



**Love & Feelings are  
everything  
(76 Reasons)**

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### Address to the Readers

In my opinion these excerpts would guide readers, stimulate and mould their opinion and would lead to self improvement actions.

I have taken utmost care not to change the original content of the book so that the real thought can be preserved and delivered to the readers. I have personally been immensely benefitted by the valuable thoughts in the book and have shared the same with those who come in my contact and I assure the readers that their opinion would not be different from mine.

This book has the power of bringing a 360° change in one's personality and attitude. If you have not achieved the stage of self actualization then this is ideal for you.

I am indebted to "Rhonda Byrne" for enlightening me and making me a better soul.

All the best to all my readers for shaping their present and future by being the partners in the journey of soul searching with me while reading the book.

I want to leave you with the following thought before you embark on your spirit enriching journey.

"Love is the master key that opens the gates of happiness."

With regards



**Dr. Sanjay Biyani**  
Director  
Biyani Group of Colleges

## LOVE & FEELINGS ARE EVERYTHING

### WHAT IS THE POWER?

1. Without exception, every person who has a great life used love to achieve it. The power to have all the positive and good things in life is love!
2. Love is positive force of life! Love is the cause of everything positive and good.
3. Nature's great powers, like gravity and electromagnetism, are invisible to our senses, but their power is indisputable. Likewise, the force of love is invisible to us, but its power is in fact far greater than any of nature's powers. The evidence of its power can be seen everywhere in the world: without love, there is no life.
4. Take a moment to think about it. What would the world be without love? First of all, you wouldn't even exist, without love you couldn't have been born. None of your family and friends would have been born either. In fact, there wouldn't be a single human being on the planet.
5. Every single invention, discovery, and human creation came from the love in a human heart. If it were not for the love of the Wright Brothers, we could not fly in an airplane. If it were not for the love of scientists, inventors, and discoverers, we would not have electricity, heating, or light; nor would we be able to drive a car or use a phone, appliance or any of the technology that makes life easier and more comfortable.
6. Without love, there would be no medicines, doctors, or emergency facilities. No teachers, schools, or education. There would be no books, no painting, and no music, because all of these things are created from the positive force of love. Take a look around you right now. Whatever you see that is a human creation would not be there without love.
7. The law of attraction is the law of love, and it is the powerful law that keeps everything in harmony, from countless galaxies to atoms. It is operating in everything and through everything in the universe. And it is the law that is operating in your life. In universal terms, the law of attraction says; like attracts like. What that means in simple terms for your life is: what you give out, you receive back. Whatever you give out in life is what you receive back in life. Whatever you give, by the law of attraction, is exactly what you attract back to yourself.
8. You are creating your life with your thoughts and your feelings. Whatever you think and feel creates everything that happens to you and everything you experience in your life. If you think and feel, "I've got a difficult and stressful day today," then you will attract back to you all people, circumstances, and events that will make your day difficult and stressful.
9. Whatever you want in your life, you want it because you love it. Take a moment and think about it. You don't want things you don't love, do you? Every person only wants what they love; nobody wants what they don't love.
10. It's impossible to have a great life without love. People who have great lives think and talk about what they love more than what they don't love! And people who are struggling think and talk about what they don't love more than what they do love!

### THE POWER OF FEELINGS

11. You have the sense of sight, hearing, taste, smell, and touch, so that you can feel everything in life. They are "feeling" senses, because they enable you to feel what you see, feel what you hear, feel what you taste, feel what you smell and touch. Your entire body is covered with a fine layer of skin, which is a feeling organ, so you can feel everything.

How you feel in every moment is more important than anything else, because how you feel right now is creating your life.

12. Your thoughts and words have no power at all in your life without your feelings. You have so many thoughts in a day that don't amount to anything because many of your thoughts don't elicit a strong feeling within you. It's what you feel that matters! Imagine your thoughts and words as being like a rocket ship, and your feelings as the fuel. A rocket ship is a stationary vehicle that can't do anything without fuel, because the fuel is the power that lifts the rocket ship. It's the same with your thoughts and words. Your thoughts and words are vehicles that can't do anything without your feeling, because your feelings are the power of your thoughts and words!
13. Life isn't happening to you; life is responding to you. Life is your call! Every area of your life is your call. You are the creator of your life. You are the writer of your life story. You are the director of your life movie. You decide what your life will be-by what you give out.
14. If you have been living your life saying to yourself, "I will be happy when I have a better house," "I will be happy when I get a job or promotion," "I will be happy when the kids are through college," "I will be happy when we have more money," "I will be happy when I can travel," or "I will be happy when my business is a success," you will never have those things because your thoughts are defying the way love works. They're defying the law of attraction.

