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By Appointment

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## The Capacity Of Love

by Rev. Violet Young

How easy it is to "Be In Love" when we find that special someone with whom we wish to spend our lives, or when we gaze upon our children, or when we are small and think our parents are the whole universe. These are some of the easy times to "Be In Love". But what of the more complicated and difficult times to "Be In Love"? What of the times when it feels easier to be in a state of resentment, anger, frustration or hurt? These are the times during which we can discover the incredible capacity of love and, moreover, the times when we need, more than ever, to remain in a state of "Being In Love", stretching the Force-Flex Bag of Love.

Recently I have found myself in one of the most difficult situations I have ever encountered. To some of the participants it appeared that there was a cut and dried outcome that I would choose one person over another and that would be that. Some of the folks are staying in a place of resentment and feel righteous about being in that position. Some are in a place of hurt and are staying in that space. Since I was placed directly in the middle and am affected by the whole situation, I had a lot of soul searching to do to figure out my position.

During my dark night of the soul, I decided to stay in a place of "Being In Love". I called upon my angels and guides, requesting support and sustenance. Through prayer I received strength and guidance to go within myself to the place of compassion and "feel" how the situation was created, to continue on to a place of forgiveness and to come to a place of unconditional love for all involved. I do not condone the actions that created the situation, nor do I like it. My life has become more complicated because of it. However, I love all the people involved, and choosing to stay in a place of "Being In Love" is my only option. The amazing capacity of love, simultaneously holding the dissonant as well as the harmonious notes of life, sustains me.

Many of us are going through difficult times with energy shifts, financial, relationship and health challenges. There are plenty of opportunities for each of us every day to choose to "be in or out of love". It is a good time to realize that choosing anger, resentment, frustration and hurt simply compounds problems. Going deep within ourselves, discovering whatever our part is in each situation and taking the personal responsibility necessary to heal using compassion, forgiveness and unconditional love will help solve problems. I know that sustaining the state of "Being In Love" and using compassion, forgiveness and unconditional love are the cornerstones to creating heaven on earth.

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