

Love as Vibration  
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From The Lazy Man's Guide to Enlightenment by Thaddeus Golas

What is love? Love is relatedness or non-separation. Love is simply the choice to expand. Fear is the choice to contract. Love is the most powerful healing energy and catalyst for transformation. Our inability to love ourselves or to receive love from others is the source of all illness. Our difficulties with love often result from early childhood experiences or perceptions of betrayal, abandonment, humiliation or rejection, which lead to feelings of unworthiness, unlovability, shame and guilt. These deep seated feelings result in a sense of separation from self, from ones own body and spirit and from other people. While this perceived separation may at first be our psyches effort to defend itself from fear, isolation and pain, it eventually becomes the source of continual feelings of separation, alienation and anxiety. There is nothing that needs to change about you, except your ability to open more to love. Changing your job, your relationship, your location, changes nothing. Love is the only variable that needs to be changed. Changing your vibration, raising your love level is the only action that results in real change . There is nothing in the external world that in the least way determines your feelings and experiences. Your life is entirely determined by your vibrations.

Love is the expansion of your vibration. Fear is the contraction of your vibration. You will not be able to rise above your present vibration until you love yourself the way you are now!!! When your vibration is contracted in fear, pain, anger etc., you seem unable to choose the contents of your own consciousness. That is the time to choose to love yourself as you are, *with, not in spite* of the contraction. As we expand our vibration we may hit different pockets of negativity in ourselves, showing us the next thing we need to learn to love.

There is no wisdom or holiness that is ever an excuse for the failure to love, in ourselves or others!!! The way to raise your vibration is to feel more love. Start by loving your shadows and negative feelings. Changing the contents of your mind does nothing to change your vibration! Love dissolves anything lesser than itself in vibration. The more you love, the faster you vibrate, the less need you will feel to control anything. If the world looks beautiful and safe, you are vibrating fast, if it looks gloomy, dull, or frightening, then you are vibrating slowly and you need to love yourself for vibrating slowly. There is nothing in the external world that in any way determines your feelings and experiences; your life is entirely governed by your vibration. When you learn to love hell, you will be in heaven! Go beyond reason to love. It is safe. It is the only safety. Love all you can, and when you are ready, all will be shown to you.