never fear? Never worry, never be sad?'

Is this really true, is there any such thing? We as a society tend to glamourise love. Our media tends to make it all mushy, that it's all about wine and roses. Or the opposite extreme where "*Love is a Battlefield*" as Pat Benetar would say. Is that really all there is to love, one extreme to another?

In my life through both experience and something I would like to call Divine guidance, I have come to understand what love really is, and also what it is not. Love really begins within. Now, I know, I know, many of you reading this would say, 'ok, here goes another one talking about how I gotta love myself, that is so old!' Yet, it is true. The most loving relationship you will ever embark upon is the one within you. To truly love and accept who you are and feel comfortable enough in your own skin. And then to share that love with another as sacred hearts entwine and with all in the world is the most powerful mirrored expression of who you are ever and is why we are here; to love and be loved

again and again. When we balance the male and female energies within us first, we will then naturally draw to us the love of all and the love of sacred hearts entwine on a sacred path where lovers dance.

So, how does one love themselves you might ask? Such a cliché term that so few understand really what it means. It means to give to ourself, our soul first in both body and spirit balance. Not in the selfish way like its all about me, that is of ego. It is about coming to understand that we all came from love as we are created in love and therefore, how can we not be that of what we are created from?

My youngest son Anthony is a prime example of this. A few years back, he was deathly afraid of mosquitoes. So I said to him one day 'Anthony can I ask you something?' and he said 'Yeah sure mom, what?' and I said 'You understand that we come from the Divine, that some people call it different things like God/Source Energy/All That Is right?' and he said 'Yeah' and then I said 'Well, if we come from All That Is, aren't we also All That Is?' and he said 'Yes, I suppose so.' So then I said to him, 'Well, if we are All That Is, then are you not that mosquito, and since you are that mosquito, how can you be afraid of that of who and what you are?!' Now, being who I am and my son Anthony knows this, he looked me and he said 'Mom, is this another one of your philosophical moments!' and I had to laugh just as he laughed as well in that moment, and then I said 'Yes, I suppose so.'

At the same moment, such profound wisdom is true ~ How can we be afraid of the very thing we are which is love? Once we come to understand who we really are, loving ourselves, body and spirit first in balance, then love becomes as easy as breathing. And anytime we feel anything other than this love, it is just simply a reminder for us to get back in touch with who we are which is love, just like Anthony did with the mosquito. As since that moment, he has had no aversion to mosquitoes again. In fact, when one of them comes near he usually catches it and lets it go free out in nature because he has come to understand one of the core essences of love, which is freedom.



Love is Freedom

One of my favourite authors Neale Donald Walsch writes, "It is only through your relationship with people, places and events that you can even exist. Relationship is the most important experience in our lives. Without it, we are nothing. Literally. Relationship is the only experience in life that brings you an experience of yourself in life. Not only do I know myself out of my relationship with you, but I literally define myself as well. I can only see in me what I see in you. Relationships that are based in real love ~ a love that is true, are relationships that are totally and completely free. Freedom is the essence of love. When we love another, we never seek to limit or restrict them in any way whatsoever. Love does not limit, does not own, does not hold in, but expands, lets go, and releases, the grandest part of who all of us are. The purpose of a relationship is to decide what part of yourself you'd like to see "show up", not what part of another you can capture and hold. The purpose of relationships is not to have another who might complete you; but to have another with whom you might share your completeness."

This quote shares with us that another does not make us whole, we are or they are not the "other half of us" as we have been told to believe. We are each one of us whole, perfect, complete, and beautiful simply as we are and in that we choose to share our completeness with another in relationship. To give such a gift that pours through us and to see its expression shine the light of love into the world is the reason the Divine gives us breath. Just like music is the embodiment of the heart, soul, and physical form of the heartbeat of the Divine making love to itself, so too are we. And in that is freedom. To give such a gift of music is to live and BE what is given in every sense of the word. For one cannot give what one is free from being themselves. Music is the river of love in which we drink from that infinitely replenishes us in being this living and BEing expression of the Divine; giving to our soul first, filling us until our cup runneth over and in that we in turn may give to others being continuously and infinitely replenished with the harmony and melody of life.