You have to be happy first and give happiness, to receive happy things! It cannot happen any other way, because whatever you want to receive in life, you must give first! You are in command of your feelings, you are in command of your love, and the force of love will give back to you whatever you give out.

### **FEELING FREQUENCIES**

15. Everything in the universe is magnetic and everything has a magnetic frequency. Your feelings and thoughts have magnetic frequencies too. Good feelings mean have a positive frequency of love. Bad feelings mean that you have a negative frequency. Whatever you feel, whether good or bad, determines your frequency, and like a magnet you attract the people, events, and circumstances that are on the same frequency!

If you are feeling enthusiastic, your frequency of enthusiasm will attract enthusiastic people, situations, and events. If you're feeling fearful, your frequency of fear will attract fearful people, situations, and events to you. You are never left in any doubt about the frequency you're on because your frequency is always exactly whatever you're on because your frequency is always exactly whatever you're feeling! You can change your frequency at any time by changing how you feel, and everything around you will change because you're on a new frequency.

16. Many people don't know about the power of good feelings. They have put their feelings on automatic pilot, instead of deliberately taking charge of them. When something good happens, they feel good. When something bad happens, they feel bad. They don't realize that their feelings are the cause of what is happening to them. As they react with negative feelings to something that has happened, they give out more negative feelings, and they receive back more negative circumstances. They become trapped in a cycle by their own feelings.
17. If your life is not filled with everything you love, it doesn't mean you're not a good and loving person. The purpose of life for each of us is to overcome negativity by choosing love. The problem is that most people love and then stop loving hundreds of times in a

day. They don't give love long enough for the force of love to move all the good things into their life.

18. Blame, criticism, finding fault, and complaining are all forms of negativity. All of them bring so much strife. With every little complaint and every comment you criticize anything, you are giving negativity. Complaints about the weather, traffic, the government, your partner, children, parents, long lines, the economy, food, your Body, your works; customers, businesses, prices, noise, or service seem like small harmless things, but they bring back with them a whole host of negativity.

Throw out of your vocabulary words like terrible, horrible, disgusting, and awful, because when you say those words, they come with strong feelings. When you say them they must return to you, which means you are putting those labels on your life! Don't you think it would be a good idea to use more words like fantastic, amazing, fabulous, brilliant, and wonderful?

19. If you give more than 50 percent positive thoughts and feelings instead of negative, you have reached a tipping point. Even if you just give 51 percent good thoughts and good feelings, you have tipped the scales of your life!
20. Once you reach the tipping point of giving more love than negativity, the love that comes back to you then multiplies itself by attracting more love through the law of attraction.
21. A good feeling not only changes your day, it also changes your tomorrow, and your life too. Provided you maintain your good feelings and you also go to sleep with a good feeling and begin the next day with a momentum of good feelings. As you continue to feel good as much as you can, your good feelings continue to multiply by the law of attraction, and so it continues day after day, and your life gets better and better.
22. So many people don't live for today. They are completely consumed with the future, and yet it is how we live today that creates our future. It is what you feel today that matters, because it is the only thing that determines your future. Every day is an opportunity for a new life, because every single day you stand at the tipping point of your life. And one day you can change the future - through the way that you feel. When you tip the balance to good feelings, the force of love will change your life so fast that you will scarcely believe it.

### **THE POWER AND CREATION**

#### **23. IMAGINE**

Use your mind to focus on and imagine what you desire. Imagine yourself being with your desire. Imagine yourself doing things with your desire. Imagine yourself having your desire.

#### **FEEL**

When you imagine, you must feel love for what you're imagining. You must imagine and feel your own desire.

Your imagination connects you to what you want. Your desire and feelings of love create the magnetism, the magnetic power, drawing your desire to you. This completes your part in the Creation Process.

#### **RECEIVE**

The force of love will work through the visible and invisible forces of nature to bring what you desire for you. It will use circumstances, events, and people to give what you love to do.

Whatever you desire you must want it with all your heart. Desire is love, and unless you have a burning desire in your heart, you will not have enough power to harness the force of love.

24. Whatever you're imagining must not harm another person. Imagining something that brings harm to another person comes not from love but from a lack of love.

