



Love
Is
The
Solution


Love is the Solution

By Nasser Zaghi

in collaboration with

J. M. Mendoza

This book is dedicated to my mother, Eshrat Doustan Zaghi, for letting me experience love; to my beloved wife, Ashraf, for her patient, selfless support of my commitment to Love is the Solution, and to the many religious, political, and business leaders who affirm that love is the solution.



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Love is

joyful acceptance,

the practice of fairness,

and doing your best.

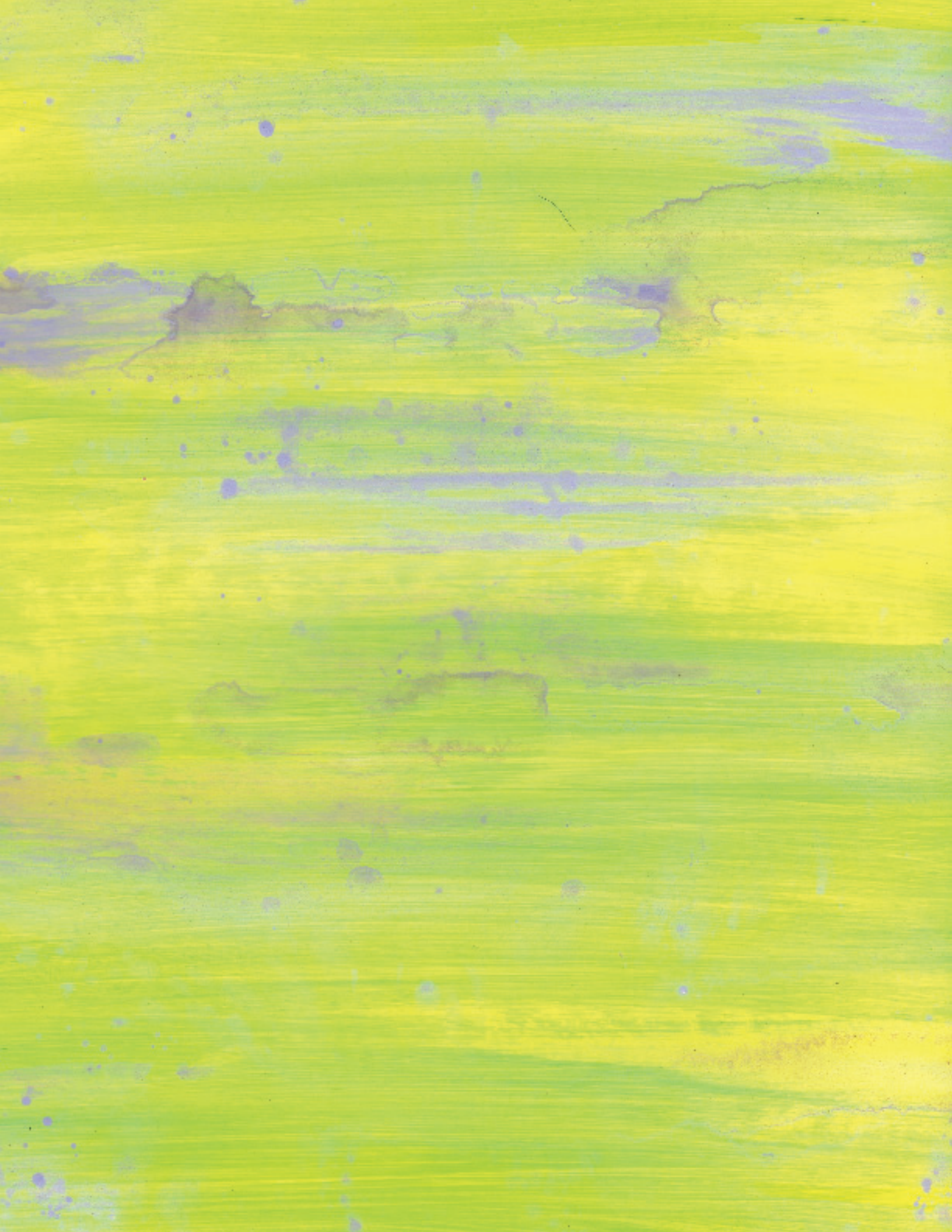


In your hands is a powerful book. In your hands is a gentle reminder that within the human heart is the power to change the world, a reminder that the power of love can end hatred and create peace.

This book is an invitation—an invitation to a journey back to love. In my own experience and application of love, I've seen profound possibilities for happiness, peace, fulfillment, and wholeness. The possibility for each of these resides within us. And so, the journey begins within.

This book is based upon the knowledge that with love and an open and caring heart, the solutions to any problem can be found. It's been said that with every problem or challenge comes an opportunity. Viewed in this way, any problem that challenges the heart or mind is really an opportunity to open one's heart and experience love.

We invite you to use this book as a guide on your journey back to love so that you may find in your own experience that Love is the Solution.



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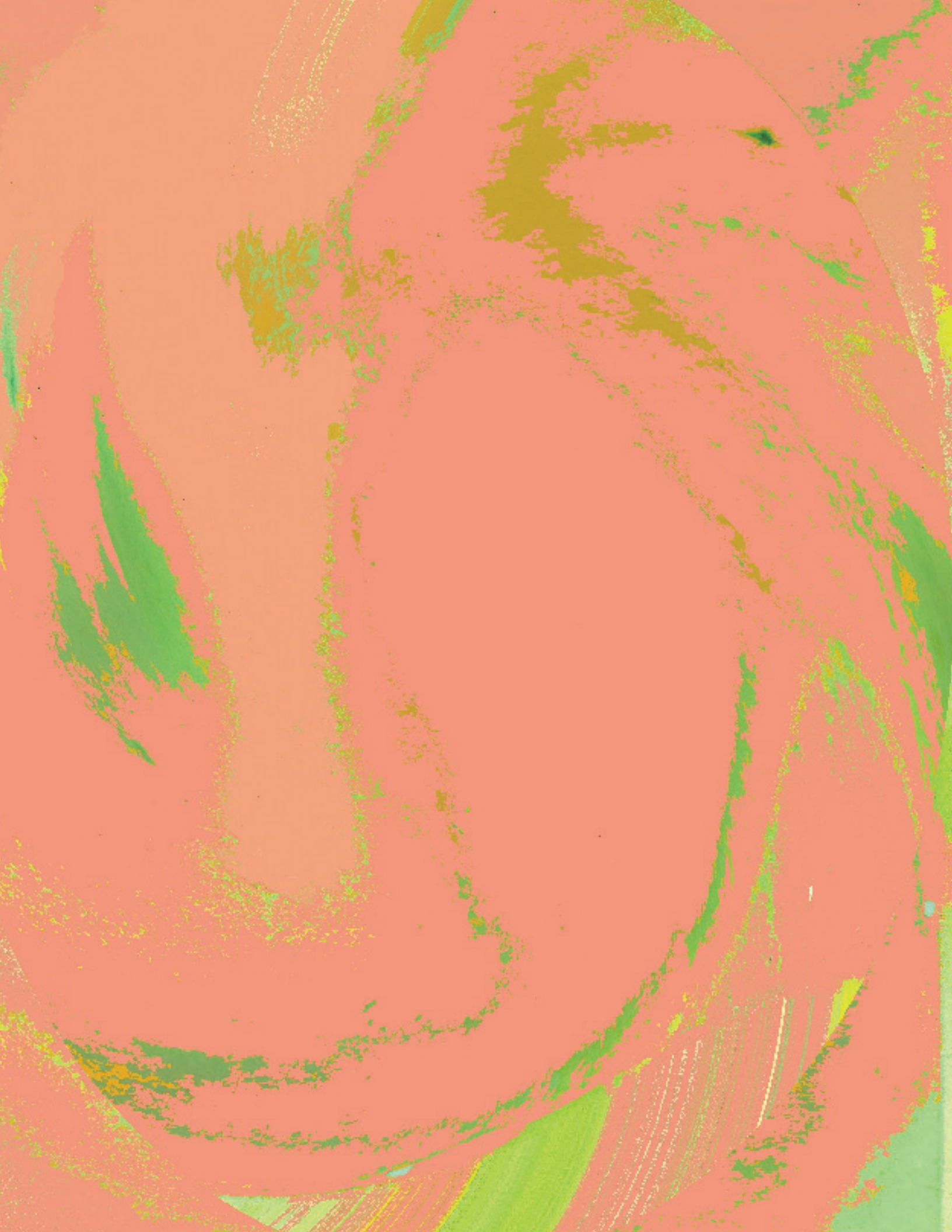
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Introduction

This book was born from an inspiration to share my personal rediscovery of love. I grew up in the turmoil of a third-world country—Iran—and witnessed terror born of generations-long hatred. As I witnessed this at a young age in Iran, I became increasingly aware of human suffering and unhappiness in my life and in the lives of those around me.

I believed there must be some way to recapture love within ourselves and among our communities. This was the foundation of my personal quest for conflict resolution and long-lasting harmony based in a deep perception of love. My intention in this book has been to arrive at a description of love that encompasses all people of Earth, no matter their background, ideology, or faith.

This book is a stepping stone toward world peace. Peace in the world begins with peace within the individual. Each one of us is a stepping stone for peace, or a stepping stone for conflict—from subtle to cataclysmic. My perception is that peace is an outcome of deeply understanding and



intuiting what love is, then practicing it consciously every moment of our lives.

I believe that fostering love and peace in the individual is the first step in a three-step process for gestating global peace. The second step is to cultivate love and peace within one's immediate family. The third step is to extend these qualities to all families, communities, nations and, ultimately, the world.

Personally, I have been striving to fulfill the first two steps, and now I am dedicated to making a key contribution to reaching the third—in part by writing this book.

I have published this book at my own expense, as a testimony to my practice of the principles of Love is the Solution. Proceeds from this work will go to the Love is the Solution nonprofit organization to further its mission of encouraging world peace.

Nasser Zaghi

November, 2005

On Love

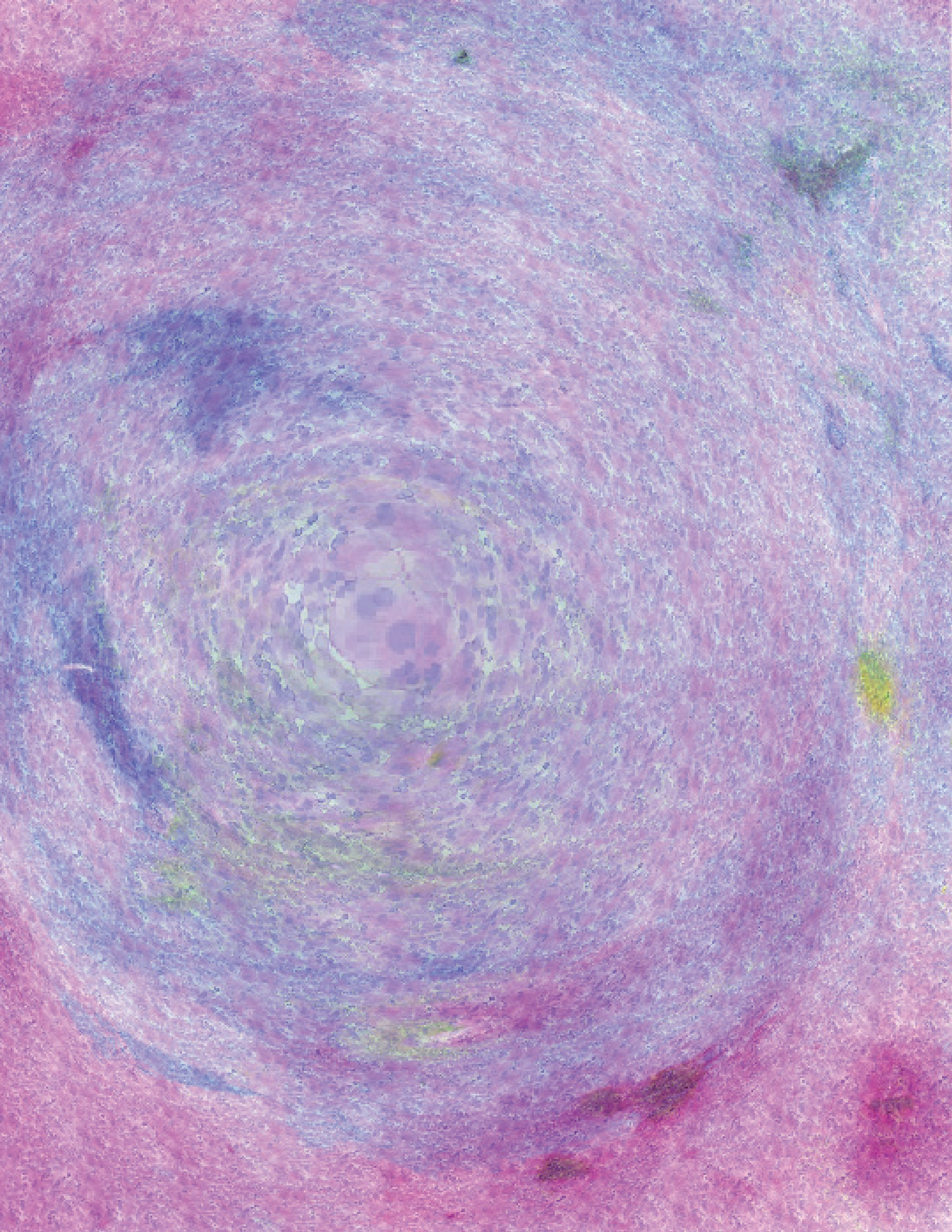
What is love? People have been trying to define it for centuries. It is one of those experiences that seem to elude definition, yet we know it in the deepest parts of ourselves.

Like the air we breathe, love is all around us.

Love is a deeply individual experience. We each experience and understand love in our own way.

For each of us there is a place within where we do not feel any separation, a place where we do not feel divided. We feel connected to everything.

There is a place in us where we feel whole.



Love is the experience of oneness.

When we love, we feel a oneness, a unity, an extraordinary closeness.

When we love, there is no separation.



Within every moment is the possibility to experience the feeling of oneness and connection that is love.

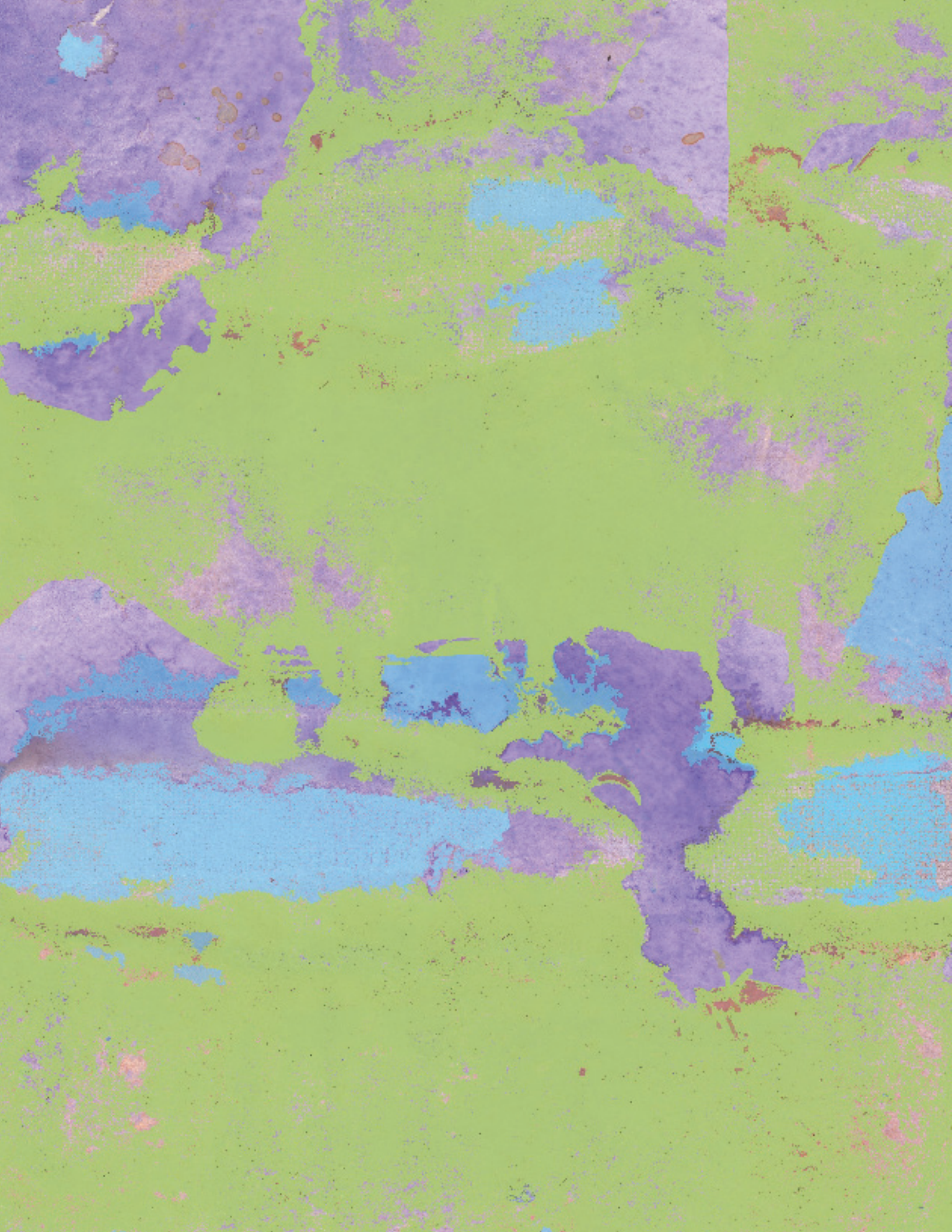
If we take a moment to close our eyes, and take a breath, we can feel the connection to the air outside and around us as it enters our body and becomes us. Every one of us is connected to the world in this way. We are deeply connected to each other in this way, too.

*When we feel close to someone, we feel love.
Despite distance or time, when we feel
connected to someone we are experiencing
love.*



*To love is to accept, to willingly receive
someone or something into our experience.
By accepting with a feeling of happiness, we
are joined in a place of oneness.*

*To love is to be fair, to be free of prejudice,
dishonesty, and judgments.*



To love is to do our best in any situation, to offer our highest state of being to the world.

To love is to live and act from these three states of being: to be accepting, to be fair, and to do our best.

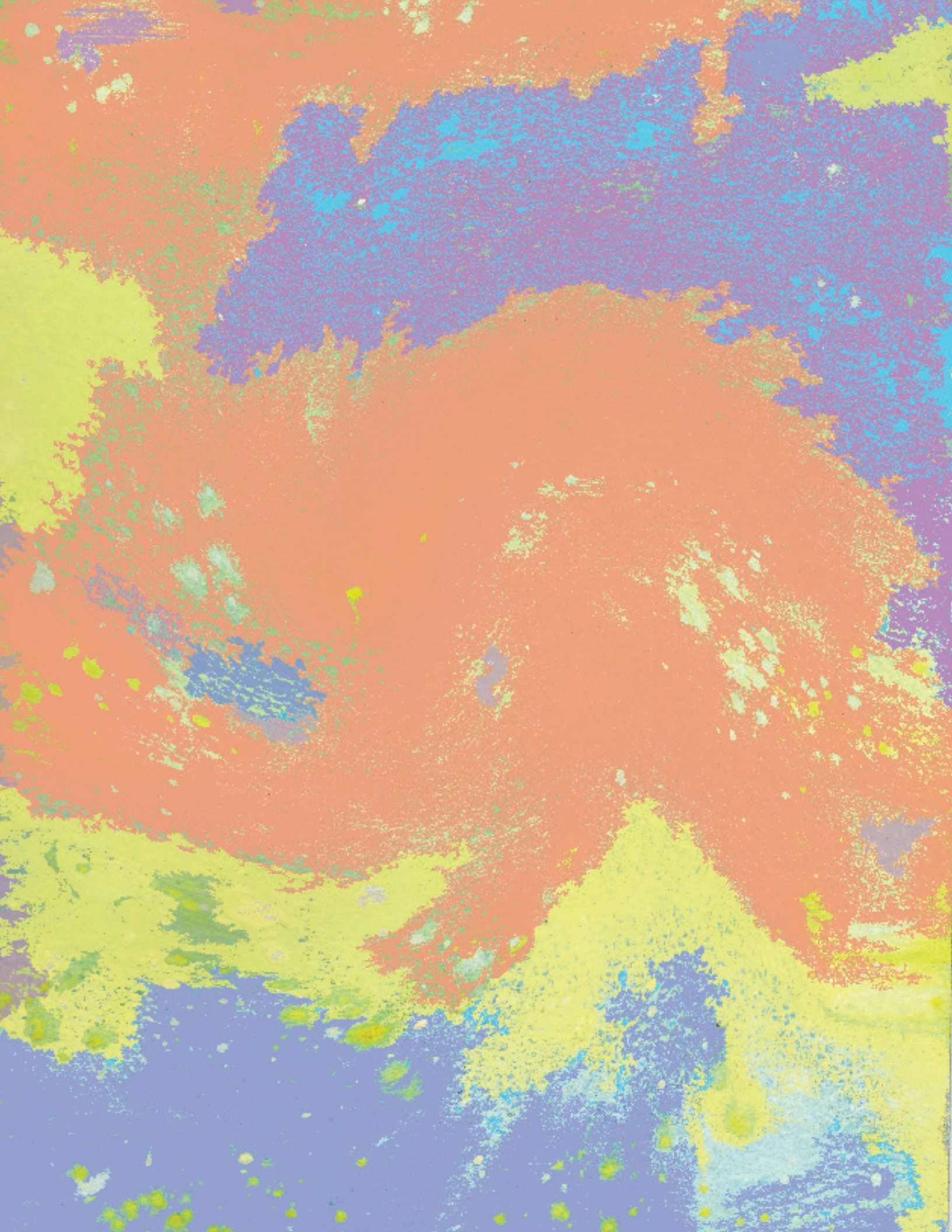


Love is the openness that allows everything into our experience: the good, the bad, the positive, the negative. To love is to be open to all.



