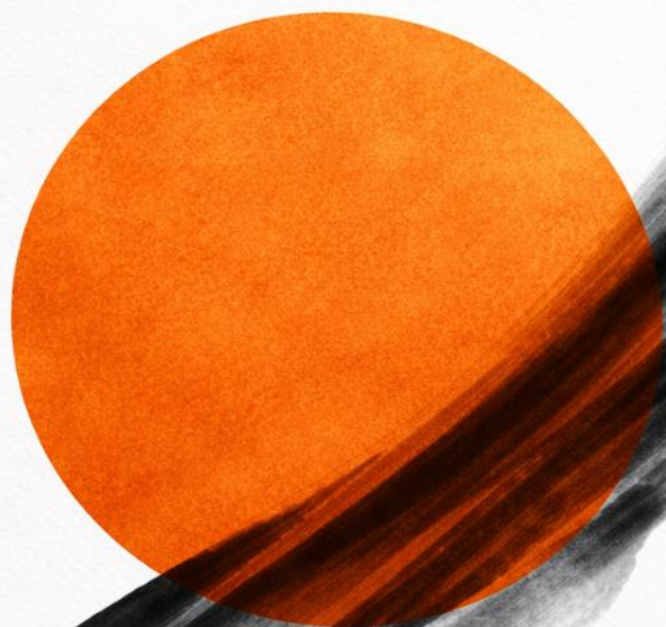


LIFE

A Love Story

*How changing the energy we each live through is
just what we and the planet need*



Peter Glover

Life

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is just what we & the planet need*

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*'The opposite of fear isn't courage. The
opposite of fear is love.'*

— Elizabeth Gilbert, author

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Introduction: The First Step

The inspiration for this book is a letter I began to write from the future ‘me’ in 2025 to the present day ‘me’ writing these words. Yet as I began to write I became aware that at its heart this letter was a love letter to life. All life. A love letter being written in April 2020 in a world living through a global pandemic. A world in global ‘lockdown.’ A time to write when how the future will look in five years has never been less clear.

Clarity emerged in me that the virus had brought with it what I call the new ‘future now.’ That, almost overnight, the world as we knew it disappeared. This letter is being composed at an unprecedented moment in human history. The present ‘me’ has a lot to share about that. The letter has become a book.

The words for **Life — a love story** come from deep inside this human, powered and inspired by an energy I call ‘life energy.’ Life energy found only in the present moment. Life energy rooted in love is at the core of this new ‘future now.’ **Life — a love story** shares that life energy is inside each of us. Is universal. For all.

It shares insights and experiences to help each of us be 'useful' living in the new 'future now.' Shares that each of us has a choice. That each of us can choose to live through life energy rooted in love. Rooted in 'do no harm.' Rooted in the 'Greater Good.' All life and the planet.

Shares that making this choice is to choose to live our unique lives through our unique innate potential and creativity. To choose to live as our best, unique, authentic self through life energy rooted in reconnection, connection and interconnection. Life energy rooted in 'we' not 'me.' ME is WE is each of us living through life energy love in the present moment.

Are you curious?

Energy of Life

The false separation from life by mind generated thinking is the beating heart of this book. James Lovelock, scientist, engineer, seer, author, made us aware the planet is a self-regulating organism. Gaia. Unity, interconnected, one, not separation. How all life on the planet is composed of the same materials from the universe our planet is in. Mankind included.

Yet everything is connected and interconnected. The pandemic made this so clear. Every action has an equal and opposite reaction. The planet today reflects the largely unintended and unforeseen by-products of mankind's thinking and resulting actions and inactions. One thing unexpectedly led to another. 'That wasn't meant to happen' moments over and over again.

This uniqueness led the human brain to create separate individuals. The 'me' ego self. Each 'ego self' with a unique 'map of the world.' The 'evolution' of the human brain created a mind created concept world of separation. Ego 'me is me' energy replacing 'me is we' life energy we were born living through.

It not only separated each of us from other humans and all other lifeforms — it separated us from our authentic self. Created individual ego 'me' wants and desires to be satisfied. Created 'me is me' in an interconnected world of 'we.' A 'we' world of unity, interconnection, one. Universal not separate. ME is WE, not 'me is me.'

In the external world the thinking mind created and implemented concepts to facilitate the safety-first mantra of conformity and certainty. Time and money. Unique to mankind, yet the toxic effects are felt by all

lifeforms and the planet itself. Created a concept way of living contrary to the actual 'reality' of life in the present moment.

The thinking of mankind has created a world in its own image.

Life — a love story concerns a choice, an alternative, either/or, to living startlingly large amounts of our lives in a semi-automated way through fearful thinking. Shares the awareness that not only do we not have to listen to this 'voice in our heads,' it's not even any of us at all. This 'voice' is a version of you made up by the brain. The ego self 'you' is a concept.

Yet life is about constant change. That everything changes. That a different energy will be the 'new normal' in this new 'future now.' That this different energy allows us to take responsibility for our lives, rather than leaving it to the random way the human mind and thoughts have evolved.

Life — a love story is my personal 'share and grow' to help each of us choose this act of revolution. To choose to live where life is lived. Now. The present moment.

To choose to live through the energy found there. Life energy. To choose to live through love.

Part One Share & Grow

The Voice in Our Head

The 'voice in our head' is the 'elephant' in every head in every room. How curious it is that nearly all the thoughts the mind generates, we keep to ourselves. Yet the mind energy of these thoughts fuels how we perceive, judge and act in the world.

This 'voice in our head' of thoughts can behave unacceptably. It can be an unrelenting bully and we think we cannot escape it. That we are never 'enough,' that the world is never 'enough,' that life is never 'enough.' This unease and dissatisfaction inside us has created the world we all live in. Rooted in fear.

The 'self' in such mediums as Facebook, TikTok and now AI, are more mind generated versions of the 'voice in our head' of the ego self. The online world of 'trolling' is just the critical voice in our head speaking in the outside world. It's totally unacceptable, yet we accept such a 'voice in our head' behaving in the same way.

Choosing to live in the present moment is to choose the energy of life. Living through life energy rooted in love is the natural way to live. To no longer be a servant to this 'voice in our head.' We each have a choice.

Are you curious?

Thoughts

It's cloudy outside this morning. Living on a small island in the Irish Sea, the Isle of Man, we get used to how variable the weather can be. Indeed, we can have all four seasons in one day. Yet we can always go online to find out whether the cloud is likely to stay, turn to rain or clear to sunshine. It makes me aware that we too have a choice as to how to check in with how we are feeling. We don't have to let our mind and its 'spokesperson' thoughts make that decision for us.

For me, going outside gets me 'out of my head' and aware of life around me. Our miniature schnauzers Bertie, Charlie and now Bobby who only live in the present moment do the same. There are endless ways in which we can reconnect with our physical bodies in the present moment. Being active walking, cycling, running, dance, yoga. Listening to or playing music, inhaling the scent of flowers, watching the clouds drift by, feeling the warmth of the sun, savouring tasty food.

We are aware of and experience these worlds through the 'voice in our heads' that appears in childhood. Thoughts and thinking is how this 'voice speaks' to us.

Thoughts that live in the mind created worlds of the past and future.

Yet we all have a choice. We have a choice between having our lives lived for us through thinking in the past or future, or to live our own lives in the present moment. It's either/or. You cannot do both at the same time.

The world of the 'authentic self' is rooted in the present moment. Now. Where our bodies live. Always now. Accepting that this is where life lives and is to be lived. That life can only ever be lived now.

