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## Look Well Within

### Week Three

#### Perfect Love

*When you were formed by heav'n above,  
You were formed in perfect love.  
Open your eyes, to realize  
The wonder of your soul.*

The most natural, even native, place to dwell is in the midst of love. Yet, love, especially unconditional love, often seems completely out of reach. When we were innocent, we expected to be loved and we freely gave love --- but, life happened! We found we didn't measure up, others betrayed or abused us, we were made to feel bad for things we said and did, we began competing and often lost, those we counted on failed us, we realized we weren't always able to live up to what we had promised. Consequently, a doubt began to seep into and slither around our soul. We began to doubt love. We were no longer worthy of perfect, unconditional love, and we sure couldn't offer it to anyone else. We stopped expecting to be loved because we no longer felt worthy of it.

At the same time that we were losing our own innocence, we began to apply the same judgments toward others that had, or were being, levied against us. We began to see imperfections in others. We noticed they didn't follow the rules that we had been taught were appropriate to follow. We became aware that some people didn't look like us, didn't speak or act in the ways that were comfortable and familiar to us. And, because unconditional love was more and more out of our own reach, we felt less able to freely shower it on others. Why should they have it, when they were no better than we?

Carl Jung once wrote that "the most terrifying thing is to accept oneself completely." Yet, this acceptance of love is the most powerful force on earth, and in whatever is beyond earth. Still, once our innocence was lost, we are somehow too fragile to see or accept its power. Love's great power is grounded in freedom. It is meant to set our

soul free, free for every moment of life and even into eternity. Such freedom seems too unchecked – wild and uncontrollable. “If we all simply loll around in unconditional love,” we say skeptically, “everyone will do anything they want, without any consequence. It would be complete chaos. Rules would be ignored, mayhem would rule.”

Actually, it is the exact opposite that is really the truth. Unconditional love is what keeps evil at bay, insures peace, and guarantees order. Oh, we would all still make mistakes, but those mistakes would no longer become seeds that grow into trees that populate and spread more of seeds. If we were lolling around in the large meadow of unconditional love, the mistake (along with its natural consequence) would be metabolized in mercy. Our soul would come out stronger on the other end. And, not surprisingly, we would find ourselves offering the same mercy to others when they made mistakes. Actually, however, there would be far fewer mistakes on anyone’s part. There would be less compounding of one mistake on another. Instead, there would be a space for honesty, assurance, and moving on. Imagine an environment where perfect love ruled, rather than self-doubt, condemnations, and judgment. Stop reading right now and think about that for a few minutes.

So, how can our soul reclaim the perfect love that is our birthright? Is it even possible in a world so accustomed to its opposite? As in so many things in life, change occurs when one individual takes a step toward that change. The astonishing thing about perfect love is that it’s not some new task we need to add to our to-do list. We don’t need to read a book, attend a conference, or begin a daily practice. We don’t reclaim it by doing anything. We reclaim it by simply acknowledging the truth of what is. “When we were formed, we were formed in perfect love.” Perfect love is a return to what we are, not a new set of behaviors to try on. Even when life continues to happen, and it will, we can simply be love. Be love for ourselves, be love for others.

“Oh, that’s ‘Pollyannaish,’ you might be thinking. “When my demanding boss demeans me in a meeting, when my child has been arrested on a drug charge, when my brother tries to steal from me, when my spouse is struck down by a drunk driver, when a terrorist bombs an embassy, when someone steals my identity and empties my bank account, when my friend acts like a jerk and gets fired, when the person I trusted is caught in a scandal, when someone I thought was truthful turns out to be a liar, when I fail in my business, when I keep gaining weight and can’t seem to commit to an exercise program, when I continue to buy what I don’t need, when I cheat on my spouse --- well, what about all that? You surely can’t recommend unconditional love in those situations. Where can a soul re-claim perfect love there?”

I absolutely, un-categorically, recommend unconditional love in those situations and believe that perfect love is the only real answer to the pain of any of those situations. Our unwillingness to dwell in that love for ourselves or others will not ‘fix’ the problem! It

will only make it worse. We will move yet another step away from who we are and what we were created to be.

Stop reading right now and take one of the situations I listed into your heart and imagine what it would look like if love, rather than judgment, were applied.

Motivational speaker, Brendan Burchard writes in his book, "The Motivation Manifesto," "We must inject into our lives the strongest anti-venom known to humankind, the cure of all evils and pains, the divine course that speeds all recovery and fuels all of humanity's hope and strength and joy. Love."

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