### **FEELING CREATION**

25. If there is something negative in your life and you want to change it, the process is the same: Give love by imagining and feeling that you have what you want. Remember that anything negative is a lack of love, and so you have to imagine the opposite of the negative situation, because its opposite is love! For example, if you have an illness that you want to be gone, give love for your body being healthy.
26. If a person is injured and receiving medical help, but things are not improving, it means they're imagining and feeling the injury more than they're imagining and feeling a full recovery.

### **LIFE FOLLOWS YOU**

27. Everything in life is presented to you for you to choose what you love! Life is a catalogue, and you are the one who chooses what you love from the catalogue! But are you choosing the things you love or are you too busy judging and labeling the bad things? If your life is far from wonderful, then you've inadvertently been labeling all the bad things.
28. If you feel sad or lonely when you see the happy couple, you just give out negativity, You have to give love for what you want. If you are overweight and you're walking down the street and a person with a perfect body passes you by, how do you feel? Life is presenting the great body to you for you to choose, and so if you feel bad because you don't have that body, you just say, "I don't want a body like that, I want the overweight body I have."
29. Don't say no to the things you don't love, because saying no brings them to you. When you say no to the things you don't love, you're feeling bad about them, you're giving bad feeling, and you will receive those feelings back as negative circumstances in your life.

You can't say no to anything, because when you say, "No I don't want that," you are saying yes to the law of attraction.

### **KEYS TO POWER**

30. Whatever you're doing, wherever you are in your day, look for the things you love. You can look for technology and inventions you love. Look for buildings you love, cars and roads you love, cafes and restaurants you love, stores you love. Walk down a street or through a store with the intention of finding as many things as you can that you love. Look for things you love about other people. Look for everything you love in nature - birds, trees, flowers, perfumes, and the colors of nature. See what you love. Hear what you love. Speak about what you love.

### **THE POWER AND RELATIONSHIPS**

31. One way to take the sting out of confrontational or difficult relationships is to imagine people as your own "Personal Emotional Trainers"! The force of love presents you with a whole array of Personal Emotional Trainers, disguised as everyday people, but they are all training you to choose love!

Some people may be soft Personal Emotional Trainers because they don't push you very hard and they're so easy to love. Some people may be tough Personal Emotional Trainers because they push you to your limits, as some personal physical trainers do, but they are ones who are making you stronger to choose love no matter what.

32. Some trainers may test you by provoking you to feel revenge, anger, or hatred. Turn away by looking for the things you love in life. Some trainers may even hit you with guilt, feelings of unworthiness, or fear. Don't fall for any of them, because negativity of any kind is not love.

"Hatred paralyzes life; love releases it.  
Hatred confuses life; love harmonizes it.  
Hatred darkens life; love illuminates it."

Martin Luther King Jr. (1929-1968)

BAPTIST MINISTER AND CIVIL RIGHTS LEADER

33. Gossip seems harmless on the surface, but it can cause a lot of negative things in people's lives. Gossip is not giving love. Gossip is giving negativity and that's exactly what you receive back. Gossip is not harmful to the person who is being spoken of; gossip harms those gossiping.

When you are talking with a family member or a friend, and they tell you about some negative thing that someone said or did they are gossiping and they are giving out negativity. As you listen to them, you are giving out negativity too because you are a feeling being, and you can't hear negative things without your feelings dropping rapidly. When you talk with a work colleague at lunch and you both talk negatively about someone, you are giving out negativity. You can't talk about or hear negativity and have good feelings!

34. If you find yourself gossiping or listening to gossip, stop midsentence and say, "But I am so grateful that...." And finish the sentence with something good about the person being gossiped about.

"If a man speaks or acts with an evil thought, pain follows him. If a man speaks or acts with a pure thoughts, happiness follows him, like a shadow that never leaves him."

Gautama Buddha (563-483 BC)

FOUNDER OF BUDDHISM

35. Life is presenting every person and circumstance to you so you can choose what you love and what you don't love. When you react to anything, you are reacting with your feelings, and as you do, you are choosing it! Your reaction, whether good or bad, sticks it to you, and in effect, you are saying you want more of it! And so it's important to watch how you react in your relationships, because whether you react with good or bad feelings, they're the feelings you're giving, and you will receive more of the same circumstances to make you feel that way.

