

In Love:

Visions of Expanding Love



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Introduction

In our first book, *Illuminations*, we challenge you to drop your protective mask, face your fears, and express yourself honestly, directly, and fully. In *Inneractions*, we asked you to live life out of a new, fresh perspective originating inside yourself and to take the necessary steps to bring the outside world into harmony with that internal vision. Meeting those challenges creates an inner and an outer peace that sets the stage for the ultimate adventure.

In Love invites you to open to love. The book begins with the love you must have for yourself and then spirals outward to embrace intimate relationships, relationships in the larger world around you, and ultimately the divine. The message is simple. It is possible to love and be loved. It is essential.

Allow Gary's oil images to draw your attention, relax and soften you. Let these words and images combine to open your heart.



Start with yourself
and let your love
grow outward
in ever-expanding circles.



You long
to be loved
and long
to give love.

You will find love here
because you're here
to find
and to bring love.





You are always in relationship,
whether you realize it or not,
so the only question is
whether you are consciously relating.

No matter where you are
or what your circumstances



it is always possible
to experience boundless love.



Only your own
sense of separateness
can keep you
feeling apart.



If you are afraid
to open to love,
it is only because
you're so very tender.



Spend time alone
and discover
your most constant
and cherished companion.

Take a fresh look
and see yourself
without the distortions
of others' perceptions.



You are not
your fears or defenses
but what lies protected
behind them.





You must first
accept your limitations
before you will ever
accept your love.



Love yourself enough
to always express
your true feelings,
needs, and limits.



Bring every aspect of your life
fully in line with your integrity.



Include yourself
in every situation
by being
fully present.

Opening to feel love
and to express love



in any of countless ways
gives meaning to your life.



You are never
so beautiful
as when
your heart opens.



In those moments when
self-consciousness recedes
and your heart opens,
there is only love.

Love yourself
as a
unique expression
of everything divine.





Love is the energy
that flows in a circle
between you and another
when you both open.



Relationship is not the drama
of pursuing unobtainable love
but loving and being loved
where it is obtainable.



Pick your path
and then
pick a companion
on the same path.



When you invite
love to come,
never settle for less
than the love you deserve.



If you give yourself up
for another's love,
your gift of sacrifice
will include your resentment.



Only open to love
with someone who wants to
respect and protect
your personal boundaries.

The flow of your love
is broken
by unexpressed
anger and pain.



All words thrown
across a gulf



of separateness
will sting like stones.



Once you withdraw your energy,
you will be gone even if you stay.



There is nothing
more painful
than being alone
together.

In order to love completely
you must stay present
despite
the urge to withdraw.





To be present,
release the past and the future,
focus on the moment,
and open your heart.



Become aware of how you
extend and withdraw
your life energy
in response to others.

Be certain
you are open



before you
express yourself.



Love can
abide only
where the truth
is spoken.

Love your partner enough
to tell the truth,
and love yourself enough
to demand it.





You can
feel love
and any other feeling
at the same time.



To have what you want in relationship
you must each commit
to press beyond your personal limits
and to support each other's changes.

Gently show each other
the limits of your loving
so you can learn together
to love beyond them





Relate to your partner
rather than
to your assumptions
about your partner.



Attachment
always
turns love
into something less.



You are attached
if another's life
becomes more about you
than it is about him or her.

Those you love
are free
to stay or go
and to choose what they would give.





Feel your love
and let that feeling
give rise to
the expressions of your love.



Each time
you touch your lover,
touch him or her
with all of your love.

It becomes natural
to relax, laugh, and play
once you heal the issues
that block the flow of love.





It's a delight
to travel through life
with a companion
who becomes a true friend.

When your need for love
is already filled inside your relationship,



you can carry your love together
into the world.



Love is a feeling of fullness
that grows inside
until it overflows
and must be given away.

You are free to love
only after
you are free
to trust.





Approach everyone you meet
as though he or she were
hurt, afraid,
and tender like you.

To know a person,
be with him or her alone,
outside
your usual roles.





You can
know another
only to the extent
that he or she guides your way.



If you
are to love here,
your love must
embrace limitations.



When your heart is open,
compassion is
the only point of view
and the only course of action.



You will never
feel loved
unless you accept
love when it's offered.



Recognize that
within their limitations
people are continually
offering you love.

The goal is not
to act in loving ways
but to feel your love
and to let it guide your actions.





Show respect for
anyone you meet
by being
fully present.



Always acknowledge
the precious gift
someone gives
by opening to you.



It takes so very little
to acknowledge
that you recognize
someone else's value.



People will melt
at the touch
of your
recognition.

Thank those
who offer you their love,
and tell them often
how very much you care.



Each time you reveal your love
to another person,
you remind that person
of the love in his or her own heart.





Every time you touch someone
with your open heart,
it sends a healing ripple
farther than you'll ever know.



When you are open
with another,
you experience
the presence of God.

