

"HOW TO IN LOVE" by Alexander Bell
A Practical Guide to Radiant Health and Happiness

"Just like all trees, plants and flowers need the light of the Sun to grow, flourish and share their beauty with the world, human beings need the light of awareness, the light of consciousness to be shining brightly in their lives so that they may do the same. Yet for so long humankind has inhabited a realm of thought which has starved the body, heart and soul of the attention, the light that it needs to thrive and flourish. It has been like living in the clouds. So our purpose now is to come back down to Earth and address the earthly needs of not only ourselves, but of all living beings, and remember that we are part of a wonderful human family that needs to be healthy in every way possible, and happy in the deepest way possible. When health and happiness are deeply valued, gratitude for this beautiful life flows through our veins, and we remember the wonderful purpose of our existence." - A.Bell

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INTRODUCTION

It is said that the most important journey to be made in life is the journey from our mind back to our heart. And it is true.

Most people are in touch with their heart to some degree and they come and go from there, depending on their surroundings, their mood, who they are with and even what they have eaten. But is it really possible - and practical - to be aware of our heart all of the time? And if so, how can we re-establish ourselves - our conscious awareness - back in the beautiful realm of peace and light that exists within every one of us?

This book will answer these questions in the most practical way possible, so that you may experience the answers for yourself. It will guide you towards bringing your body and mind back into perfect alignment so that consciousness can flow in perfect harmony through every cell, allowing you to experience the deep beauty of who you truly are and what life truly is.

The flow of physical, emotional and mental energy within us is always looking for balance, so our primary task is to lead a balanced life so that we are not engaged in a constant struggle to bring ourselves back into alignment, which is where most of our energy is used on a daily basis.

This book will show you very clearly the ways in which we create difficulty for ourselves on the many levels of our being, and shine a bright light on the way forward ñ ìThe Middle Wayî as The Buddha called it.

As we bring more awareness, more light and more love into our lives through greater care and consciousness of our thoughts, words and actions, the world simply reflects this back to us. This is evolution; a beautiful and never-ending journey toward greater realms of light, beauty, joy, peace and consciousness. And this journey is never made alone?..

1 - WELCOME

Welcome to a wonderful journey of self-discovery; a delightful journey of self-remembrance in which everything you have always known deep within your heart will be returned to the forefront of your awareness, and remain there. It is a journey to be made consciously, carefully and with full awareness of every beautiful step.

This book will show you the way back to where you truly belong - the beautiful, loving and expansive realm of your heart; the only place where ultimate Truth and Reality can be found. And as you gravitate back towards your heart's realm, you distance yourself from the duality, conflict, confusion, frustration, separation and isolation which are created entirely by thought. A brighter, simpler and infinitely more nourishing realm of happiness, peace and freedom awaits you. A place so very familiar, yet seemingly so elusive when we need it most.

You see, we all live our lives in varying states of consciousness; for example, often our consciousness is immersed in thought, when we are thinking. This does not mean we are always aware that we are thinking, because often we are not. Sometimes our consciousness is so totally immersed in thought that we lose ourselves in it completely and we forget what is real. Our perspective shrinks so that thought becomes our total reality.

This happens quite often. But after reading this book, it will happen much less. Why? Because in this book I will be helping you to expand your awareness beyond the realm of perpetual thought, so that you can see with greater clarity the beautiful depth of who you really are. You are not your thoughts, and you are not the person that your thoughts tell you you are. You are so very, very much more.

This book is like a guide that will show you - or perhaps simply remind you - of how much more there is to life than your thoughts present you with. It will remind you of what truly nourishes you, it will remind you of your deep capacity for happiness and joy and it will remind you of the truly beautiful potential that exists within each perfect moment that we are alive.

Throughout the book, as you read, I recommend taking little breaks now and then to absorb the depth of the information that is being shared with you. There is a lot contained within these pages and within these words. If you pause every now and then and let the words sink in a little, you will notice your consciousness responding to what you have just read. If you give it a little space to do this, you will gain the maximum benefit from what has been written here, and from the consciousness that has been poured into these words. Consciousness will respond to consciousness, and realisations will come.

