



# I Love, Therefore I Am

*Abundantlee*

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## **I Love, Therefore I Am** Abundantlee

This booklet contains 24 short and sweet passages of spiritual wisdom for the New Age.

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SELECTED PASSAGES FROM THE BOOKLET:  
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### 1. Choice

As we begin our spiritual journey, a most pertinent question to ask is...

What is life all about?

And the good news is...

Life is about choice – which means, we get to decide what our life is all about.

Choice is not a chore but a chance to exercise our response-ability;  
it is not a problem but a freedom to be who we really wish to be.

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### 8. I Love, Therefore I Am

In loving my happiness as well as sadness, my excitement as well as boredom, I discover that I am not my emotions, but the lover of my emotions.

In loving my body, strong as well as weak, young as well as old, I discover that I am not my body, but the lover of my body.

In loving my imagination as well as contemplation, my insight as well as oversight, I discover that I am not my thoughts, but the lover of my thoughts.

In loving myself, I discover that I am not my self, but the lover of my self.

I love, therefore I am.

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### 15. Illuminating The Subconscious

We all have multiple layers of fears – some conscious, some subconscious.  
Some come to the surface only when we come into contact with certain people, places or information, or when we have reached a certain age or phase in life.

Some require us to be more self-aware and self-honest before we are able to notice them.

Just by becoming aware of our fears (and illuminating the unknown part of us) is itself a form of enlightenment, for we are now more enlightened about ourselves, and more ready to face our fears and release them.

At times, even just a simple acknowledgment of our fear is enough to release it; for instance, the fear of saying “no”.

At other times, we actually need to embrace what we fear in order to release the fear, because what we resist, persists, and what we become familiar with loses its power over us; for instance, the fear of judgment and criticism.

Ironically, one of the biggest and most fundamental fears is the fear of oneself; the fear that we are not good enough just as we are – that we are not capable enough, successful enough or even spiritual enough; which is what happens when one suffers from a deficiency in unconditional self-love.

The less fear we have, the lighter we feel, the happier we are, and the closer we get to being who we really are.

Yet in this journey towards more light and less fear, one mustn't become overzealous and make an enemy of fear, or else one might end up with a fear of fear itself.

Nor should one seek a complete cessation of all fears, for as long as one is still ensouling a physical-emotional-mental vehicle here at this time on the earth plane, it is inevitable and absolutely alright to still have some fears, especially when it does take time for the human race to completely replace the fear part of its survival instinct with higher love-based vibrations – such as caution, prudence and wisdom – to help keep one safe and out of harm's way.

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## 19. Cause Is Effect

Our energy radiates from inside out and has to pass through us before reaching others.

We are hence the first and foremost beneficiary of our own kindness, and the first and foremost casualty of our own harshness.

Such is the karma of cause is effect.

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