



Stages on Your Journey to Love By Suzy Miller

From the beginning of our life experience until our last breath, we are given one opportunity after another to love beyond what we thought we could love.

The program for these opportunities came with us into this human incarnation. We typically perceive the experience of these programs as our core wounding. However, it is more likely that these experiences simply set

the foundation for us to engage in a deeper exploration of love.

There are typically at least three phases of development or ways in which we respond to these patterns before coming to the awareness offered in this Program. Initially, we believe that life is happening to us, and that to love and be loved we need to fix ourselves or those around us.

Once we broaden our understanding of love, we enter the second phase of development, which usually entails self-examination to understand the cause of any negative thoughts and feelings we may have about ourselves, as well as the cyclical nature of specific patterns in our lives.

The third phase of development sends us deeper into more refined aspects of Self in an attempt to understand and unravel our patterns. Many of us traverse multi-universes in search of a more evolved version of ourselves, as well as a broader perspective of our human experiences, which arises from a desire to experience love in the way that we knew was possible when we arrived on planet Earth.

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We realize that love really does have to start with us and that regardless of what we've learned about ourselves, what experiences we've had, or where we've traveled in the multiverse, our patterns will remain until we love those aspects of Self that we were programmed to believe are unlovable. For many, this is where the journey stops; perhaps because it feels easier to explore an idealized concept of love than it is to apply it in a grounded, everyday life kind of way.

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