What exactly is 'consciousness'? Put simply, consciousness is that part of you which is always aware. You could also call it awareness, and it is always aware of something. It may be thoughts, emotions, physical sensations, intuitive feelings, subtle energies in the ether, or the peace, warmth and love that are always found deep within the heart. Even when we sleep our awareness is still aware. It may be

aware of our dreams or of other dimensions of being that we cannot comprehend with the waking mind, thus we cannot recall them. Awareness is eternally awake. It is the eternal flame that is never extinguished, even when we leave our body and depart from this material realm; there is a light at the end of the tunnel.

Yet, even while we occupy a body within this material realm, our consciousness does not need to be trapped here. It can move beyond and transcend what appears to be all that is real - the material world - and access the dimensions of timelessness and limitlessness - eternity and infinity - that are experienced beyond the thinking mind. It is in meditation that we free our consciousness from its total fixation with materiality, and every human soul needs to experience freedom on this level. Otherwise, we will never know who we truly are, how vast and magnificent we are, how interconnected we are with the very fabric of reality.

The radiant, intelligent, conscious beauty of the Universe flows through us. Truly, we are not separate from it, and we cannot be separate from it because it is our essence. Separation is an illusion - the dream that many seemingly separate individuals are currently experiencing at this moment in time, but it is not real. What is truly real - the highest Truth - is what our heart has always known deep within, and been longing for us to remember consciously. It is more than we could possibly ever dream of, infinitely more. This is why the 'spiritual path' - which is simply the path our consciousness takes from materiality to spiritual liberation - is such a beautiful path to walk. It is a path through increasingly radiant and beautiful dimensions of peace, joy and happiness. For me, John Lennon described this most beautifully when he sang, "Limitless undying Love which shines around me like a million suns, it calls me on and on across the Universe.."

We are all on a journey that has no ending, because consciousness is infinite. It exists above and beyond the limited realm of form (including thought) where we invest nearly all of our attention. And although infinite and eternal, consciousness has a deep intelligence that has a very specific direction it must move in. We are all moving in that direction in every moment of our lives, although we often feel like we are going around in circles. We are all learning and evolving, forever moving towards complete union with Love, where we will merge and become One with it. This is when the separate 'me' (the ego) disappears, and there remains only Love. You could call it our destination, but it is not the end, only the beginning...

This is what is calling us on and on, across the Universe. It is like a mother calling to her child across a crowded and noisy room. "Come this way" she calls. "Have no fear. I am here. I will wait for you." We are all finding our way home to our eternally loving parent, whose only desire is to envelop us in Love. We just need to listen to

the beautiful voice that is calling to us all of the time. It is calling from within our own heart, and we simply need to remember to listen to it.

Because of our tendency to get lost in thoughts, emotions and material distractions, we are often unconscious of our heart's simple, beautiful and pure communication, yet it never, ever stops communicating to us. This is truly the best news in the world, because it means that all we ever have to do is stop, become silent and listen.

This book will remind you how to do this, and most importantly, it will show you how to assist your consciousness to fully return back to the heart's beautiful realm; the garden of eternal Peace, where you truly belong.

So with this as our goal, let us start with where many people often find themselves...

2 - THOUGHTS

Do you think a lot?... Are you thinking now?... Can you imagine a life free of the endless thoughts, opinions, judgements, beliefs and conceptual understandings that occupy our mind on a daily basis?

Do you believe that thinking is compulsive, meaning that we have no choice whether we think or not? For many people, negative thought feels like a compulsion, and if they were given a button to press that would instantly end all negative thinking forever, they would press it immediately. Wouldn't you?

Many people get stuck within negative cycles of thought and feel like they have no other choice, that they cannot be positive. They cannot even find reasons to be positive - they only see reasons to be negative. Many people, when a negative thought enters their mind, simply have no idea what to do about it. Yet they usually 'do' one of two things.

Firstly, they may engage with that thought and begin thinking more about it, adding to it and building it up with further negative thoughts, related to the original one. By doing this, they create a negative scenario in their mind that seems very real, and creates strong negative feelings in their body, which is simply responding to the thoughts as if they were a real situation. This is the worst of the two possibilities, because we have created an unpleasant and tangible experience for ourselves on many levels of our being. Once this has occurred, what can we do?

