

## Love - Choose It

By Dorothy M. Neddermeyer, PhD

Every action we take is based in love or fear, not just those dealing with relationships. Decisions affecting business, industry, governments, religion, education, social agenda, economic goals, war, peace, attack, defense, aggression, submission, and the list goes on based on the only two possible mind-sets - love or fear.

Love is sometimes presented as the opposite of fear, but true love is unconditional with no opposite. True unconditional love is more powerful than any other energy. It is the environment in which all things arise. Love has energy which is expansive, opens up, sends out, empowers, heals, reveals, warm and inviting. You are made of true energy to live your life whole at one with it, whether you recognize it or not.

Negative emotions are like alligators lurking beneath the surface - rearing their heads when humans allow fear to take over. Fear has energy which draws in, runs from, closes down, hides, withholds, precipitates anger and harms self and others.

It is an illusion that you are separate from this loving energy that causes you to believe that choosing anything other than love makes sense or is possible. In the relative, dualistic world of positive and negative, darkness and light, ying and yang energy, we make choices and we learn from them. This is what we came to this earth plane to do. Underlying these choices, though, is the choice to be conscious of, who we truly are, love in action. This as volitional, it is as love does. When we choose to be conscious of it, we choose love. We still exist in the world of negative choices and cause and effect, and we need to consciously make our way, through it all. Doing so with an awareness that we are all made of love enables us to be more playful, more joyful, more loving and wise, as we navigate the vicissitudes of the earth's density.

Ultimately, the choices we make, sheds light on the love that makes us all one, enabling those who have forgotten the source to have a glimpse from hence they came. Earth's vicissitudes makes it easy to forget this source, which is why we are here. We are here to remember and, when we forget to remember again, to choose love. And when we do, we are creating who we truly are - love in action.

Love is patient and kind.

Love is not jealous or boastful.

It is not arrogant or rude.

Love does not insist on its own way.

It is not irritable or resentful.

It does not rejoice at wrong, but rejoices in the right.

Love bears all things, believes all things, hopes all things, endures all things.

Love never ends. -- I Corinthians 13: 4-8

## About the Author

Dorothy M. Neddermeyer, PhD, Life Coach, Hypnotherapist, Author, "101 Great Ways To Improve Your Life." Dr. Dorothy has the unique gift of connecting people with a broad range of profound principles that resonate in the deepest part of their being. She brings awareness to concepts not typically obvious to one's daily thoughts and feelings. <http://www.drdothy.net> Article Source:

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