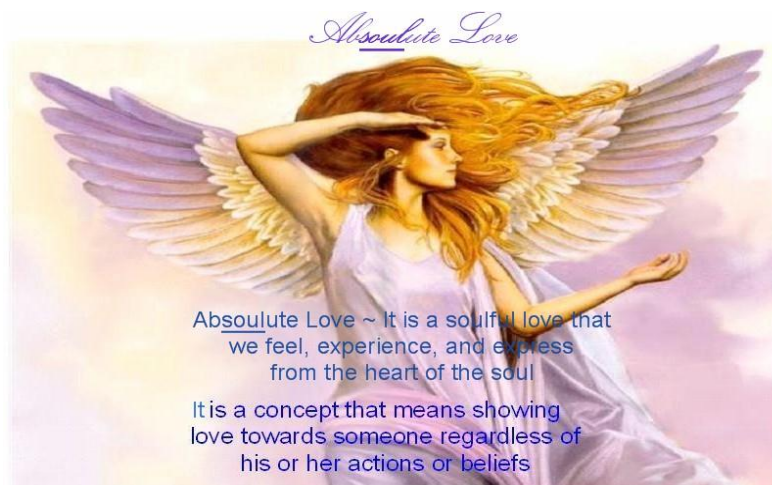
One of my favourite philosophical writers Kahlil Gibran wrote "Love one another, but make not a bond of love. Let it rather be a moving sea between the shores of your souls" ~KG, The Prophet. What Gibran is expressing here is that of love being freedom. Have you ever held on to something so tightly with your hand that when you let go your fingers were stiff and sore? But when you open your hand fully and flex your fingers, the pain is gone. That is what it is like when you let go in love allowing yourself and another to be free. At first it seems painful but the more you open up your heart, the more the amazing flow of the river that is love guides you.

Love equals freedom. When we release, let go, and allow another to simply BE who they are this is loving another into freedom. Being in love is free from meaning attachment. Being in love is simply being in the moment, embracing such a gift of being in love, and loving that person *absolutely*; from the soul as

One in heart. Loving freely in the moment, simply being with another ~ no strings, no attachments, no conditions. Just purely loving another in that moment, and giving the gift of love in that moment. And in the next moment giving them the freedom to be, to simply BE. To be free to be with you and to still be free to be on their own to create and bring the wisdom from within their heart to the all to embrace. Just as Gibran speaks of the moving sea between two souls of this love, we understand that when we are in the presence of love, it moves as freely as the sea itself. The sea is free from being bounded, held captive, or in anyway confined. So too are we to be with our loved ones, being free from holding captive another.

Love is awakening to the truth in each moment of replying to the answer of the only question that really matters, which is 'What Would Love Do Now, in this OM, this *One Moment*?' What is the loving response? What does my heart say? What am I feeling guided to do and who am I feeling guided to be in this moment? Love is why we are given life. We are called to be this light of love. It comes from a stripping of all that is not love to come to know and understand what love really is. A stripping of all that we hold dear to us; including the desire for a relationship that is one of possession and attachment, requirements and expectations which are born of the ego.

Love is free from being a chemical connection because they are a 'hunk' or meet the requirements of what society and the lifestyle needs send messages to the brain that this person is to be desired by me. Love is free from being the 'connection' energetically of wanting to hang out and have sex with this person. Nor is love an emotional release based on the pheromones produced by another that is like an addiction. Love is not the sexy attractants that trigger an emotional connection. Relationships are complex and largely based on triggers based deeply within our beings. These triggers are governed by sexuality, a need for security and 'home', and relating to on a deeper level. Yet, none of this is Love.



What is Love

Love is the breath, the blood, and the very life force human spirit was created to shelter. Love is free from being the lust of what brings pleasure from another. Such relationships have a purpose in growth, but they are free from being love. They are born of illusions. Say not "I love you" in such times of intertwining, but rather "you are filling the need I have at this moment."