Love is being open to the experience of everything. It is the limitless, unconditional acceptance of all there is.

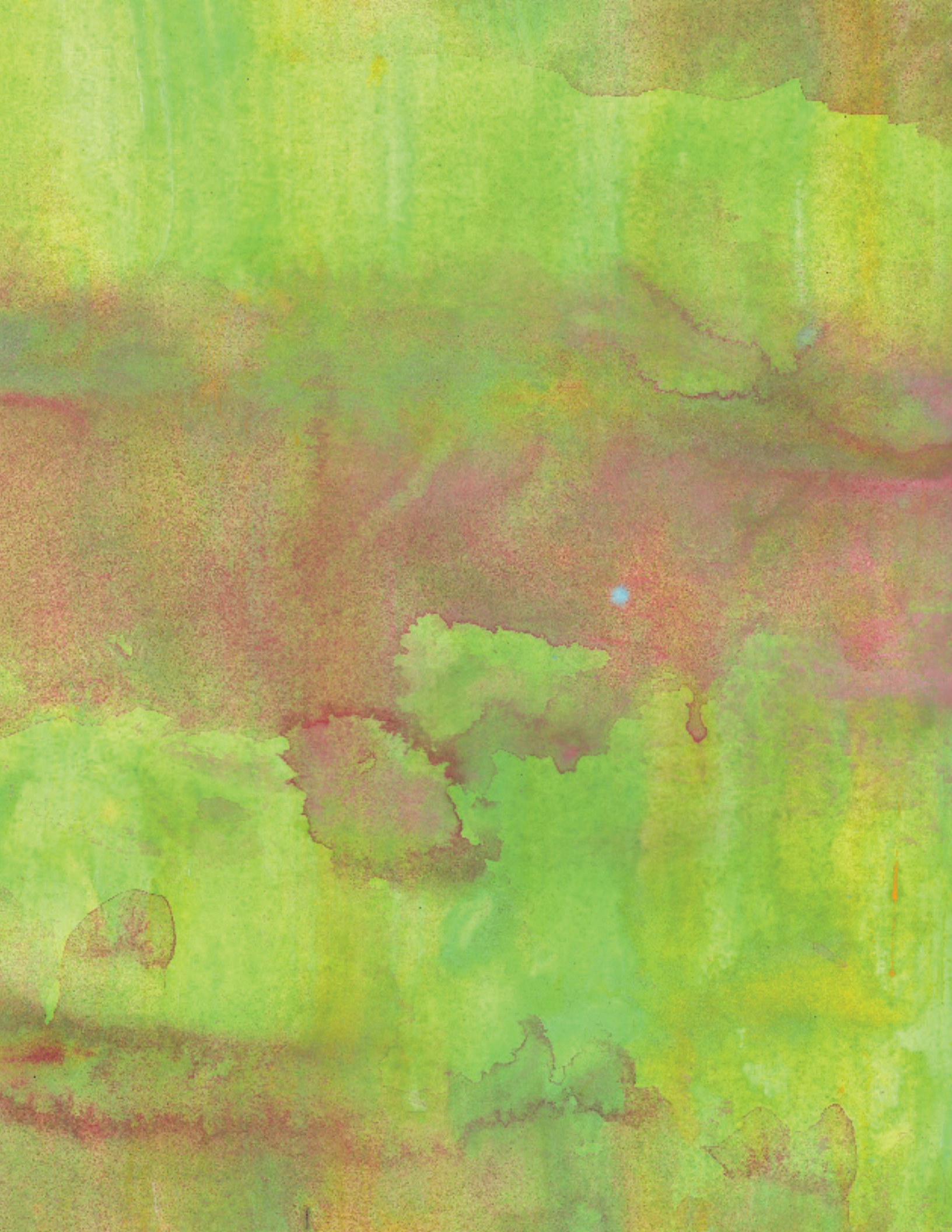
It is the total acceptance of all things.



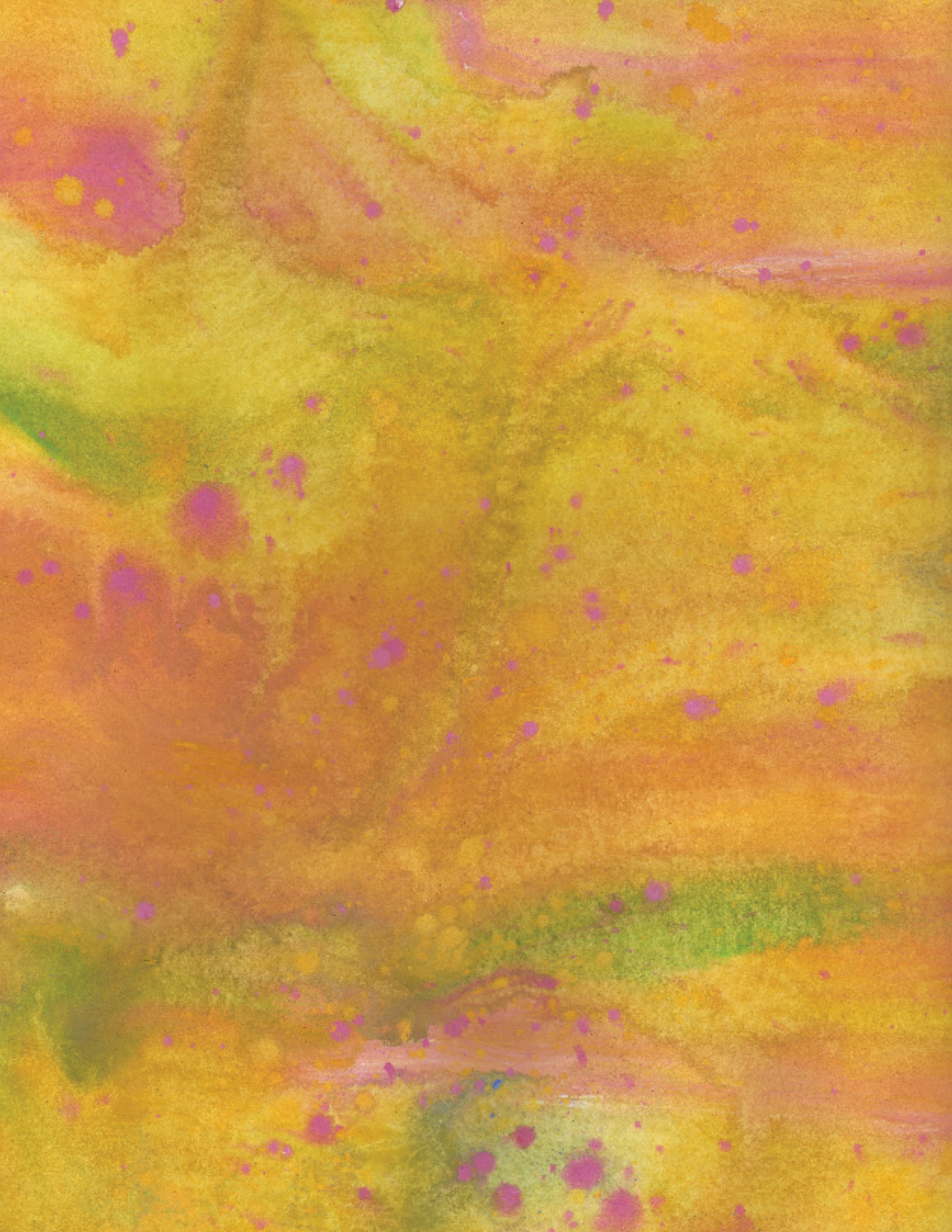
Love is the ultimate acceptance. When one loves, one allows everything the possibility and space to exist. To love is to believe in the integrity of everything.

To love is first to be free of all categories of what may and may not be loved. Judging someone or something as not lovable keeps us from truly loving.

Love is unconditional. It is bestowing a caring freedom upon another. Love intends that you embrace others completely as they exist.



To love is to accept all that a person is: the good, the bad, the noble and ignoble, the kind and the cruel.



To love others is to accept them for what they are. It is not trying to make them into what we want them to be. Nor is it holding expectations for how they should act, or think, or feel.

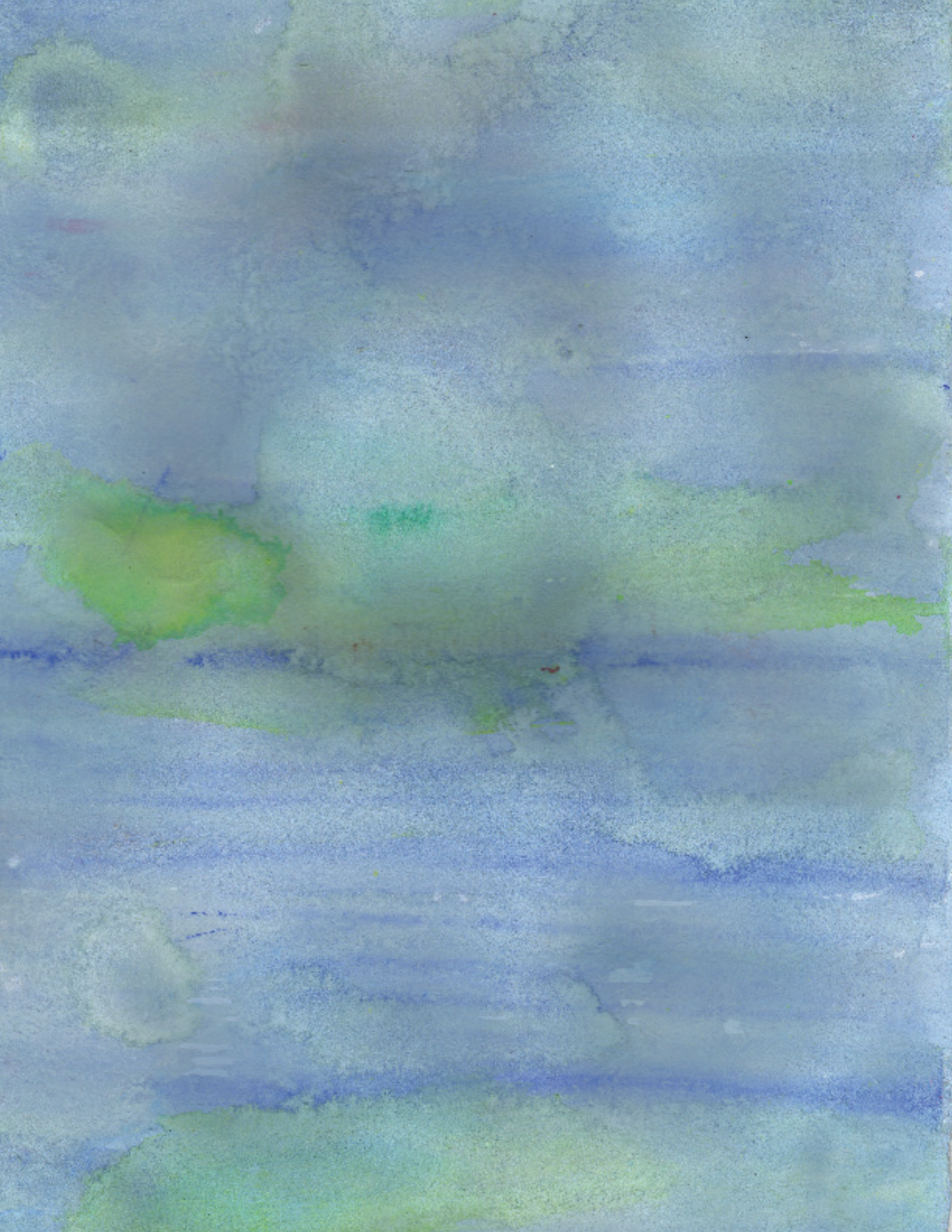
To love others is to give them the freedom to be what they are, even if they act or live differently from us.

Often, we learn to love others only as expectations are met or fulfilled. But that is not love. That is forcing our expectations upon others.

To love is to respect all life. By respecting life, we acknowledge each living being as inherently precious and wondrous.

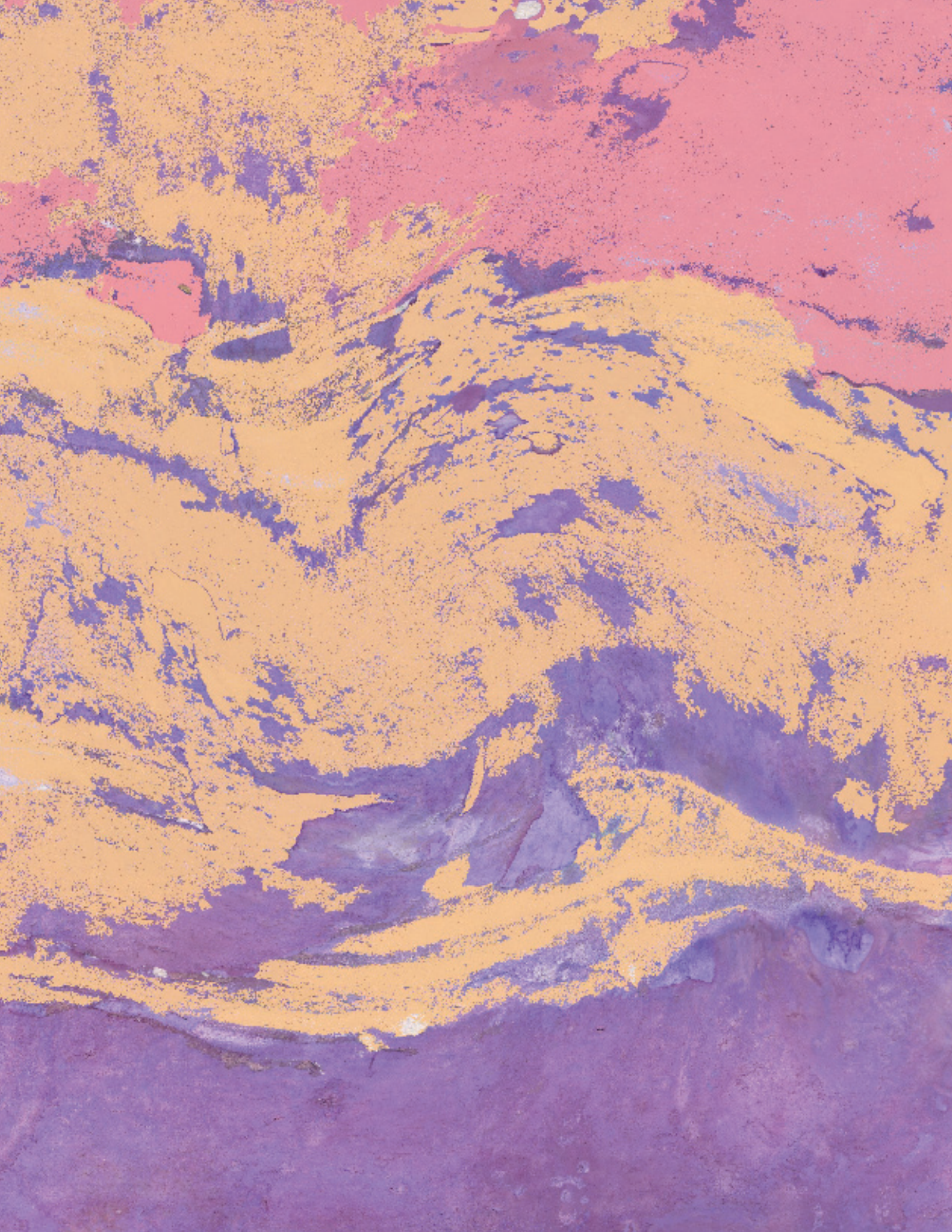
Love allows a butterfly to dance gently in the air, huge galaxies to soar through space at incredible speeds, and people to fall in love and want to make new life.

To love someone is to realize that each of us is different from the other. No life is exactly the same as another. Even people that grow up in the same family are different. We each have a different view of things, different needs, different ideas, and a different path to follow.



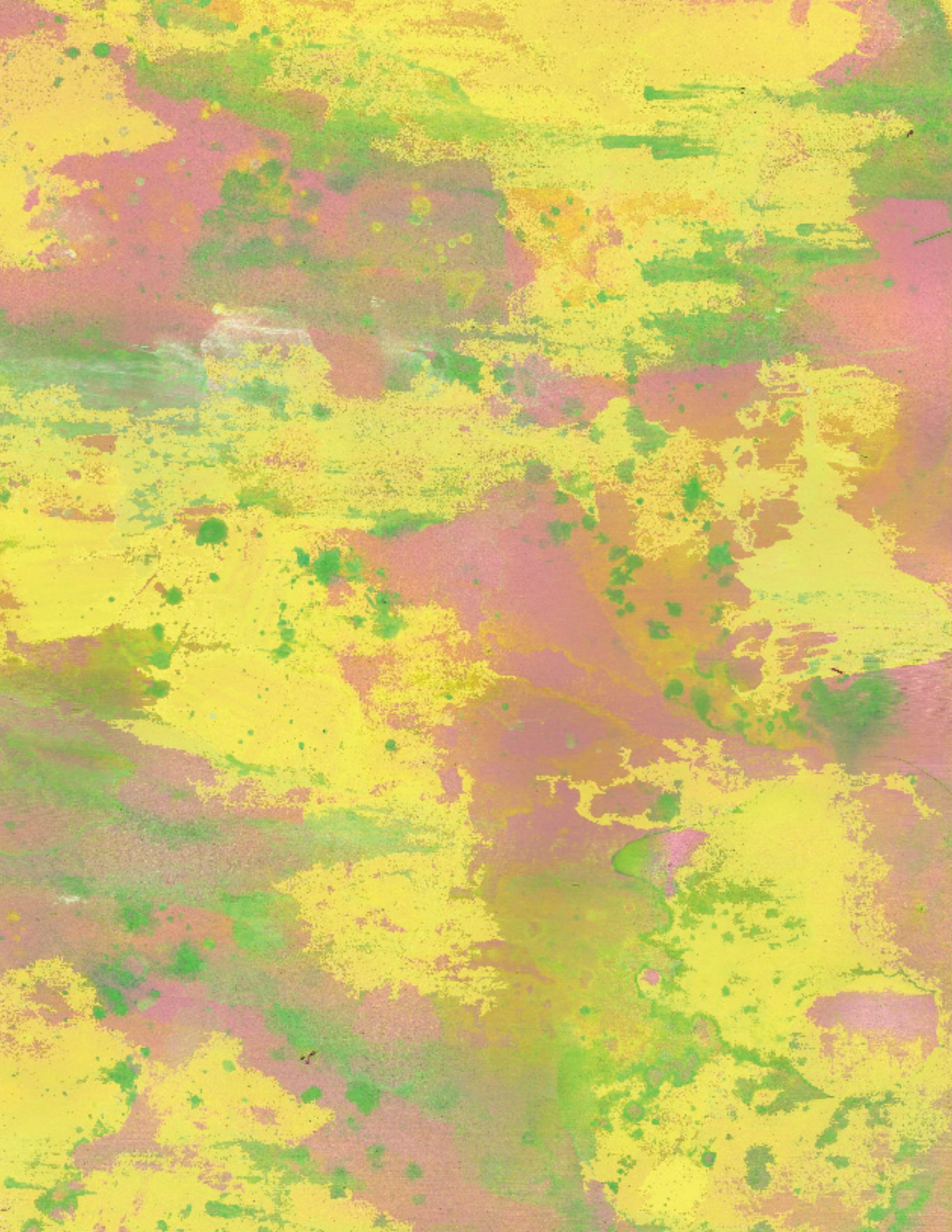
Each expression of life must find its own way. There is no single path that every living being can follow.

In understanding this, we accept and respect all life forms as wonderful expressions of being.



*Love is faith in other persons traveling
along their unique paths.*

*They may perhaps stumble, need help,
even change paths continuously. Yet, they
always move in the direction needed to
continue growth.*

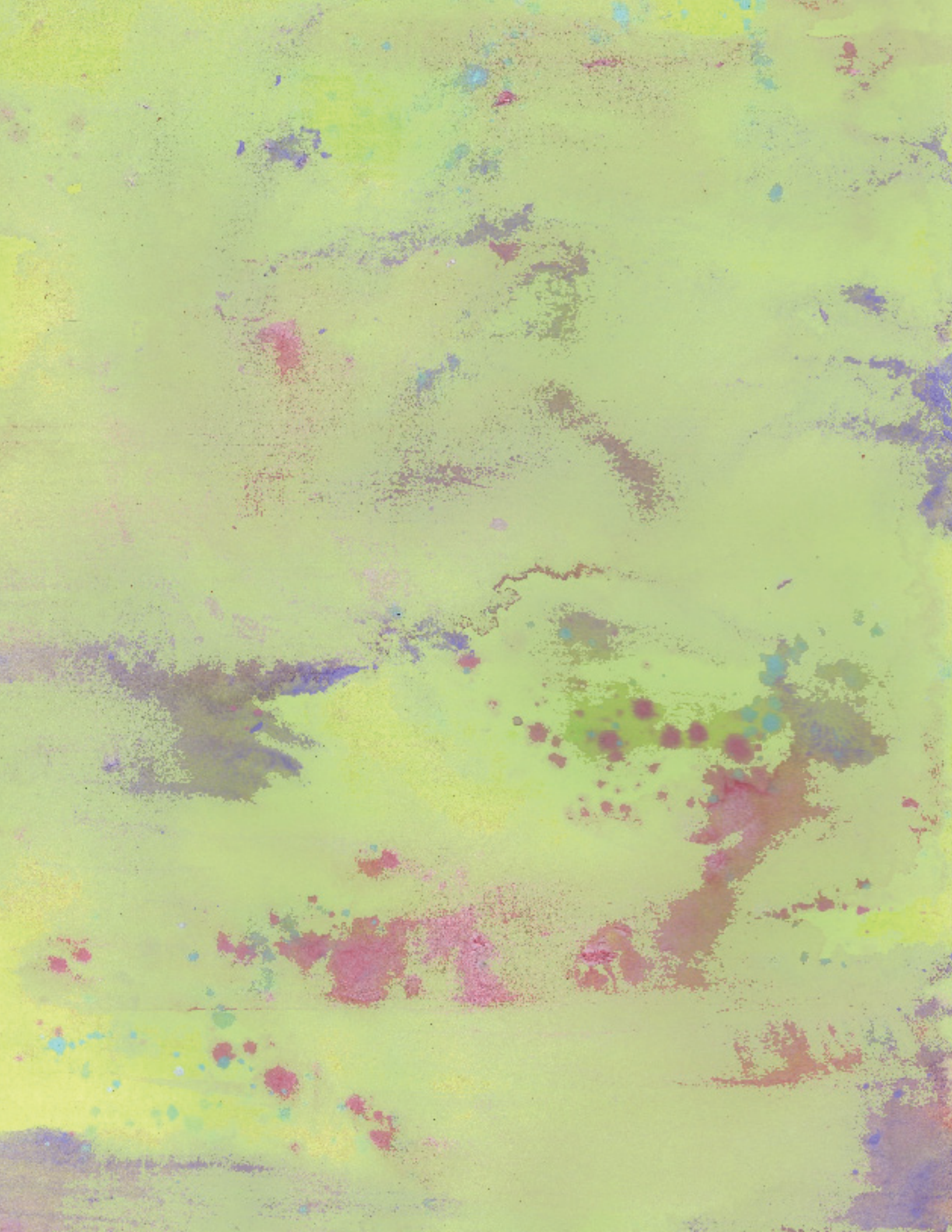


To love is to also realize that at a deeper level we are all part of the same life process. We all need to eat, to sleep, to breathe, and to share connection.



