

Daniel's reflection for week beginning 4th February 2018

You are always unconditionally, extravagantly loved by your Creator-Mother

Do you believe that you are unconditionally loved by Love itself no matter what? Allow it to overwhelm you, trusting it for the pure gift that it is. Fragile human love is generally conditional. Unconditional Love never judges or wants to change you. It has only your well-being, fulfilment and success in mind. It does not remember your failures, weaknesses, sins. And there is nothing you can do to increase or decrease that love. It is always around you and within you – at the very core of your being. You probably find this difficult to believe. Trust it, and this truth alone will bring you a new courage and freedom. But, as we warned earlier, if you dare to love be prepared to grieve. Loving and dying. They always go together. And together they change everything.

'The beginning of unconditional love is to let those we love be perfectly themselves, and not to twist them to fit our own image. Otherwise we love only the reflection of ourselves we find in them.' (Trappist monk, mystic Thomas Merton)

The Happiness Habit p95