

Love Has No Conditions
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“I questioned what I believed about you. You transformed immediately. You are amazing!” Byron Katie

I have been in many special love relationships. I was single for more than twenty years and found my soul mate, on numerous occasions. If you have been single for any length of time, you will know the excitement of thinking that this one might be the one. Usually, it did not take much time for the flames of what I thought was true love to fizzle out. I would give myself the talk on romantic love after the end of each relationship, but, I admit, I was quite the romantic. Though there were many “failures” in the love department, I must say, I am grateful for the love teachers I encountered. I was always waiting to be loved as I needed to be, only to find that I had to learn to love the other despite their foibles and behaviors, not because of their gallantry and the showers of affection they bestowed upon me. It is easy to love someone who acts as we want them to, but most people do not live out the plans we have for them.

Love relationships offer a unique training ground. Buddha said that attachment would bring suffering, but that we would love, and that love would birth attachment. *A Course in Miracles* says that special love relationships are unnecessary, but they would be used, by Spirit, as steppingstones to wholeness. Though romantic love provides a unique training ground, the love we encounter with family and friends affords a different kind of love training.

The word “love” does not need to be preceded by the adjective “unconditional.” Conditional love is not love. The thoughts behind the words “conditional love” are: “If you do things my way, I will like you. If I approve of what you are thinking, saying, and doing, I will not be angry with you and you will escape the guilt and shame of existence. And if you feel guilty, it will not be on my account, because I am completely supportive of you, if you support me in every way imaginable.” I think I will go for just plain love, but conditional love seems to be “the catch of the day.”

Romantic love is a high energy euphoria that dissipates after a couple falls back into their customary states of separation. Romantic love is a fun, wild ride until the roller-coaster ride grinds to a creepy crawl or stops all together. This might be a good thing. Can you imagine a symphony not moving on? The orchestra replays the overture over and over. That is how it would be if people repeatedly relived the opening of a relationship. The relationship wouldn’t move on.

What happens when a healthy relationship moves on from one stage of love to another? It grows; it transforms. It moves to the second act. What kind of vision and attitude support growth in a relationship?

The following is a visionary statement that gives that “relationship kind of love,” Eros, room to transform into Agape. Agape is plain love – no demands, no conditions, just love always.

Affirmative Relationship Thoughts – The Promise

I cannot see who you used to be, because I am focused on who you are now. I will not hold you hostage to the past, nor pigeonhole you as never changing. I will see you as fresh and adorable. I see you as a loving, lovable, and supportive person. I commit to looking deeply and finding the best in you. I will hardly notice when you do me wrong. I only blow your good attributes out of proportion. I look only for signs of deep love and compassion growing in you. I will not assassinate our relationship through jealousy, gossip, or harshness. I will not compare our relationship to others. I daily plant seeds of

gentleness and loving kindness in my heart and share the fruit with you. I take responsibility for love in my life, and I spread that love in all my relationships. So be it.

Love is always present. Our work is to keep our emotions and thoughts out of the way so we can see the Loving Presence of life. When we see and live in that presence, it is for sure, that all of life, becomes EZier and EZier.

Visit AnneGillis.com to learn more about Anne Sermons Gillis and her EZosophy philosophy.