

I Choose Love

Tuula Fai

If you wish the world to become loving and compassionate, become loving and compassionate yourself.

GARY ZUKAV, *THE SEAT OF THE SOUL*

In his book *The Seat of the Soul*, Gary Zukav encourages us to choose love instead of fear. When we choose love, we are conscious, free, and aligned with universal principles. We feel joyous and connected to others. However, when we choose fear, we become prisoners of our unconscious thoughts and actions. This leads to pain, separation and unpleasant consequences. As the pace of human evolution accelerates, more and more people are offering tools to help others choose love. Two of them are Zukav, and his spiritual partner, Linda Francis. Since I am a participant in their three-year Authentic Power Program, I would like to share some of what they teach so I can support us in choosing love. I am writing in the first person because the Authentic Power Program encourages us to take responsibility for our experience by speaking personally and specifically. In the program:

- **I use Spiritual Partnership Guidelines to cultivate authentic power.**

Authentic power is the alignment of my personality with my soul. It enables me to live my soul's intentions of harmony, cooperation, sharing and reverence for life. Using the guidelines also helps me form spiritual partnerships with others who want to create authentic power. A spiritual partnership is different from a friendship. It is a partnership between equals for the purpose of spiritual growth. My spiritual partners and I support each other in choosing love by using the guidelines of 1) commitment, 2) courage, 3) compassion, and 4) conscious communications and actions.

- **I use physical sensations to learn about myself.**

And I pay close attention to my emotions, thoughts, and intentions. When I am upset by an interaction I focus on the physical sensations in my body near my seven chakras or energy centers. If any of them is uncomfortable or painful, I know that a "frightened part of my personality" is active.



Frightened parts express themselves as anger, jealousy, vengefulness, superiority, inferiority, etc. When I act on them, they create destructive consequences. In contrast, when the "loving parts of my personality" are active, I feel pleasant sensations near my seven chakras. These loving parts express themselves as gratitude, appreciation, caring, patience, etc. When I act on them, they create beneficial experiences.

- **I use courage to stretch myself beyond the limited perceptions of the frightened parts of my personality.**

Courage requires accepting responsibility for my experiences (instead of blaming others), acting with integrity, and saying (when appropriate) what is difficult to say. For example, I recently told a friend, "I am uncomfortable when you gossip about people. It makes me want to pull away from you. Can we please talk about our lives instead?" This was hard to say but necessary for my spiritual growth.

- **I use compassion to see others and myself as souls who sometimes have actively frightened parts of their personalities.**

Compassion helps me change my perspective from frightened to appreciative so I can be fully present, removing any distance between the other person and me. For example, when I spoke to my friend, I felt love and compassion, rather than judgment and blame.

- **I use conscious communications and actions to make my interactions authentically powerful and loving.**

This conscious approach requires me to consult my intuition, set my intention, and then act from the healthiest part of my personality (that I can in the moment). I do so by speaking personally and specifically about my experience, while releasing attachment to the outcome. For example, before speaking to my friend I asked my intuition if I should say something. When it said yes, I set the intention to express myself with love. Then, I used "I" language to describe my experience without worrying about how she would react.

The more I challenge a frightened part of my personality by not acting on it, the more it loses control over me. The more I cultivate a loving part of my personality by acting on it, the more it becomes part of my awareness and experience. This is how I create authentic power. This is how I choose love. They are one and the same.

According to Zukav and Francis, this is how anyone can create authentic power. Those interested can download the Spiritual Partnership Guidelines to start experimenting right away (<http://www.seatofthesoul.com/guidelines.html>). The guidelines help us choose love step-by-step.

For more information, visit *The Seat of the Soul* website (www.seatofthesoul.com).



Tuula Fai, MBA, CST, NCTMB is the author of *Seek the Lover Within: Lessons from 50 Spiritual Leaders*. For fifteen years, Tuula has worked as a Marketing Director and CranioSacral Therapist.

www.tuulafai.com or email her at tuula@tuulafai.com.