

This lesson is based on Unity's Co-founder Charles Fillmore's book The Twelve Powers. Charles Fillmore taught that when we can incorporate all of the Twelve Powers into every aspect of our lives, we will be the Christ as Jesus was and we will be able to do the same things that Jesus did. Jesus said, *For where two or three are gathered together in my name, there am I in the midst of them*, (Matthew 18:20)

Love is the harmonizing energy in the universe. Love is the most popular theme in books, songs, plays, movies, and legends. Humans are very interested in love. Is there any greater quest than to find the love of your life? It can also be the most frustrating of all life's quests. Love is the power that draws the fragments of the universe together and binds them into a divine harmony. Love is our power to comprehend our oneness with all things. Love is the attracting, harmonizing, and unifying faculty of Spirit; it is the building and healing force of the universe.

Whether we are searching for love or running away from it, love will help us become aware of our opportunities for spiritual growth. Because love offers us the experience to heal, and healing often requires growth, love can be very beautiful and sometimes feel painful. It takes courage to love. What is courage? Courage is a kind of strength, power or resolve to meet a scary circumstance head on. The word *courage* comes from the French root *cour* or *coeur*, which means heart. Courage is required in almost every basic human activity or endeavor. For example to allow oneself to commit to another person takes immense courage. To set boundaries in an abusive relationship demonstrates tremendous courage and resilience. The heart symbolizes our spiritual courage. Spiritual courage motivates us to do the right thing, to right a wrong, or to take a stand for a spiritual value despite the personal price or public opinion.

It takes courage to love. Here are some fearful thoughts we sometimes have that can keep us from having loving relationships:

It is risky to love someone. Loving makes me feel vulnerable. The more I care, the more I can get hurt. I don't feel comfortable sharing my feelings. Someone might take advantage of me.
Loving stirs up old hurts. I may discover how I was not loved in the past.
I don't deserve to be loved. I am unworthy of being loved.
I don't want to commit to love because I do not know if I can love them forever.
I don't want to love anyone because I will be hurt when they die or leave.

Here are some ways to become one with the harmonizing energy of love:

Stop listening to the inner roommate or the crazy aunt upstairs. Recognize that little voice in your head that feeds you information like, *He doesn't love you. Don't be a fool. Leave him before he leaves you.* Remember the words of the inner roommate are just your thoughts. They are just thoughts; you don't own them. Let them go.

Feel your feelings. When you care deeply for another person, you will feel more deeply. Love makes us feel. It deepens our capacity for joy, passion, and vitality. Love also makes us more susceptible to pain and loss.

Be vulnerable and open. Being vulnerable is a mark of strength, not weakness. Ignore the fearful voices in your head and be yourself. Be open to new people and experiences. Remember that no one has the power to control your happiness.

Allow yourself to feel cared for. Think of those who care about you and open yourself to feeling cared for.

Love Takes Courage. If you are talking to yourself, you would ask, *Do I have the courage to love?*

Affirmation: *I am a boomerang of love, I give love everywhere I go, and I receive love wherever I am.*