

## TRUE LOVE REQUIRES DEFENSELESSNESS

QUESTION: My questions deal with the issue of Love. You had stated that there was not a true understanding of love, or the experience of love with people here in this world. As a matter of fact, no one is truly experiencing love in its totality. And that fragments of love were being experienced on a limited basis throughout the world, but nothing of any substantial totality. My question is, why can't we open up our eyes and experience love and see it, see what the King of Heaven is? And why does the resistance to love even exist at all?

ANSWER: The simple fact is that as long as you are identifying with a body as though the body were you, rather than the consciousness that you are, being you, then because your five physical senses tell you that this body is tiny in comparison to the universe, that it is fragile, that it can hurt, etc., one begins to be self-protective. And in the act of self-protection one begins to develop coercive means of controlling his environment so as to be safe, so as to increase one's invulnerability.

You see, the moment you leave the sound basis of your infinity and adopt rather a tiny sense of self located in the middle of infinity, there is immediately a sense of insecurity and inferiority. And everything else arises out of that sense of insecurity and inferiority, even one's expression of love--thus love becomes a friendly way of controlling.

The reason that love isn't experienced is because love, true love, requires defenselessness. That is another way of describing unconditional love. To be unconditional does not mean to say, "I will love you no matter what you do." To be unconditional is to be defenseless, to not be self-protected. And in that state of defenselessness, as I said earlier, you have the opportunity for the Reality that confronts you to register with you, to let it in. Love is letting in what is Real. But as long as the defense is up, you cannot see what is Real. And the defense constitutes the distorting factor that causes you to see egos all around you rather than Christs.

Now I will tell you something: the moment you become truly unconditional, truly defenseless, and your eyes are open, you will see Christs, even if they are seeing themselves as egos. And that is what is healing.

Because when you look at one who sees himself or herself as an ego, and you see the Christ there, your behavior toward that individual will be inconsistent with that individual's sense of what is appropriate. You will not be judgmental when they expect judgment to occur. You will not convey uneasiness with them when they are uncomfortable. They will feel an absence of a need for defense around you. And to whatever degree they allow their defenses to lower, there will be increased meaning to the relationship. And so healing and transformation is the inevitable and ultimate result of one's practicing unconditional love.

Unconditional love has nothing to do with allowing or disallowing another's behavior. It has to do with letting go of one's defenses, one's self-protection. It is caring enough to be willing to recognize what is Real in each and every thing. In that willingness is the defenselessness. In that willingness is the openness to experience Reality, the Kingdom of Heaven more clearly. And that is the only sound basis for a relationship, because in that place all you can see are Christs, all you can see is the Presence of God.

And with that vision you will be unable to join with another in their ego point of view. And so their ego point of view will not be substantiated and strengthened by you. And they will feel touched by you, even though you did not extend anything to them, but let them in, by virtue of not being defended against them.

Nevertheless, you had better be willing to start with whatever your highest concept of love is. A concept of love is intellectual, but a concept of love is better than a concept of hate. And a concept of self-appreciation is better than a concept of self-hate. And as I said, that concept because it is in alignment with the fact about you serves as the bridge, serves as the means by which you begin to be able to have the experience of your divinity and of the divinity of whatever it is you are looking at or in relationship with. That's the end of the answer.

~excerpt from a Gathering with Raj/Jesus Montiplier Vermont 1989  
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