



DAFNA RAHMINOV

ALIVE SURVIVE

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WHERE IS THE LOVE?

"Throughout history, we 'human beings' have found meaning in our lives through identification with what we know - our family, our tribe, our community, our nation, our culture, our politics, our religion - and by negative reference to others."

This is an excerpt of an article that appeared in the Middle East Bulletin in 2007.

It is a perfect example of the nature of our behaviour in today's modern times.

In our everyday life, we are responding to our own feelings of fear without even being aware of it.



SO WHAT IS THIS ALL ABOUT?

There are two ways of living our life. One is based on **LOVE** and the other is based on **FEAR**. All of our cultural, educational, political and financial systems are anchored in fear. Fear of the law, fear of God, fear of what people will say, fear of what should and shouldn't be done, most of all, fear of ourselves and our own power. Because, hey, we have everything under control, God forbid we would loose control or even worse - loose our minds.

We enslaved ourselves to money and power and we feed on fear.

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of not having everything under control,
of not knowing what tomorrow brings,
of not having enough,
of not being good enough,
of not belonging,
of pain, illness and death,
of the emotions we feel,
of the unknown,
of being confronted to ourselves,
of the invisible world.

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The list goes on and on.... it is endless.

WE DO NOT TRUST LIFE, WE DO NOT TRUST AT ALL !

Everything is conditioned. Relationships are conditioned. Friendships are conditioned. What we believe as being love is conditioned. One might say that even our love for our children is conditioned. Yes, our love becomes conditioned once we expect something in return. Our children do not belong to us. No human being belongs to another. Each human being is his/her own master. We are merely here to support each other in this adventure of exploring and experiencing life on this planet.

**IT IS NOT WHAT WE DO IN LIFE THAT MATTERS
IT IS HOW WE APPROACH IT THAT MATTERS.**



Do we see life as something beautiful and magical or do we experience it as being hard and difficult, filled with obligations, where only the strongest and fittest survive.

Did we miss the point completely?

Did we become unaware of our true selves and forgot all about our essence? The realization that we might be magical beings is actually mind blowing. This goes beyond all imagination.

The magnitude of our true selves is actually hard to grasp and very difficult to accept.

DID WE MISS THE POINT COMPLETELY?

On the way to self discovery we encounter all of our emotions, thoughts and beliefs.

The journey itself is a bumpy road, we don't always like what we see....

All of our feelings come to the forefront and especially those we suppress.

We haven't learned how to deal with feelings.

It's an acquired skill that's always in progress.

We always thought sadness, anger and jealousy are bad.

**WE HAVE
DI-VI-DED
EVERYTHING INTO**



**GOOD
& BAD.**

"What's good we want to have, what's bad we want to get rid of and forget it even exists." Well it doesn't work like that! What we resist persists. Whatever we try to ignore or repress comes back to haunt us until we get it. The good news is that we have the ability to reassess. We keep what works for us and let go of what doesn't suit us anymore. Letting go is a process of acknowledging and giving an emotion a place in our heart. It is a gesture of unconditional acceptance.

OUR ESSENCE

IS THE PURE

ENERGY OF

LOVE AND

NOTHING ELSE.

The awareness
that we are made of
the same energy
that flows through all of
Life is the most
precious gift
Life has to offer.

Humans,
animals, trees,
plants and minerals
vibrate
at different frequencies
and higher
or lower speeds.

We are energy in a physical body.

**IT IS ALL IN OUR OWN
POWER TO DECIDE.**

..."Emancipate yourselves from mental slavery,
no one but ourselves can free our minds...."
(Bob Marley's Song of Freedom).

This is an act of self empowerment and true liberation available to all of us.

We experience, enjoy, explore and feel.

Are we alive or do we survive?