The first step is to realise that we created this experience ourselves, through our

own thinking. We can then disengage our mind from the negative thoughts that created it. How do we do this? We bring our attention out of our mind. Where does it go? Into our body. We must become aware of how we feel, even if it is not pleasant. With our awareness now on how we are feeling emotionally, we are in the right place to restore a sense of harmony and peace to ourselves. We can do this simply by breathing gently, and calming and relaxing our body.

In response to negative thinking, our muscles always contract and tighten, so by relaxing our body this tension is released, allowing us to feel more at peace. As we continue to relax, emotional activity subsides and we are able to return to a state of inner calm once more. At this point, we must remain vigilant of our mind attempting to do the same thing again - to spoil our peace. The mind is always ready to do this if given the chance, so it is good to remain aware of what our mind is doing and where it is trying to lead us, while keeping our awareness grounded in our body, in our physical sense of being. This is the only place where we can experience the feelings of harmony and peace that we all enjoy and benefit from so much.

Another highly effective way of restoring harmony to our body and mind is to go outside and walk (or meditate) in nature for a while. The energy of nature is deeply harmonious, and when we are surrounded by it we are influenced immediately. The longer we spend in nature, the deeper its harmony permeates our being. Mother Nature can help us solve most of our problems very quickly, if given the chance.

Now, the second course of action that people often take when a negative thought arises in their mind is that, out of fear of the thought, they anxiously try and push it away or turn their mind away from it. They do this by somehow distracting their mind and occupying it with something else that will engage its attention. By doing this, they hope they can avoid the unpleasant feelings that they know the negative thought will create in their body. I call this the 'distraction technique', and it doesn't really work.

Distraction is the favourite tool of our society - have you noticed? There is always a magazine or paper to read, or a screen we can watch nearly everywhere we go. Or we may listen to the radio, play with our mobile phones or chatter and text on them. But what do we do when we are alone without any of these distractions? For example, if we are sitting and waiting for a bus or train? We usually start thinking. We can't seem to help it.

We might think about what happened earlier in the day and whether we said or did the right thing. Or we might think about something in the future and consider how we should approach the situation, and so on. We can think of a million things, but

ultimately most thinking is just a finer realm of distraction. Why is it a distraction? Isn't thinking important?

Well, if our thinking truly brings more good feelings and good situations into our life then yes, absolutely, it is very useful. Thought is an amazing tool for creativity. But does our mind always operate in this helpful way?

A very important question we should ask ourselves is this: "Do I actually need to think to enjoy my life?"

Because often thoughts only serve to distract us. What they ultimately distract us from - which is to our great detriment - is the very deep beauty of life on earth, and the feelings of joy and happiness that spring from a healthy body and open heart. To experience the beauty and joy of the natural world, for example, we don't need to think about it - we just need to be in it. In fact, the quieter your mind when you are in nature, the more you will feel its magic, its vibrant and joyful energy. It has to be experienced.

The same is true with dancing or singing out loud for example. You do not need to think about it. If you do, you will feel restricted and not really enjoy the freedom of expressing yourself. Often our thoughts interfere with our enjoyment of self expression. We worry what people might think, whether they will judge us or make fun of us. If we are alone, we might even judge ourselves and tell ourselves we look silly, or sing badly. Such judgements (and also the fear of being judged) come from the mind, and the only solution if you want to enjoy your life and enjoy self-expression is to ignore them all.

Most importantly, we need to learn how to apply this attitude to the whole of our life. Life is to be experienced, rather than filtered through our mind and lived half-heartedly. As we begin to experience things more - which means feeling the experience, rather than thinking about it - we will start to feel as though we are really living at last. Yes, we will experience emotions like sadness and anger at times, but at least we are now feeling life, rather than being stuck in endless thought processes that lead us nowhere. Living in thought is like being forever lost in the clouds. We need to come back down to earth and feel more. Once emotions are felt they pass, and we always feel better.