Language

Without realising it we are hooked on the concepts that language represents. Yet language and words turn life itself into a concept, perhaps no surprise as they are a creation of the human mind. Language and words allow the ‘voice in our head’ to communicate with each of us through thoughts.

Perhaps it’s also no surprise that the language with the largest vocabulary, English, is also the most widely spoken and is the ‘business language’ of the world. With the ‘on the go’ technology today we can keep ‘communicating’ even when alone.

Most of us leave how we feel to the thinking of the mind. To one part of the three tier brain we have. The newest part, the frontal cortex or ‘executive’ part, responsible for rational thought, logic and planning. This part of the brain is the creator and controller of words and language which allows all areas of our lives to be named, labelled, categorised, and filed away as memory.

*‘Believe nothing, no matter where you
read it or who has said it, not even if I*

have said it, unless it agrees with your own reason and your own common sense.'

— *Buddha*

The first time I read 'The Power of Now' by Eckhart Tolle, I didn't 'get' why it was regarded as such a seminal book. What I'm now aware of is that it was the thinking mind that read the book. This time, life energy fired up inside me and it became an embodied experience. The inner authentic self, rooted in love, felt the words and 'read' the book.

Are you curious?

Words

As soon as something is perceived by the mind, it is named, labelled, interpreted, compared with something else, liked, disliked, called good or bad. The mind is constantly judging. What happens is our 'reality' comes to us in thought form. This mind process of naming and judging creates 'separation' in human life.

Thoughts are communicated inside each of us by the 'voice in our head,' that magically appears in childhood. A 'voice' that never stops. In the outside world the mind uses another of its creations, 'language,' to communicate. The spoken and written word are given such unwarranted importance and significance. By the mind.

NLP (neuro linguistic programming) has revealed that over 90% of human 'communication' is non-verbal. That it's through our physical presence, behaviour and 'aura' that we communicate with the world around us.

Humans are social animals, which the pandemic made us so aware of each day. It's one of the reasons the human race survived and thrived. We are naturally attuned to 'read' other people. Yet humans are meant

to be physically together. To be social. To share. To be present with each other.

Are you curious?

‘Masks’

‘Masks’ are something the mind ‘creates’ for each of us to get through life. We have different ‘masks’ for different parts of our psyche and roles we play in the outside world. Husband, wife, sister, brother, father, mother, son, daughter, friend, work colleague. Yet ‘life is not a dress rehearsal.’ We are not here to play ‘roles.’ We’re here to live as our authentic selves.

Rather like a 17th century ‘Masters’ painting that is discovered in an attic, it takes painstaking work to ‘restore’ the painting to its original ‘true’ state. Once these ‘masks’ of accumulated ‘grime’ have been removed, the painting is revealed in its ‘full glory.’ We can each ‘restore’ ourselves.

The unlimited potential inside each of us is ‘hidden’ beneath many mind created layers or masks. As Mother Teresa said, **‘if you judge people, you have no time to love them.’** Love is not found in this mind generated thinking, whose energy is rooted in fear and your physical safety.

I’ve been curious for a long time about the name for our species. Human Being. Two words. Maybe our self-

appointed 'title' reflects the 'split personality' within each of us? The light and the dark. How we are drawn to stories such as Star Wars about good and evil. 'May the force be with you.'

Life — a love story is a journey into this 'forgotten world' of 'being.' A world the complete opposite to the world of 'human.' It was a revelation to this human being. Sharing so each of us can grow to be our authentic selves. Share and grow. ME is WE.

Are you curious?

An ‘Ego Me’ Human Life

Mankind has been given the means to know each of us are alive. The human brain gives us ‘consciousness.’ Yet curiously the human brain has also brought us ‘unconsciousness.’

The brain creation of the ‘mind’ and ‘thoughts’ has meant humans can live ‘unconscious’ lives. Living through mind generated thoughts means human lives are lived in an ‘unconscious’ way.

The thinking of the human mind has created a concept version of ‘reality.’ A concept version of life. This ‘concept life’ exists in another mind created concept — time. The mind generated concept world of time has created the concept worlds of the ‘past and future.’

A good deal of human lives are spent in this mind created, concept ‘time’ version of ‘reality.’ ‘Time’ spent preoccupied by mind created ‘thoughts’ looking backwards or forwards. Living in this way we lose awareness of the present moment.

Our bodies can only live now, in the present moment. Our heartbeat reflecting the flow of life now, in the

present moment. The flow of life is the continuous present moment of 'no time.'

This life energy is not the 'ego me' energy of the thinking mind. Living as the mind created 'ego me' is to not live where life lives. Is not to live through life energy, the energy of the continuous present moment of 'no time.'

We each have a choice.

Are you curious?

Present Moment Reality

The flow of present moment 'reality' is continuous, seamless, 'whole.' Like watching a river flowing. A photograph is an artificial 'freezing' of this flow of life, our mind calls the 'present moment.' Present moment awareness, when living as the authentic, observer self through life energy, gives us 'space' and perspective.

How we are feeling inside us is what our bodies continuously 'communicate' to the outside world. This inner feeling is what 'colours' everything we do, 'runs through' us like a watermark. A 'quality' mark if you will.

Choosing to live in the present moment gives each of us the opportunity to take responsibility for our lives. Bring the job back 'in house.' Choosing to live through present moment life energy. Choosing to let stillness, calmness and silence inside each of us be our natural state.

Each of us can choose to live through an energy only found in the present moment. Life energy. Choose to live through the 'watermark' of life energy. Love, rather than fear at the root of the language of the 'voice in our

head.' Choose to continuously send love out into the world through our bodies. Love inside, love outside.

Are you curious?

Life Energy ‘Watermark’

Love. Awareness. ME is WE. Authentic self. Compassion and self-compassion. Vulnerability. Power. Fearlessness. Creativity. Potential. Stillness. Silence. Contentment. Kindness. Open heart and open mind. Welcome in and welcoming. Humility. Peace. Change. Growth mindset.

Living through life energy in the new ‘future now’ can see each of us ‘act as a radical agent for change in a chosen valued direction.’ As Susan Cain shared in her book *Quiet*, **‘introverts are capable of acting like extroverts for the sake of work they consider important, people they love, or anything they value highly.’**

Life energy empowers each of us to make a difference. To be ‘useful.’ To be of value to the world around us. To ‘walk the walk.’ To live our unique potential and express our unique creativity. Our time is now. It always has been.

What I call ‘share and grow’ allows connection between people life energy to life energy. We each get more and more nourished. Win/win.

Life Energy

**Needs = present moment = life energy = authentic
inner self = love = we**

**Wants = past & future = mind energy = concept
'ego self' = fear = me**

**Changing the energy we each live through is just
what we and the planet need.**

Authentic Self

'What matters for my journey are the values I carry around within me, and where I direct my energy on a daily basis. The energy of the inner, 'authentic self' transforms.'

— James Hollis, psychoanalyst and author

The roots of the 'self' we live as are the 'energy' we choose to live through. This energy determines how and what our bodies 'project' into the outside world. For that 'self' to be 'authentic,' the 'energy' lived through has to be authentic. Authentic energy is found where life is actually lived. The present moment.

**Present moment living = ME is WE life energy =
love = authentic self**

We have a choice.

Thoughts have us believe that we are living now. Yet these thoughts are rooted in the past and future. Not the present moment where life is actually lived. Where our bodies live all the time. Our beating heart and

breath acknowledging and ‘recording’ each moment of our lives.