Love is
the substance
beneath the illusion
in every creation.





Don't mistake your limited perception of love
for the unlimited nature of love.



In nature,
you experience
the perfect expression of spirit
in physical form.



The flowers and the asphalt,
the forests and the power lines
are equally part
of everything divine.

Nature offers you
the perfect example



of continually changing
unconditional love.



The frightening, the ugly,
and the heartbreaking
that you encounter in the world
reveal the remnants of your judgments.



Rather than reject
harsh realities,
accept them as part of
all that you're here to experience.



It takes great courage
to see harshness
and pain
and still stay open.



You're always living
in life's illusion
and in love
at the same time.



You are not separate
from anyone or anything—
despite
all appearances.



Look past the differences
that separate people
and see the human beings
that are within.



Behind all appearances,
there is always
something more
for you to see.



You are different than,
very similar to,
and the same as
everything you see.



Dissolve the illusion
of separation
between yourself
and all that you encounter.

There is love
and there is everything else

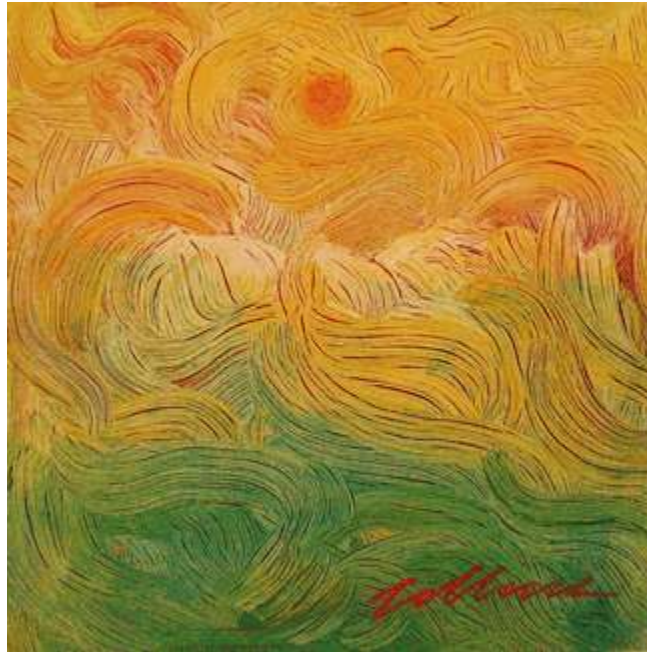


and both must be addressed
in every interaction.



In nature,
separateness falls away
and you remember
your place in the mystery.

When you connect
with nature,
you connect with
the expansive part of yourself.





Take time
to be with the earth
and you will remember
how very much you love her.



Be alone
with the earth
and you will hear God
sing you love songs.



Everything
on this planet
will be touched
by your notice.



If you first love the earth
with all of your heart,
your loving actions
will naturally follow.

The act of creation
is to love something
that does not exist
into existence.





Love is
moving
in harmony
with the universe.



You are part of
an ever-expanding,
ever-developing,
and always loving consciousness.



You are
consciousness
recognizing
itself.



Don't be afraid.
You're always embraced
in the arms
of the universe.



Speak your heart
and be willing
to listen
for the ever-present answer.



Soften, relax,
and open
to the love
that surrounds you.



Devotion is
when your heart
bursts
with your love.

When you open,
the love of the universe
is free
to pass through you.





The sensation
when your heart
opens to love
is ecstasy.

You are
already loved



beyond your ability
to imagine.



You will be in the midst
of the greatest joy
as you become a part
of everything.

About the Author

I am aware that a new day is dawning on this planet and throughout all of creation. Day by day I realize that I know less and less. I try to empty myself of all beliefs, judgments, and prejudices that separate me, and surrender to Being. I try to align and harmonize myself with Mother Earth, Father Sun, and all of my brothers and sisters on this earth and throughout all of existence.

I live with my wife, Jackie, in a quiet, walkable part of Salt Lake City, within easy driving distance of the mountains and desert we love. I maintain balance through meditation, yoga, light weight training, walking and hiking, Tai Chi, piano, sculpting, cooking healthy meals, and reading.

You can find more of my quotes, articles, books, suggested actions you can take, resources, and my blog at www.circledancer.com. You can contact me at stephenpaul@circledancer.com.

About the Artist

Gary Max Collins's paintings are exhibited internationally. A native of Utah, he has been painting as far back as he can remember, with marked success since the late 1960s. A contemporary oil and watercolor painter and one of Utah's finest landscape artists, Gary's goal is to create paintings that give people pleasure and enrich their environment. "Painting is my true joy. I feel fortunate that I am able to make my living doing what I love, that I have the luxury of being able to follow my bliss."

You can find more information about Gary and see a sampling of his recent paintings on his website, <http://gary.collinsart.net/>. You can contact him at gary@collinsart.net.