

BE LOVE

| HOW TO END PAIN
| BY ESCAPING YOUR EGO

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Preface

There exists a truth you can choose to embrace as a force multiplier that will transform every aspect of your life. This truth will melt away your pain, end your struggles, and it will set you free to live your dreams.

Human behavior is shaped by a desire either to avoid pain or to seek pleasure. The problem is that most of us fail to understand the true causes of pain and the true sources of pleasure, so we fail to achieve the desired result. If I told you it was possible, would you make it a priority to end your pain? Would you seek fulfillment if I told you that doing so is easy and pleasurable? It *is* possible for you to end pain—for you to exist within a new realm of pleasure—and to do so without causing any harm.

Maybe you are alone, filled with worry and anxiety because of a lifestyle that sometimes feels unbearable. During your spare time, perhaps you

are hooked on a constant stream of meaningless entertainment and social interactions. Tortured by your own thoughts, constantly in need of escape and distraction, the idea of inner-peace isn't something you believe possible. No matter how you try to escape—perhaps with a bottle of alcohol, in the comfort of your favorite junk food, in the enjoyment of legal or illegal drugs, or in the thrill of meaningless sex—the pain is only temporarily relieved.

Maybe you are desperately searching for that special someone—that one true soulmate who will make you happy. You have already been involved with many partners, but when things don't go exactly as you had hoped, you move on. The cycle continues because you still believe that the right person is out there somewhere.

Perhaps you are one of the lucky ones who has found your soulmate. Maybe you are married with children. You may have everything you wanted but still aren't happy. If you were to vocalize your

complaints, people would tell you that there is no problem and that you have nothing to complain about. Still, you know that something is wrong. You are unfulfilled. You still feel the angst, the exhaustion, the frustration, and the disappointment of day-to-day life in a world that feels meaningless and filled with such terrible suffering and injustice. Sometimes you feel that nothing can be done about any of it.

I know you are doing your best. You work toward goals, you seek a better job, and you are on the path toward earning more money so that you can eventually buy a nicer home or drive a more luxurious car. You continue to believe that happiness is just around the corner. I've been there. This is how most of us live. This is what we believe is reality.

How do you feel? What are your sources of pain? How is your physical health? Are you worried about the future? Are you scared of anything? Are you feeling guilty or shameful? Are you suffering

from boredom or craving freedom and adventure? Are you tired from too much work and too many responsibilities? Are you angry with anyone? Are you being treated poorly or taken advantage of? Are you jealous? I know it is hard to believe, but none of this pain is necessary. Your pain and suffering can easily be eliminated.

Let this book reveal the antidote to suffering. There is one truth that will diminish your pain and ultimately end it. When you align your thoughts and behavior with this one truth, you will rise to your highest possible level of success. Your life will be filled with meaning. You will be free. Your relationships will be blissful. You will physically feel great, and you will be more attractive. You will live without fear. Your life will be a legend.

Don't believe me now, just keep reading. You don't have to believe in any religion, and you don't need to practice any form of mysticism. You don't even have to believe in God. The answer—the highest form of truth—lies within you. This book is a

gift that will help you align with that truth—a truth so real and so powerful that it will effortlessly guide you through the rest of your life.

This highest form of truth is love. Few know how to live within its energy and how to unleash its power by escaping the ego.

Ego is the opposite of love. Ego holds us back from *being love*. It offers nothing. Love offers everything. This book was written on a whim, over the course of just 10 days, from the perspective of love and with the voice of love.

Where is the Love?

Sin is where love is not.

—Helen Schuman, *A Course in Miracles*

For most of my life, it was impossible for me to love. I trusted all that was observable yet fake. I ignored all that is invisible yet real.

I did not understand the direct causes of my suffering. I did not understand why I failed to properly love my wife, my child, my friends, and my family. I have known the feeling of love, yet in very real ways, I have failed to love. I have demanded things, I have argued my positions, and when this has failed, I have slipped into deceit. I have imprisoned myself and others through attachment. I have offended, I have suffered, and I have allowed others suffer from the attacks of my ego.

I have failed to love not only in deceit but also in ugly truths. How self-righteous I felt in my truth-

telling and how catastrophically wrong those truths were. How foolishly I believed that my immediate feelings and desires were real—that the lies I told myself about myself were about the real me. My self-importance, greedy ambitions, and even my sexual fantasies and adventures meant everything to me. I failed to love my wife and even others who grew so close to me. Centered only in self-centeredness, I destroyed even the most beautiful relationships only to preserve my sick ego.

I have also failed to love in business and in my various creative pursuits. Every relationship or negotiation was only a manipulation to get what I wanted rather than an opportunity to serve others. Now I know that each failure to trust another human being was a productive and creative possibility that I shut off from myself. To the extent that I have failed to love my customers and act generously in my collaborations, I have also failed to prosper.

