

# WHAT IS LOVE?

By Arlene Cohen Miller

Love Is Patient  
Love Is Kind  
Love Does Not Keep Score

## PATIENCE

Do you have moments when your patience runs out and you've had enough? Does this quote resonate with you: "I want patience. Where can I take a crash course?" I taped this quote to my desk for years. I thought it was a joke, but finally realized that I was using it to justify my impatience -- with myself, my accomplishments, my life and others.

Impatience is about ego and is fuelled by fear. It will run out of energy.

True patience is inexhaustible. It's about honoring the divinity within everyone and everything. Patience is impossible without the holy encounter: The divine in me acknowledges the divine in you. I have my eyes open and see the mud on the diamond; but, the diamond in me acknowledges the diamond in you, and I love you!

Do you feel and experience the holy encounter when you greet your family, friends, loved ones, business associates, acquaintances and even those people you dislike? Practice the holy encounter. See and feel everyone you meet in person, over the internet or by phone in a new light. Feel into and acknowledge the divine within them. In so doing, you are not supporting their inappropriate or fear-based thoughts, feelings or actions. You are empathetically connecting with them on a heart level. You are filled with love, overflowing with love and radiating love. Make the holy encounter a part of your being-ness, your life.

Do you have expectations? Do you expect your partner to bring you flowers or a gift at certain times of the year? Do you expect your friends or family to ring you at specific intervals to show they care? Do you expect God to provide for your every need?

Patience is being without expectations yet knowing what will eventuate is love. The inevitable outcome of patience is love. The reward of patience is love. Patience will always win out. More love, more patience. More patience, more love.

Are you attached to things happening within a certain time frame? Do you "have to" get a raise or promotion at work within the next 6 months to be happy? Do you have a "drop

dead date" for such milestones as marriage, pregnancy, retirement, home ownership, travel or grandchildren?

Are you attached to specific outcomes? Do things have to happen a certain way for you to be happy? What if your child is gay? What if your parents divorce? What if your best friend dies? What if your boss terminates your employment? Is your happiness tied to any person, event or thing?

Do you feel a sense of urgency in your life, that something must happen very quickly for you? Do you feel that your biological clock is ticking and you must have a baby? Do you feel that you must have a certain number of clients, students or customers, and you're anxious and tense about making that happen? Are your bills stacking up as you worry about making the money to pay them?



Expectations, attachments and urgency take you out of the present moment and create fear. Fear and love are mutually exclusive. You can only experience one at a time.

Choose love. Choose to ground and express the sacred quality of patience in all moments. Here are some suggestions to assist you on your journey:

1. *Listen to Sonic Alchemy CD MK 9. You can purchase this CD at [www.theinsightfoundation.org.au](http://www.theinsightfoundation.org.au) or [www.cosmosis.net.au](http://www.cosmosis.net.au).*
2. *Become a Mentor Student through the Insight Foundation and start releasing what does not serve you and grounding what makes your heart sing.*
3. *Breathe. Affirm to yourself: "I am patient. I am love. I am grateful for all the blessings in my life."*

## **KINDNESS**

Are you kind on the outside, but angry frustrated or annoyed on the inside. Are you verbally nice to others while projecting fear-based thoughts, feelings or emotions at them? That's not kind. Actions have consequences. Eventually, usually sooner than later, you will have to clean up the mess you created with your fear.

Are you kind in some moments but not others? Do you frequently find yourself triggered into anger, sorrow or fear by your interactions with others? Do people have to be nice to you for you to reciprocate? Other people's opinions of you are none of your business; they have nothing to do with your integrity as spirit having a human experience. If you are a master, then you are a master in all moments. People can be nasty, cruel and hateful and you will radiate unconditional love and kindness. Notice how your thoughts,

feelings and emotions correlate to your external environment. Align and center connecting to the God Within and Be the love that you are.

Are you perceived to be distant and aloof even though you are feeling a lot of love? There is a balance to true kindness. It is important for your inner and outer life to be in harmony. Choose to ground and express love more fully as a human being having a physical experience. Visualize huge roots of light extending from your feet deep into the heart of the Earth while being fully present in body. Choose to radiate love. Allow your cup of love to continuously fill up and overflow into all the kingdoms on Earth.

Are you kind to yourself or do you have to "bash yourself up to be holy"? Do you feel that your past actions render you unworthy of kindness or love? Your inner critic is a part of you that you can be loved into wholeness. You can choose to break the cycle of self sabotage in any moment. Where your thoughts go, so will your life follow. So, choose to be kind to everyone and everything, including yourself. Choose love.

## **KEEPING SCORE**

My friend Silvia used to keep score with Angie, her sister. Every time they had a fight, Silvia would rehash every "wrong" that Angie had ever done to her until Angie became visibly upset and teary-eyed. "I can't believe that you are still mad about that!" Angie would say. "We worked that out ages ago. I can't believe that you are still hanging onto it! Get over yourself already!"

I used to keep score with my ex-husband, Jim. I remembered every time he bought a fancy sports car or gadget for himself and neglected our household needs. I remembered every time he "wasn't there for me." I remembered every time he hurt our son and was a "thoughtless jerk."

Mostly, I used to keep score with myself. I constantly found ways to remind myself of all my stupid mistakes, misguided decisions, failures and selfish encounters. A part of me felt comfortable beating myself up and choosing to suffer. I felt unworthy of love from anyone, especially myself. I wasn't aware that there is always a better way!

Silvia and Angie played the Victim and Martyr, projecting rage and sorrow at each other as they perpetuated a cycle of fear. I harshly judged my ex-husband as guilty of neglect, selfishness and greed, as the wrongdoer in our marriage. I kept myself in fear and separation by focusing on my "sordid past", when the mistakes I had made were actually opportunities to learn and grow.

Are these examples a mirror for you? Have you been a score keeper instead of a love finder? In this now moment, you can re-choose love. You can choose to be the love that you are.

Mother/ Father God Thy Will not my will be done. May Love Restore the Balance.

Lots of Love,

Arlene



Arlene Cohen Miller is a Mentor for the Insight Foundation and lives in Colorado, USA. She is also the Publisher and Founder of The New Age Tribune.  
E-mail: [arlenevioletearth@hotmail.com](mailto:arlenevioletearth@hotmail.com)