



Unconditional Love

About 70% of the population is angry (can be overt, buried, indirect, passive-aggressive, etc.). Anger causes our energy to go weak, causes reactions, and ends up harming relationships and hindering personal growth. When people’s energies are strong and they are in a state of unconditional love, it is easier to handle their own anger and that of others.

In ancient Greek language, there are four words for love:

Storge: love and affection, especially of parents and children; between family members, friends, pets and owners, companions or colleagues

Philia: brotherly love, friendship or affection

Eros: an affection of a sexual nature

Agape: unconditional love: it embraces a universal, unconditional love that transcends and persists regardless of circumstance; deep love between people

People don’t normally think of the different forms of love or when they have experienced them. Unconditional love is a deep love that we often experience in nature, in spiritual experiences, with pets, with what many experience with a first love, with the birth of a baby, while watching small children play, and between people with a reciprocal, deep, loving connection. The following are descriptions of such experiences that various people have recalled:

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| Love without expectations, conditions or boundaries Trust Indescribable presence Appreciation, wonder Melting boundaries Irresistible Relief that you can feel Connections Pleasure, joy, happiness Awe, amazing Lightness Bonds that nothing can sever; unbreakable Deeply loved Bliss Incredible peace Quiet Unbelievable | Love that is shared Becoming Ability to protect others from storms Safety Emanating, radiating Positive expectations Feeling of being “home” Feeling of knowing that I am doing what I am here for Harmony A deep feeling of self-love Kindness, gentleness Authenticity Feeling “I am enough” Compassion Giving and receiving Empowerment Simplicity |
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When you remember your experiences of unconditional love, this is the best description there is of who you really are! Keep adding to this list as you remember additional experiences.

It can be helpful to write down your own experiences of unconditional love, and to feel these feelings when getting your energy strong everyday.

Some of the main reasons why we have difficulty expanding unconditional love within us are because of experiences from our past where love “hurts”, is conditional, or does not last. We need to get neutral to these past experiences in order to expand this love within us, which enables us to feel love of ourselves more deeply, and to give and receive love with others. To get to neutral, we need to identify our feelings of the worst things that have happened, or could happen, without unconditional love. Some such feelings that many clients live with or have identified are:

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| Breaches of trust | Being lied to or telling lies |
| Loneliness | Manipulation |
| Complications | Misconception |
| Hurts | Lack of self-love |
| Conditional love | Jealousy |
| Threats | Suffering |
| Holes/emptiness | Doubt |
| Negative stuff keeps coming back | Drama |
| Abandonment | Guilt |
| Criticism | Shame |

The more we feel unconditional love and keep expanding it within us, the more love and empathy we are able to give and receive.