The world of thinking and thoughts seems so personal. Yet they are not. Thoughts are something the brain generates. The human brain makes thoughts for us. We just think we make them. These thoughts seem personal as they talk about our lives and only we can hear them.

The choice is rooted in our physical bodies. Bodies that can only live in the present moment. Now. Through our physical bodies we constantly ‘project’ out into the outside world our inner feelings. Our ‘energy aura’ is constantly on. This ‘body energy’ breathing into the world constantly.

Changing the energy we each live through is just what we and the planet need.

It’s all about the energy we choose to live through. Choosing life energy inside each of us. Books have over complicated it, made it seem so challenging. The language of the thinking mind has turned life energy into a concept.

These creations are not who any of us truly are. We just 'think' we are, as our thoughts tell us we are. Our mind has told us so. Yet once you've met your inner authentic self, you never want to live as any other version of yourself. The authentic self sees life from a totally different perspective, the present moment, fuelled by completely different energy, life energy love.

Potential

We recently had a solar eclipse. A time when awe is encouraged and 'allowed.' It makes me aware how often we only 'believe' what mind generated thinking is aware of and tells us is 'reality.' A limited and limiting version of what there actually is.

What we don't know is infinite. We live in an ever expanding, infinite energy flow of the universe. The great delusion of the human mind is that each of us are separate. We are all unique human beings, yet we are each part of a universe that is an infinite, eternal energetic whole.

Life is an energy field. We live in a flow of life energy. We are part of this flow of life energy. We are this energy. Looking elsewhere, as mind generated thinking does, is a delusion. The present moment of life energy flow is rooted in love. Lived through and felt by the world as compassion, non-judgement, acceptance, openness, intuition, 'gut feeling,' heart, not head.

Living through life energy love will change the nature of these thoughts from fear to love, from aversion to approachability, from closed minded to open minded.

Each moment can be seen for what it truly is. Unique, full of possibility, to be embraced and lived to the full.

Potential is flow. Potential is the present moment. Potential is life. Living through life energy in the present moment allows the unique potential in each of us to flow. What an exhilarating prospect.

Are you curious?

Creativity

Creativity can happen in any area of life, not just the arts and science. All of us have the potential to be creative. This potential does not happen though through the 'thought stream' of the thinking mind. This stifles, suppresses and blocks potential and creativity.

How 'entrepreneurs' make decisions is instructive and illuminating. Lots of research and 'fact' gathering. When this is completed the 'decision' is made by feeling. A 'sense' of what to do guides them. Neither emotional nor rational. Clarity and balanced decision making.

Creativity is a state of **flow**. A state of **freedom**. A state of **cognitive efficiency**. A state of **openness**. A state of **now**. A state of **'no-time.'** A state of **'we.'** A state of **connection**. A state of **harmony**. A state of **co-operation**. A state of **unity**.

Choose to experience the present moment. Doing this sees us come out of the constant thinking generated by the mind. Either/or. We cannot be experiencing the present moment and thinking at the same time.

Life energy is the energy of love.

Our unique potential and creativity can only be expressed in the present moment.

**Living through our unique potential and creativity
is to live through love.**

Are you curious?

Intuition and Curiosity

Intuition and curiosity are not words associated with the rational, thinking mind. Their origin and activation lie elsewhere. The energy at the source of these words are inside us. Inside our bodies.

The 'being' in human being. The energy and motivation to attempt to write this book did not come from the energy of the thinking mind. The energy came from within.

'The mind is wonderful at going through reality, it cannot though connect with reality.'

— Mary O'Malley, author

Each of us are born curious. Our sponge like brains 'absorb' the world as we begin to explore the world around us. Crawling, walking, falling, walking, talking, objects, people, animals. This is done before we are conscious we are alive.

It's perhaps no surprise that one of the most popular TED talks of all time is Sir Ken Robinson's, 'Do Schools

Kill Creativity?' By blunting our potential and creativity, it blunts our uniqueness.

By living through the body in the present moment we access an intuitive way of 'knowing.' We become more acutely aware how the thinking mind constantly generates thoughts. Now rather than slavishly following mind generated thoughts and living as a mind concept 'ego me,' we can consciously decide which thoughts to pay attention to and which to ignore.

Are you curious?

Abundance

‘Some cause happiness wherever they go, others whenever they go.’

— Oscar Wilde

For me he’s referring here to the energy we live through. How this makes other people feel. What’s curious is that we are generally unaware of our own energy. Yet other people feel us. Depending on how we’re feeling inside, we can either light up a room or dim the lights.

What an incredibly powerful boost each of us can freely give to the world every day. A ‘power boost’ rooted in infinite love. Help others feel wonderful, ‘more than enough.’ That’s all any of us can ever be in each moment.

Life energy has been bottled up inside us all. It can feel overpowering. It can and will change the world. It’s the energy of the new ‘future now.’ Love is an act of revolution. The new ‘future now’ is living lives of ‘abundance,’ not scarcity.

**New 'future now' — new 'normal' — life energy —
love — potential — creativity — ME is WE.**

Listening

Sound was again in my thoughts as I awoke. It was a thrush this time, a bird very active and vocal at this time of year. It struck me I wasn't sure what a thrush sounds like, as it is brilliant at mimicking other birds. What is its true voice?

Spending time with people is about giving and receiving energy. When we 'hear' we can still be drifting in and out of thinking, being distracted by thoughts as they randomly occur. Yet 'listening' is a full body, present moment experience. We 'hear' through our ears yet listen with our bodies.

Our bodies constantly communicate how we are feeling inside. When in the present moment we are able to 'listen' and 'hear' to 100%. The 90% that can so easily be missed is the home of life energy. The present moment.

Living through life energy can see those we share with awaken the dormant 'present moment' life energy in themselves. Through 'pass it on' sharing each of us can each play our part in seeing life energy become the natural way humans live their lives.

Are you curious?

Compassion and Self-Compassion

The thinking mind's resistance to the present moment means 'e-motion,' energy in motion, is unable to flow freely. Emotional expression of the unique, innate potential and creativity in each of us is blocked. Reconnecting with the present moment and life energy is to begin to release all this trapped 'e-motion' of unique potential and creativity.

With self-compassion flowing in the body, those we share inner life energy with 'receive' and feel ever more powerful doses of compassion. Internal self-compassion fuelling external compassion.

Self-compassion/compassion win/win. Infinite win/win. Mirroring the universe we live in. Infinite growth. Infinite potential. Infinite creativity. Infinite life.

Reconnection and connection. The 'antidote' to the feeling of 'disconnection' living as the 'ego me.'

Changing the energy we each live through is just what we and the planet need.

Paying Attention

My energy seems to be focusing on nature at the moment when I wake up. We're often told to 'smell the roses.' Yet we are more likely first to 'see the roses,' as sight is the most dominant of the senses. In May, the Isle of Man where I live bursts into an island of colour wherever you look.

Our bodies communicate and project our inner state to the outside world all the time. Even today, over 90% of human 'communication' is non-verbal, despite the mind's 'love affair' with its own creations, words and language.

Love is an unseen energy. It's what fuels life energy inside each of us. Love has many, many shades, with kindness and compassion perhaps the most common. None of us can manipulate the unseen, inner energy our bodies project constantly into the outside world. It cannot be turned on and off. It's always 'on.'

'Ego self' mind energy = fear. 'Authentic self' life energy = love.

