



The Journey Back to Love Series Foundation

From the beginning of our life experience until our last breath, we are given one opportunity after another to love beyond what we thought we could love.

We know these opportunities as the moments in life when we scream a loud and clear “*NO! I can love anything else, but not this!*” These moments may leave us with a few scars, but they also prompt us to seek a broader, more refined version of love. We want to make sense out of what we had experienced in the name of love but which did not feel loving at all.

The *program* for these opportunities came with us into this human incarnation. We typically perceive the experience of these programs as our core wounding. However, it is more likely that these experiences simply set the foundation for us to engage in a deeper exploration of love. As we grow, these patterns are projected from our subconscious into our external reality until we are able consciously to see what needs to be loved by the Self.

There are typically at least three phases of development or ways in which we respond to these patterns before coming to the awareness offered in this series.

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Initially, we believe that life is happening *to* us and that to love and be loved we need to fix ourselves and or those around us. At this stage, we might engage in therapy, take medications, seek self-help strategies, or believe that we cannot be happy until we have achieved X, Y, or Z.

Once we broaden our understanding of love, we enter the second phase of development, which usually entails self-examination to understand the cause of any negative thoughts and feelings we may have about ourselves, as well as the cyclical nature of specific patterns in our lives. We become conscious of the fact that even though we have developed new concepts of love from which to perceive our wounds, they have not changed any of our patterns.

The third phase of development sends us deeper into more refined aspects of Self in an attempt to understand and unravel our patterns. Many of us traverse multi-universes in search of a more evolved version of ourselves, as well as a broader perspective of our human experiences, which arises from a desire to experience love in the way that we knew was possible when we arrived on planet Earth.

This is an important part of our journey because it is here that we realize that we are much bigger than our human condition. We learn about other aspects of Self and the skill sets that go along with them. Empowered by this awareness, we come to understand that what we have not been able to love in other people, or in other circumstances and experiences, is simply what we have yet to love in ourselves.

We realize that love really does have to start with us and that regardless of what we've learned about ourselves, what experiences we've had, or where we've traveled in the multiverse, our patterns will remain until we love those aspects of Self that we were programmed to believe are unlovable.

For many, this is where the journey stops; perhaps because it feels easier to explore an idealized concept of love than it is to apply it in a grounded, everyday life kind of way

This is the critical choice point! This is where this series begins.

From my vantage point, it is you, the everyday avatar who turns that corner and consciously chooses to descend back into your human experience. It is you who learns to love the whole of your life experience, sees it through the eyes of innocence and turns the corner, consciously choosing to descend back into your human experience, bringing everything you have learned and loved about yourself to the world.

Given that most of us have sought unconditional love because of wounding, this descent is not always easy, however, through this course you begin to KNOW that Love creates every experience in our life.

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There are no life experiences that are meant to punish, deny or limit us. There is only one opportunity after another to give or to receive love. Ultimately, you realize that you are and always have been LOVE.

You are the transformer of your patterns, of your experiences, and of your world.

This series is designed to help you embrace yourself fully as love, and be able to share this to others. During this series, you will journey back to the Love That You Are, reclaiming what you believed you had lost along the way, including your innocence. In the process, you will learn that you need never again abdicate your innocence for your experience. And you will remember the deeper truth of your reason for being while mastering your capacity to BE love.

For more information go to suzymiller.com