Even as I was lost within this enormous sense of self-importance, I still failed to love myself. I believed that I was my ego. I felt tragically misunderstood and separate from others. I believed in scarcity and in the ruthless competition of capitalism. Clinging to fragile self-confidence and false self-esteem, I was confused about what was real or unreal. I believed in my own ideas, trusted my own logic, but was frustrated when others failed to see the greatness I wanted to see in myself.

Looking back, I don't remember what I thought was so extraordinary about myself. If I was truly great, wouldn't I have loved myself? By failing to love myself, I was constantly hurting and frequently ill. Every failure to love begins with our own inability to be alone in a quiet room—to be enough for ourselves and to enjoy our own company. That was me.

I have loved madly and deeply, but my great failure was in my inability to *love completely*. The thing about love is this: if it is partial, then it isn't

love. Love is all or nothing. If you keep love hidden—if you believe that love should be something that is expressed only on date-night and within the context of your one romantic relationship, then the pain and darkness will persist in other areas of your life. Darkness will overshadow the love until it barely exists anywhere. Love can exist everywhere because love *is* everywhere.

Love and God

If love is truth, where does that leave God in this? This book deals with some of the same topics as religion. You have your own unique relationship with religion (or lack thereof). Maybe you are concerned that I will be taking a religious point of view (I will not) or that I will be preaching about God (I will not). I will simply accept your views on spirituality and religion.

If you do believe in God, you may find that we believe in the same thing. If you do not believe in God, you may also find that we believe in the same thing. Different people use different language to describe the same thing. While truth is truth no matter how you describe it, language is still important. Proper language reveals truth while improper language distorts it. Religious and spiritual language is perhaps the most distorted of all, so let us use a simpler language.

You have heard the cliché “God is love.” This means God and love are the same things, right? Now turn it around, and you come to one of the central concepts of this book: love is God.

Despite my lack of religion, I recently became more comfortable using the word “God” when I understood that God is love. Maybe you are close to someone who talks a lot about God. What do you think they mean when they use the word “God”?

Often, when people speak of God, they claim that God exists because of the mysteries of nature, the unexplored vastness of the universe, and the unknowable causes of creation. But when the word “God” is used in this way, it merely becomes a synonym for “unknowable.” God, in this sense, equals “ignorance” or “not knowing.” Surely God is something greater than “not knowing.” What exactly is it that people speak of when they use the word “God”? Much like the concept of love, the concept of God seems almost indefinable.

Nonetheless, when you and I both use the word “God,” we are conjuring up two different images and concepts. God is whatever we imagine It is. You might believe in a wrathful, punishing god in the sky. I might believe that God is embodied as energy that is loving and forgiving. Others believe in multiple gods or no God at all.

Religious figures such as Jesus and the Buddha talked a lot about love. Love is the cornerstone of Christianity, Buddhism, Hinduism, and many other faiths. So, if we are talking mainly about love, why hide behind the confusing language of faith? Why not just talk about love? If it is said that God is love, then it can also be said that love is God. When we use the words interchangeably, we realize that “love” is the better word.

I am asking you to take a leap. Once again, consider that whenever people say the word “God,” what they really mean is “love.” They are synonyms. Love is the way in which humans perceive and connect with God-energy. When two people

become spiritually-bonded, they say “I love you.” To say “I God you” would sound silly. Most religious language sounds just about as silly, and most of it ends up dividing us across faiths and cultures. But when we use the word “love” rather than “God,” we are perfectly clear, and we communicate in the language everyone understands.

Throughout this book, it will become clear that love is the source. Love is the energy of creation. Love is the light that eliminates darkness. Love is what connects us to the universe. Love is what heals us and saves us. Rather than referring to “God,” I will simply call it what it is: love.

Let us capitalize the word “Love” just as others might capitalize the word “God”. Capital Love not only makes a romantic relationship heavenly, it shines through every area of your life. Love lifts you up beyond ego so that you become a deep source of healing and abundance. Love brings not only happiness but bliss and fulfillment. Love is heaven

not just on earth but eternally. In Love, you have nothing to fear; not life and not death.

When you embrace the idea that Love is what others call God, some things become clear:

- Love is *not* in the sky watching over us. Love is *not* outside of us. Love is within.
- Religious or spiritual people may or may not be Loving people.
- Anything which is not Love is ego. This is a central concept and further explanation will be provided.
- All aspects of society are designed to exploit us by teaching us to live in the ego.
- Ego is not real.
- Ego is the cause of pain, misery, and suffering.
- Love is all we need because Love is the cure for ego.
- Love fixes everything and harms nothing.

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