

## **On Being Love**

I've been thinking on this quite a bit of late - what are we here for? What is our purpose? Our mission?

First and foremost we are forces of nature. The circumstances we undergo in our daily lives are brought to us by God - who we meet - the relative energies and mindsets of these people etc - the circumstances. These are all God's doing. As response-able individuals we have can make a decision to BE LOVE in every situation we are placed into.

Many years ago Dr. Wayne Dyer spoke about the fact that an orange - when squeezed - can only give orange juice - because that is all it has to give. We must be like the orange. We must fill our hearts and our minds with love - so that no matter how we are 'squeezed' - no matter what circumstance we find ourselves in - all we have to give is love.

As a racquet sport and golf professional - I have always maintained one quote: 'Practice does not make perfect - it makes permanent. Perfect practice makes perfect.' In order to practice being love - we must ensure the purity of the love we are practicing. Ensure that there is no objective for personal gain or anything which may taint the goodness of your gift.

And practice everywhere. Go out in the world and say hello to every person you see - help every person you can who is in need. What you will find is that this will enrich your life tremendously - not to mention the enrichment of the lives of the people you befriend!

This is a short note - but with a very important message. We are social beings and meant to connect with as many people as we can - and by connection I mean to give our love to everyone. If we can do this in every moment we are as close to God as we can be - and are fulfilling His mission for us in this world.