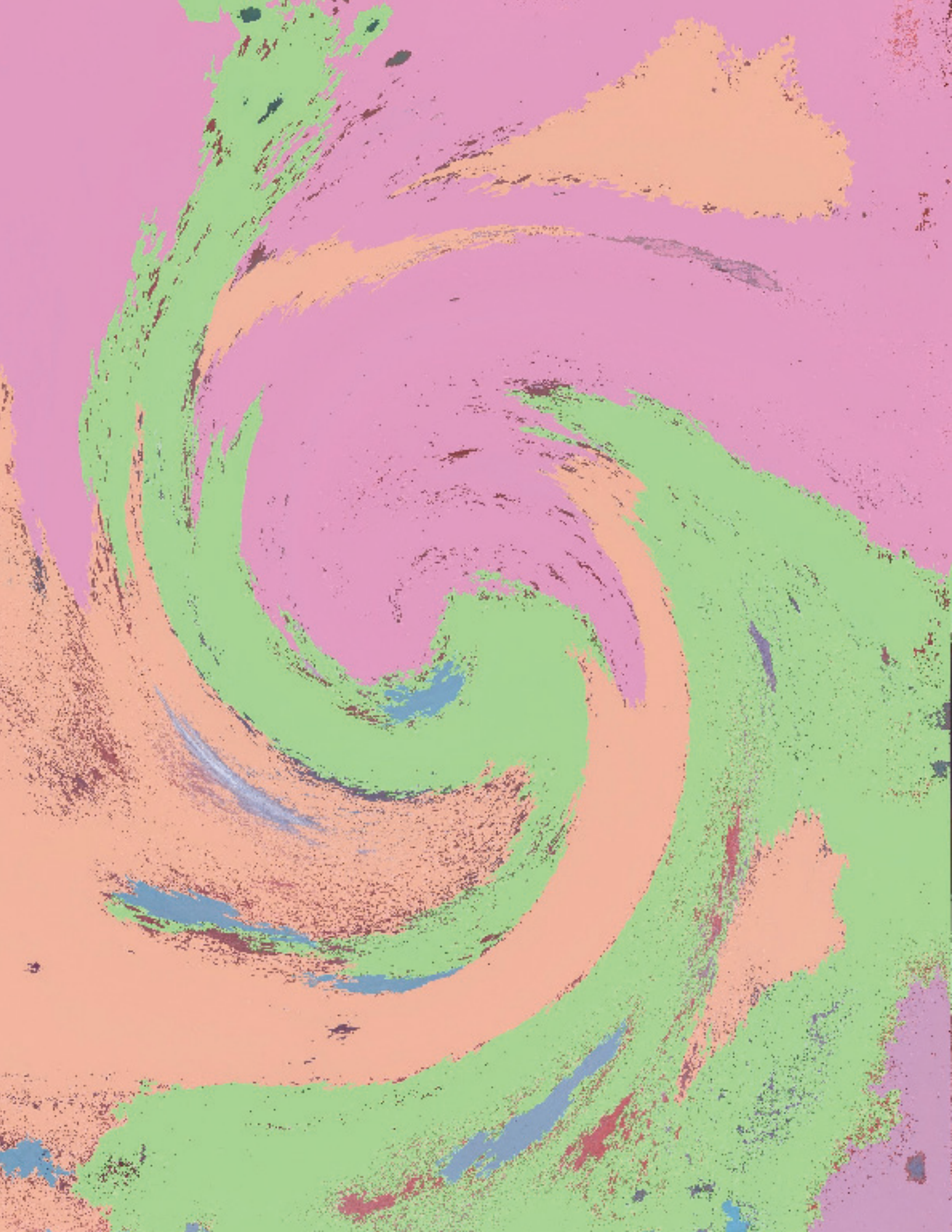
Loving and experiencing love are essentially the same thing.

One cannot love without being in a state of love.



*Love is more than mere emotional affection.
It is more than fondness—more than desire
or sex.*

*Love may be expressed through these states
of emotion and fulfillment, yet love is much
more than these.*



The capacity to love begins in our own individual experience of being loved. This is how the seed of love is planted within us. No matter our past history, each of us has the potential for love to grow larger than expected or previously known.

Each moment in time is an opportunity for love to blossom.

Occasions arise every moment for love to expand within us and out to the world.

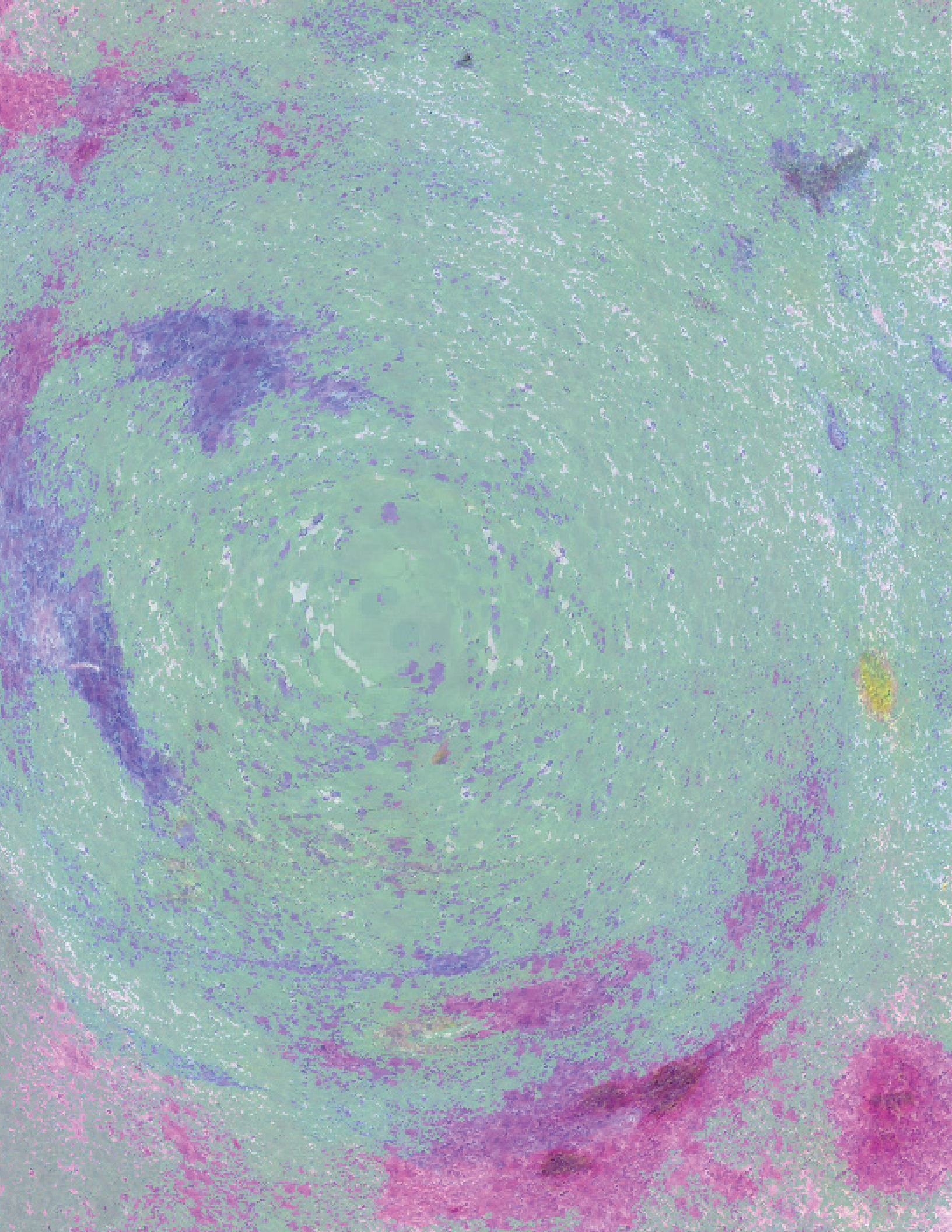


We sometimes think that people can only love as much as they were loved through life. But there are those who experienced very little love during life's passage, yet became loving people. And there are people who grow up with an abundance of love throughout their lives yet become selfish, uncaring, and bitter.



The amount of love experienced in our lives depends on our openness to life and its experiences.

To be open to life is to be open to love. To be closed to life is to be closed to love.



We often close ourselves to love and life out of fear. Fear is an uncertainty about the future. The future can only be created out of the present. It is the present moment where all possibilities lie.

Dwell first in the loving possibilities of the present. Let go of the fears of the future. Then watch how the future reflects your present expression of love.

We might think that only the fortunate experience love. But this is only because we're looking for love in a particular way. Love is not some rare gift that only a few people receive.

Love is available for all of us.

Love is possible for each of us. We each possess the possibility to connect with the infinite experience of love—a love that is in all things. In love there is a feeling of deep connectedness; in each breath there is love. In the pull of the earth there is love.

Take a breath. Feel your own weight upon the earth. Feel love.



*Love is everywhere. It is there in each breath
we take. It is in each beat of our heart. It is
there in each moment of experience.*

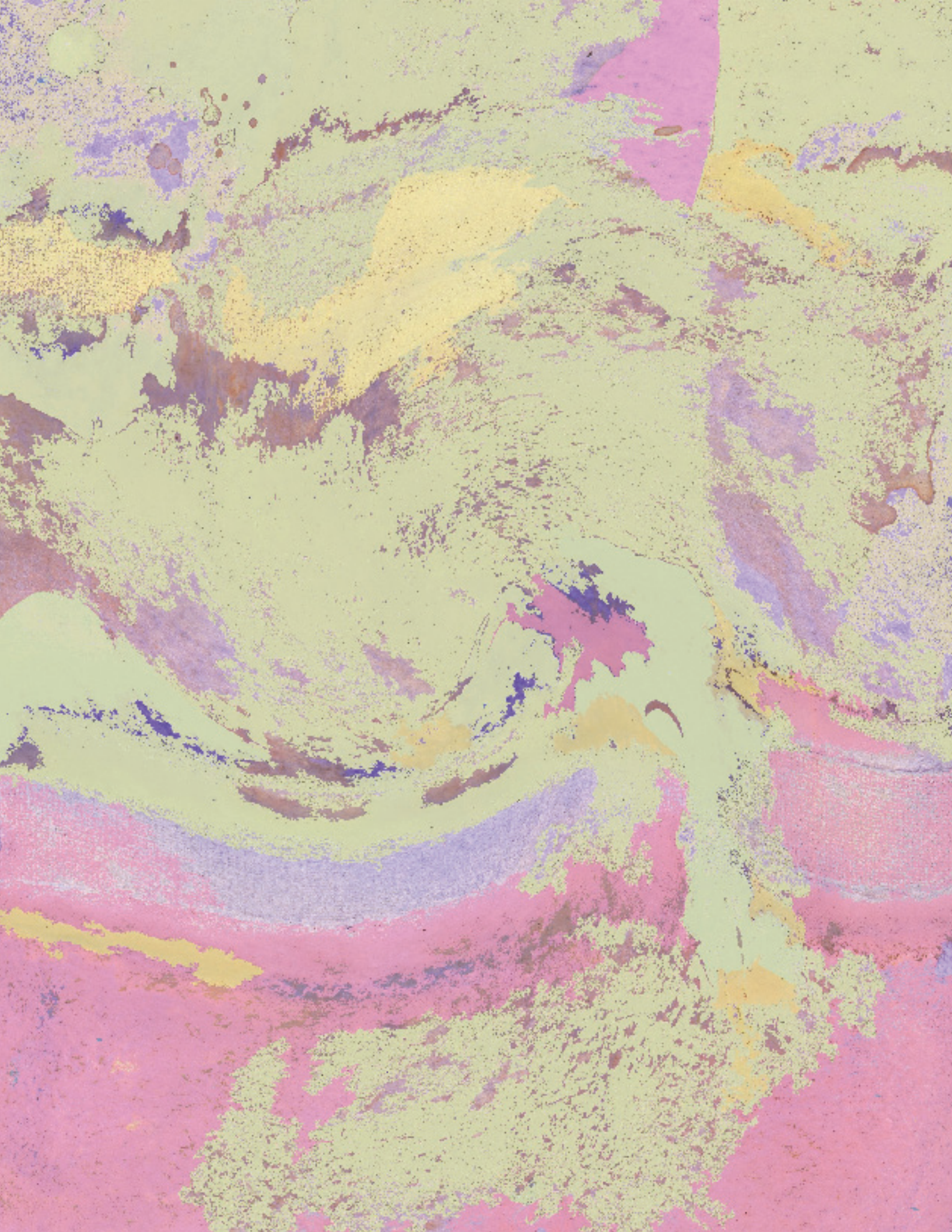
On Acceptance



Love has no conditions or limitations.



*Love begins with being able to truly accept
and love one's self, which is the foundation
for being able to accept and love others.*



If we can truly accept ourselves — with all our faults and virtues, inconsistencies and strengths, shortcomings and talents — we will discover acceptance of those qualities in others.

*Acceptance of anyone or anything begins
with accepting ourselves.*

*What we find difficult to accept in ourselves,
we often find difficult to accept in others.*

Intolerance of others can be a mirror for similar conditions within ourselves.

If we cannot accept certain qualities in other people with a loving heart, those same qualities may reside within us.

Look inside.

Accepting ourselves is the ability to recognize and understand that what we feel, know, and do is the sum of who we are now. It is being able to accept ourselves in the present moment.



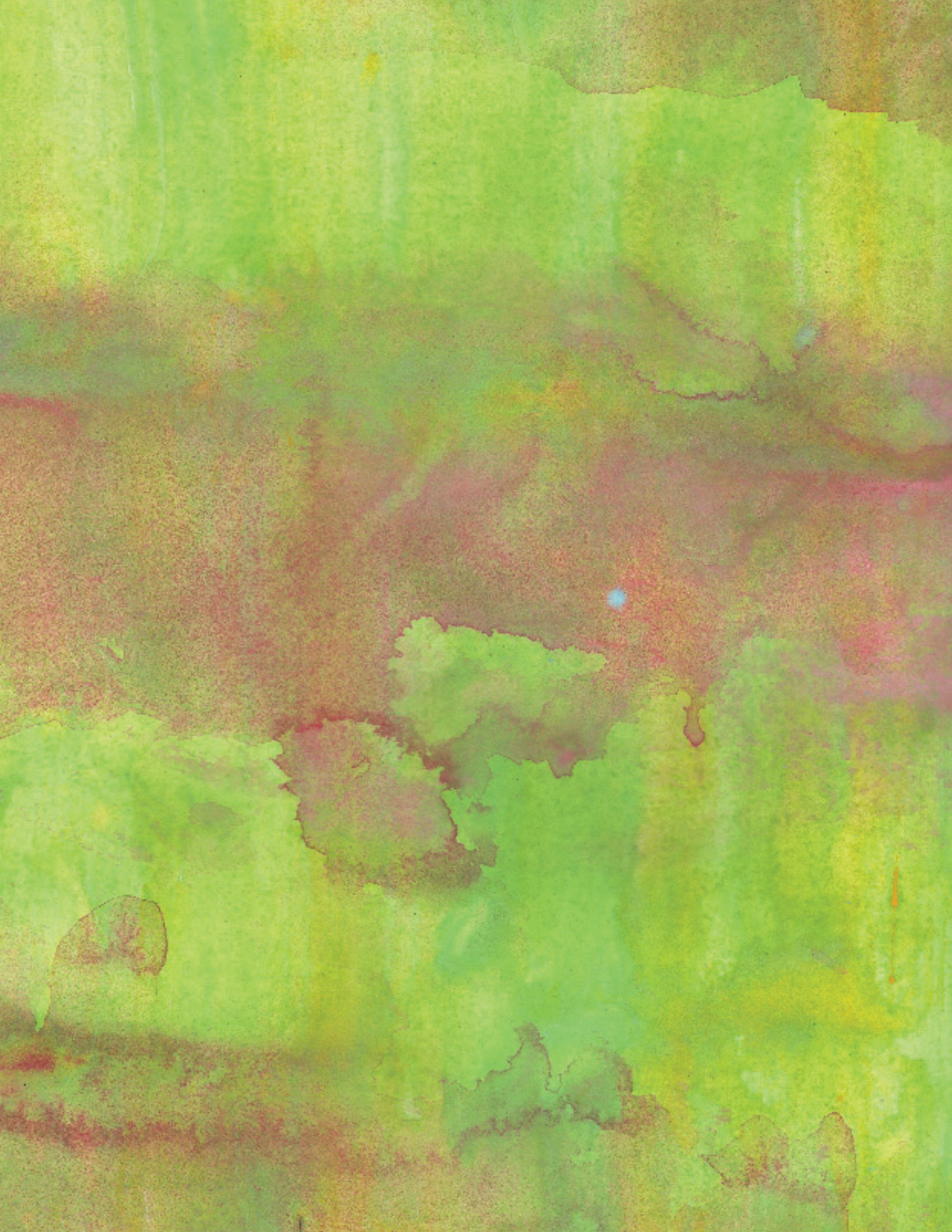
People often believe they completely accept all of their present experience. In most cases, people also judge whether their feelings, thoughts, and actions are right or wrong. In judging, we either negate or affirm our experience. And that which is negated is not accepted.



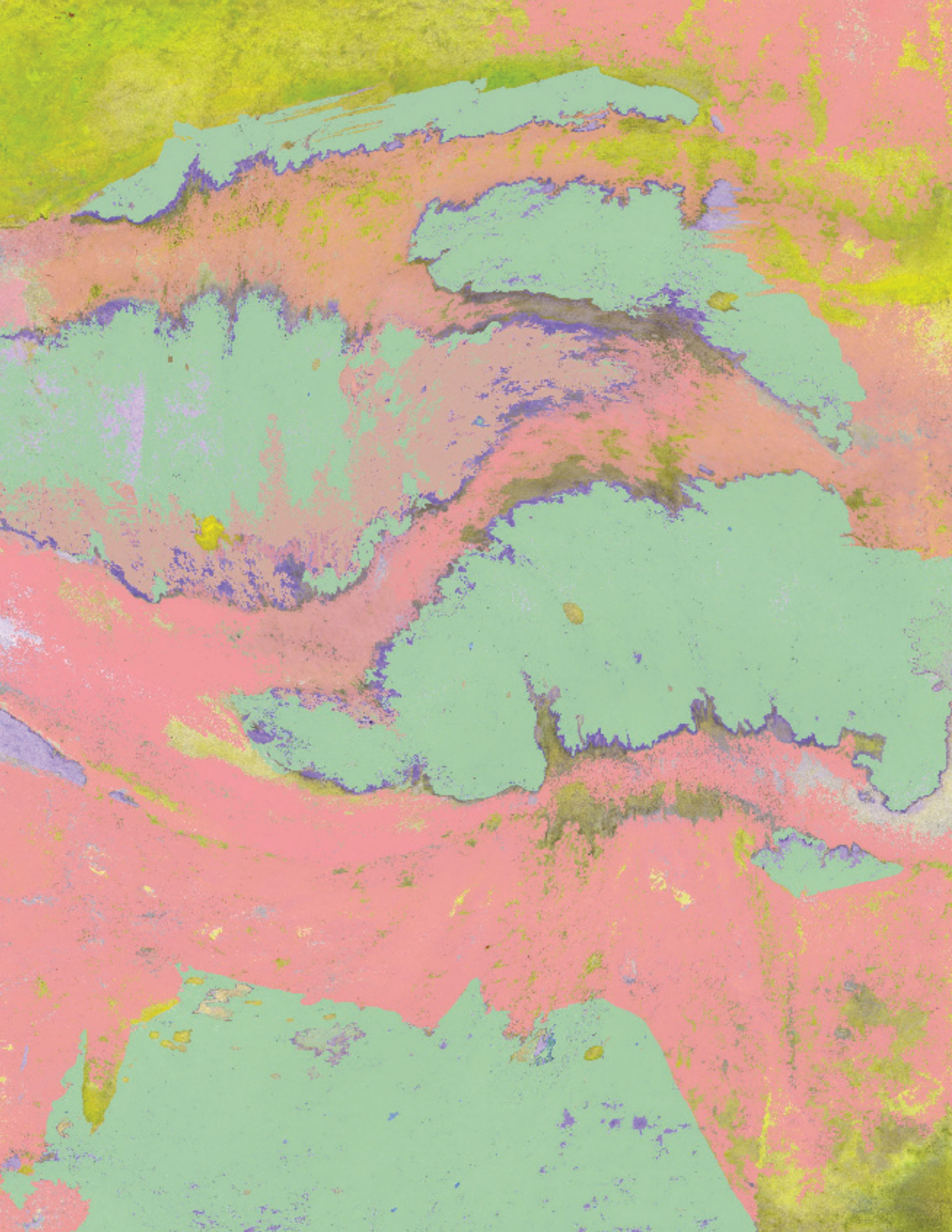
Accepting ourselves is loving ourselves.