Letting Go

The new 'future now' is a time of choice. Inner authentic self or mind created ego self? Either/or in action again. Life energy or mind energy? Present moment reality or concept past/future? Felt experience or thinking experience of life? Abundance or scarcity? Unlimited or limited? More than enough or not enough?

Vulnerability is what remains once all the 'ego masks' are stripped away. The openness to give and receive love. To feel re-connected, connected, interconnected. To belong. To be able to help. To be of service. To make a difference.

Scarcity is 'not enough,' abundance is 'more than enough.'

Letting go of who and what is no longer relevant (past) to make room for those people and circumstances that allow us to live as life energy. Present moment life energy love sees us let go of past/future fearful ego mind energy. Love in, fear out. Breathe a new present and draw towards you a new future. A world rooted in love.

**Reconnection — new energy — new self — new
life — new world**

Are you curious?

Life Energy ‘Bridge’

Living through life energy in the present moment each of us can choose to not become ‘slaves’ to the random thoughts the human mind produces. By disengaging our focus, mind generated thoughts soon lose energy and move onto something else.

Life — a love story is a ‘bridge’ between these two worlds. Awareness that we always have a choice over which energy and perspective we wish to live through. That the focus of our attention determines the energy we live through.

Cuddling was the top choice for people to feel happy. Quality time at home with ones you love, rather than going out. ‘Quality time’ is the key here. Being present. Sharing and growing through life energy love with those closest to us in life.

The ego self of the thinking mind looks outside for similar chemical boosts. As the energy of the ego self is rooted in fear, the chemical ‘boosts’ it seeks are rooted in adrenaline and fight and flight. Addictions are the outcome of the mind generated thinking and thoughts’ misguided efforts to fix things.

Life — a love story offers a bridge between the ego me and the collective we. The opportunity to choose ME is WE life energy. Living in the present moment through life energy changes every part of our lives.

Are you curious?

All the Time in the World

So, what is the 'being' in human being all about? That question is at the root of this book. A journey into the world of the 'present moment.' The world where our physical bodies live, with our beating heart keeping 'time.' A world diametrically opposite to that of the thinking mind.

Our bodies live in the continuous flow of the present moment, unable to live anywhere else. Present moment life energy is a world rooted in love, compassion and hope. Of potential and creativity. Of kindness and compassion. Of a growth not fixed mind set.

Each of our bodies live in the present moment. No exceptions. We lose sight of this because our thinking mind lives elsewhere in its own creations of the past and future.

We can each choose to live in the present moment. How in doing so we choose to live through life energy. Choose to live through a growth mindset that reflects the continuous change and growth of what mind generated language calls the 'present moment.'

Share and Grow

The sharing, reflecting and listening of share and grow in my case is often done in a busy coffee shop. Curiously I sense this maybe deepens the connection between the two of us. We both pay attention. We listen. Or rather our bodies listen. We become at times oblivious to the world around us. Time passes slowly it seems, yet we are amazed when three or so hours have passed. That's how actually living in the present moment can be. Perfect. Timeless. In flow.

As the time spent in the present moment grows, so too does our connection to life energy of the present moment. It's nothing like the energy of the ego thinking mind. We begin to talk about different things. We begin to respond physically first to what we hear and say.

This produces a depth of connection with someone that is not achieved through ego energy. An intimacy I call 'beyond love,' beyond the mind made concept world of words and language. We can feel each other, however far apart we are physically.

*'Changing the world one person at a time
from the inside out.'*

— *Melli O'Brien, mindfulness.com*

Share and grow is **Life — a love story** in action. Sharing awareness of another way of living that each of us can choose at any time.

Freedom from the fearful thinking of the ego mind and choosing to live through life energy love of the present moment is the ultimate freedom. Yet there's awareness too that freedom and responsibility go together. Responsibility to share this awareness with others. Share and grow.

ME is WE

The authentic self is a joy to be with. To be given the opportunity to live as ‘the change we want to see in the world’ and ‘walk our unique walk.’ To feel, experience and share the ‘inner freedom’ to make the ‘ordinary, extraordinary.’

Living through ME is WE life energy changes each of us and the world around us. Love is an inadequate, mind created word, to capture what it feels like to live through this energy. It’s purer, deeper and much, much more powerful than what the human mind calls ‘love.’

Living through ME is WE life energy we are one. United. Inseparable. Whole. Home. Whilst the time each of us can physically share ME is WE life energy with the world may be finite, the energy shared is infinite.

As Delores Cannon, pioneer in the field of past life regression, shared: **‘when we go someplace, we leave a part of our energy there and we influence more than we can imagine.’** This is my experience with share and grow connections with others. We share ourselves permanently. Become one.

Share and grow represents the energy of life. Of all life. It's the only energy that can bring about the changes now needed in the world. It's universally available, yet unique in its application through each of us. Each of us can 'shoot for Mars,' in our own unique way.

Self-Empowerment

We are now seeing 'green shoots' of a different external world emerging in alignment with life energy. The horizontal energy of the collective, rather than a vertical top-down energy that has been predominant for over a thousand years.

This external energetic change mirrors the energetic change inside each of us. Living through life energy love sees the energy inside us flow from body to mind, as opposed to living through the energy of the thinking mind where the energy flows from mind to body.

The new 'future now' is one of individual self-empowerment and collective empowerment, where self-empowered individuals create an empowered collective. Life energy rooted in fairness and balance. Love of self, activating love of all for all.

Groups living a much-repeated quote from the renowned cultural anthropologist Margaret Mead: **'never doubt that a small group of thoughtful, committed individuals can change the world. In fact, it's the only thing that ever has.'**

Are you curious?

Living from the ‘Inside Out’

‘The key to happiness is to know the truth about yourself — to understand who or what you really are.’ Sapiens – Yuval Noah Harari

This quote for me means living as life energy through the unique human body each of us has. Infinite life energy rooted in infinite love. Everything else is a by-product of living through this love and its many shades. Kindness, inclusion, compassion. ME is WE.

Living through ME is WE life energy is to live a life ‘more than enough.’ To live a life that feels ‘more than enough.’ To live a life ‘in flow’ individually and collectively with the flow of life in the present moment. Flow is peak performance. ‘In the zone.’

Are you curious?

Life Energy — A Summary

**Awareness = Clarity = Wisdom = Choice =
Empowerment = More Than Enough**

1) Awareness

Awareness of lack of awareness

Awareness we are not our thoughts

Awareness we are living an unconscious life

2) Clarity

**We are not the 'ego self' created by the
thinking mind**

**We are the inner 'authentic self' that can
observe thoughts**

**We can only live life in the present moment,
not in mind created thinking of the past and
future**

3) Wisdom

**The 'authentic self' lives in the present
moment, the 'ego self' in the mind created past
and future**

**The 'authentic self' and 'ego self' live through
different energy**

The energy of the ‘authentic self’ is rooted in love, mind energy of the ‘ego self’ is rooted in fear

4) Choice

We can choose to live in the present moment as the ‘authentic self’

We can choose to live through life energy

We can choose to live through love not fear

5) Empowerment

We can each live through our unique, innate potential and creativity

We can each live with an unlimited growth mindset, not limited fixed mindset

We can each live as self-empowered, self-leaders

6) More Than Enough

Living through the love of ME is WE life energy is to live a life ‘more than enough’

Living for the ‘Greater Good we,’ not ego ‘me,’ is to live a life ‘more than enough’

Living a life of infinite abundance, not finite scarcity, is to live a life ‘more than enough’

Part Two Love

‘Love goes very far beyond the physical person of the beloved. It finds its deepest meaning in his spiritual being, his inner self.’

