



## There is only Love

By Denise Miller

I was presenting a workshop and as the participants were arriving, one woman placed her handbag on the floor by her chair. Immediately a second woman rushed over and suggested that by placing her purse on the floor, she was giving her money a negative message that it isn't important and this would decrease abundance. I asked her if the advice she had given sounded fear based or love based. This started a lively discussion that took the workshop to a very different beginning than the one I had intended. It also made very clear to me just how much fear we include in even our very best intentions. As parents we desire the best for our children. We intend to save them from all the things that hurt us as children. We are so devoted to this on conscious and unconscious levels that we introduce fear into our loved ones lives without even realizing it. This isn't new. Our parents loved us enough to fill our lives with fear too!

This world that we create together each day is a truly magical place. It responds completely and exactly to our highest choice or desire. Have a look around you. That which surrounds you is a perfect display of what you are committed to. Celebrate that at last it is clear! Now make a higher choice if you are not thrilled with what you see. Is what you see fear based or love based? To me that question always requires an honest answer from myself. If I am stuck in a dead end job, or feel that I'm earning less than I deserve, is that love or fear based? Am I afraid of the power figures in my life? Is this fear real? Or is it a childish remnant of being afraid of being punished by a harsh parent? Of being afraid of losing their love? Does the situation in your adult life really call for that fear?

Often simply witnessing the fear is enough to help us realize it is out of place and time, and allows us to naturally let it go. When we broaden our focus on the positive or love based things in our lives, the things we desire more of, then that is exactly what we create. When love is all we see then that is all that can exist in our part of the world. Fear can't exist in the face of such a powerful force. I was at a Flower of Life ceremony with many dear friends and one of them began a familiar statement. As he finished I realized that my understanding and ability to focus on love had just been expanded and up leveled. I realized that by simply stating that all there is, is love and fear that I was focusing on fear at least as much as love. What my friend said that changed my focus and my understanding so much was simply – All there is, is love and the gratitude for love.

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