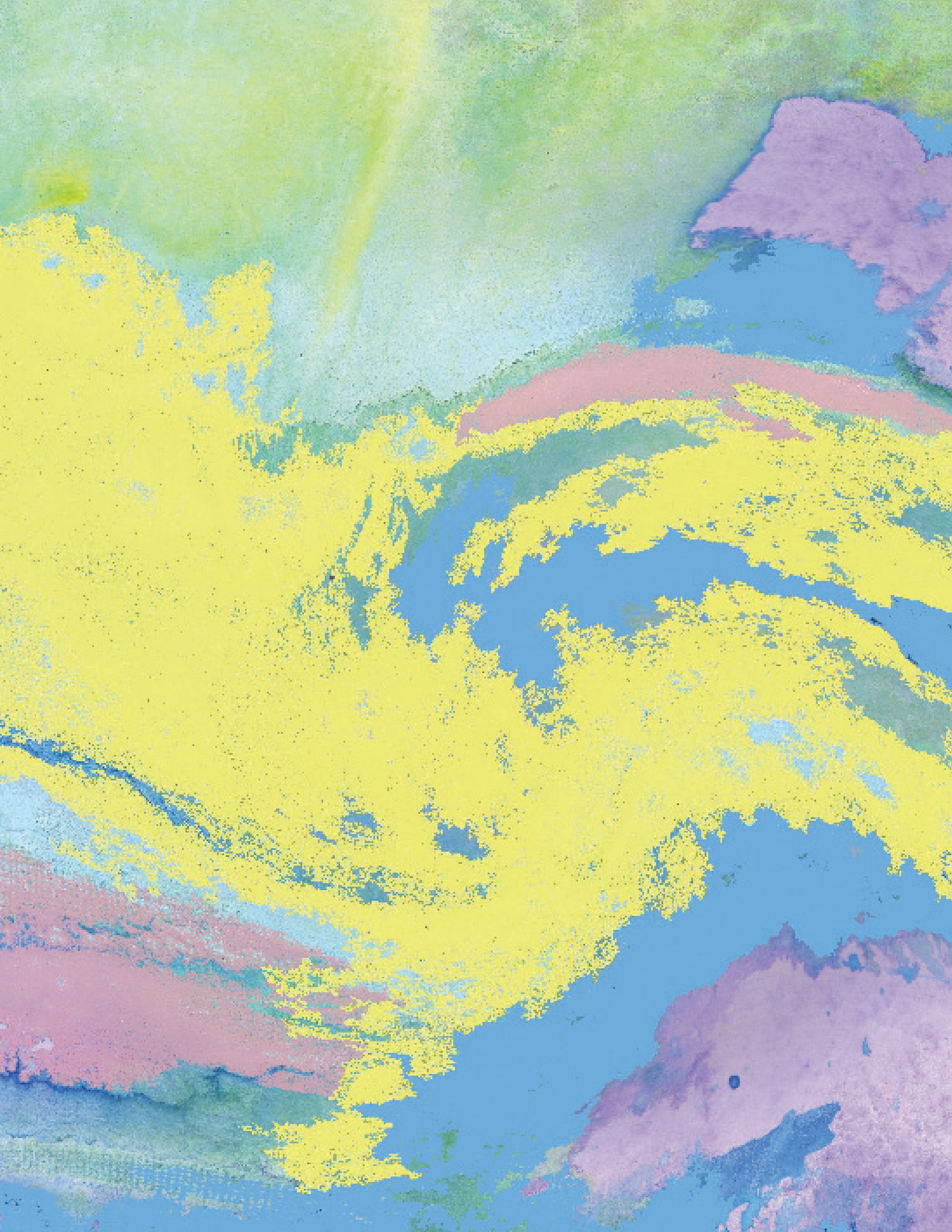
To love is to bring peace to the world. When we love, there is an acceptance of human experience that does not judge. Acceptance acknowledges the wholeness of the present moment.



When we accept ourselves, we hold fewer judgments and conditions about our experience. The value of our experience is affirmed. There is only one of us in the entire universe with our own individual experiences, body, thoughts, feelings, and aspirations. Through acceptance, there is knowing that we are unique and important to the universe.



*In accepting others, we are witnessing them.
The expression of who they are becomes a
facet of our experience. Their lives become
part of ours.*



Every person seeks the same thing: to be heard, to be recognized, to be accepted. One of the greatest gifts we give is to witness others as they express their truest selves.

To accept someone does not mean that we condone or encourage everything that he or she does. It simply means we recognize what is done as a reality.

To help change people or conditions we must first accept their present status.

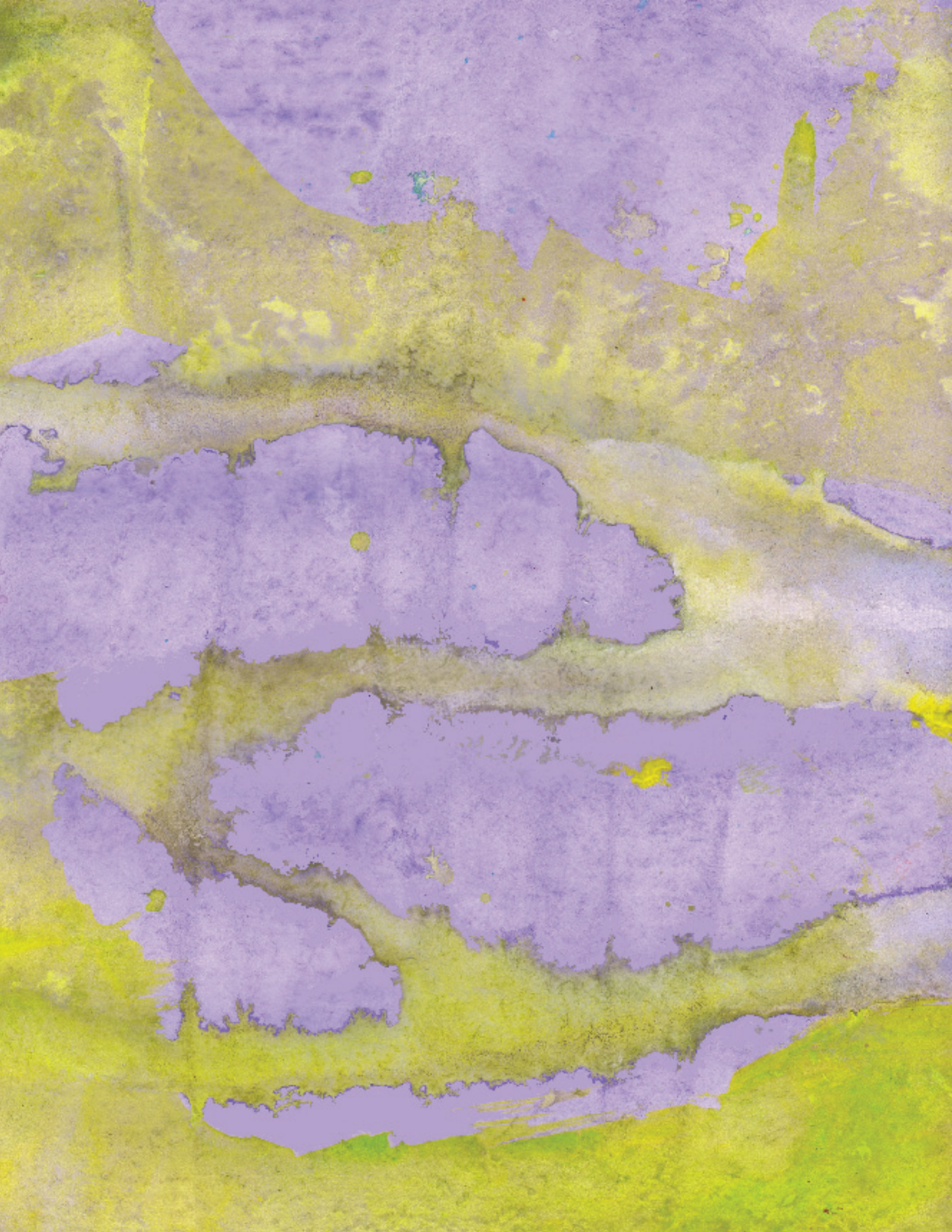
In practicing acceptance, we receive all people without judgment or condition—holding them like the earth holds a newly sprouted seedling. The earth accepts all life, enfolding it gently and nourishing it. In the same way, we can hold all life with an open, loving heart—nourishing it with the intention that it mature to its best fruition.



In practicing acceptance we take the first step toward change.

When we fail to accept, we limit our options, and we are less able to see the path to the best solutions or resolutions.

On Fairness



*Fairness is wholeness, completeness, and
balance.*

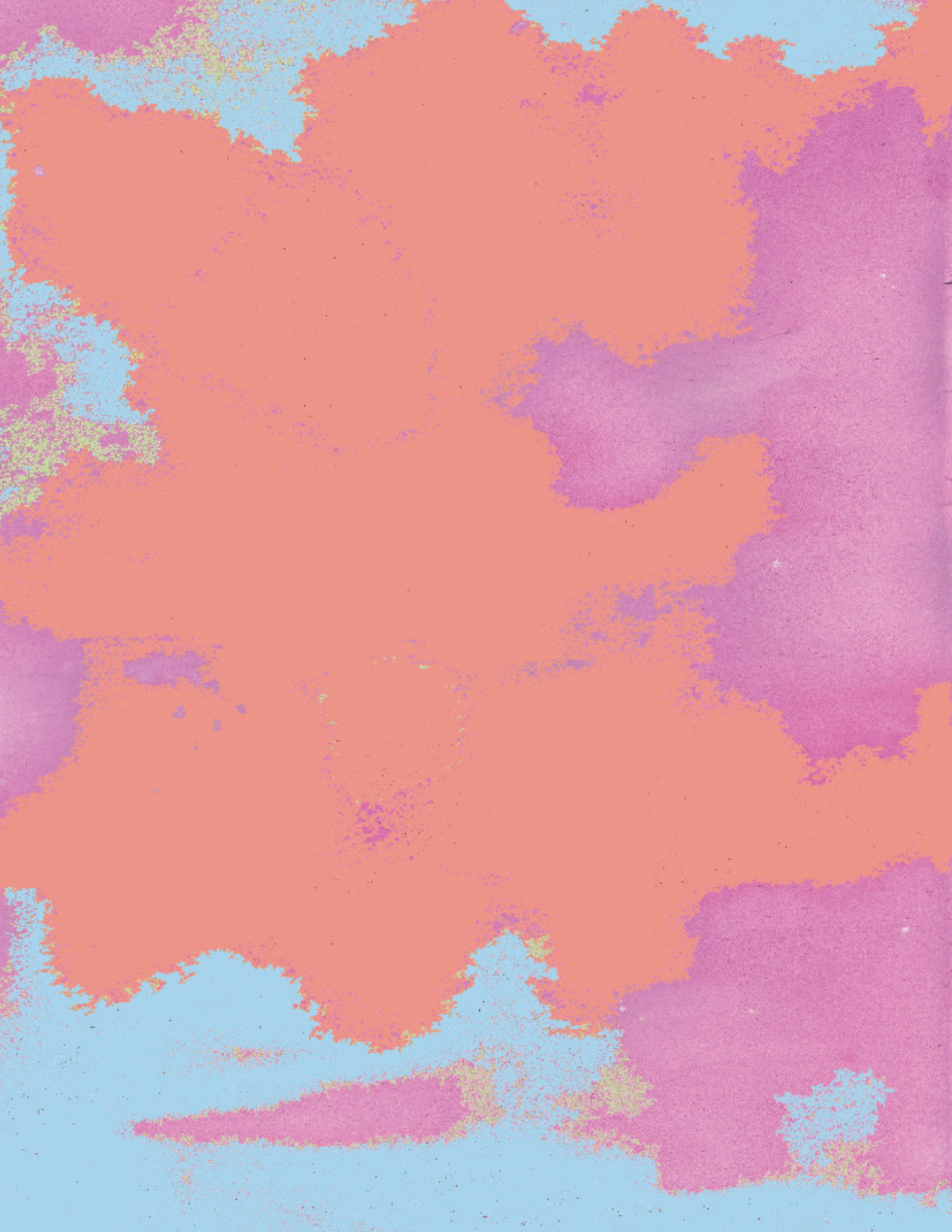


Fairness, or being fair, was taught to most of us by others. We were told that something was fair or not fair. All too often this meant that fairness was measured by another person or in comparison to another system of being fair.

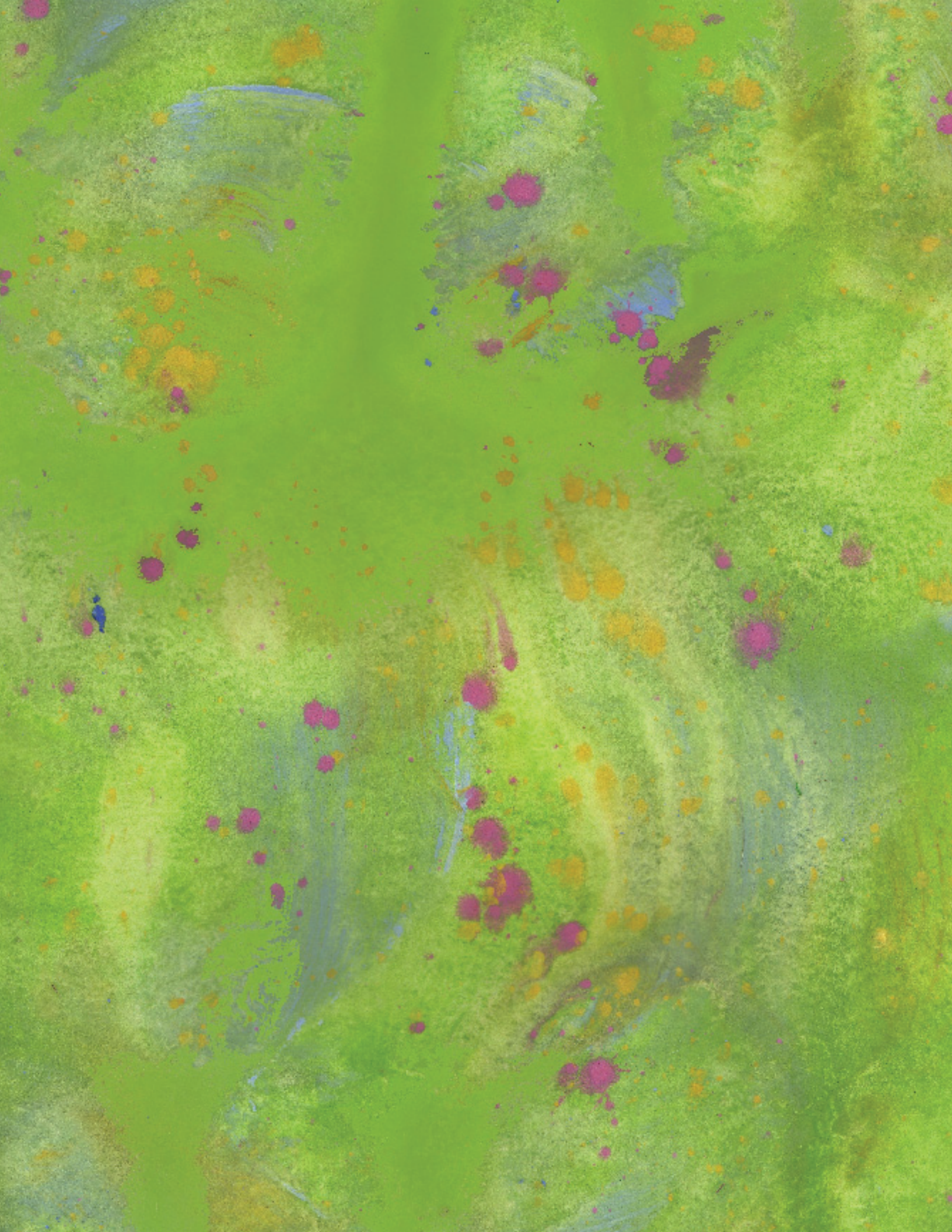
Loving fairness is something that comes from within us.

It is a feeling of balance—a feeling that something is complete and whole.

Fairness is a balance between give and take, between receiving and giving, and accepting and bestowing.



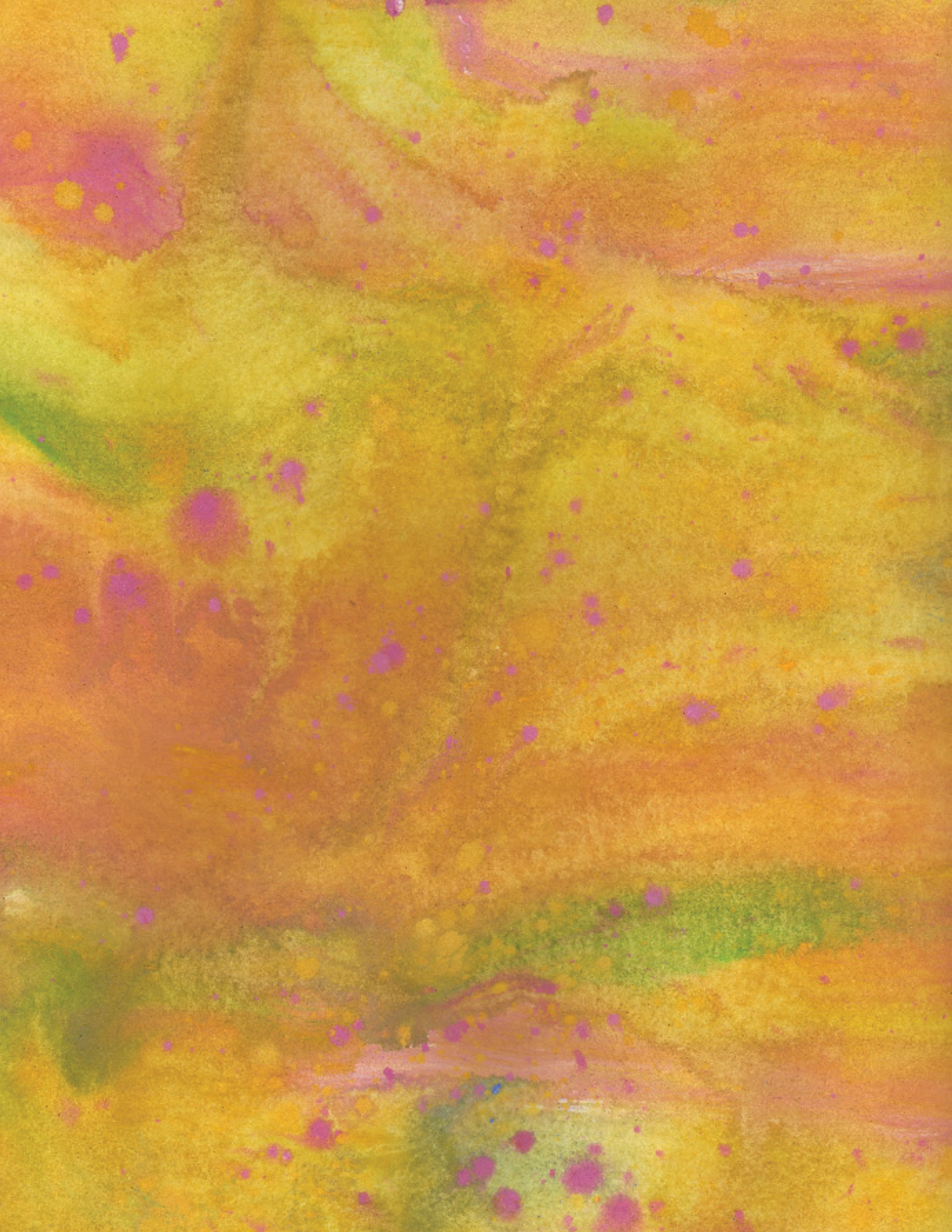
*Loving fairness is knowing that when we
give unconditionally, we are open to receive
unconditionally as well.*



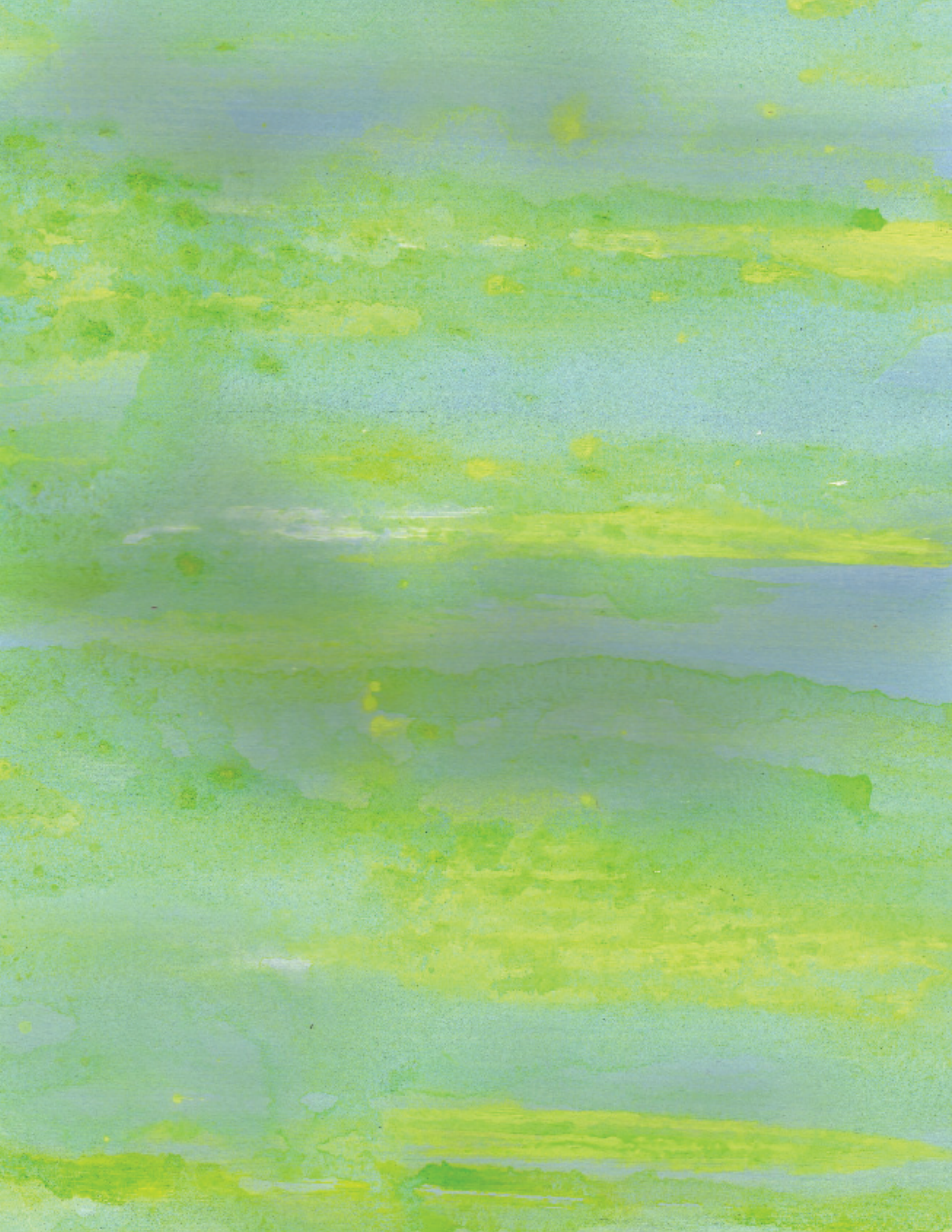
In reaching the highest level of loving fairness—where there is a perfect balance between giver and receiver—there is, in addition, a profound sense of oneness.