‘Love is the only way to grasp another human being in the innermost core of his personality. No one can become fully aware of the very essence of another human being unless he loves him. By his love he is enabled to see the essential traits and features in the beloved person; and even more, he sees that which is potential in him, which is not yet actualized but yet ought to be actualized.’

— Viktor Frankl, 1946

Life — A Love Story

Every human body can become love itself. Can live through the infinite flow of life energy. Life energy rooted in love, the ‘antidote’ to the ego energy generated by the human brain, rooted in fear. The ‘voice in our head’ which appears in childhood can become rooted in love, not fear.

Each of us can choose to live through this love, the ‘fuel’ of life itself. Each human body can become a ‘lighthouse of love,’ not fear, shining out into the world. Reflecting and sharing a love flowing inside each of us.

Neuroscience has shown that when humans ‘fall in love,’ the body produces the ‘positive’ chemicals that form the basis of addictive drugs. The thinking frontal cortex goes into ‘sleep mode,’ the fearful amygdala deactivates. Love flowing inside us gives us everything we need and more.

Choosing to live in the present moment is to choose to live through life energy. To choose to ‘be in love.’ This time though, we choose to ‘be in love’ with life itself. To ‘be in love’ with all life. To ‘be in love’ with the planet.

I See You

This beautiful piece below comes from Michelle Gillespie of 'Coaching with Michelle.'

I see you.

Tightly grasping to keep in place the heavy and worn-out identities of the various personas that you disguise yourself in.

These versions of you, stifle and suffocate the light from within,

as you fold and hide in the darkened shadows of your true and wonderful being.

The feelings of being your own creator only seem fleeting and

fanciful now as you stand in line to measure up to the expectations

that are demanded of you.

You were not always this way.

You remember a time, do you not, a time when you felt your smile

*spread across your face and your heart fill with
joy and love?*

*Yet this version of you has been watered down
as you have been squashed and
squeezed into the small compartments that
holds your acceptance to others.*

***Come out from hiding now and take off the
mask.***

*Sit peacefully in this space and consider
opening up to welcoming
to your bare and beautiful self. Noticing, with
the gentleness
that you would offer as you cradle a new-born
baby, the holes and scars
that you have tried to cover.*

It is time to come home.

*It is time to turn your vision inwards, for you
have been looking
too long in the wrong direction for a peace that
has been buried deep*

*and can be found in the most natural and
uncomplicated version of your being.*

I see you.

Presence. ‘I see you.’ An awareness of meeting the
‘authentic self.’ Of observing and experiencing this
‘authentic self.’

**‘The life I am living is not the same as
the life that wants to live in me.’**

Life — A Love Story (Meditation)

Learn to be **with** present moment direct experience of physical sensations within the body.

Access an immediate **intuitive** way of ‘knowing.’

Living life as the **best possible version of yourself** is not something that can be coached or taught. Living life is an **embodied experience**.

Life is lived in the **present moment**. Life energy only lives in the present moment. Life energy is **love**.

The present moment is love.

The human body can only live in the present moment. The human body lives in the home of life energy. The human body lives in the home of love.

Each human life is a love story.

Life is a love story.

Life — a love story is to help each of us live in the present moment through life energy love. To help each of us live an embodied experience of our own ‘love story.’

As Jon Kabat-Zinn, creator of Mindfulness Based Stress Reduction (MBSR), says: **'you're already ahead as you're breathing.'** **'Every journey begins with the first step,'** Buddha said. Awareness of our breath and that we are breathing is that first step.

Awareness Is an Energy

Life can only be lived in the present moment. Yet most of us live in the mind generated world of the past and future. When 'lost' in the 'time' world of thoughts and the mind, humans are 'absent' from the only place life can be lived. Now. Always now.

Awareness is the authentic self. I've felt a number of times I understood what awareness is. Now I can see that more often than not this 'understanding' was another creation and concept of the 'ego mind.' Awareness is an energy. It's a flow, not a 'thing' or concept.

As each of us live more and more in the present moment, we get to know a 'self' unknown to us before. A 'self' of love, in love with life and being alive. Increasingly finding others who experience life in the same way.

The inner authentic self is awareness. The inner authentic self is life energy. The inner authentic self is love. A self of abundance, not scarcity. A growth, not fixed mindset. Lives through love, not fear.

Awareness = life energy = love

Life Is Now

Somewhere in the evolution of the human brain, mankind lost touch with living in the present moment. Lives of 'doing,' driven by the thinking mind rooted in the past and future, replaced 'being' in the present moment. Human lives became concepts, detached from the present moment reality.

Life — a love story is the story of each of us, all of us. Shares that by choosing to live in the present moment gives each of us access to life energy. Life energy only found in the present moment. Gives us access to love. Gives us the opportunity to live our unique potential.

Mindfulness and its message of living with awareness in the present moment has been turned into an action by the media. You 'do' Mindfulness. Yet you 'be' aware, not 'do' aware. As Mary O'Malley beautifully puts it, **'the mind is wonderful at going through reality, it cannot though connect with reality.'**

Changing the energy we each live through is just what we and the planet needs.

Love Is a ‘Fierce Agent for Change’

Living in the present moment is to reconnect with life energy inside each of us. To reconnect with our authentic selves. To truly live each moment as a human being. To truly connect with others and the world around us. It’s ‘coming home.’

Living through life energy this universal love can be experienced and shared. ‘No one is too small to make a difference’ in co-creating the life energy flow, rooted in love, for the new ‘future now.’

It addresses for me something Timothea Goddard shared during the 30-day online ‘Mindfulness Summit’ in 2016: ‘Mindfulness could be a fierce agent for change in a chosen valued direction.’

Life — a love story looks at how life energy can be the ‘fierce agent’ Timothea speaks of. Connectedness, unity, oneness, wholeness, fairness. ME is WE. That life energy love is life. That life is love.

The ‘Greater Good’

"What matters?" "What needs attending to?" "How might each of us serve the unfolding of things in a valued direction?"

Living through ME is WE life energy can see each of us address these questions in our own unique ways. Living the mantra of Greta Thunberg that 'no one is too small to make a difference.'

Changing the energy we each live through is just what we and the planet needs.

The Present Moment Is the Home of Love

The mind searches stored memories for ‘similar’ examples of what it ‘perceives’ is happening here and now. Yet the mind acting in this way means that each of us loses contact with what is actually happening in the present moment.

Now more than ever we need individual and collective clarity and perspective. To tune into the calmness and silent stillness of the ‘authentic self’ that lives within each of us. By re-joining the body in the present moment, we ‘step back’ from the ‘drama’ and ‘chatter’ constantly happening in the mind.

Choosing to live in the present moment is to choose to live through love.

Living through ME is WE life energy we can be the detached awareness of the inner ‘authentic self.’ In this inner place of calmness and stillness a broader, clearer perspective can emerge.

Asking for Nothing — A Meditation

It is time for change and change begins with you.

Giving the best of yourself and positively affecting the world.

Relaxed, confident, at ease with yourself and the world.

Compassion, greater acceptance, forgiveness and humility.

Honesty, justice and truth.

Greater generosity, tolerance and care.

Health, happiness and wholeness for body, mind and spirit.

The gift of well-being.

