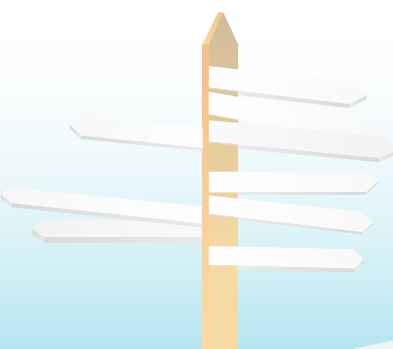


Jonathan Parker's  
**The Secret of Letting Go For  
Spiritual Breakthroughs**

Session 7  
Our Deep Truth of Love



## Day Seven Overview

The main quality of the real you is love. But it is a special kind of love very different from the emotional love most people think of. It is a deep peaceful, creative, acceptant, and empowering presence. So self-discovery is about discovering that spiritual love because that is our nature. It is what we are below the personality traits of the ego.

So what we are wanting and looking for is the deep love because it is your the path home. Our core essence is made from a fabric of love energy, so as we delve deeper into love we discover the hidden qualities of our soul. When you feel love, you are feeling your soul and spirit.

Humans are unique in that we have the capability to be creative and innovative. We also have the capability of feeling, giving, and receiving love. What a miracle it is that we are all created with the capacity to feel love, experience love, receive love, give love, express love, and radiate love. In fact, the pulse of creation is *love and be loved*.

This then is a high purpose of your existence from the beginning of time, and simultaneously it is the direction of what we perceive as our evolution—which is actually a revelation or unfolding of the love, light, and divine intelligence that lives in us and through us.

To feel love is to remember who you truly are. That is your true essence, and the gateway to that remembrance is through the heart center.

Of course, love can be felt and expressed in many ways, but the heart center is an important entry point within our being that enables us to most easily and completely reconnect with our Divine Essence and Divine love.

It has often been said that God is love, so when you realize your true nature as deep love, that is called God Realization. Anytime you are not feeling the divine embrace you are either denying it or ignoring it...probably distracted by something your mind is doing.

Jesus said, "My father and I are one." He was trying to tell us something. Open your heart and mind to receive the love presence that is there in your soul. Then you will have the ultimate experience that you are a divine incarnation of love.

Most people try to get all their love from other human beings, but when you are connected with the deep love of the soul, it doesn't matter whether another human being is giving you love because you have the deepest love within.

Love is *the* power of creation and transformation. **Love dissolves struggle and pain. It has to. Love is the only thing that is real.** Everything else is an illusion, and no illusion can exist in pure deep Love.

### **Can the secret of life really be that simple?**

Love and be loved. That's all there is!

The biggest problem with love being the answer is that everyone has heard the words, and they think they have tried it, but few have realized the deep love in the core of their soul which is best accessed through meditation.

Self discovery is about discovering the depths of love, because love is your nature. When you feel love, you are feeling your Soul.

If you go to your core you will find it is filled with love. Then request that it permeate all levels of your consciousness and your physical body. Be like a sponge and totally saturate yourself with that love.

Repeat these thoughts in your mind...

*I open full receptivity to the deepest love.*

*I open every cell of my body to deep love*

Love is a frequency that takes you to another level where you become an embodiment of love. You become an embodiment of love through total surrender to love.

Repeat these thoughts in your mind...

*I am willing to surrender all my past in which I have not accepted love.*

*I am willing to surrender my need for all thoughts and beliefs that I am not worthy or capable of deep love.*

*It is my intention and desire to surrender to deep love.*

The essence of your Soul is love. Allow the essence to flow through every cell and atom you are.

I invite and open myself to receive the deepest love into every atom and cell of my consciousness. Breathe it in.

Imagine your heart space growing, and your Soul expanding all through you and around you.

Surrender any objections of the mind.

When you become the radiator of love, you activate it in others.

Bring a person to mind and hold the awareness of deep love surrounding and filling that person.

Sense them encompassed with a cloud of pink unconditional love that dissolves everything unlike itself from that person.

Everything is made out of love and sustained with love.

Hold an intention to share the grace of divine love with all.

Everything that is not love is not real.

If there is an identity to identify with, make it love.

It is who you are, what you are, and what you are made of.

The reason for life is to love and be loved.