Fairness is a perspective of accepting the uniqueness and integrity of others or other conditions. When we act from valuing and committing to fairness, we express honor and respect. This opens doors to finding viable solutions to challenges, or helpful resolutions.



Fairness is often understood to mean treating every person the same. But this understanding does not acknowledge or value inherent differences. To treat others with loving fairness means to treat them in a way that respects and acknowledges their uniqueness.

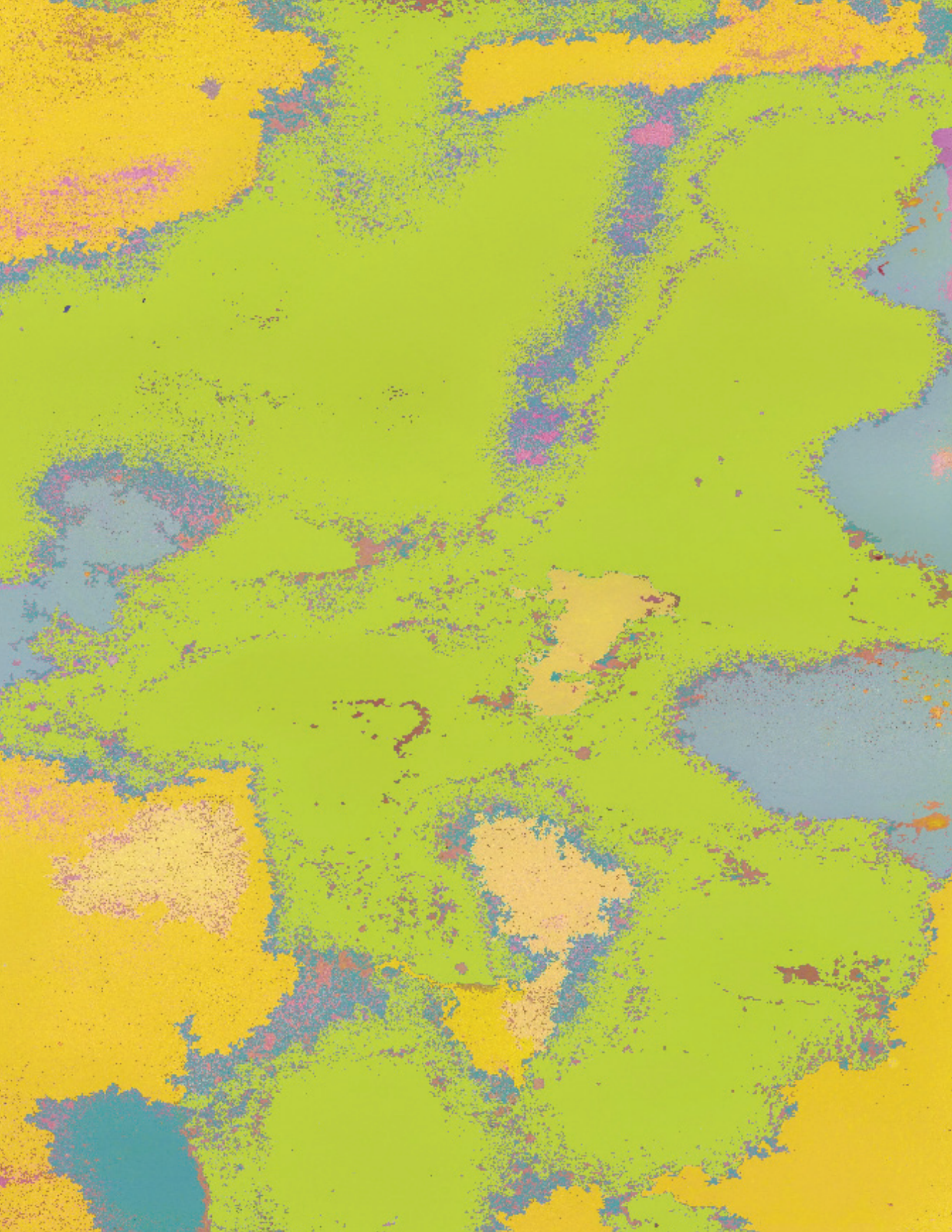


Fairness is not equality.

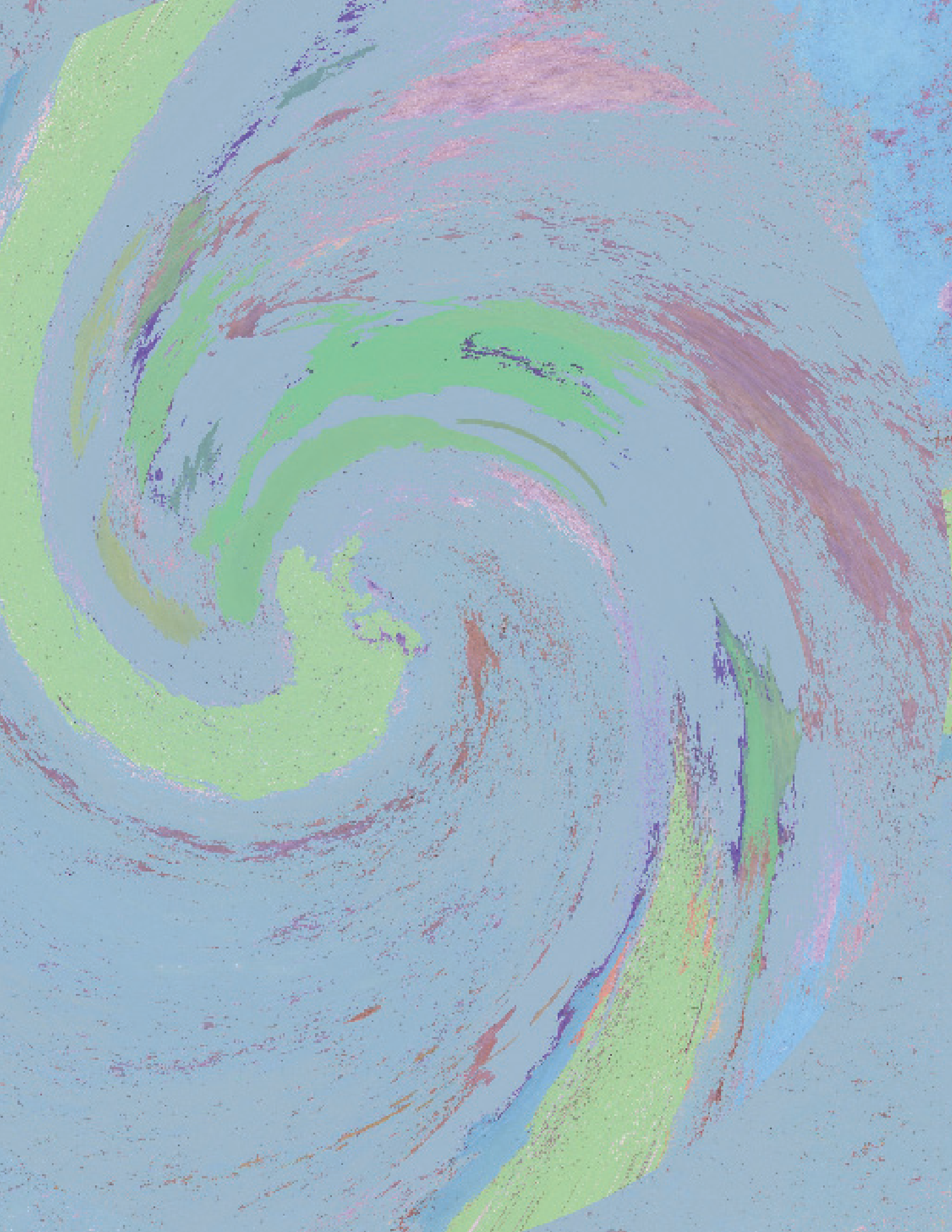
Equality is applying the same measures for all. In truth, no person or condition is the same as another. There are differences. Fairness acknowledges the differences.



Fairness is not about creating an equal status, but rather making things whole, balanced, and complete.



No situation between people or their interests is identical. Making comparisons such as this is like comparing an orange with an apple. What is important is that they are fruit.

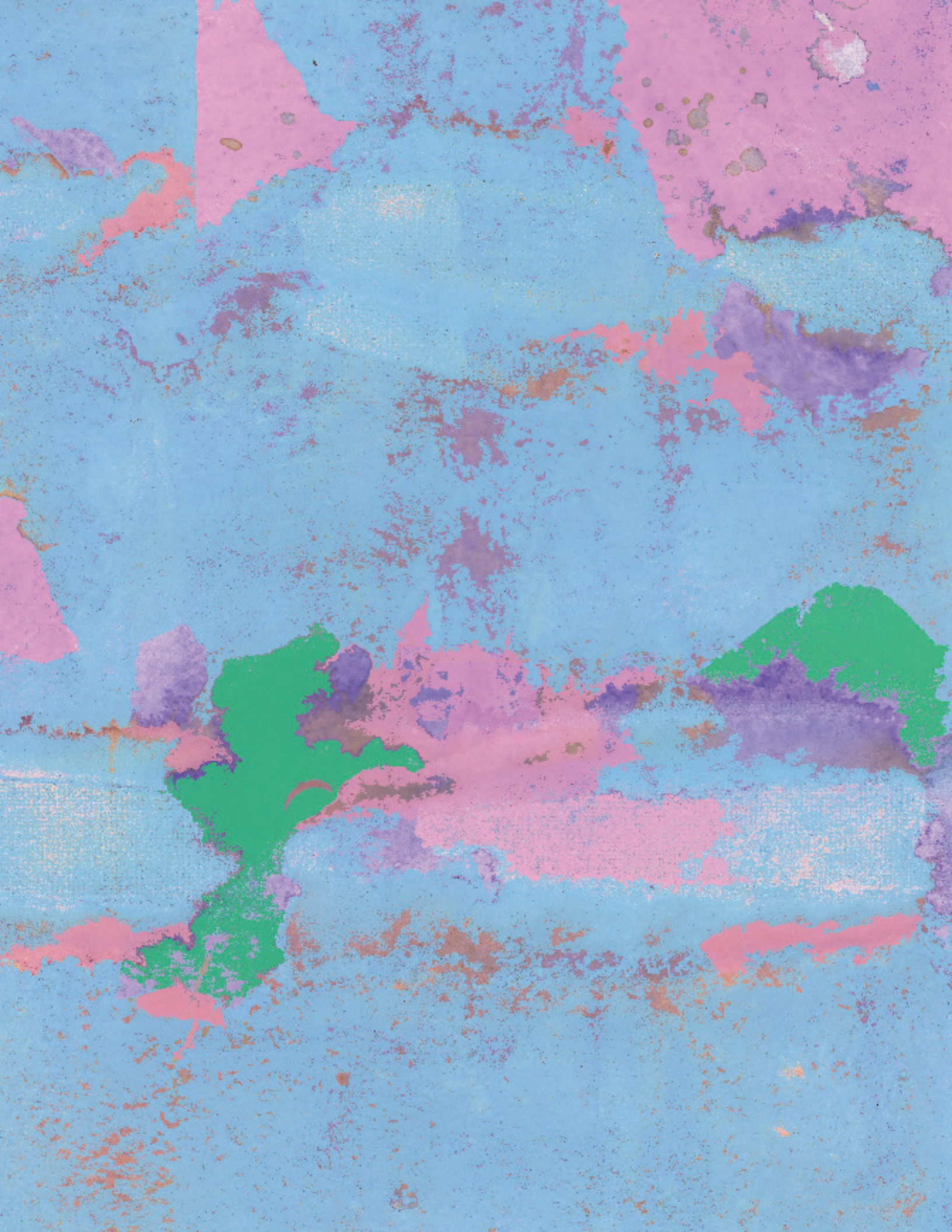


Many people believe that fairness means to give back in kind. If someone hurts you, you can hurt him. But this only creates more hurt and pain. There is no healing or wholeness in this.

Sometimes the practice of fairness is difficult. When someone does something wrong to us, we often feel hurt. Anger may come up. Often we feel that what the other person has done is not fair—that there is a lack of balance and wholeness. We might try to balance things by reciprocating what has been done to us. The problem with this approach is that it only increases the amount of pain and anger in the world.

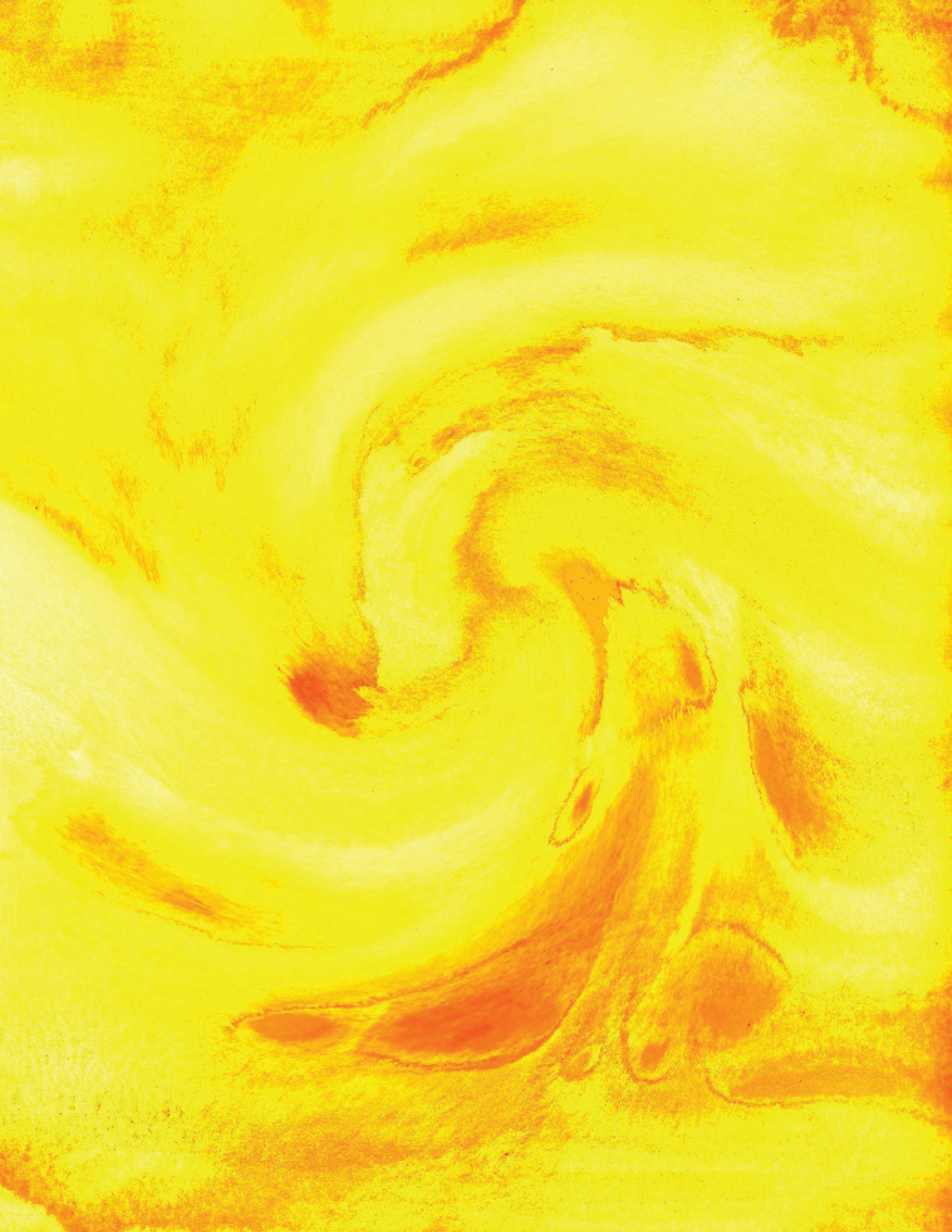


Pain does not balance pain. Anger does not balance anger. Only healing can balance pain. Only understanding can transform anger.

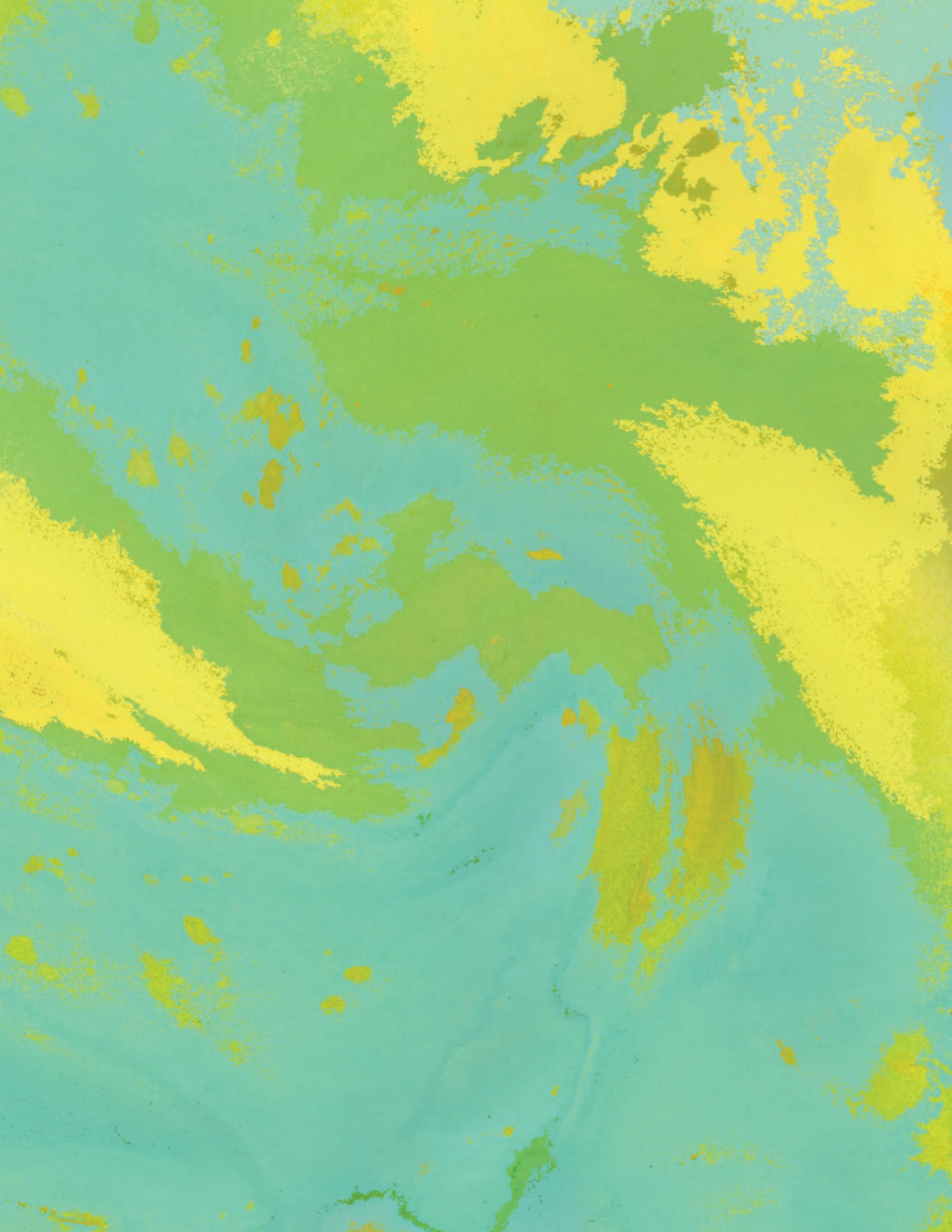


We can transform any situation by practicing fairness. When we think and act from a place of fairness, we think and act in a way that is balanced and whole.

The practice of fairness is not so much for the sake of others as it is a way of living for us. We each act out of our own uniqueness and integrity. Fairness is a central facet of who we are, or want to be.



*Fairness brings us back to the awareness
and experience that we are all connected to
each other.*



Fairness is the practice of making things whole.

Fairness is wholeness.

Wholeness is peace.



On Doing One's Best

Doing one's best is offering one's highest or greatest in a situation. It is offering the best you can be and the greatest you can envision.