Being capable of incredible things with vast resources and healing powers.

Intuitive, kind, enlightened, full of insight and clarity.

Deep sense of inner pride and self-worth.

Alive, vibrant, a person of immense value.

Positive and creative.

Talented, higher, self-empowered and liberated.

Happy, content, aura of balance and stability.

Positive, calm and unafraid.

Direction and purpose emerging with more clarity than ever before.

Reach for highest human values and goals.

Trust

‘May the force be with you.’ Star Wars speaks of an unspecified energy. As we followed the Star Wars tale backwards and forwards the ‘force’ was good and evil. Light and dark. Choices. Yes/no.

If we wish to live in a world rooted in trust, we need to learn to trust ourselves, our instincts, our feelings, our ‘authentic self.’ Our bodies continuously project into the outside world how we are feeling inside. Trust inside = trust outside.

Each of us can live astoundingly creative, fulfilling and fulfilled lives. It is allowed, whatever our minds tell us! More ease and contentment within each of us will hugely impact the world around us.

Changing the energy we each live through is just what we and the planet need.

Love Is an Instrument of Revolution

The intuitive genius of the scientist James Lovelock burns fiercely inside me. The inter-connectivity of the world, that changing one thing has repercussions elsewhere, often unintended and unseen. Each of us are part of that connectivity.

Each of us can become our own experts in experiencing living in the present moment. Our own self-empowered, self-leaders. Can share the discoveries on our explorations. Fun, fun, fun. Being creative, flowing is fun. It's natural. It's liberating.

Now in the new 'future now' a growing number of people around the world are beginning to break free of the shackles of the mind, to reveal the infinite potential within them. Each has a role to play. Each are as important as each other. Each are part of the same wholeness.

Living. What all of us do. Or do we? The antidote is to empower ourselves, to take responsibility for our lives. To be aware that thoughts generated by our minds are not to be trusted, believed or unthinkingly acted upon.

**Changing the energy we each live through is just
what we and the planet need.**

Sanga of Love

By Mooji

*In our world we know that for most of us,
one of the strongest pulls in life
is to have someone who you can spend your
life with.*

*Someone whose heart resonates with yours,
someone who has love for you as much as
you have love for them.*

*This is the way that love is often expressed in
the human kingdom.*

But love has much broader implications also.

*As you come to discover the truth of your own
self,*

you come to the very source of love.

*When you come to the source of love,
your being begins to merge there in that love.*

*And that love is a universal love,
it is not merely a personal love.*

*It continues to expand and radiate until it
embraces and
encompasses the whole world.*

*This is not merely spiritual fantasy.
You grow in this love because wherever
ego has become redundant or absent,
universal love shines right there, from there.*

*And it never stops, it never meets a point
beyond which it cannot go.*

*It is this love that is in the core of every living
being
and certainly within every human being.*

And this love and truth are not different.

This love and wisdom are not different.

This love and trust are not different.

This love and life are not different.

This love never runs dry.

*May this love so flower in us all and radiate so
powerfully*

because, if the world needs something,

it needs to taste this love again.

And every one has this love in you.

*If you pray for one person, the power and love
that goes into this prayer*

can be spread for the whole world

*and it will not drain you. In fact it will energise
you.*

*This love has many different aspects and
facets,*

*the love we see expressed here is within the
great love,*

*as is the love for your children and for your
friends,*

the love you have for the things you do in life,

the love for your work, the love for God,

*all of this springs from the great love, from the
great Source.*

Smile

My sister-in-law posted a video of an interpreter who goes to concerts and uses sign language whilst dancing, to share the lyrics of the songs with the deaf. The video ends with the words ‘laugh, cry, smile, pause, repeat.’

Smiling is one of the most effective ways to change your mood and those you meet. It’s due to so many muscles we use when we smile and this does the work of changing the mood of ourselves and others.

Bertie our miniature schnauzer loved to smile. He knew I loved it and I feel he loved doing it. It’s how he shared the love he felt. Love inside, love outside. That’s a pretty good example for us humans to follow.

Are you curious?

Part Three The New 'Future Now'

Prophecy

“We were told that we would see America come and go. In a sense America is dying, from within, because they forgot the instructions of how to live on earth. It’s the Hopi belief, it’s our belief, that if you are not spiritually connected to the earth and understand the spiritual reality of how to live on earth, it’s likely that you will not make it.”

Everything is spiritual, everything has a spirit, everything was brought here by the creator, the one creator. Some people call him God, some people call him Buddha, some people call him Allah, some people call him other names. We call him Tunkaschila ... Grandfather.

We are here on earth only a few winters, then we go to the spirit world. Our DNA is made out of the same DNA as the tree, the tree breaths what we exhale, we need what the tree exhales. So, we have a common destiny with the tree. We are all from the earth, and when earth, the water, the atmosphere is corrupted, then it will create its own reaction. The mother is reacting.

*“You should treat all things as spirit,
realize that we are one family. It’s never
something like the end. It’s like life, there
is no end to life.”*

— Floyd Red Crow Westerman

This Is Timeless

This poem of 1869 by Kathleen O'Mara was reprinted during the 1919 'Spanish flu' pandemic.

*And people stayed at home
And read books
And listened
And they rested
And did exercises
And made art and played
And learned new ways of being
And stopped and listened
More deeply
Someone meditated, someone prayed
Someone met their shadow
And people began to think differently
And people healed.
And in the absence of people who
Lived in ignorant ways
Dangerous, meaningless and heartless,
The earth also began to heal*

*And when the danger ended and
People found themselves
They grieved for the dead
And made new choices
And dreamed of new visions
And created new ways of living
And completely healed the earth
Just as they were healed.*

— *Francesca Melandri, Italian novelist*

*'We fell asleep in one world, and woke up
in another. Suddenly Disney is out of
magic, Paris is no longer romantic, New
York doesn't stand up anymore, the
Chinese wall is no longer a fortress, and
Mecca is empty. Hugs and kisses
suddenly become weapons, and not
visiting parents and friends becomes an
act of love. Suddenly you realise that
power, beauty and money are worthless,
and can't get you the oxygen you're
fighting for.'*

Life Energy Is ME Is WE

Compression. Repression. Suppression.

The result of global governmental efforts globally to 'defeat' the virus. Descend or ascend. How the 'outcome' could be for each of us.

Whilst the actions of governments globally made it impossible to avoid the energy of 'Planet Fear' that the virus generated, it did provide us with a unique opportunity of living through ME is WE life energy. The clarity of a 'clear head' comes from the authentic self, inside each of us.

The 'stay at home' world that became life for so much the world's population saw us spend more time in the present moment. Living one day at a time, in one place. As the 13th century poet and prophet Rumi asked: 'How often do you spend time with yourself?'

**Present moment — life energy — love —
awareness — clarity — wisdom — health**

Energy Flow

Energy ‘flow’ and unseen forces are in my thoughts. How the unseen ‘Gulf Stream’ of warmer water off the north-west coast of the UK has changed the climate and marine life. How it has changed what is possible.

So too in human lives there are so many unseen energy ‘flows’ and forces at work around us and within us. Non-physical ‘consciousness’ and the ‘mind’ are electrical activity generating energy flows.

Those most feeling under threat are the ‘puppet masters’ of the world economic order. Their influence spreads to all the areas of ‘power’ and influence. Yet perceptions do change in the human world. What one minute was acceptable and desirable, can almost overnight be the opposite.