3 - EMOTIONS, GUILT & FORGIVENESS

Emotions have a very liberating effect on us when we allow them to come, be fully

experienced and then go, as they always do - usually quicker than we expect. But we only experience the sense of liberation and freedom if we don't feel guilty or 'bad' about expressing our emotions, even if we inadvertently vent or release our emotion onto a friend or loved one. Sometimes this does happen, but feeling bad about a situation doesn't actually improve the situation. Feeling guilty about your words or actions will not improve anything. It will only make you feel terrible. It is literally a waste of time because it creates more unhappiness in you and your environment, and nobody wants this.

So why do we feel guilty? Subconsciously, we believe that if we have done something that is deemed as 'bad' - like shouting at a friend for example - if we feel guilty about it afterwards, it somehow atones for our 'bad' behaviour. We continue to feel 'bad' and it is like a self-imposed punishment. With guilt we are literally only punishing ourselves for something which we thought was 'bad'. What an insane way for adults to behave, to perpetuate unhappiness in themselves this way.

So what should we do instead, to break the cycle of negative thinking and feeling that guilt creates? The answer is easy - forgive yourself. But what does it mean to forgive yourself, and how do you do it?

Well, what is the opposite of punishing yourself? Forgiving yourself - not just by saying "I forgive you", but in a very practical way. How? You have to stop punishing yourself.

You see, forgiveness isn't something you "do" - forgiveness occurs when you decide to stop punishing yourself or another person. For example, when we are angry with someone, we may treat them badly, ignore them or perhaps think lots of angry thoughts about them. These are all forms of punishment that we believe they deserve for upsetting us. And perhaps if they come and apologise to us, we will stop treating them that way.

Yet until they do - which sometimes they don't - we are punishing them, hoping they feel bad about what they did to us. Hoping they feel bad. Allow those words to sink in... We actually want another person to feel bad, that they experience some kind of suffering. Punishment is not a positive or constructive solution to anything. It is actually one of the biggest problems with the structure of our society.

Many, many people in this world believe with all their heart that people who do 'bad' things should be punished, that they deserve to suffer. Isn't that inhuman, to want another person to suffer? How can we harbour such a cruel, cold, heartless attitude towards another human? We believe they deserve it. Perhaps they did something

cruel, cold and heartless, so they deserve only bad things, bad treatment, a bad life. People call this "an eye for an eye." However, this is not an intelligent way of operating, because nothing is actually improved, only more suffering is created. Nothing positive can come from such treatment - there are just more people suffering, in prisons mostly, whether they 'deserve' to or not. Often when they are freed from prison, they harbour more bitterness and resentment than when they entered, because of what they experienced in there.

I believe this is changing, with some prisons now offering meditation and yoga for the prisoners. This is very good, because it allows the prisoner the opportunity to access a part of themselves where they are free of aggression or hostility - something they may not have been able to do before. If this process is encouraged, then there is a possibility of deep transformation for the prisoner, so that he or she may leave the prison with a desire to do good in society, to be creative, to help others in the world. However there are many, many prisons worldwide that do not offer such opportunities for healing. On the contrary, they are full of mistreatment and cruelty.

We deem mistreatment of others as acceptable in these conditions, and we accept it as part of life, part of a punishment-based society. I believe the tolerated ill treatment of other human beings is part of the darker side of human society, which we try and keep out of our mind - although not very well, as people seem to devour more and more stories of crime and punishment in the newspapers and on the news.

Could there be another way - perhaps an alternative to a punishment-based society? Yes of course there is, but it requires a change of heart individually and collectively. It also requires looking at things from a different angle. If people are willing to do this, things will certainly change and we will have a very different and very beautiful new way of living together in harmony on Earth. It all begins with understanding...

5 - WHY PEOPLE DO 'BAD' THINGS

Why do people do 'bad' things? Is it because they are bad people? For example, take a 12 year old child who is very angry and destructive - always smashing things, being cruel to animals and so on. Is that child bad? Or does that child need help?

Do you have children? Have you ever recognised the behaviour of your child as a cry for attention? You see, when children feel unloved or are treated badly, they either withdraw within themselves and shut themselves off, or they become

aggressive and destructive.