*When we offer our best in any situation,
there is nothing more that we can be or do.
When we do our best, we are our best. There
is nothing more we can expect of ourselves
in that present moment.*



*When we do our best, there are no regrets.
We have expressed the greatest we can be
in the moment. This is not to say that in the
next moment we cannot be even greater.
It is only in the present that we can create
possibilities.*

Doing our best helps us to focus on the present. And it is only in the present that anything happens. The past has already occurred and nothing more can be done.

The future is imaginary and full of possibility. It is only in the present that we express or do anything. When we do our best in the present, we often create a future that presents improved conditions or understandings.

When we are fulfilled, we find peace.

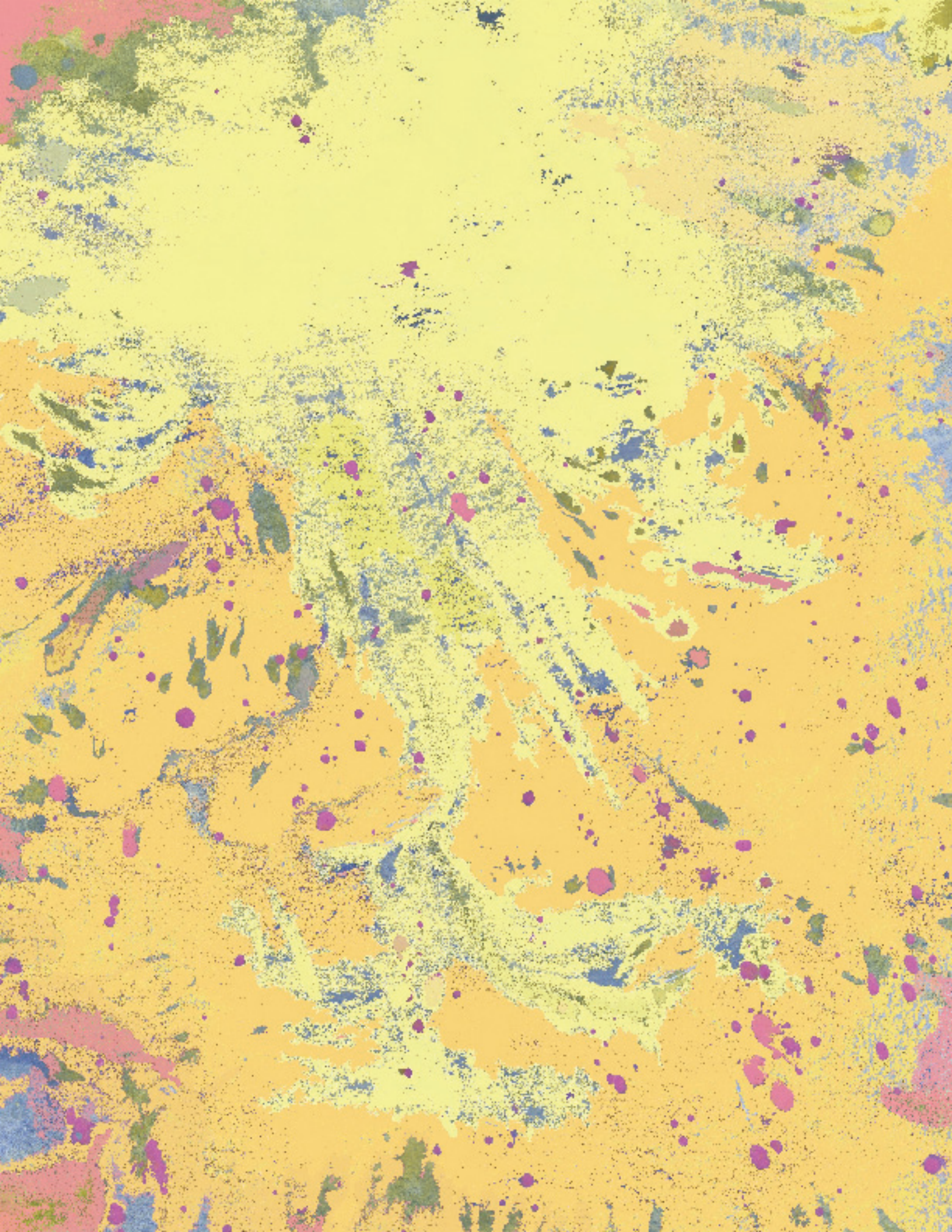
On the occasions that we truly dedicate all of our faculties to solutions and creative cooperation, others are encouraged to bring forth their best as well. Even in a situation of conflict, we do our best when we offer our highest state of being.

There is a reciprocal principle here. In all of our attempts to act with full intelligence, love, and capacity, these actions will return back to us. Whenever we act to better the world around us through our best efforts, the world returns such efforts to our lives—in either obvious or subtle ways.

When we have done our best there is nothing less and nothing more that we could have done in that moment.

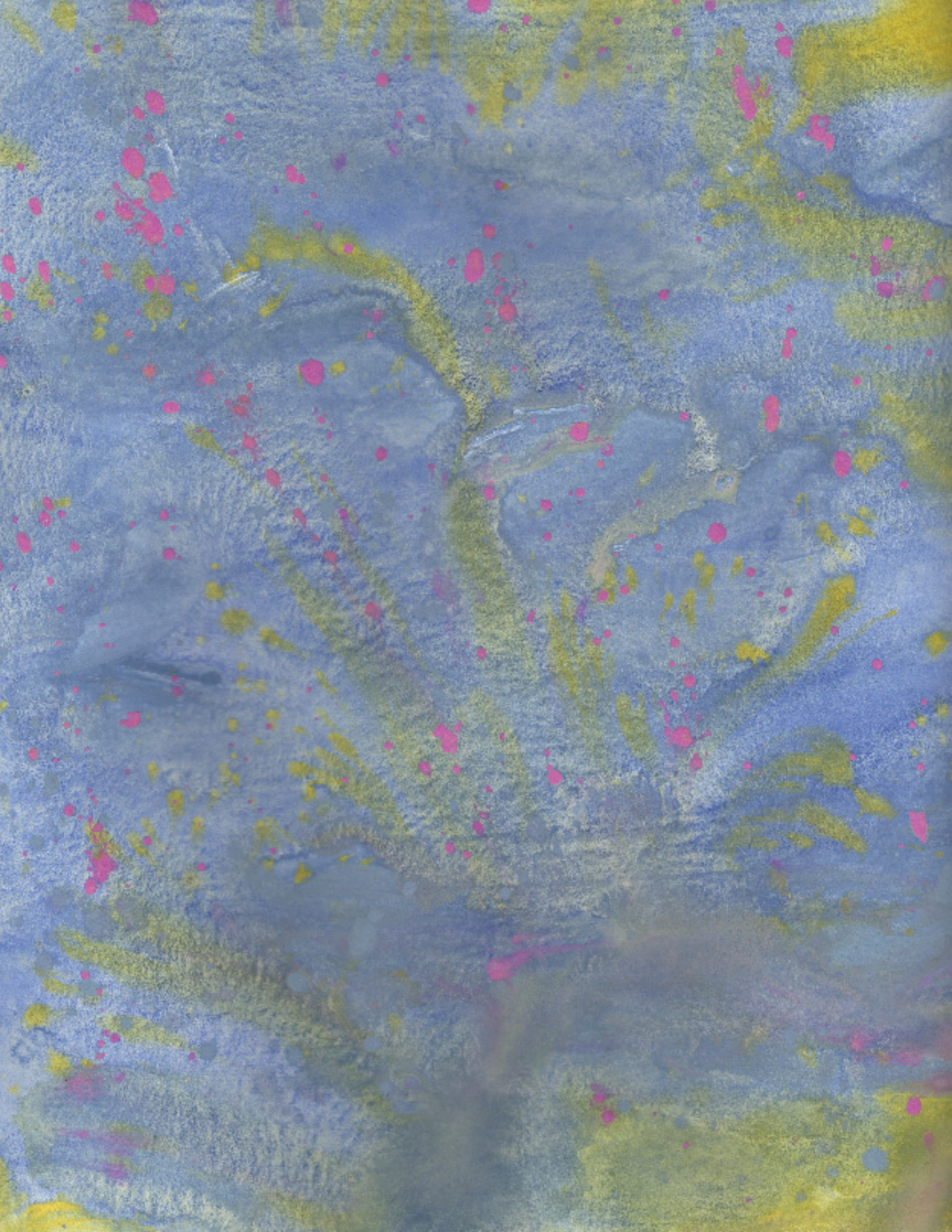
By doing our best we can free ourselves from any negativity of comparison. Each of us is different from another, with different talents, limitations, and gifts.

The best that one person can do might not be the best that another person can do.



It is not fair to compare our own best with another person's best because each of us is unique.

Doing one's best is a completely personal and individual endeavor.



In doing our best, we must be willing to let go of comparing ourselves to others. Through this we discover the greatest possibilities available to us.

Doing one's best requires honesty within ourselves. It requires a willingness to see and know our capabilities, limitations, weaknesses, and strengths.

In knowing our limitations and weaknesses, we can overcome them. We become greater as we learn and acknowledge our capabilities and strengths.

He who wins a race but has not done his best has an incomplete life, because he has held back from himself and the world. He who loses the race, but has done his best, finds fulfillment.

The individual who struggles to apply himself fully, yet does not reach his goal, has fulfilled life more than the person who accomplishes his goal with minimal effort. The person doing his or her best attains a level of greatness.

Individuals acting from lesser effort have not achieved personal greatness.



Doing one's best is not a matter of achievement. It is a matter of effort.

This is not to say there is no benefit in using competition to bring out one's best.

In constructive competition, we bring out the best in each other.



One of the keys of doing one's best is to act from the perspective that other people are also doing their best. With this understanding, our expectations and actions will be freer and more generous. We are less prone to disappointment, frustration, and even anger.

When we act from the perspective that others are also doing their best, we can be more understanding, forgiving, and loving.



*Strive to do your best in every situation
and find fulfillment. Strive to do your best
in every moment and find peace.*



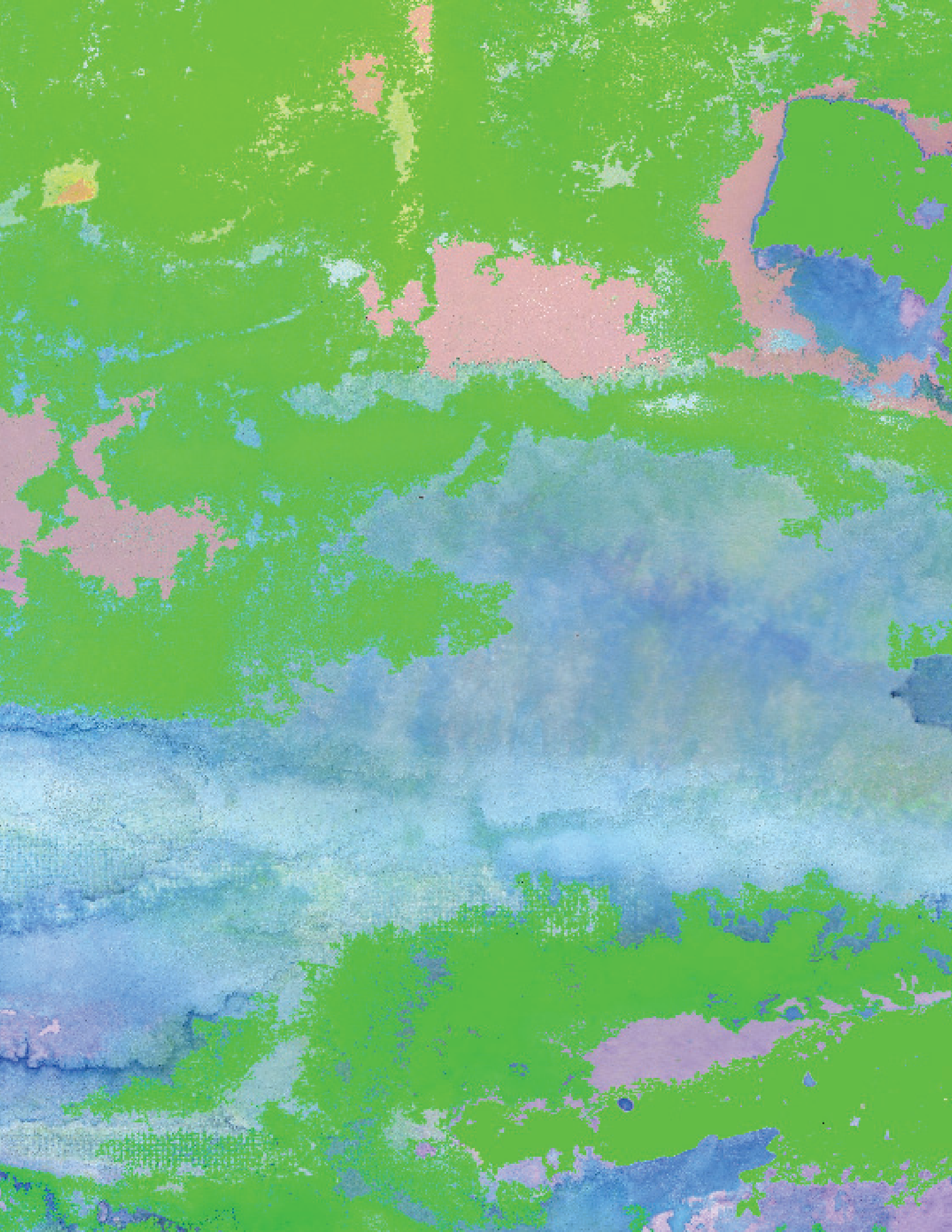
When we do our best, we can never be a failure. “A failure” and failing to accomplish something are two different things.

Failing to accomplish something is about an endeavor that we undertake. We are more than any single endeavor. We are more than any single event in our lives.

To deem someone a “failure” is a negative judgment about a person who has stopped trying. When we do our best in every situation, we are always trying.

In choosing to act with limited effort we withhold from the world our own greatness. In doing so, the possibilities for solving personal or community challenges within the world are diminished.

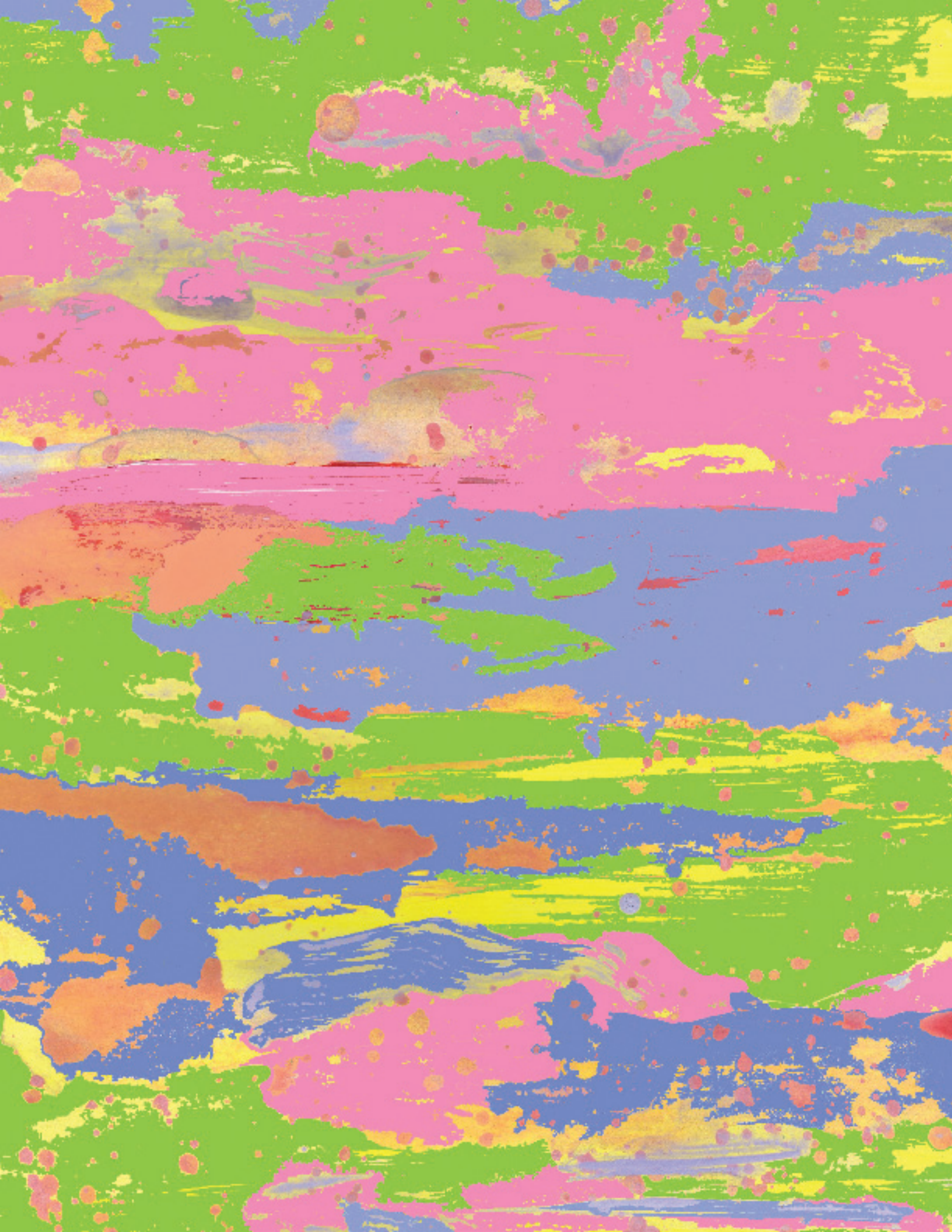
When we strive to do our best, the world receives a significant gift: our greatest self. Conditions of misunderstanding and conflict are resolved and harmonized when everyone acts from his or her best self.



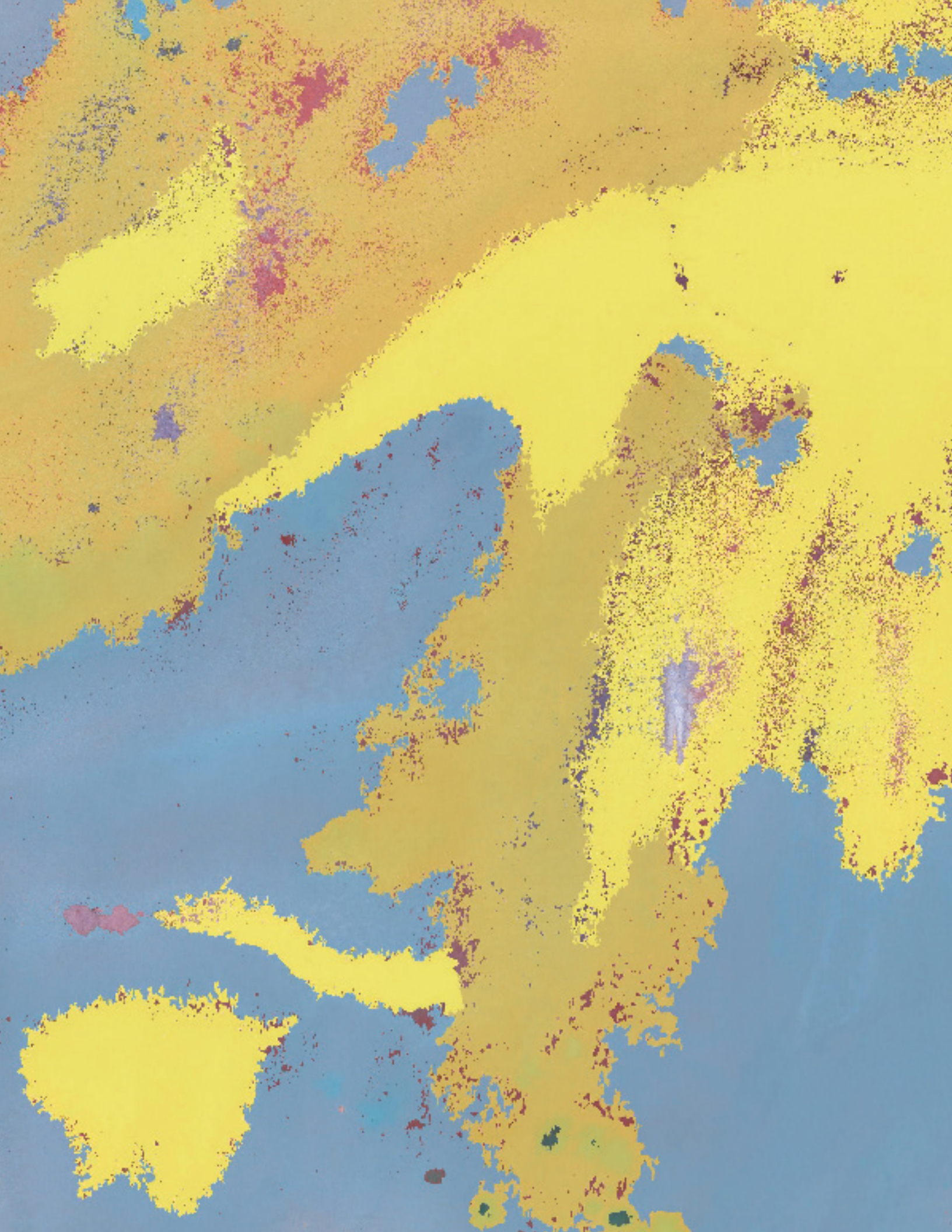
A blade of grass or a single animal cannot hold back from being the best or the greatest it can be in the moment. Why should any of us?



In striving for our best, we stand at the edge of unlimited and real accomplishments. In offering less than our best, accomplishments are limited and less effective. Seeking our best, we stand in the realm of what we can become.



