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EVERYTHING AND  
EVERYONE LOVES  
ME AND I LOVE  
EVERYTHING  
AND EVERYONE

by **Suma Varughese**

## *Living in a love-filled world*

A couple of months ago, I wrote about the wondrous experience that God was indeed love, and since God was everywhere, love was everywhere. Slowly, that insight is beginning to take form in my life and I am beginning to recognise that everybody and everything loves me, just as much as I love everything and everybody. We can't help it. It is our very nature.

The realisation hit me during an argument with my mother. In its aftermath, I prayed to God to enable me to find a way to love and forgive my mother. In a flash came the answer: I did not have to find a way. I was love and forgiveness incarnate. And as a matter of fact, so was she. In minutes the atmosphere changed to love, and the dispute was behind us.

These days, as I go about my day, I tell myself that all the objects I am surrounded with love me, including the flower vase and the tables and chairs. The house too loves me and when I move into the kitchen for my daily cooking it is time to acknowledge the love that the gas stove has for me, as also the water in the tap, the veggies I am cutting and cooking, and so on. Nothing, not even the most random pebble or amoeba is exempt from love of me. The whole universe exudes powerful love of me and so indeed do I for the universe.

I am also recognising that even the things that we interpret as not okay – the lift not working, people being negative – all have my highest happiness in mind and whatever they do

is only to help me learn one lesson or the other. It cannot be otherwise for the whole universe is shot through with the One Self – loving, caring, guiding and teaching.

Recognising that everything loves me is helping me to shrug off the resistance that had hitherto cloaked me like a robe. Knowing the train loves me heals me of impatience when it is late; knowing that the commuters inside love me frees me of resentment at being elbowed, poked and prodded. People are no longer a problem for whatever they do comes from love of me and an intent to serve my highest good. The only proper response is love and gratitude no matter what their outwardly words and actions.

Even the emotions that surge up inside of me are motivated by love of me; after all, they want me to transcend them and move towards their opposite.

It is not difficult therefore to live in harmony with the universe because we are clearly swimming in the same direction. No one and nothing is against me or out to get me, least of all, God. All of them love me and cherish me. This awareness is helping to heal me of a longstanding sense of being unsafe and insecure. I recognise that I no longer need to feel defensive in a loving and friendly universe. I can stride out naked and vulnerable.

Life in a love-filled world is a joy beyond measure. No more need for defences, masks and manipulation. No more suffering and alienation. One is finally at home with the world. ☺