Many teachings, both Eastern and Western, tell us that the purpose of life is to learn about love. Of all the possible experiences known to human beings love is the force which can unify what we are. It is a cure for depression, loneliness and anxiety, a remedy for rage and isolation. It unleashes and liberates our creative powers and brings us freedom and peace of mind.

In our society today, we are too embarrassed to confront love fully. We are loath to admit what amateurs we are in an age so advanced. "Who" I ask myself "would not long to bring more love into their life?"

A primary lesson in life is learning to love fully. As spiritual beings, we are pure love. Such ideas, although beautiful and noble, need to be verified by each one of us and our own experience. Only by embracing our shadow and unlovingness can we find the fortitude to choose to bring more love into our life.

To take the risk of learning to love is not about trying to be more nice and loving. It is about using our will to explore feelings and emotions, attitudes and beliefs and previous life experiences which shape our consciousness and inhibit our capacity to love. Through probing deeper into ourselves and embracing our obstacles we are led to the opportunity to choose to trust, to be honest and open, to be aware, to accept, to act, to forgive and to be free.

*This is excerpted from Deana Whitmore's Foreword in the book* Bringing More Love Into Your Life: the Choice is Yours