On Hatred



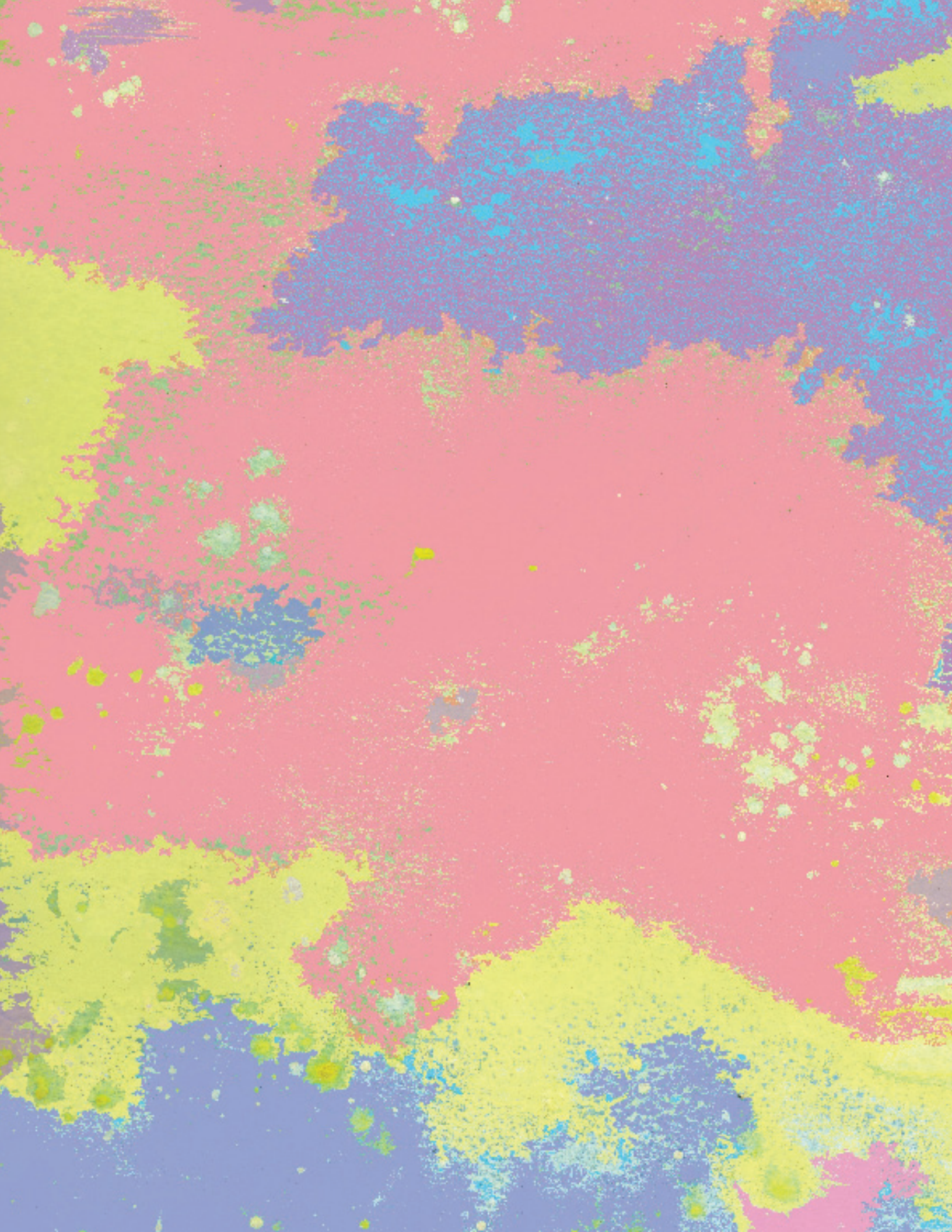
*Hatred is a strong feeling of dislike, aversion,
or disgust toward another.*

Hatred is a feeling of wanting to disconnect, to be rid of or distance ourselves from the person or thing toward which we have these strong negative feelings.

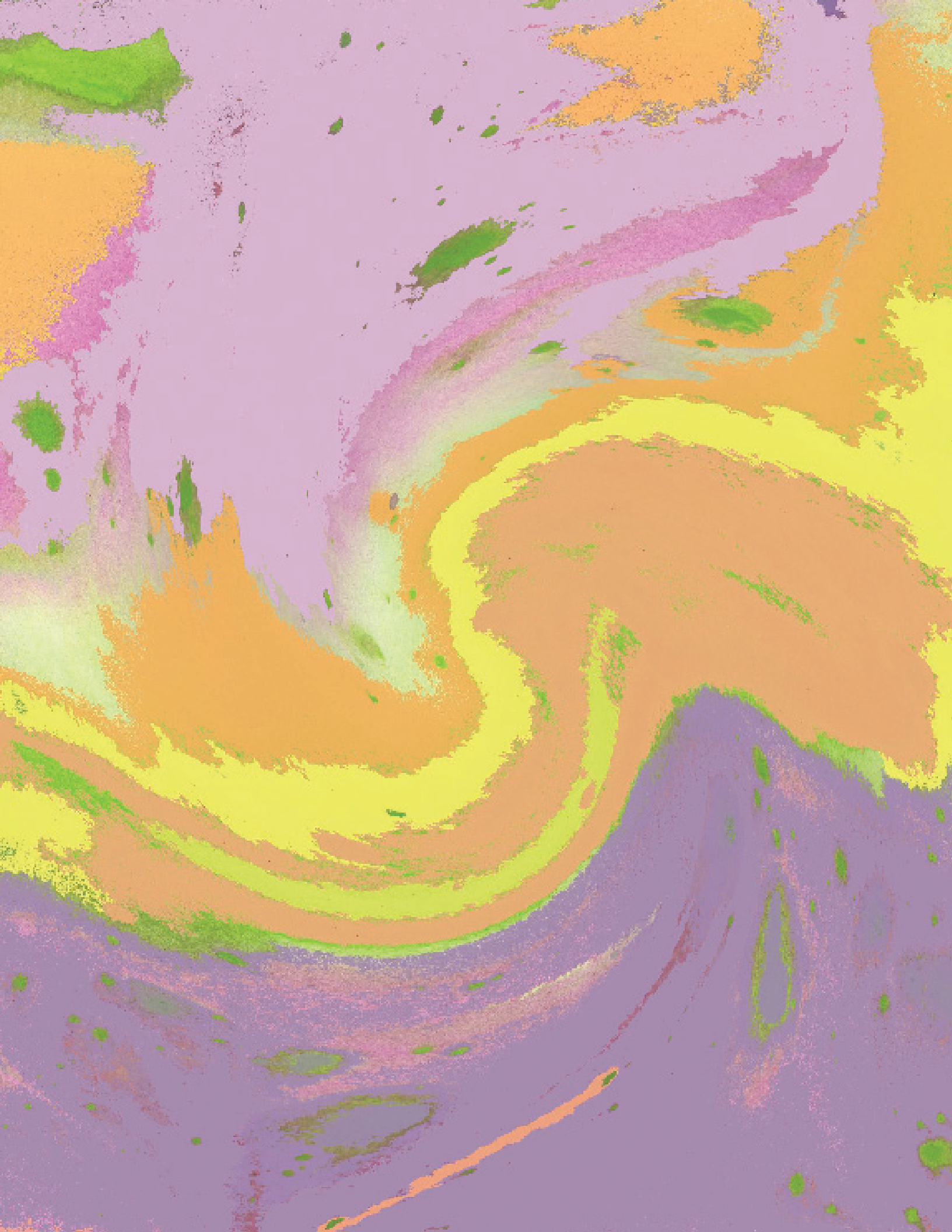
Hatred is seeing and feeling the differences between others and oneself and wanting to avoid dealing with these feelings.



*We may feel hate when someone affects us
in a way that is unpleasant or repellant.*

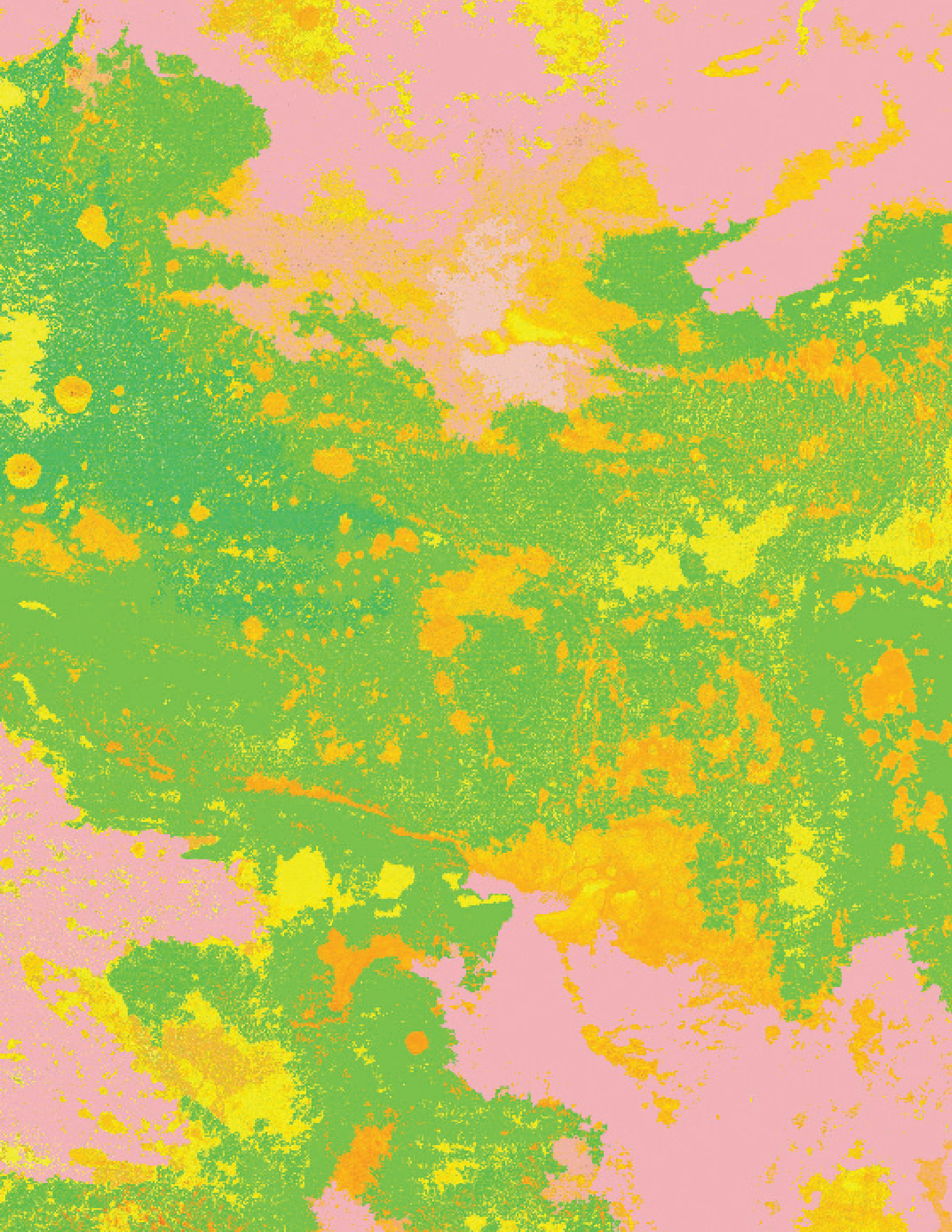


Hatred is not wanting to accept someone or something because of the feelings created in us.



Hate is what we do when we cannot love.

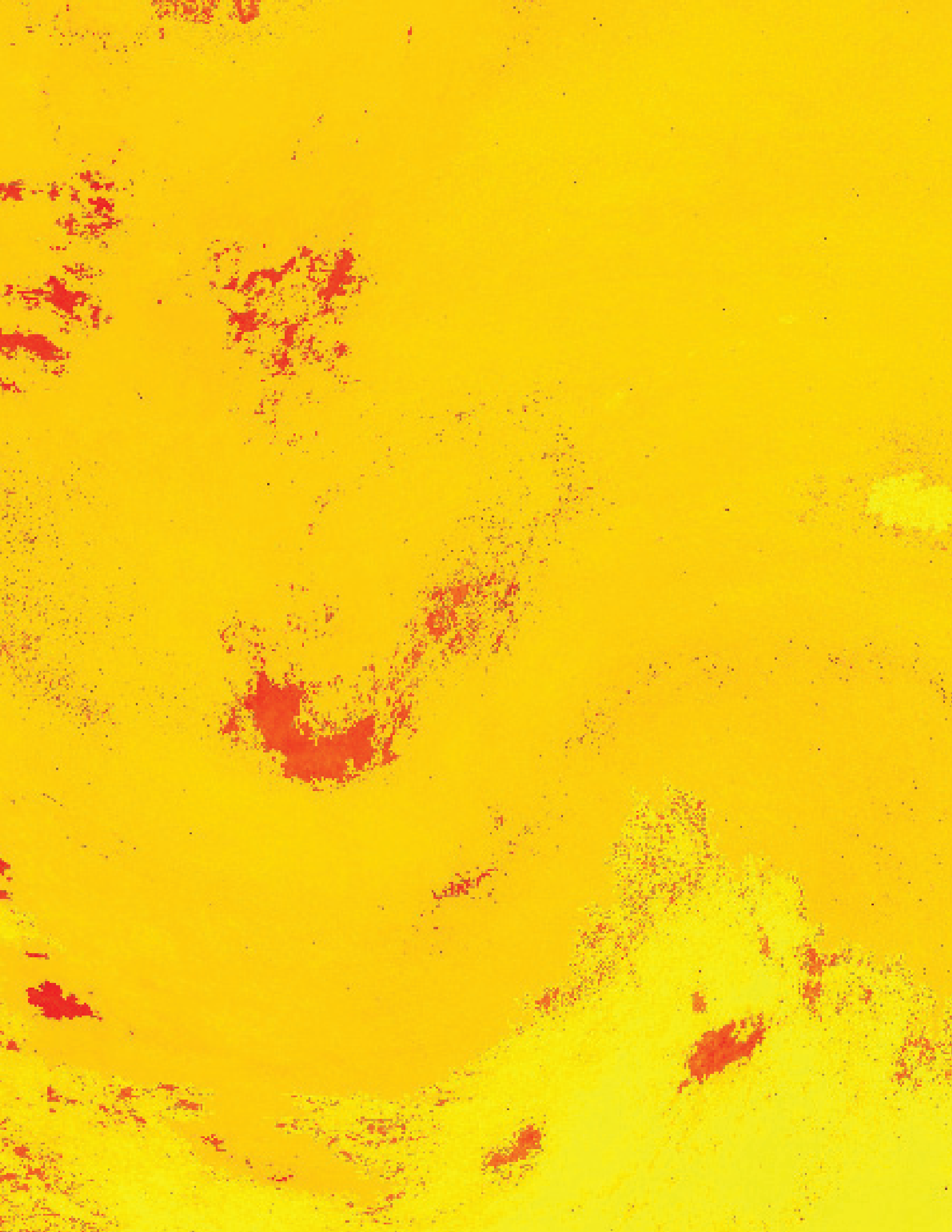
On
Love Is the Solution



In combining acceptance, fairness, and doing our best we have a powerful tool with which to meet any life situation in a loving and constructive way. It is the combination of these three principles that makes love the solution to any of life's problems and challenges.



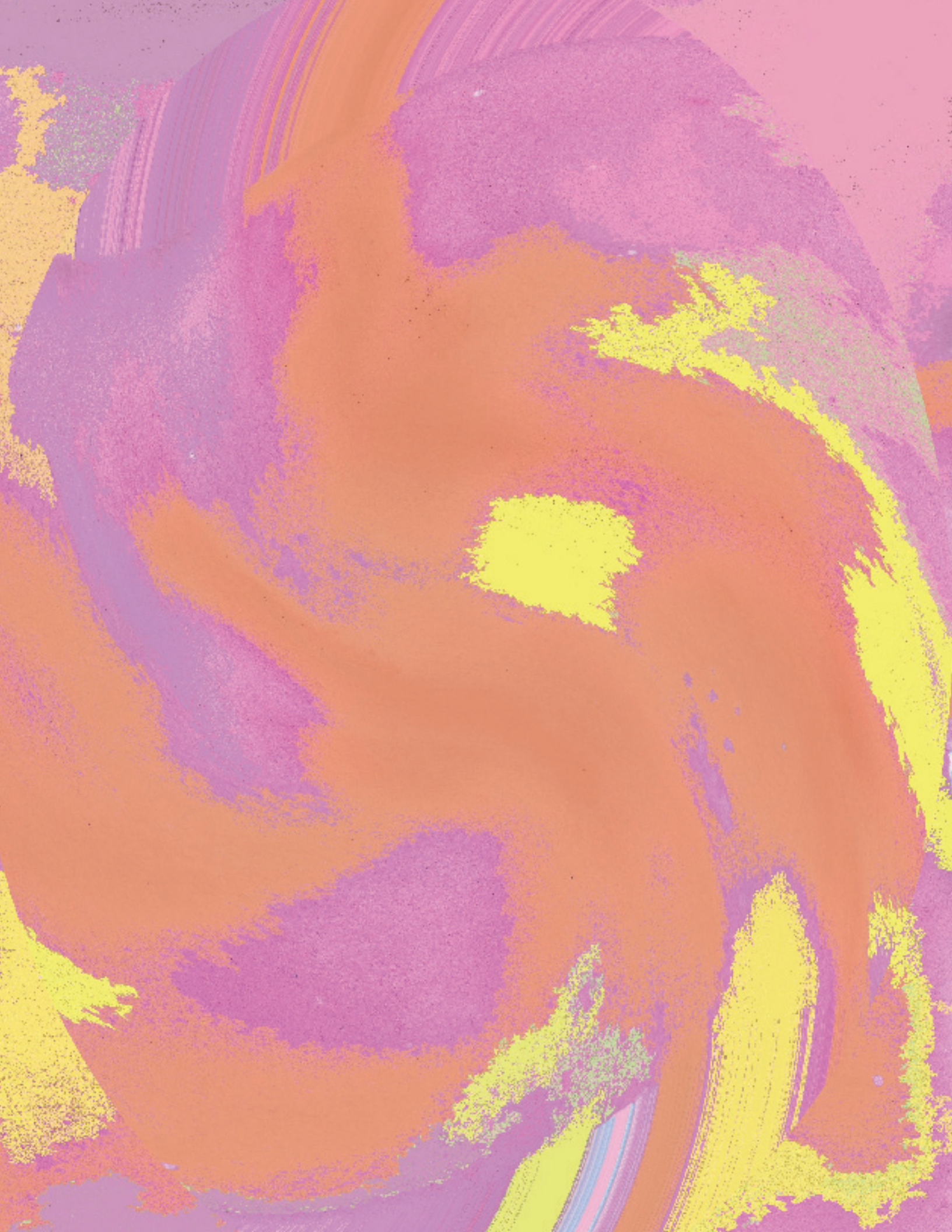
In approaching any situation from a perspective of love—and in practicing acceptance, fairness, and doing our best—we create or facilitate the best possible outcome.



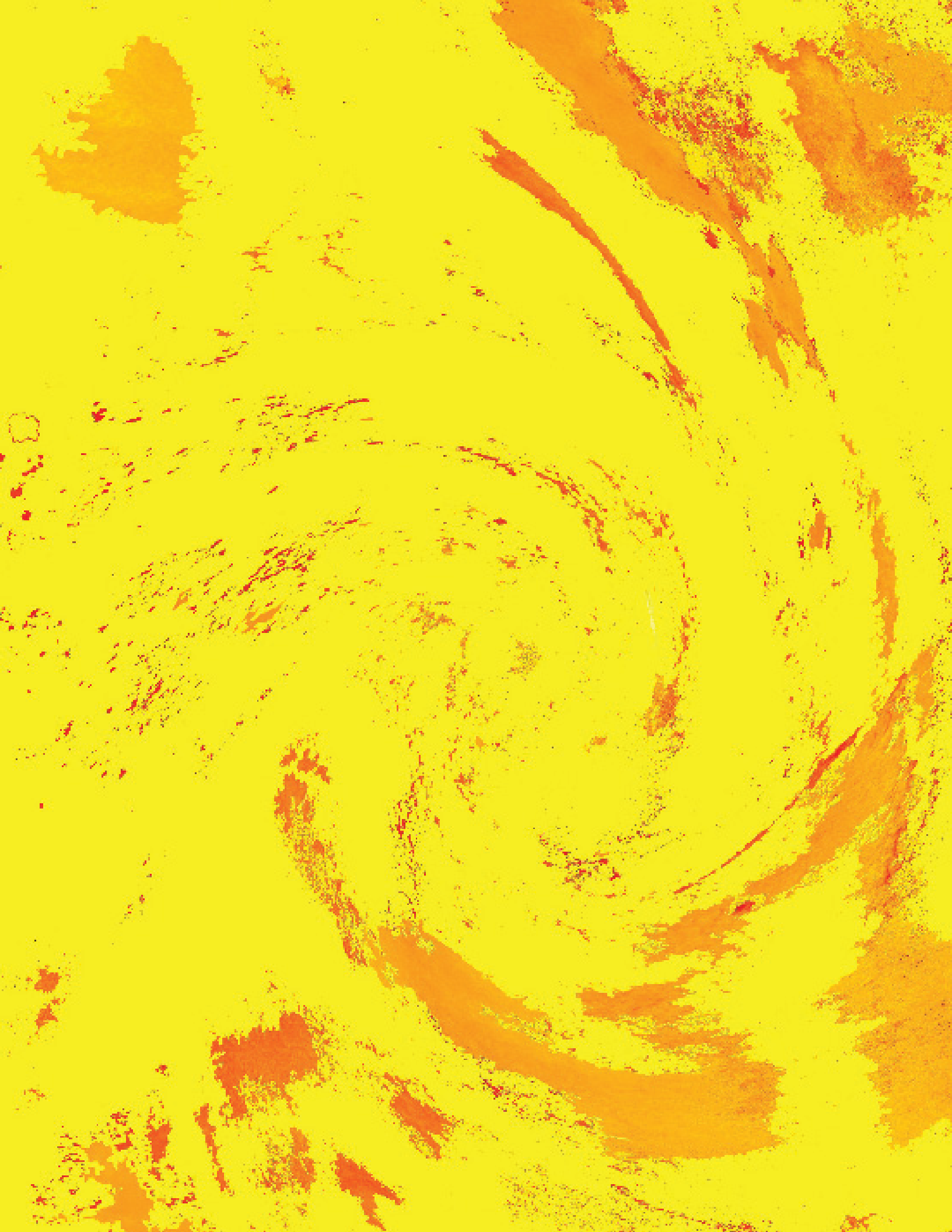
*When we approach any situation with love,
the stage is set for the best possible outcome.
For when we bring love to any situation, we
open ourselves to the highest possibilities of
experience.*

While looking for a solution to a problem requiring action, a loving acceptance gives us the perspective to see all the possibilities.

