

to love

to love is boundless,
a truth without limitation.
to love is to question,
within its answer is another question.
to love is to see,
knowing not what you are looking for.
to love is to hear,
a song only experienced in feeling.
to love is to bloom,
the ripening of an open heart.
to love is to carry,
the weight of time and change.
to love is to pass,
knowing not all love is for you.
to love is to fall,
not knowing if you will be caught.
to love is to trust,
knowing not all roses are blue.
to love as a rose is blue,
growing, not told what color to be.
to love is to have faith,
the blue rose will grow once again.

Chapter 5 – to love as a rose is blue

They say that when you fall in love, that a part of you in falling in love the version of yourself you got to be with them. That the mirror of who they are is the reflection of what you see in yourself at that moment in time. A snapshot of the divine, from one reel to the next, a continuous flow of the love that you hold, in picture show of life. They intentionally hold your hand when it matters most, one who makes you feel safe, comfortable and gives you their presence when their presence is needed. A reflection of you, holding your own hand, as they are you.

The truth I feel within that is that the right person makes you fall in love with yourself. The right person makes you want to grow, to be more of who you authentically are around them and to the world around you. They become the mirror of the divinity and magick that you carry and with the right reflection, you can both continue to grow with the other always wanting to lift each other up. It was never about them giving you butterflies or making you feel special only for fleeting moments in time, as it suits them. It is about them supporting who you already are, at your truest self.

The right person will make you feel safe, even when you are apart. They will communicate openly and honestly and never feed you in the delusions or the past patterns that you hold. They will never blame you, and create blame and mistrust. They will mirror and show you the patterns back to you, showing you that it is safe to let go of what has kept you safe for so long. They will show you a new way of life,

intentional or not, but be intentional about the love that they hold for you. They will do this in a loving way, supporting, not from a toxic push and pull dynamic that makes you feel unsupported and alone.

That is where I found some truth within the toxicity of the 'twin flame journey'. I understand this is my personal opinion from my experience and understanding of it and I feel it has the capacity do much harm within its teaching and concepts, from certain teachers. They are a part of you yes, but we are all a part of one other in consciousness, as one. We are all aspects of the divine god helping each other to learn and grow.

Some people even find themselves lost in the delusion that they are on this journey, but its only their own ego and fear that has brought them to this place, just lost in the thinking of mind, the version of reality they created for themselves. Yes, the journey is real, because they created that reality, that version of them that they feel they needed to heal the deep wounds of abandonment that was still hiding within them.

Yes, people and learn and grow though its journey and I have done so myself, but there is a point where you can either stay lost within it, or to break free and realize that the purpose is done and its time to let go of the self abandonment that it has reflected back to you all this time. The self abandonment of all this time trying to convince yourself, and someone else, that you were worthy of them and their love. You saw love as outside of yourself and you have been looking in the wrong place the whole time. That is the ultimate truth of the ego and the darkness of the twin flame journey, that the love they hold is something you needed to complete yourself. It was never about them, it was always about you finding your love for yourself. You have all your own answers and they are always within, if you are quiet and still enough to hear it.

The truth of the difference is that the 'twin flame journey' is one of ego, over love. You think, they are meant to be with you because of a connection you feel. Yes we can have great connections with many people and past life partners, but it does not always mean its healthy. Those butterflies can be stored emotions of anxiety and your body telling you its not safe. Sometimes in our excitement we interpret things wrong and that is where a deep trust in our intuition comes into practice and play. This journey is a journey of growth built upon the mirroring of our darkest wounds in a sharp and painful push and pull dynamic. Anyone who has been though this or is experiencing this knows this does not feel like love and that is because it is not. It is growth yes, but though processing pain with more pain and constant rejection. How is that love?

I know there is a better process to this I feel it deep within me, the truth that exists out there and that is the dance of the 'divine counterparts'. This is a journey of healing those same wounds with love and support from another without the ego, fear and push pull dynamic. Don't get me wrong, it may bring up some feelings of push and pull, but it will be met with honesty, consistency, and being present with one another in the times that we need them. I know this exists because I feel its truth within me. I feel I want to give that experience to another as they do the same for me. Trust me I know I am far from perfect but one truth I know I hold dear is 'honesty', and I feel this is the foundation where this can be consciously built from. It is important to be honest with them and yourself, especially when you are able to shed old truths of ego, with new truths of love. Truth can change as we shed the masks that used to keep us safe an an old energy. The dance of the divine counterparts is a new energy of love and it is meant to be as such, if you consciously choose this path. It takes closing one door to allow the divine to open a new one for you.

Imagine falling in love with yourself, along while falling in love with someone who actually wants to see and be with your true self, flaws and all. Who chooses you, despite the all, and still wants to grow with you in those moments of pain and discomfort. One who is not afraid to change old beliefs and patterning and willing co create new ones with you. Someone who wants to hold your hand for all of time as they know they will hold yours just the same, as you now hold onto your own.

You may ask ‘Can twin flames become divine counterparts?’. I would have to answer yes because if you understand the divine universe you understand that love holds no bounds. All is possible in the realm of imagination and creation, in the collective consciousness of who we all are. There are no limits of the divinity within us or in others who are also us, from a different point of view. The answer is also choice, the free choice of two, not just the one. The gift is in the choice, the choosing.

I have come to a point in my life where, I feel I have found some non attachment to the love I feel for others. This past year I found myself wanting to wait in the writing of this chapter until I was in the process of falling in love with someone, so that experience can influence the way this chapter was written. Finally, I have come to the truth and guidance of the attachment in that statement. I was attached to the co dependancy of the influence of another to determine the love I was capable in feeling in this moment, in the present. I was putting off the love I wanted to feel today, to a place in the future of tomorrow. Not realizing that the I have defined love in such a way and tied it ‘apart’ to living in the present moment. I choose to feel the love today, now in this moment and I discover it a little more each and every day.

