

whatever
arises
LOVE
that

A Love Revolution
That Begins with You

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 **sounds true**
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Contents

Introduction . . .	ix
CHAPTER 1 Beginning Your Love Revolution . . .	1
CHAPTER 2 A Master Revealed . . .	29
CHAPTER 3 The Heart of Surrender . . .	53
CHAPTER 4 Ego, Suffering, and the Overstimulated Nervous System . . .	67
CHAPTER 5 The Overactive Mind . . .	89
CHAPTER 6 Exploring the Ego . . .	99
CHAPTER 7 Mastering Relationships . . .	125
CHAPTER 8 The Merging of Mind and Heart . . .	135
CHAPTER 9 Conscious Communication . . .	143
CHAPTER 10 The Importance of Slowing Down . . .	159

CHAPTER 11	Everything Is Significant . . .	171
CHAPTER 12	Awakening: What to Expect . . .	185
CHAPTER 13	Ascension: Planetary Awakening . . .	199
	Acknowledgments . . .	205
	About the Author . . .	207

1

Beginning Your Love Revolution

A NEW SPIRITUALITY has dawned; one that acknowledges your energetic sensitivity and unravels every burden by inspiring your deepest vulnerability to come out and play. This is a heart-centered journey of infinite joy and endless self-discovery, rooted in the beauty of compassion and anchored by the embodiment of your highest wisdom. No matter what issues you hope to resolve, your objective within this new spirituality isn't to expand awareness with force, effort, or exhaustion. Instead, this will be an adventure that leads you directly into the depths of your being to the support you have always deserved. With every step forward along a heart-centered exploration, the most potent solution to any problem equally reveals the single greatest catalyst to awaken your deepest truth. As you say "yes" to this invitation, you leap to the forefront of human evolution by understanding that in a Universe of endless questions, *love is the only answer.*

For the energetically sensitive soul, looking within is not a matter of becoming more aware, but rather of learning how to be open and *accepting of how aware you already are*. In most cases, awareness is already fully present but in a state of hyperactivity that may cause you to be overwhelmed by your feelings and unable to distinguish your own experience from that of others. This can be a painful and overwhelming way to live until you learn how to transform your natural-born empathy into a masterfully honed intuitive skill set. When you are energetically sensitive, a modern-day spiritual journey is a transition from “fearing it all” to “feeling it all.” In order to find the courage to face the experiences that may have overwhelmed you in the past, a set of divinely inspired instructions, transmitted by the Universe, are available to you. While only four words in length, they reveal an open heart as your only source of refuge.

These four words are *whatever arises, love that*. By learning how to love what arises, a tendency to fight with the inevitability of outcome transforms into a willingness to embrace the ever-changing circumstances of life. Throughout this process, you are relieved of the overwhelming heaviness felt in the world by returning to the ecstasy of your true innocent nature. In the new spiritual paradigm, you cannot wait for your heart to open in order to love. No matter how closed off you feel or how shut down you seem to be, it is your willingness to love that reminds you how safe you’ve always been.

With love as your guide, you activate the most potent form of healing to shift all areas of your reality. As healing occurs, you fulfill your journey by bringing forth a heart-centered consciousness for the well-being of all. This is why I refer to

the new paradigm of spirituality as *a love revolution that begins with you*. As the love revolution unfolds, you will start to view your path not as the evolution of one among many others, but as the awakening of all—expressed into form as the expansion of an individual.

By loving what arises, the pitfalls of energetic sensitivity blossom into the grace of Spirit in action. As you become an anchor of heart-centered consciousness, seeds of transformation are planted in every corner of existence. This occurs at the rate in which *your true innocent nature* becomes the object of your affection.

Whether you are here to resolve a healing crisis, discover true joy and fulfillment, or make peace with the past, it is now time to shine as never before and to see how far your angel wings are destined to spread.

On behalf of the Universe, I welcome you home to a space you never left, to reveal an eternal kingdom that has always existed within you. As this new reality dawns, a timeless truth echoes throughout all dimensions to gently remind you:

In every breath you take, love is always here.
Throughout any personal encounter, love is always here. No matter what comes together or whatever is pulled apart, love is always here. In your greatest moment of achievement or even in your darkest hour of uncertainty, love is always here. Whether in the aftermath of tragedy or in the presence of your highest triumph, love is always here. When life is flowing, inspired, and harmonious, and even if it's

frustrating, annoying, painful, or inconvenient, love is always here. When you feel alone or unsupported, love is always here. No matter what you understand and despite what you have yet to figure out, love is always here. Despite your thoughts, regardless of what you choose, or how you feel, love is always here. No matter what has been done to you or whatever you believe you've done to others, love is always here.