36. If a person says or does something, and you find yourself feeling upset, offended, or angry, do you best to change the negative reaction right away? Simply being aware that you've reacted negatively takes the power out of the negative feelings immediately and can even stop them. But if you feel as though the negative feelings have a grip on you, it is best to walk away and spend a couple of minutes looking for the things you love, one after the other until you feel much better. You can use anything you love to make you feel better, like listening to your favorite music, imagining the things you love, or doing something you love. You can also think about the things you love in the person who

- upset you. This might be challenging, but if you can do it, it is the fastest way to feel better. It's also the fastest way to become the master of your feelings!
37. If you're feeling fantastic, the force of your magnetic field creates a shield that no negativity can penetrate. And so it won't matter what negativity anyone hurls at you, it cannot touch you, and it will bounce right off your feeling field without affecting you at all.
  38. On the other hand, if a person hurls something negative at you and you feel what they say, then you know that your feelings must have dropped, because the negativity broke through your feeling field. There's only one thing to do if this happens, and that is to find an excuse to politely walk away, so you can restore yourself with good feelings. Two negative fields multiply at a rapid rate when they come into contact with each other, and no good can ever come of it. You will know this from your own life experience; two negative fields together are not a pretty sight!
  39. When someone is surrounded by a magnetic field of joy, you can feel their joy touch you from across the room. People who are popular and who have magnetic personalities are simply people who feel good most of the time. The field of joy that surrounds them is so magnetic that it draws everybody and everything to them.
  40. The more you give love and feel good, the more magnetic your field becomes and the more it expands, drawing everything and everyone you love to you! Imagine that!
  41. When you give love to another person, if your love affects the other person so positively that they then give love to someone else, then no matter how many people are positively affected, no matter how far your love travels, all that love comes back to you. Not only do you receive back the love gave to the original person; you receive all the love back from everyone who was affected! And the love returns to you dressed as positive circumstances, positive people, and positive events in your life.
  42. On the other hand, if you negatively affect another person so much that the person goes on to negatively affect someone else, and then the negativity will return to you in full. You will receive it back in the form of negative circumstances affecting money, your career, your health, or your relationships. Whatever you give to another, you give to yourself.

### **THE POWER AND HEALTH**

43. Being healthy is feeling the same way as little children feel. Little children are bursting with energy every day. Their bodies feel light and flexible; moving is effortless. They're light on their feet. Their minds are clear; they're happy, and free of worry and stress. They sleep deeply and peacefully every night, and they wake up feeling completely refreshed, as if with a brand-new body. They feel passionate and excited about every new day. Look at little children and you will see what being healthy really means. It is the way you used to feel, and it is the way you should still feel!
44. What you think in your heart is what you believe to be true. Beliefs are simply repeated thoughts with strong feelings attached to them like, "I catch colds easily," "I have a sensitive stomach," "I find it hard to lose weight," "I'm allergic to that," "Coffee keeps me awake." All these are beliefs, not facts. A belief is when you have made up your mind, the verdict is in, you've nailed the door shut and thrown away the key, and there is no room for negotiation. But whatever you believe and feel is true will be true for you, whether your beliefs help you or harm you. Whatever beliefs you give out, the law of attraction says you must receive back.
45. Many people have more fearful beliefs about disease than they have good beliefs about health. It's not surprising because of the attention that is given to disease in the world, and you are surrounded by that every day. In spite of all the advances in medicine, disease is increasing because people have become increasingly fearful of disease.