If a child feels truly loved and cared for by both parents, it is highly unlikely you will see angry or destructive behaviour. You will see a child who is happy, confident, feels a sense of self-worth and most importantly, knows what love and care are all about. Children know when they are truly loved, and they flourish and grow like beautiful sunflowers in the light of their parents love. Loving parents are essential for a healthy and happy child - absolutely essential - and it is also what a child wants more than anything - to feel their parent's loving warmth, attention and approval.

This is how positive, creative members of society are created - by loving parents. So it must be quite obvious to see how destructive members of society (i.e. people who are anti-social, aggressive, hostile, violent and so on) are also produced by their upbringing. It is not an accident, a strange twist in the life path of a normal healthy individual. It works both ways. People work as much on cause and effect as anything in the universe: If you do something to them (be it kind or unkind) there will be a certain reaction.

For example, if you praise a child, say "well done" and pat them lovingly on the back, they will experience a good feeling. You can see it in their faces. There is a positive glow inside. This is almost guaranteed.

However, if you shout aggressively at a child, what will you see in their faces? Well, in fact you will see their whole body contract, almost curl up in self-protection. Their face will obviously fall and you will see either fear, sadness or anger in their eyes. Sometimes all of these emotions come in succession to a child who is treated badly.

Firstly, they will be afraid of the aggressive energy that is being directed at them (because children are small and adults are big, and it is pretty terrifying to be shouted at by a person twice your size!). Soon after, they will feel sad, as the residue of the affair makes them feel like they are not loved by their parent. Young children can't understand that their parent can be angry with them and still love them. That requires advanced understanding of what adults are like, which young children don't have.

Young children take on board the most recent expression from their parent (be it loving or unloving) and this is the remaining impression in their mind and body, until the next time you communicate with them. They just remember the last way you treated them, and they feel inside that this is how you feel about them. It is so basic, because children are simple creatures, until their adult mind becomes developed by society and schooling.

Finally, after experiencing sadness at not feeling loved by their parent, it is possible that anger will come - although it's more likely in slightly older children than younger ones. They might think, "He/she had no right to shout at me like that! I did nothing wrong. I didn't deserve that" and a sense of injustice arises within the child, as well as anger at the unfairness of how they were treated.

What happens when this occurs over and over again and the child is rarely shown love by their parent but regularly shown hostility, or perhaps just ignored? Negative emotions become strongly embedded in the personality and psyche of the child; happiness and joy quickly ebb away from that child's life.

More than anything, a child simply wants to feel that they are loved, but when they feel they are not, they simply do not understand why. Subconsciously a belief is formed; "I am unlovable" or "I do not deserve love" and this takes root deep within the child and simply becomes something that is believed as an established fact of reality for them. It is something that never gets questioned because it exists subconsciously. At some point in their adult life - if they are lucky - they may become aware of this deeply held belief and begin to address it - and the pain - it has caused in their heart over the years.

So, what happens in the body and psyche of a child when they subconsciously accept as true the belief that they do not deserve love? They shut down their feelings. They decide, usually subconsciously, that they do not want to feel anymore. To them "feeling" has long ceased to be a pleasant thing (as it would be to a child who is often praised and rewarded, and naturally experiences good feelings as a result). Feelings become a negative thing for the child.

Again it is simple child-like logic. The child is so used to regularly feeling bad about him or herself that they simply want a way out. They don't want to feel bad anymore.

So a shutting down of the feelings occurs, and the child seems harder to reach. Communications become only on the level of words, and the child may become rude, disobedient, and destructive. That is if they don't withdraw into a shell, hardly speaking at all, walking around with their head down and avoiding eye contact.

For the child, these behaviours are a way of denying the parent and punishing the parent for not being as loving as the child so desperately wants them to be. You see, they still want love deep down, even when they close up and become distant or aggressive. Inside, no matter what the age, the core of that child is crying out for love so that happiness can return. Happiness is longed for, but the child has no idea

how to be happy because they have shut down their feelings, making happiness nearly impossible, until they allow themselves to feel again.