Love is free from ever possessing or placing such a sacred love in a box. Love is free from attachments and conditions. Love is to know that the beloved is free as are you. For the beloved is free from ever being 'mine' as a possession, for each of us is a gift of the universe, that has blessed our beings entwined, loving one another freely, infinitely and in that we are simply here to love and be loved. To have our love for one another overflow into the universe and onto the universe and gives itself back again. And to embrace that love with honour, reverence, humility, and love in return, always.

Love is a bond so strong, so unparalleled, and so precious that allows us to simply BE. To BE who we are free from attachment and yet to come together and co~create such magic. Love is a remembering and embracing *absoulute* love, soulful love. A real REALationship, two souls BEing as OneSoul. Love is a real REALationship with a beloved and with all that is of such love and freedom.

Love is simply to love and be loved. Love is to be free from ever forgetting that the love we share both in sacred union with another and with all, has an ultimate purpose to co~create infinitely BEing the love and light of the world to transform the world. It is the song of our soul that means so much that calls us to BE such a purpose born of this love as we are the light that changes such a world. This vow, is a sacred vow given and received, free from ever being broken, a love sealed within an OM of *One Moment* and the circle of Oneness within it, burned within the heart/soul and adorned upon the physical being. It is a giving all that I Am to you and you to me, to love, the love of the Divine, or as Khalil Gibran called it the Beloved, itself and the love shared in the utmost sacredness between two or more gathered within the Divine's name.

Feeling Good

Have you ever heard someone say in a downtrodden way 'yeah man I'm in love'? When we are in love, with whomever or whatever it is ~beit our mate, a piece of chocolate cake, or our dog, we are alive and we feel good. We say in joyous jubilation 'Hey man I'm in love!' Love is about feeling good and within feeling good in each moment, recreating the feeling of falling in love again and again, whether it is falling in love with yourself or another or your favourite food.

We create this essence of love over and over again the moment we feel that wave of love washing over us, showering us with its very presence that lights us within creating a feeling of deep profound peace, bliss, and connection. It is the

remembering that we are always connected to the Divine Gibran calls as the Beloved. Within romantic relationships, we tend to call this deep falling in love infatuation and that somehow once that is over that the “real love” will begin. What we call as infatuation is actually the falling in love process that if we are to recreate it again and again in our lives with everything from our romantic relationships to the piece of trash on the street, then just like that chocolate cake you believe, all in life, even what we would consider as “bad” becomes a source and blessing of love. We then fall in love with life and one another all over again. That is the “secret” to what love is.

How is this possible you might ask? The answer is Love once more. Love is all inclusive; Love includes all and excludes none. Ego has us exclude one or the other. Love is unconditional. Just like that of the Howard Jones song “What is Love” ~ “I love you whether or not you love me, I love you even if you think I don’t, sometimes I find you doubt my love for you. But I don’t mind, why should I mind”. We tend to think that when someone does or says something we don’t like that we should just write them off and cast them aside. This is not love. Love simply loves. No matter what you do, say, think, or how you act, we simply love you. That is unconditional love in its truest form. We see this with a mother or father that loves their child. This is how we are to love one another, unconditionally.

Remember that love is the key to manifesting all we desire. Anything we perceive as imperfections simply is I AM Perfection. For you are whole, perfect, complete, and beautiful in each moment as am I and in that we are here to simply share our completeness with another in singular love relationship and in all our relationships. Let go into the sea between two or more souls of Love. Love is freedom, Love is inclusive. Love another into freedom in this moment always. All we have is this OM, this *One Moment*. Let the music of love be within your heart always.

So until the next moment within the OM, within the *One Moment* that we connect again, heart to heart, soul to soulThis is Nenari, Princess of the Sea sharing with you ~ May your life experience be filled with infinite blessings of *Absoulute* Love, Infinite Light, Abundance within its infinite forms, Peace, and Bliss always, in all ways. Namaste.