This new ‘future now’ needs each of us to live through an energy that thrives in just such a world. An energy where each of us can release our unique potential and express our unique creativity. As Thomas Edison mused: ‘if we all did the things we are truly capable of doing, we would literally astound ourselves.’

**Changing the energy we each live through is just
what we and the planet need.**

The New ‘Future Now’

A film that is many people’s favourite is ‘Back to the Future.’ Although a story of time travel and adventure, it does tap into our love of the past and nostalgia. I live on an island, the Isle of Man, of Victorian ingenuity and the love of the ‘new.’

When we are celebrating Victorian society and culture, we are celebrating invention, often breath-taking world leading invention. A society that was up for any challenge and seemingly hell bent on creating a new and better world as fast as possible. They did not look to the past to create their new ‘future now.’

The pandemic showed us we love being physically connected to life, to be out in the stunning beauty of this planet. That we truly live on a beautiful planet. Yet most of all we have become so aware that we each love to love. That we each love to give and receive love.

‘It’s time for action. We are all in this together and no one is too small to make a difference.’

‘Kindness Is the New Cool’

Mankind is unlike other animals on the planet. It has the ability to think, dream, create imaginary worlds and possesses the ‘tools’ to adapt the world it lives in for its own purposes. Yet with this ‘power’ comes a unique responsibility to use this power wisely.

Happiness is the new rich. Inner peace is the new success. Health is the new wealth. Kindness is the new cool. Jay Shetty – author and life coach

The prime minister of New Zealand, Jacinda Ardern, when asked at the height of the pandemic about the qualities most important to her, replied: *‘Kindness and not being afraid to be kind, or to focus on, or be really driven by empathy. When you think about all the big challenges that we face in the world, that’s probably the quality we need the most.’*

‘That Wasn’t Meant to Happen’

The thinking mind is never truly satisfied with the present moment and is constantly trying to change what is now. Looking to move us away from the present moment. Automating and pre-programming our thinking, emotions and actions is the outcome of this perceived need for ‘certainty’ and ‘order.’

This ‘tipping point’ for the planet is a ‘tipping point’ for the way mankind lives as a species. That the world around us is due in large part to the all-knowing hubris of the thinking mind and the often ‘that wasn’t meant to happen’ outcome of that thinking.

**Changing the energy we each live through is just
what we and the planet needs.**

Where Do We Go from Here?

In 2020 the coronavirus arrived. It changed everything. Overnight the ego concept world of 'certainty' became anything but. The 'authority' figures we had individually and collectively given our power to were exposed.

Life — A Love Story, a 'lighthouse' for the journey ahead. A journey where the 'impossible' can become the new 'possible.' A journey through a world of abundance, not scarcity. A world for all, not the few. A world where truly 'we are all in this together.'

A world of inner reconnection and outer connection and interconnection. A world where each of us individually and collectively can take back the power given to 'authority' figures and institutions long ago.

Reconnected, connected and interconnected. A world of ME is WE life energy. A world of love.

Let It Shine

It's time for each of us individually and collectively to 'let it shine' living through life energy. For each of us to thrive living through life energy of the new 'future now.' The life energy of the new 'future now' rooted in love, kindness, compassion and hope.

The fearful thinking of the mind offers a tiny fraction of the possibility, excitement and potential on offer in the present moment. Each of us can end up living lives way short of the innate potential available inside each of us.

**Ego energy = fear = not enough = fixed mindset =
scarcity**

**Life energy = love = more than enough = growth
mindset = abundance**

**Life energy flow = infinite potential = exponential
lives = anything is possible**

We have a choice.

A ‘Useful’ Life

‘I don’t know what your destiny will be, but one thing I know. The only ones among you who will be really happy are those who sought and found out how to serve.’

— Albert Schweitzer, 1952 Nobel Peace Prize recipient

In the outside world the pandemic led to a global ‘lockdown’ on movement and activities. Yet in the world inside me saw an unlocking take place as I spent more time looking inwards not outwards. Living increasingly moment by moment, day by day.

The new ‘future now’ concerns the move from the age of the outward focused, me centred ego self, to the inward focused, ‘we’ centred, authentic self.

Changing the energy we each live through is just what we and the planet need.

Life Energy — A Stepping-Stone

A lecture I attended in Vancouver in June 2014 comes to mind here. To hear two of the world's leading physicists state that certain events happen because something else is going to happen in the future is, to me, mind blowing.

ME is WE life energy, to me, becomes manifest in our human lives as the 'observer' of the human mind. The energy of the 'observer' is drawn from the universe. Life energy is inclusive not exclusive. For each of us. We are all equal.

Life energy is the home of the 'Greater Good,' unity, wholeness. Life energy is ME is WE. It's the home of love. The home of no limitations, of infinite possibilities, of infinite potential, of infinite creativity. The home rooted in infinite love, infinite kindness, infinite compassion for all life, for the planet.

Changing the energy we each live through is just what we and the planet needs.

Wind of Change

The pandemic made us so aware that humans are fragile, living on a fragile planet. We can only survive as a species in a tiny climate band. ‘Goldilocks.’ Not too hot, not too cold. ‘More, more, more’ consumption is at the heart of the economic model that shapes much of human life today. Yet this unlimited ‘freedom’ is proving to be anything but. ‘More is less’ is at play.

Yet the ‘solutions’ the ego mind is seeking in the outside world are not to be found there. It reminds me of the Albert Einstein quote that **‘we cannot solve our problems with the same thinking we used when we created them.’** As Michelle Gillespie beautifully put it, ‘I have found others who are turning inwards and leaning into the feelings and intuition surrounding a forwards motion.’

The Flow of Life

The flow of life is unity, continuity, oneness. It's time to upgrade to living in the flow of life. To live in the present moment reality. It's radical only because we haven't tried it before. It's not that we cannot. We all can choose to do so immediately.

David Eagleman in his television series *The Brain* used an actual toolbox to speak of 'cognitive reserve.' That by being present in the present moment we continue to form new neural pathways throughout our life.

Life is the present moment. A continuous never-ending present moment. Life is flow. Not the past and future. They are mind concepts. What you experience in each moment, each now, will affect future present moments. Yet just as tomorrow never comes, neither does the future. Just the present moment.

**Awareness = Choice = Present Moment = Love =
ME is WE = Clarity = Wisdom = Contentment.**

The Authentic Self Is the New 'Future Now'

The authentic self, lives in 'no time' of the present moment. The authentic self is not found in the human mind concept world of the 'past' and 'future.' Here it has been replaced by 'ego self' or 'I.' The authentic self is ME is WE. Ego self is ME is ME.

Different layers of the human brain have competing and contradictory needs. Reptilian, limbic and executive (human). The concept 'ego self' created by this executive portion of the brain lives most of its life in the past and future, living in the 'thought stream.'

Yet dogs do live in the present moment. They have been training me in how it feels to do that. It's a very different way of living when thoughts are not driving you along all the time. In this world of 'no time' a different sense of self begins to appear.

I'm reminded how radical and questioning present moment life energy is. That to choose to live through life energy love is 'an act of revolution.'

Nothing is as uncomfortable and hurtful as standing outside looking at your own life and

wondering what it would have been like if you had had the courage to show up and let yourself be seen. — Brené Brown, *Daring Greatly*

The new 'future now' is a time of 'inner life energy revolution.' Life energy rooted in love. Love is an act of revolution. Love lives in the present moment. Living in the present moment is an act of revolution.

Are you curious?