This this can be very, very hard for the child because a bubble of fear has developed within them, which subconsciously steers them away from opening up to feeling again. Their deep memories are that feeling is painful. So even when something good happens to the child and a good feeling comes along, they fully expect that it will be rapidly followed by a very bad feeling - great disappointment and sadness perhaps. Their inner logic tells them that good feelings never last long and are always followed by bad feelings - which are held as strong, unpleasant emotional memories within the child. So they do not even allow good feelings to come into their life anymore, because they are sure to lead to pain. Because of this, the child will strive to avoid happy situations, fun with others, places where there is joviality and so on. They believe that happiness is sure to bring sadness, and oh how deep is the sadness that exists within a child of any age who has forgotten what it feels like to be loved.

So instead of that child doing what might bring them enjoyment, they do what allows them to express their anger. Inside the child, the anger is all directed at the unloving parent (subconsciously) but externally the anger is directed at the entire outside world. The attitude grows that there is nothing good about the world and that it only promises disappointment and pain. The child begins to resent the world and everything in it - including other people. Bitterness grows within the child and they periodically start to experience feelings such as hatred and rage, which naturally flow out through their behaviour and communications. People begin to regard the child as a menace, a threat, someone not to be trusted, and the child recognises this.

6 - POWER

At some point, a feeling of power comes to the child as they notice that some people are actually afraid of being around them.

This is a very significant realisation for the child. They realise that they have some power. They no longer need to feel powerless, a victim of life any more. They have the power of their anger and it makes things happen. It affects people. They finally feel like they can influence the world around them.

This is a very liberating moment for a child who has for so long been carrying a heavy weight inside them, unable to shift it, feeling helpless and powerless.

Suddenly there is some motivation for being in the world. They have discovered the feeling of power and it actually feels rather good. Finally, a good feeling that they are in control of - how wonderful! - and they begin experimenting with their power. How can they make other people feel? How easily can they get what they want? They begin to learn that aggression makes them feel bigger than other people. The child who shrunk so many years ago in the face of their aggressive parent now rises up and begins to feel strong again. But strong only in the power of their aggression. Underneath it, fear remains.

So aggression becomes the new way for that child to relate to the world. It seems to work. They now feel they can get what they want, that people take notice of them and are even afraid of them. They finally feel like they are important. What a feeling!... after feeling worthless for so many years. This is finally the answer, the solution to all their problems, the golden ticket: Power, beautiful power. The most addictive drug on the planet.

Can you see where this is leading?

What I have just written about is what happens in the lives of many children. The result is that they grow into adults who continue to operate on the desire for power over others. 'Powerful' adults have usually mastered the many ways of getting exactly what they want, through manipulation, bullying, fear tactics and so on, and there is often nothing they will stop at, with no care or compassion for others. Why? Because power is the most addictive drug on the planet - like feeling that you are the king of the world. However, in power over others Love is completely absent. Completely.

Power is heartless, cold, ruthless, selfish, greedy, indulgent and very, very destructive. Its relentless greed corrupts every aspect of human goodness right down to the core, so that what is left is a human who simply craves more power. It is the very most compulsive addiction. This desire for power might be associated with money, but it is the deep craving and endless desire for more, more, more that is the motivating factor. This is greed. It is relentless, and never, ever satisfied.

It is never satisfied because such things are not capable of satisfying the deep need that exists within every human being. No matter how much power you believe you have over others, no matter how much money you have in your bank, how many expensive possessions, luxury homes, even island retreats in the tropics, there will always, always be a deep feeling that something very important is missing. Something infinitely more beautiful and precious than all of these things. It is Love

7 - LOVE AND HEALING

The beauty and warmth of Love, and the precious Peace that it brings into our heart has no worldly substitute. Nothing is a replacement, not even all the power in the world. If a power-hungry person were given a switch to flick, and they suddenly experienced what Love really felt like deep in their heart, they would not flick that switch back to 'power', guaranteed. Why? Because power is vastly inferior to Love in every way - a mere shadow in comparison to Love's beautiful light. But if a person has long forgotten what Love feels like, then power will certainly appeal to them.

***** To continue reading this book, please visit www.LiveinLove.eu
