



## Higher, Deeper Love

Across this month's themes, one thing keeps showing up for me. Love is so much bigger than what most of us were taught it was.

It isn't only romance. It isn't only comfort. It isn't agreement, or ease, or everyone getting along. Love is presence. Love is courage. Love is the willingness to stay awake to ourselves, to each other, to Life itself, even when Life gets uncomfortable, messy, or unclear.

We spend a lot of our lives trying to dodge discomfort. We want peace without the conflict that makes peace meaningful. We want connection without the vulnerability that makes connection real. We want healing without the honesty healing actually requires. I keep coming back to this question. What if Love isn't absent in the hard moments? What if Love is asking to meet us right there?



A lot of us were taught that Love disappears when things get hard. Some of the deepest expressions of Love show up exactly in those moments. Love is the breath we take before we react in anger. Love is the compassion we offer ourselves when we fall short. Love is staying curious instead of getting defensive. Love is listening, really listening, to someone we disagree with, instead of rushing to prove them wrong.

Maybe most importantly, Love is not passive. Love is something we practice.

There's a real hunger right now for deeper connection. You can feel it everywhere. People are tired of division, tired of performance, tired of feeling alone. Underneath so much of the anger and the fear, there's a longing. A longing to belong. A longing to be seen. A longing to remember that we were never separate from each other in the first place.

Here's the truth I keep landing on. Our individual healing and our collective healing are the same work. The more willing we are to look at our own wounds, our own unconscious beliefs, our own places of separation, the more capacity we build to meet the world with compassion instead of judgment. This doesn't mean ignoring injustice. It doesn't mean pretending everything is fine. It means refusing to let hatred run the show.

Love asks more of us than sentimentality. It asks for participation. It asks us to co-create something different, together. It asks us to pay attention to the energy we're bringing into every room we walk into. Every interaction matters. Every small kindness matters. Every moment we choose patience over cruelty, understanding over dismissal, presence over indifference becomes part of the larger healing of humanity.

I don't think we heal the world by being perfect. I think we heal it through honest presence, through accountability, through compassion. We heal it by remembering that every person we meet is carrying something, visible or invisible. We heal it by recognizing that underneath all our differences, there's still one shared longing. To love and be loved.

Maybe that's what Higher, Deeper Love really means. Not escaping the human experience, but stepping into it more fully, eyes open, heart open. Not waiting for the world to become loving before we choose Love, but becoming the people who embody Love now.

The world we're longing for isn't built someday in the future. It's being built through the consciousness we bring to this moment. Today.

**Living in gratitude,**

~ Rachael

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