Mind Made Problems

The human brain and mind is the most powerful organism on the planet. Brain scanning experiments have shown that the brain, for example, primes the fingers for action before we consciously decide to pick a cup up.

No two people have the exact same experiences in life or receives the exact same sensory data, so each human mind creates a unique view or map of the world. Tellingly many of the core beliefs and values are set by the age of seven, some before conscious memory.

As transformative coach Michael Neil observed: **‘every word has an emotion, every emotion has a word.’** Our emotional state and hence emotional lives, controlled by the middle limbic tier of the brain, are at the heart of being a human.

This sheds light on why this ‘voice’ can be so harsh, so brutal, so unsympathetic, so unfeeling in the messages we ‘hear.’ Its root source is from a harsh world long ago when survival each day was uncertain.

Changing the energy we each live through is just what we and the planet need.

Food for Thought

Eating is central to how we all live. Yet like so many other things in life it can easily become a habitual, unconscious activity. 'We are what we eat.' How we are feeling inside is at the core of what drives our eating habits. Eating is an emotional experience. The roots of this way of eating are often in the early years of our lives, before any of us has any say in what we eat. In time our brain can become addicted to certain foods. We become what we eat and drink.

Our brains are highly energy intensive. Although only weighing around three pounds, the brain consumes up to 25% of daily calories. With the increasing industrialisation of food production, the food offered to us and the choices available to us have not been nourishing our brains.

Nutritious food now needs to be centre stage globally. Sugar, salt and industrial carbohydrates need to be in the spotlight just as tobacco was. The social costs due to the epidemic of obesity, diabetes, infirmity, mental health issues are more widespread and damaging than tobacco ever was.

A shift from high carbohydrate, high sugar, high unnatural fat diet, to low carbohydrate, low sugar, natural oils diet will change the functioning of the brain and so our thoughts, emotions and behaviour. We are what we eat.

Energy Relief Workers

Life energy allows us to look after ourselves. Paying attention to ‘what lies beneath’, what is inside each of us. Living through life energy love, kindness and compassion allows us to thrive and shine living our unique potential and expressing our unique creativity.

Each of us self-empowered, self-leaders rooted in self-care, self-love, self-respect, self-awareness, self-compassion, self-responsibility.

Keeping our immune system as strong as possible. Sleep, nutrition, exercise, connectivity. Balanced physically, emotionally and psychologically.

Being present for ourselves and others. Leading by example we can each be ‘energy relief workers’ in our communities. Each of us playing our unique part in shaping the global new ‘future now’.

Life Is What We Think

Life is a reflection of the perceptions of the human brain. The thinking of the human brain in turn is a reflection of our emotional, psychological and physical states. Writing that is a radical statement. Yet in the past global movements of votes for women and the abolition of slavery were both successful. Perceptions, attitudes and behaviours changed.

Today we are constantly told we live in a world of economic globalisation. The global pandemic and lockdowns made this interconnectedness personal. How we love to be around other people, to share and receive love, to absorb the stunning beauty of our planet. Living through life energy ME is WE love will change perceptions & the world we all live in.

Climate Change Is a State of Mind

The 'doing' mode of the ego me thinking mind impacts on every aspect of human activity. This default setting of our brains has to change. There is no alternative if mankind is not to destroy the planet it lives on. Climate change is the iceberg we are heading for.

Pride and arrogance are dangerous bedfellows. The history of mankind has exhibited this over and over again. Science continues to provide more and more evidence that a day of reckoning is due for mankind's reckless plundering of the planet's irreplaceable natural resources.

Mankind = global warming.

The global mantra of economic growth is a cold, unforgiving master. Little place for sentiment, sympathy, or compassion. The reptilian part of the human brain at play.

We are slaves to thoughts. Awareness, humility and gratitude are not bedfellows of rampant dissatisfaction. Our minds are full most of the time with thoughts demanding attention now.

Each of Us Are Unique

I'm curious each morning what pops into my mind when I wake up. Today it's that only fairly recently have scientists begun to seriously investigate sleep. Why we do it at all. Current 'thinking' is that a primary reason is so mind categorising can take place. So, each morning we awake with an updated filing system. An updated 'you.'

No present moment is ever the same. Yet to our minds it can always be 'likened' to something previously and made to fit. Thoughts and behaviour automatically 'happen.' If we never live in the present moment and consciously experience for ourselves what is happening right now, we will never face up to our 'supposed' demons and fears.

**Changing the energy we each live through is just
what we and the planet need.**

Revolution — No One Is Too Small to Make a Difference

Living a life is the ultimate privilege, yet for many it is a struggle, with too much pain and suffering. Does this need to be the case? Nothing in the recorded history of mankind suggests there is any other way.

Each of us have our own unique, natural flow. Living through the flow of life energy in the present moment opens-up the possibility of living each of our lives to its full potential.

What's needed is to fire up life energy in each of us. Awaken and release the unique potential in each of us. Fire up our innate creativity to work on ways of restoring health to ourselves and to this planet.

We do not realise how powerful collectively we are. How much untapped potential lies buried within each of us. Beyond the mind.

Tim Berners-Lee created a template for the internet, for the next phase of human development. By making the internet 'free' he provided mankind with a powerful tool. He provided infinite potential.

Like many profound shifts in human consciousness, the forest cannot be seen for the trees for a long time. Awakening and awareness are the twin drivers of this human drama.

**Awakening — awareness — clarity — insight —
potential — flow — power — revolution —
transformation**

Love is an act of revolution.

Individually and collectively living as ME is WE life energy. One where each of us can live as our unique, authentic selves. Finally living as each of us were meant to. Self-empowered, self-leaders creating a collective reality rooted in love.

Are you curious?

Love Changes Everything

Life — a love story has been the sharing of an awareness that the new ‘future now’ the pandemic ushered in offers each of us the opportunity to choose to live through a different energy. Offers us the choice to re-join the present moment. To live through the awareness and perspective of life energy rooted in love.

The new ‘future now’ is decision time. Do each of us want to be responsible for living our own lives? Do each of us want to live a life that is a felt inner experience, rather than a mental, mind concept version of life?

Life — a love story is a sharing that to choose to live in the present moment is to choose to live through love. That this one choice changes everything. This is the sharing at the heart of this book. The ‘beating heart,’ the ‘watermark.’ That life energy of the new ‘future now’ is rooted in love.

ME is WE life energy can see mankind finally begin to live as one global ‘tribe.’ Finally take responsibility for the planet and all life on it. Finally, be aware everything is connected and interconnected.

Yet most of all we became so aware that we each love to love. That we each love to give love and to receive love. That love is around us all the time. That kindness and compassion happen all the time if we are paying attention.

Brené Brown shared in *Daring Greatly*, **‘nothing is as uncomfortable as standing outside looking at your own life and wondering what it would have been like if you had had the courage to show up and let yourself be seen.’**

Living through life energy love in the present moment is an act of revolution. Allows each of us to ‘turn up’ as the authentic inner self.

Elizabeth Gilbert said on the opening page, **‘the opposite of fear is love.’** Living through inner life energy love, each of us can live lives of abundance, more than enough. To live as our best self.

Living a life is the ultimate gift. Each breath a reminder we are alive. Living through love inside each of us, we can truly amaze ourselves in the outside world. A planet for all life. A planet where each of us ‘counts.’ A

world of unique potential and creativity. A world we can be truly proud to live in.

Changing the energy we each live through is just what we and the planet needs.

The choice is ours.

Are you curious?