As love is revealed, the light of your highest potential eases the overactive mind by releasing layers of emotional clutter. These are the natural results you've always been destined to receive to celebrate the true purpose you came to fulfill. Such a divinely appointed purpose helps you recognize your own heart as the center of the Universe. One heartfelt embrace at a time, all beings are blessed, uplifted, and returned to the magnificence of their original form. This is what it means to begin your own love revolution. It is an opportunity to inspire the transformation of all by cherishing your innocence as never before.

By loving what arises, you cross a life-changing threshold during the most exciting time in Earth's history. As more beings than ever before are awakening to the truth of their eternal nature, you are assisting in the spiritual growth and energetic expansion of an entire civilization, just by learning to live with an open heart. A sign that you are ready to take such an important leap is often felt as an intense calling to unravel the collective unconsciousness of humanity by healing yourself. Perhaps this calling may feel like a recurring impulse to find personal fulfillment, true liberation, and abiding

peace without having to regularly rearrange the furniture of your reality. No matter the signs that signify your readiness, these words confirm that you have successfully answered the call to return to love.

Throughout this heart-centered revolution, you come to realize that underneath it all love is what you are and all you've ever wanted. The willingness to accept this truth and assist in the transformation of humanity is an essential stage of growth that I call *the eternal cultivation*. During this vital stage, your body expands into a conscious vessel of awakening by providing your innocence the encouragement, kindness, and care it has always desired.

In the most practical and approachable way, I am honored to assist you in opening your heart to release each worry, dissolve every limitation, and raise the vibration of the planet as a gift of transcendence for one and all.

Love as the Ultimate Equalizer

As you embrace yourself more sincerely than ever before, you may discover how your own heart has often been the last in line to receive the support and attention that you give to others. As your heart expands, you no longer overlook opportunities to provide yourself with the same kindness and care that so many in your life are blessed to receive. One loving embrace at a time, you become a living testimony of just how powerful, aligned, inspired, and happy you have always been destined to be.

By loving what arises, you set aside any tendency to deny, avoid, or fight with the inevitability of life to awaken the most

profound intimacy within you. In honor of how far you've come, I invite you to take this moment to celebrate the arrival of a new reality.

Whether you wish to speak these words out loud or read them silently to yourself, please repeat the following healing mantra:

When I'm sad, I deserve more love, not less.
When I'm angry, I deserve more love, not less.
When I'm frustrated, I deserve more love, not less. Whenever I'm hurt, heartbroken, ashamed, or feeling guilty, I deserve more love, not less.

Even when I'm embarrassed by my actions, I deserve more love, not less. Equally so, when I'm proud of myself, I deserve more love, not less. No matter how I feel, I deserve more love, not less. Despite what I think, I deserve more love, not less.

No matter the past that I've survived, I deserve more love, not less. No matter what remains up ahead, I deserve more love, not less. On my worst day, I deserve more love, not less.

Even when life seems cruel and confusing, I deserve more love, not less. When no one is here to give me what I need, I deserve more love, not less. In remembering the greatest way I can serve the world, I deserve more love not less.

No matter what I'm able to accept, whomever I cannot forgive, or whatever I'm unable to love for whatever reason, I deserve more love, not less.

In celebration of your true innocent nature, love doesn't ask you to accept what cannot be accepted; it simply says, "Just embrace your own heart, and I will accept on your behalf." It does not ask you to forgive what is unforgivable, but simply says, "Just embrace your own heart, and I will forgive on your behalf." It doesn't even ask you to love what cannot be loved. Instead, it simply says, "Just embrace your own heart, and I will love on your behalf."

No matter the circumstance at hand, love ensures that everything is done *through* you, instead of *by* you. By embracing your innocence more than anyone has ever dared to embrace it, you find the parent you've never met, a best friend you never knew you had, and the lover who has been there all along, as the truth of what you are. Equally so, by making your own heart the object of your affection, you invite the truth of others to be recognized beyond the characters they're imagined to be. With love as your guide, the uniqueness of all can be equally appreciated, without the pain of conflict dividing you from another.