46. Do you have more good feelings about health than you have negative feelings about disease? Do you believe in lifelong health more than you believe in the inevitability of disease? If you believe that your body will deteriorate with age and that disease is inevitable, you are giving out that belief, and the law of attraction must return it to you clothed as the circumstances and state of your health and body.
47. Every feeling you have saturates every cell and organ in your entire body. When you have good feelings, you are giving love and you receive the full force of health through your body at an astounding rate. When you have bad feelings, the tension causes your nerves and cells to contract, the vital chemical production in your body changes, your blood vessels contract, and your breathing becomes shallow, all of which reduces the force of health in your organs and your entire body. Disease is simply the result of a body's not being at ease over a long period of time, because of negative feelings like stress worry, and fear.
48. All cells must work as a team, 24 hours a day, 7 days a week, for their entire life. Their sole purpose is to maintain the life and health in your body. You have around 100 trillion cells in your body. That's 100,000,000,000,000 cells who are working nonstop to give you life! All 100 trillion cells are under your command, and you are commanding them and instructing them with your thoughts, feelings, and beliefs.
49. If you think or say, "I always get jetlag when I travel," your cells receive: "jetlag" as a command, and they must carry out your instructions. Think and feel that you have a weight problem, and your cells receive the order of a weight problem. They must follow your instructions and keep your body in an overweight condition. Be afraid you might catch an illness, and your cells receive the message of the illness, and they immediately get busy creating the symptoms of the illness. Your cells' responding to your every command is simply the law of attraction working inside your body.
50. What do you want? What would you love? Because that is what you must give to your body. Your cells are your most loyal subjects who serve you without question, and so whatever you think, whatever you feel, becomes the law of your body. If you want to feel as good as you did when you were a child then give your cells those commands: "I feel amazing today." "I have so much energy." "I have perfect eyesight." "I can eat whatever I want and maintain my ideal weight." "I sleep like a baby every night." You are the ruler of a kingdom, and whatever you think and feel becomes the law of your kingdom - the law within your body.
51. The inside of your body is an exact map of our solar system and the universe. Your heart is the sun and the center of your body system. Your organs are the planets, and just as the planets depend on the sun to remain in balance and harmony, so do all the organs in your body depend on your heart to remain in balance and harmony.
52. Scientists at the Institute of Heart Math in California have shown that feeling love, gratitude, and appreciation in your heart boosts your immune system; increases vital chemical production; increases physical vitality and vigor: reduces stress hormone levels, high blood pressure, anxiety, guilt, and burnout; and improves glucose regulation in diabetics. Feelings of love create a higher degree of harmony in the rhythm of your heart. Heart Math has shown that the magnetic field of the heart is 5,000 times more powerful than the magnetic field of the brain, and reaches out several feet from our body.
53. If human emotions can change the structure of water, can you imagine what your feelings are doing to the health of your body? Your cells are made of mostly water! The center of every cell is water, and each cell is completely surrounded by layer of water. Can you imagine the impact of love and gratitude on your body? Can you imagine the power of love and gratitude to restore health? When you feel love, your love affects the water of the 100 trillion cells in your body!

54. To receive the health you want and love, you must give love! In the face of any sickness, give good feelings about health, because only love brings perfect health. You cannot give bad feelings about sickness and receive health. If you hate or fear a disease, you will be giving out bad feelings, and disease can never go away through bad feelings. When you give thoughts and feelings of what you want, your's cells receive the full force of health. When you give negative thoughts and feelings of what you don't want, the force of health to your cells reduces! It doesn't matter if you feel bad about a subject that has nothing to do with your health; when you feel bad, you reduce the force of health to your body. But when you feel love for anything - for a sunny day, new house, friend, or promotion - your body receives the full force of health.
55. Gratitude is the great multiplier, so say thank you for your health every single day. All the money in the world cannot buy health, because it is a gift from life, and so more than anything else, be grateful for your health! It's the best health insurance you can ever take, because gratitude is the assurance of health.
56. Be grateful for your body instead of finding fault with it. Every time you have a thought of something you don't like about your body, remember that the water inside your body is receiving your feeling. Instead say thank you with all your heart for what you do like about your body, and ignore the things you don't like.
57. Before you eat food or drink water, look at what you're about to eat or drink and feel love and gratitude. Make sure your conversations are positive when you are sitting down to a meal.
58. Blessing food gives love and gratitude for food. As you bless food, you change the structure of the water in the food and its effect on your body. Blessing water with love and gratitude does the same thing. Your positive feelings of love can change the structure of water in everything - so use the power.
59. When having your eyesight checked or blood pressure checked, or if you're having a general checkup, receiving results from tests, or anything concerning your health, it is very important that you are feeling good during it and while receiving the results, in order to receive a good outcome. By the law of attraction, the outcome of the checkup or tests must match the frequency you're on, so to bring the good outcome you want, you must be on the frequency to receive it! Life does not happen the other way around. The outcome of every situation in your life will always match your frequency because that is the law of attraction! To get yourself onto a good feeling frequency about a test, imagine the outcome you want and feel that you have already received that outcome. Every possible outcome can happen, but you must be on a good feeling frequency to receive good outcomes.
60. Imagine and feel having the health you want in your body. If you want to restore your eyesight, give love for perfect vision and imagine having it. Give love for perfect hearing and imagine having it. Give love for the perfect weight, perfect body, perfect health of an organ, and imagine having it, and be utterly grateful for everything you do have! Your body will change into whatever you want, but it can only do it through feelings of love and gratitude.
61. "As love grows in you, beauty grows too. For love is the beauty of the soul."  
Saint Augustine of Hippo (353-430)  
THEOLOGIAN AND BISHOP
62. All beauty comes from the force of love. Unlimited beauty is available to you through love, but the problem is that most people find fault and criticize their body more than they appreciate it. Looking at your faults and being unhappy about anything about your body does not bring beauty to you! All it brings is more faults and more unhappiness.
63. The beauty business is enormous, yet unlimited beauty is being poured down to you in every second. But you have to give love to receive it! The happier you are, the more

beautiful you will be. Lines will fade, skin will tighten and begin to glow, hair will become thicker and stronger, eyes will begin to sparkle, and their color will intensify. And more than anything else, you will see the proof that beauty comes from love when people are drawn to you wherever you go.