I heard a quote recently that one who is in love always wins. That it did not matter if you got your heart broken, that as long as you found love in some way, you always won. I found this concept to be so true for me and my own journey and within it, I found myself. I found that I could have love for another and they not feel the same for me, and that was ok. I discovered that it was ok to love another and it not be reciprocated back to me to feed a desire outside of myself. It was ok to love another and understand they didn’t want to be with you, in the same way you wanted to be with them. It was more than ok to love them, support them and ‘nurture’ them with your thoughts and love and know they wanted a different path than you did. It ‘is’ ok that your view you thought of them was different and you can wish them love in happiness that they find in themselves on their own journey without you. It is ok to love yourself first and create the boundaries of your energy that is right for you in any given moment. Trust yourself and what you feel in your heart, with the discernment of your soul, as the truth lies there within that.

True unconditional love is the journey to loving yourself. I have always had a deep knowing that learning to love yourself was a part of my soul path and journey, but as in all journeys, the map you give yourself is never the substitution of walking the path that you know deep inside of you. The experience of it, within yourself, can never have the same impact as the experience of it through the eyes of another. We all see and feel differently, and never could my story of my experience be interpreted as personal to you and your story. It may be similar, but never the same. It may resonate, and have some of the answers you have been looking for.

For years I have been writing ‘love yourself first’ on my posts and saying this to many people not fully understanding what that meant for me. That was the map I gave myself before I came here and the journey was in the discovering that very answer. I know now the journey will never end and I will never stop learning to love myself more. We all have an inner map to the love we are meant or destined to experience in this life. I feel many people get caught up in the lack of self love that they go their whole lives not being able to share the love they hold with another. For those of you in this place, I

send you the unconditional love that I have to share with you in this moment of your reading. Feel the love I have for you and allow it to fill your heart with the love you, in time, will find for yourself. You are here for a reason and that reason is love. We all deserve more love and not less as we are created in the image of the divine, as love, to love in the world we live in.

As we learn to feel the love of the divine self and learn to treat our temple of the body, mind and spirit within the loving grasp of the divinity that we are, we can then attract that very love from others who share that same light. Be mindful of the light you shine, as that love can be a flame another may want for their own in ego, to feed the unhealed aspects and darkness they want for themselves. Learn to tap into your intuition and feel the truth in the eyes of another as they look at you. Do they want to feed your soul or do they want to take from you, and the light that you hold.

Much of my life I found myself over giving the love I held for others and wanting to help them from the darkness they found themselves in, a pattern I held for most of my life within the unhealed aspects of the love and support I gave to myself. I found I would attract partners who were stuck in their lives and needed help moving on, seeing beyond the place they were in. I was shown in meditation, as a reference, I was 'the littlest hobo' (an old tv show), who would come in for a short time, to help in a situation and then leave when it was time to move on. This always ended the same way, heartbroken and alone. I was stuck in a pattern of trying to help and fix others and never doing the same for myself. I would over extend my energy to make sure another felt safe and loved and never giving that love to myself. It usually ended the same way where my love was not reciprocated and in turn, it depleted that creative life force within me, which many of us do, and it makes us sick and depressed.

For me it would also show up in overeating and craving sugar as I would fill the void I was not receiving or also giving to myself. I discovered I was responsible for my love of self and only when I can balance that within myself, can that balance be shared with the world around me. Our addictions become the outlets for the love we are lacking from others and even ourselves and that is why its so important to love yourself first, as that is the only way you can love another, without co dependency and unconditionally. Being dependant on the love of another is giving your divine power to another is is not a healthy place to be. Many relationships find their way to this place, and usually one will hold the power over another due to this imbalance.

Many empaths get stuck in this loop and get taken advantage of over and over again as I hear the same story repeating. 'I am in their life for a reason.' 'They need my love.' 'I can't leave as they will not be able to handle it.' 'They can't do it themselves.'

I am sure there are many situations where we need to help others who cannot help themselves and we are truly needed, but there are also many situations where people get stuck over extending themselves to people who want to take and not do their own inner work. They don't want to take the time to look at themselves and start to heal the aspects that need their own love, not just taking ours. With intuition and discernment we can start to notice the difference and stop over giving our creative life force energy to others who want to take that because they are too afraid to find their own. If we continue to allow it, they will continue to take it, and that is not loving to either party. Sometimes your intuition tells us its time to leave, even though our heart doesn't want to. Sometimes the greatest love you can give them is to be the example of self love and boundaries they truly need in that moment. Sometimes its ok to love them and nurture them from a distance with the unconditional love that your heart holds. If you listen to the whispers of your soul, you will know the difference. They have their own creative power in the love that they hold, and we need to learn the ways in how to help them find it.

On the journey to love I have realized it is a journey without ending. Why would want it to end? The journey is the destination and the love we hold is the journey to expand our ability to love. I have learned that the darkness we have gone through is a gift, though we never see it as such, at that time. It is the gift to bring forth a greater capacity to love later in life, as we heal and start to love the aspects of ourselves. It is a pendulum with the darkness on one side and love on the other, the deeper we dive into our darkness, the greater our capacity of love becomes on the other side of it. As you learn to heal your darkness that you have gone through, the higher the amount of love you will be able to embody because of it, in due time.

I am at a point my my life where I have become grateful for my darkness because of the gift of love I now hold, the continuation of love I know coming, and will continue to come as love has no limitations, only those we create for it.

I know this is not the end of this chapter at this moment, but in time, I will have more love to share with you. To be continued...

I will always nurture and love you, always know you are never alone.