While it is necessary to realize that others may not be able to love you in the way you have always desired, you don't have to lack the kindness, support, and care that your love revolution brings to life. Whether in the aftermath of disappointment or at the brink of despair, the depth of attention that you can provide yourself allows emotions to no longer be the lingering evidence of a painful existence. When rooted

in your heart, every reaction can be viewed as a perfectly orchestrated activation of consciousness, clearing out the old paradigm to make room for something new to unfold. This often occurs at the rate in which each particular feeling is honored and given permission to be.

No matter how easily or slowly you open up to the feelings that inspire your most profound transformation, it is important not to rush the process. Instead, it is essential to take your time and make every moment count by remembering that you always deserve more support, kindness, and encouragement along the way.

No matter how daunting, overwhelming, or uncomfortable your experiences seem to be, the ups and downs of everyday life can be transformed into a deeply fulfilling spiritual adventure, simply by becoming the source of your own fulfillment.

The invitation love offers is never bound by any belief or limited by any role you happen to play. It is an invitation to merge back into the light of divinity by remembering those four words that call out to you: *whatever arises, love that.*

Through a willingness to love more often, you are able to remember the deeper spiritual reasons for why circumstances occur. Beyond beliefs in superstition, every moment is created by the Universe to ensure your highest growth. The fact that you experience discomfort is only evidence of how rapidly you are expanding. In an effort to make your adventure as rewarding and joyful as possible, we have been brought together to remember how exciting change can be once your heart has been given permission to open. With love leading the way, each feeling and circumstance can be celebrated as an activation of expanded consciousness.

As you make peace with the sudden discomfort or lingering pain of your personal frustrations, a greater perspective allows you to view life through the eyes of the Universe instead of feeling stuck as a person within it. No matter what seems to trigger you, each reaction represents the releasing of cellular debris collected from lifetimes of experiences. When your heart is open, you are able to notice that *anything* you are feeling is part of a healing taking place within you. Conversely, when your heart remains closed, the emotions you sense always seem to be viewed as barriers to your highest fulfillment.

Learning to Love What Arises

Throughout this process, it is important to remember that a sensation only feels like a barrier for as long as you refuse to feel it. As it is invited to be felt, a willingness to experience each moment as an opportunity to heal clears out layers of cellular memory to make room for the emergence of heart-centered consciousness.

For many people, it's easy to judge those uncomfortable feelings that always seem to erupt at the most inconvenient moments. The more often such feelings are triggered, the more effortless it becomes to interpret each surge of emotional reaction as an ongoing problem that has to be fixed. You can even seek out countless healing modalities, or various spiritual paths, hoping something will make the distracting, painful, and inconvenient nature of feelings disappear. While a path or healing process can offer you momentary relief through reframing or changes of state, the feelings inevitably

come back until you are able to acknowledge each reaction as evidence of a deeper journey already in progress.

While many become disheartened and frustrated when the promise of a modality or spiritual path doesn't live up to its claims, through the eyes of the Universe it is obvious that nothing can take away the proof that profound healing is underway. Your highest wisdom invites you to see every reaction as a moment of spiritual activation. Through the welcoming of any feeling, cellular debris is released out of your energy field. Since each individual is an expression of the Universe, the cellular debris released out of one person simultaneously assists in the healing of all.

This is why loving what arises is the single most important way to fulfill your divine destiny. One heartfelt embrace at a time, you are able to welcome the spontaneous healing that shifts your reality and supports the evolution of every being—all at once.

Like children tugging at the pant leg of a parent, each emotional reaction reminds you of the perfect moment in time to participate in your healing journey. By acknowledging the deeper healing that occurs when allowing each emotion to be openly felt, you have already taken your first exciting step toward loving what arises. The farther you go, the easier it is to make peace with the perfectly orchestrated catalysts that can often make your life seem out of control. The more each feeling is welcomed, no matter how uncomfortable or inconvenient it seems to be, the easier it is to be aligned with your heart—despite the circumstances in view.

While many people acknowledge love as a noble value and even recognize it as the highest vibration in existence, very