



Sean Orford

**counsellor
psychotherapist
trainer
author
speaker**

July 2009 - Newsletter

Let's hear it for the love month

July is the month of love on www.seanorford.com.

To be honest, I just can't stop going on about it. Do you realise that with love, we could solve all the world's problems right now? There is nothing that could not be solved with the application of love. Doesn't matter what it is: world debt, feeding the starving, cessation of violence, anything at all. All it needs is love. Love is all there is.

Now I know that there will some of you that will read this and think, "That's it, he's off on one again". There will be some who will feel this is stupid, "I mean, you can't love everybody because some people are just shits and don't deserve to be loved". Well, what runs alongside love is forgiveness. You can't have one without the other. Love is unconditional. Once we put a condition on love, it is a transaction: "I will love you, if you..." fill in the blank! Transactions are about, "What can I get?" Love is about, "What can I give?"

Love is "What can I give?"

Possession is "What can I get?"

Think of it this way: if there is a family of people, everyone in the family will have needs. If everyone looks after each other's needs, then everyone's needs will be met. If it works the other way, so that if everyone expects everyone else to meet their needs, then no-one's needs will be met. What is true for a family will also be true for a group of friends, a college class, a workplace team, a village, town, society, country, or, come to that, the entire human race.

Love is the glue that sticks things together. It is that thing that takes families through crisis. It rebuilds countries after war and creates huge aid funds following a disaster. Love is the force that took the Good Samaritan across the road to tend to the needs of a man, even if he was an enemy. Love is the force that drove Mother Teresa to tend to the needs of the poor of Calcutta, and enabled Gandhi to maintain a non-violent fast to change the course of history. Pure love demands nothing, yet gives everything.

Pure love is unconditional

Carl Rogers, the father of person-centred psychotherapy, suggested three core conditions that a therapist would need to adhere to, to be effective. The most fundamental of these is unconditional positive regard. Rogers taught that the inner being of each individual is always positive. So, for a therapist, the requirement is that whatever the person has done, be it terrible, depraved or disgusting, they deserve the same love, and unconditional positive regard, as would be offered to a saint.

The peace of the world is born out of forgiveness and letting go

Depending on your own paradigm, the unconscious programming within you but below your awareness, you will either accept or reject the statement above. Under the Law of Attraction, whatever you believe, you will play out in your behaviour. There is no grey area here; you are either making your contribution to making the world a better, more loving place, or adding to the common negative paradigm by holding negative thoughts and feelings.



www.seanorford.com

40 Acton Lane, Saughall Massie, Wirral, CH46 6EA, UK
Tel: 0151 677 0824 • Mob: 0781 701 7297 • Mob Fax: 0796 710 7141
sean.orford@virgin.net



Sean Orford

**counsellor
psychotherapist
trainer
author
speaker**

July 2009 - Newsletter

The totality of one

If the universe is one thing, one event that begins at the same point in time, at the big bang, then all is, by definition, one. There can never be 'them and us', or 'me and not me'. If all is one, the all is me. Even if I do not like parts of me, or parts of creation, all I am really saying is that I don't like certain parts of myself. The answer is simple: if you don't like what you see in the world then do something about, change it, but in a positive way. Lasting change happens through positive change. Things that are changed negatively will always revert to the negative state; it is Coue's Law of Reversed Effort. Permanent change is positive growth, it is evolution in action, it is the enactment of the Law of Deliberate Creation.

The disbelievers

Now, I know that what I am saying is true, though many will scoff and poopoo it. There is an issue in the process of evolution that I call 'waking up'. However, you do not have to be awake to be subject to the laws of the universe. The Law of Gravity does not suspend itself if you do not believe that it exists. Well, the Laws of Attraction and Creation are as real as gravity and they will continue to function whether you believe in them or not. But also, there are the laws of love and hate.

The Law of Love

Love is at work, functioning at all levels of creation. The force that you experience that draws you towards, and keeps you in contact with, those that you love, is no different to the force that keeps the Moon in orbit around the Earth or, the Earth orbiting around the Sun. It the same force that keeps particles together in atoms and molecules and the cells together in your body. It is attraction.

The Law of Hate

In a universe of balance, there is always an equal and opposite force that exists until there is complete equality, so that the whole is neither one nor the other. The repulsive force that pushes apart the identical poles of a magnet, so that they cannot join together, is no different from the force that leads us to be repelled by other people.

Repulsion is reaction in action

To be repulsed requires a blind reaction. Essentially, we fail to see the good in others. Often, this is because we are blinded by our own over-bearing paradigm. Perhaps there is something in the person that we reject, that, in some way, resonates with a negative figure or situation from the past. Rejection is often borne out of simple intolerance. To get beyond the negative, we need to look at the situation in another way.

To get the magnets to stick together, simply turn one around the other way

It is really quite simple. To get the magnets to attract each other, one of them has to be reversed 180 degrees. Turn one around and, "hey presto", they attract and stick. Exactly the same is true when we are repulsed by other people. To understand them, to see them differently, to change our experience from negative to positive, one of us has to change. One of us will need to be prepared to turn around 180 degrees so that we see the situation, and the other person, completely differently and just like the magnets, "hey presto", we find that we are attracted to the very thing that previously repulsed us.



www.seanorford.com

40 Acton Lane, Saughall Massie, Wirral, CH46 6EA, UK
Tel: 0151 677 0824 • Mob: 0781 701 7297 • Mob Fax: 0796 710 7141
sean.orford@virgin.net



Sean Orford

**counsellor
psychotherapist
trainer
author
speaker**

July 2009 - Newsletter

Often, turning the magnet is the act of forgiveness

So, let's get real. July is my month of love. There is so much I want to share with you this month and I want you to receive it with an open heart. To prepare yourself for what is coming your way, you will need to know the answer to these two questions.

How do you know when someone loves you?

How would you show someone that you loved them?

During July, you will discover the eight levels of love and begin to understand the ways in which they you can give and receive more love in your life. So, stay tuned, watch this space and enjoy.

Take care,
Sean x



www.seanorford.com

40 Acton Lane, Saughall Massie, Wirral, CH46 6EA, UK
Tel: 0151 677 0824 • Mob: 0781 701 7297 • Mob Fax: 0796 710 7141
sean.orford@virgin.net