64. If you possibly can, don't put a ceiling on how long you can live. "All it will take is one person to break the limits of life expectancy, and that person will change the course of life expectancy for all humanity. One person after another will follow, because when one person lives far beyond the current life expectancy, other people will believe and feel they can do it too, and they will!
65. When you believe and feel that aging and deterioration are inevitable, then they will happen. Your cells, your organs, and your body receive your beliefs and feelings. Feel young and stop feeling your age. Feeling your age is just a belief you've been given and a program you've given to your body. You can change the command you're giving whenever you want, by changing what you believe!
66. How do you change your beliefs? By giving love! Negative beliefs, such as beliefs of limitation, aging, more disease, do not come from love. When you give love, when you feel good, love melts away any negativity, including negative beliefs that harm you.
67. The more you love, the more the force of love will melt away negativity in your body and in your mind. And you can feel love melting away everything negative when you're happy, grateful, and joyful. You can feel it! You feel light, you feel invincible, and you feel on top of the world.
68. As you give more and love, you will notice changes start to happen to your body. Food will taste better colors will get brighter, sounds will become clearer, moles or little marks on your body will begin to fade and disappear. Your body will begin to feel more flexible; stiffness and little creaks will begin to vanish. When you give love and experience the miracles in your body, you will be left in no doubt that love is the source or health!

### **THE POWER AND YOU**

69. When you are feeling happy, and you keep feeling happy, then only happy people, circumstances, and events can come into your life. If you feel stressed, and you keep feeling stressed, then only more stress can come into your life through people, circumstances, and events. You have seen this happen when you've been rushing because you're running late. Rushing is a negative feeling, and as surely as the sun shines, when you rush and feel the fear of being late, you bring every delay and obstacle into your path. It's the law of attraction working in your life.
70. Life is responding to you. Life is communicating with you. There are no accidents or coincidences; every single thing has a frequency, and when anything comes into your life, it means it's on the same frequency as you are. Everything you see - every sign, color, person, object - everything you hear, every circumstance and event is on your frequency.
71. When I wake each morning, I am grateful to be alive and for everyone and everything in my life. I spend fifteen minutes every morning feeling love and sending it out to the world. I imagine my day. I imagine and feel love for my day going well. I imagine and feel love for each thing in my day going well, before I do it. I place the force of love ahead of me in everything I do, by feeling love inside me as much as I can before I do anything! I don't open emails or packages, make or take important phone calls, or do anything important unless I am feeling good.
72. I stay aware when walking down the street and notice the people passing me. I send thoughts and feelings of love to as many people as I can. I look at each person's face, feel love inside me, and imagine them receiving it. I know the force of love is the source of abundance of money, happy relationships, great health, and anything anyone loves, so I send people love, because I know in doing that, I am sending them whatever they need.

### **THE POWER AND LIFE**

73. Ancient texts say that "heaven is within you," and what they're talking about is the frequency of your being. When you leave your human body, you are automatically on the highest frequency of pure love, because that's the frequency of your being. In ancient times this highest frequency of pure love was called heaven.
74. But heaven is for you to find here in this lifetime-not when your body dies. You are to find heaven here, while you're on Earth. And indeed heaven is within you, because heaven is the frequency of your being. To find heaven on Earth is to live your life at the same frequency as your being-pure love and joy.
75. The purpose of your life is joy, and so what do you think is the greatest joy in life? Giving! If a person had told me six years ago that the greatest joy in life is giving, I would have said, "That's fine for you to say. I am struggling to survive and can barely make ends meet, and so I have nothing to give."
76. The greatest joy in life is giving because unless you give, you will always be struggling to survive. Life will be full of one problem after another, and just when you think everything is going along fine, something else will happen to throw you back into struggle and difficulty. The greatest joy in life is giving, and there is only one thing you can give-your love! Your love, your joy, your positivity, your excitement, your gratitude, and your passion are the true and everlasting things in life. All the riches in the world cannot even come close to the most priceless gift in all of creation-the love inside you!

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