



As Valentine's Day approaches, our thoughts turn to love. The day, for the most part, is associated with romantic love. But there are many kinds of love: motherly love, the love between friends, between siblings, and of course the love of God, which is unconditional.

Has it occurred to you that love is an energy? It has a frequency that radiates from the heart of the sender and encompasses, not only the one to whom loving thoughts are directed, but also a wide area around the one sending loving thoughts. So it can truly be said that love is in the air. Its vibration can be felt by many. Is it not said that everybody loves a lover? They are responding to the love frequency. Such is the power of love.

This energy is not limited in its trajectory. It can be felt hundreds of miles away, directed only by thought. For that matter, it doesn't have to be directed to any one person or place, as the radiation is continuous and finds its place in the field of mass consciousness.

Now ponder a bit over what this can mean. Are you radiating love energy? Or are you sending out grumbling, angry, or bitter energy into the field of humanity? You've all experienced the feeling when a happy, bubbling personality enters your surroundings, especially when those in your immediate environment are not in harmony. Their mood is "catching" (now you know why), then the radiant person enters, and the energy in the room or area changes. Almost immediately the ambience turns to a friendlier atmosphere. Some of the grumblers may feel uncomfortable and leave, as the vibrations in the space are no longer compatible with theirs.

Well, here's something to think about. You don't need to wait for that cheerful personality to enter the room. You can be the one. Let a big smile invade your countenance. Tell someone nearby you are a special person. Sing a song; dance a jig. Do whatever it takes to send out loving and positive vibes. Watch the room light up. You will note a change in the tone of the chatter. Soon someone will laugh, and others will respond. You will find yourself in an entirely different space.

Now, remember, that good humor is not limited in its radiation. Think of a town, a city, a country, or a continent that needs your help to change the inhabitants' outlook. You are thinking of a place of low frequency, a place of darkness. You can be the one to counter that as well. Send your light. Send loving thoughts to the people living there. The more love you radiate the more people will be influenced. But by directing those vibrations to a specific area, the effect there will be much stronger.

There are many areas of the world in need of light and love. Imagine the effect if thousands of individuals are focusing love rays on those areas. Choose to be one of those individuals and watch the world change.



Let Me Love

Oh Lord, please let me love,
that love may from me flow,
enveloping mankind
in warmth of its soft glow.

Oh Lord, please let me see
in everyone I meet
reflections of myself
while walking with his feet.

Oh Lord, please let me feel
whatever's in the heart
of those whose paths I cross
and of them be a part.

Oh Lord, please let me love
the people on the street,
people in the markets,
and everyone I meet.

Lord, amplify my love,
vibrating it like sound.
Transmit from soul to soul
love waves the world around

By Jean Warner