When conflicts are faced—dealt with them in a way that is fair and whole—a context is created in which people can do their best.



We might think that it is not possible to deal with abuse using love. Abuse occurs when we are not able to love ourselves in a way that is fair. When we do not accept ourselves and do not treat ourselves fairly, as worthy of being respected for the individual life that we are, we can be prey to others that seek to take from us without giving. But when we can connect with the love inside ourselves, we are able to see the valuable person that is within us.

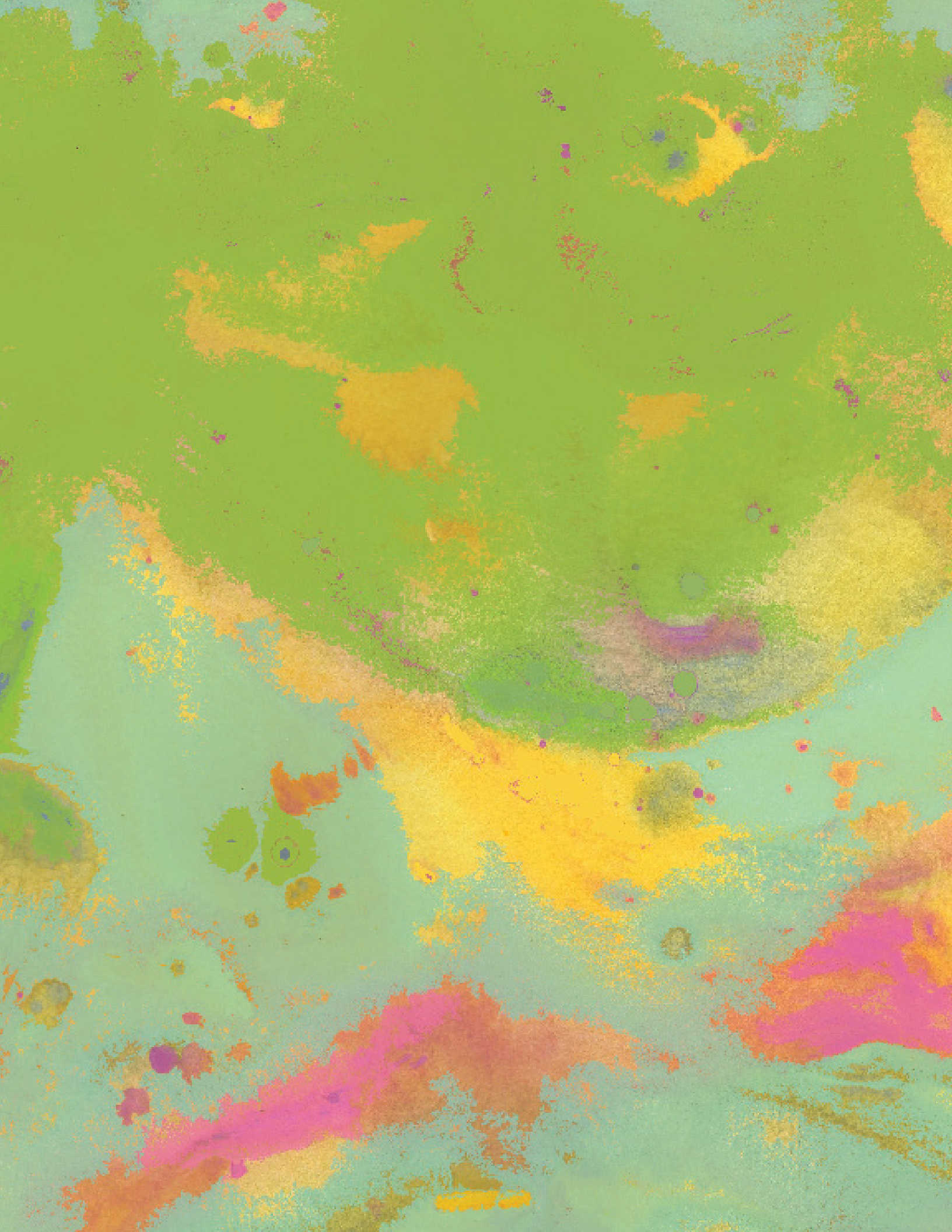


We might think that dealing with hatred through love is not constructive. Meeting hatred with hatred does not diminish the hatred. Indeed, it adds to the hatred in the world.

Meeting hatred with love creates space for constructive possibilities to occur. Because love accepts all possibilities, there is more opportunity for arriving at mutually beneficial solutions.



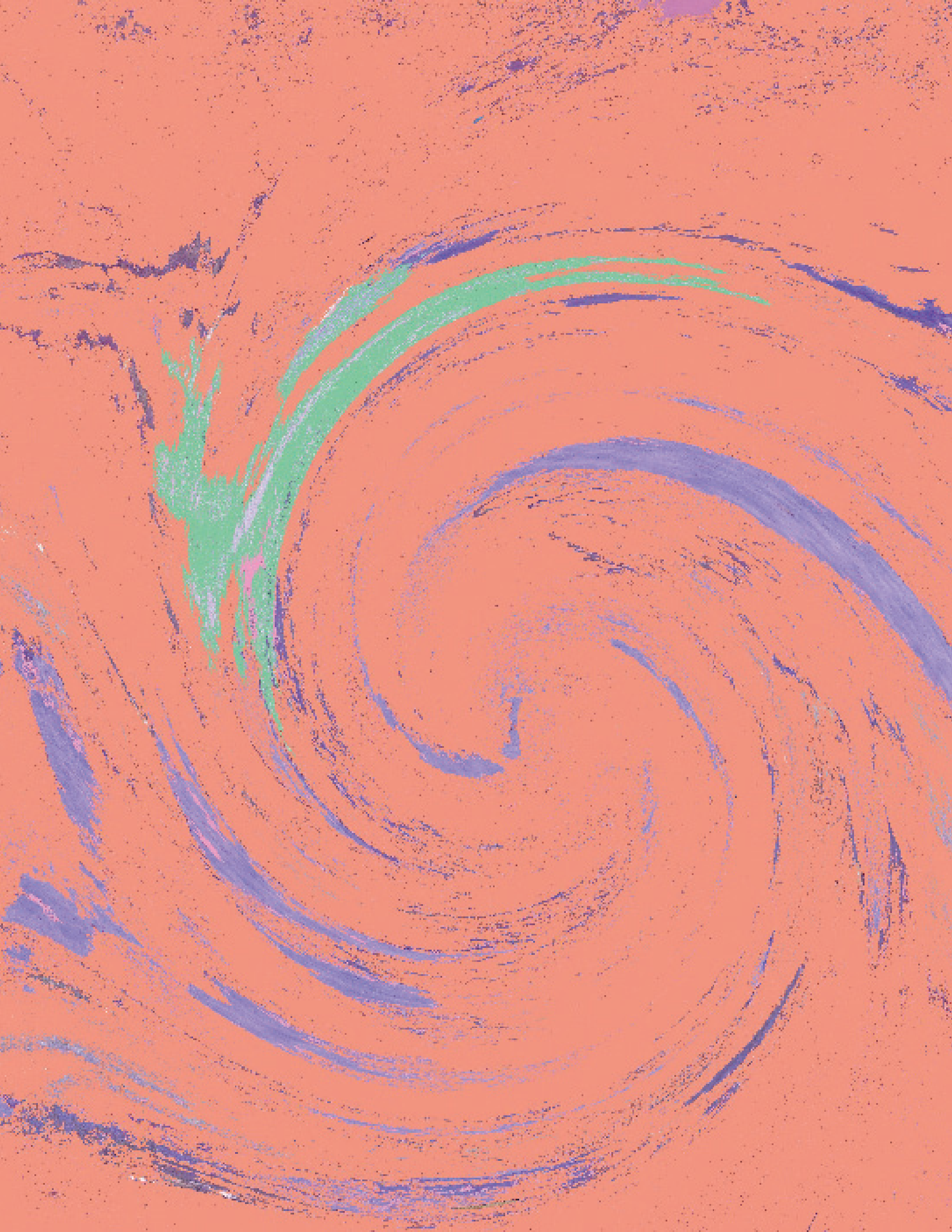
We might think that it is not possible to deal with violence using love. Violence is always an act that arises from a feeling of separateness and disconnection. We can only commit violence towards someone or something that we experience as separate or totally different from us.



How does one accept violence? It does happen. It is a reality. People do violent things to others. Changing anything begins with accepting that it exists. After we accept that it exists we must recognize that facing violence with violence only perpetuates the violence. The complement to violence is not violence, nor is it surrender, but rather compassion.

To have compassion for the perpetrator of violence as well as the victim brings the two together into a relationship of connection that might not be obvious. To have compassion for both parties establishes a foundation for building understanding and disarming the violence.

Once we reach a place where we can at least acknowledge that someone or something is connected to us or is not completely different from us, it is not as easy to commit violence. And if we can recognize that every person is trying to do her own personal best in her own way, the threads that further connect us can weave a way to cooperation.



When we can accept and love ourselves, with our strengths and weaknesses, as remarkable manifestations of life, we can find our own integrity, our own worthiness to be treated fairly, respected, and valued. And in recognizing our intrinsic value, we can express it by being our best at any given time.

Loving ourselves might mean confronting the abuse, finding ways to remove ourselves from the abusive situation, or transforming the relationship.

Loving ourselves by accepting and being fair with ourselves is a vital step in changing the abuse.

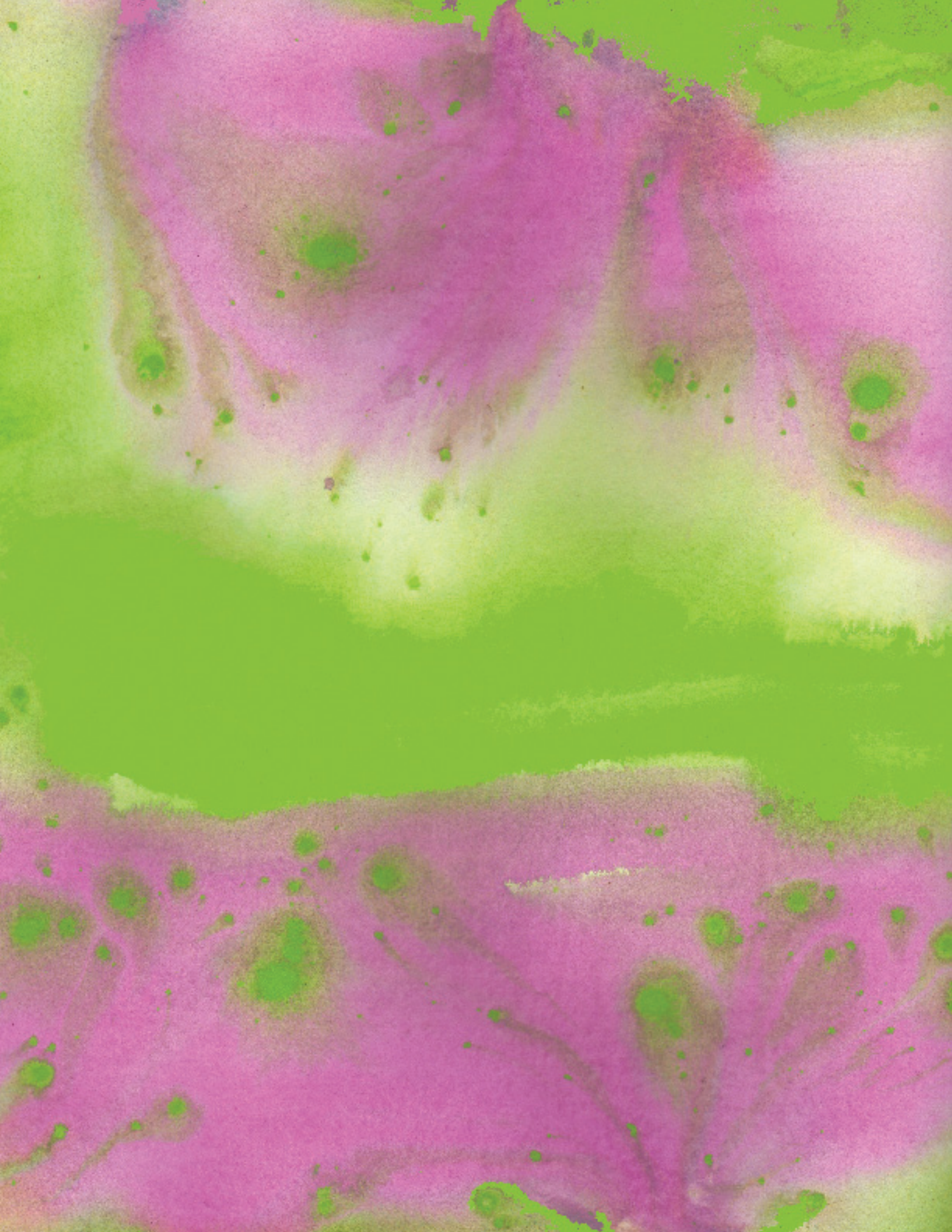


We might think that it is not possible to deal with poverty through love.

No person is poor that does not think of himself or herself in that way. A person may have little money, but every person that is alive is in possession of a wonderful gift.

In a single breath, in a moment of stillness, there is life, there is love. Accept the abundance in the present moment. Find fulfillment in the present. Give your very best in whatever you're doing now. And experience the wealth and generosity right now.

We begin to change our economic situation when we change our attitude about ourselves.



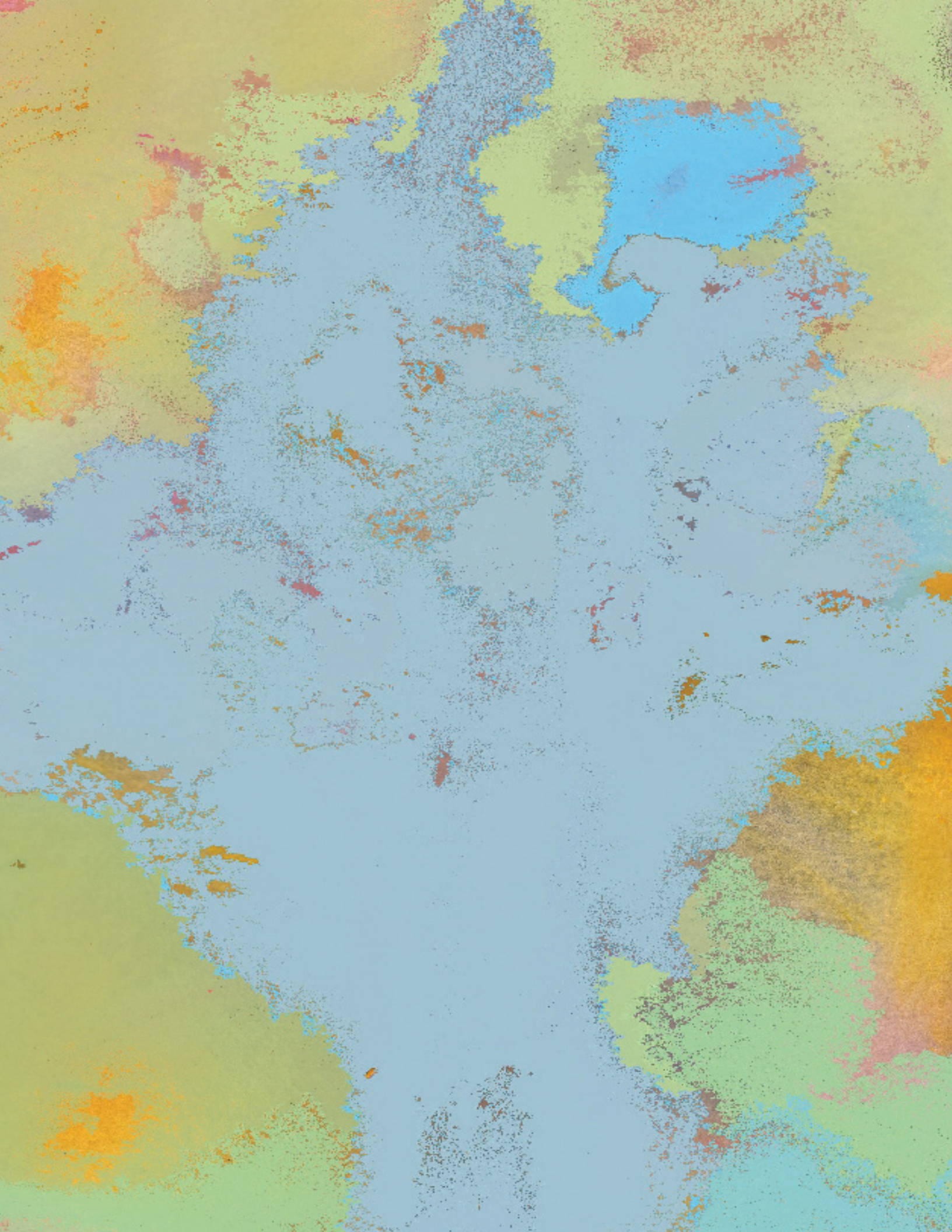
We might think that it would be very difficult to deal with an illness through love.

The first step in dealing with any illness is first to accept that it exists. Illness can serve as a reminder that all things that live will also die. That is the wholeness of life.

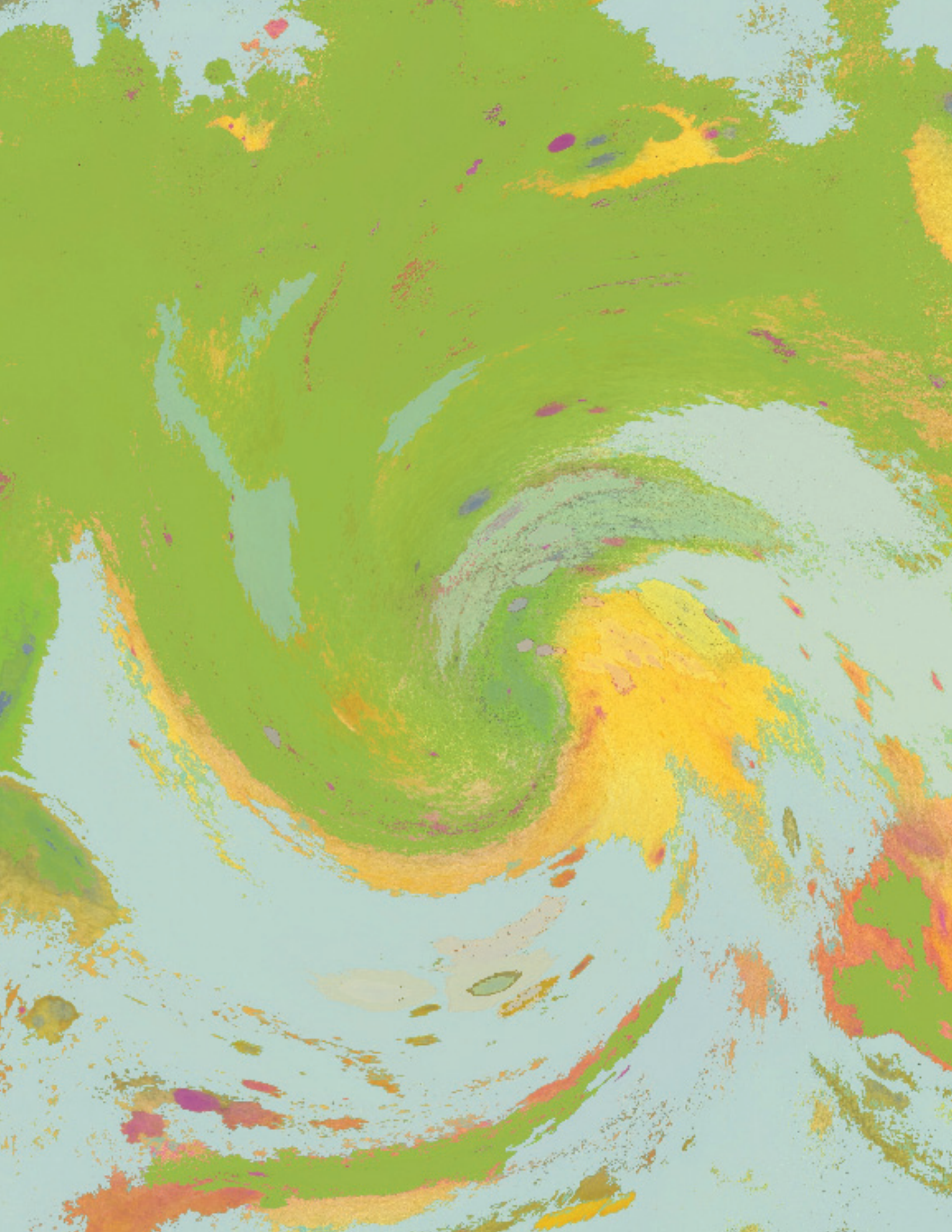
The English word “heal” derives its meaning from wholeness or making something whole and complete. Healing is possible not only in the physical body, but more profoundly in the heart and mind.

When we can lovingly accept the existence of an illness and touch the highest expression of our being, we bring wholeness and healing into our lives.

It is from a place of love that miracles are possible.



We might think that with all the problems in the world, love is the least effective means by which to resolve them. But in the final analysis, the problems that plague humanity are due to a lack of willingness to fully accept that all of us are in this life together, that we share a planet and its limited resources, and that life is short. If we would accept this fundamental reality, we could begin to treat all things from a perspective that is fair. We could cooperate and collaborate in building a world that expresses the best that each of us can be.



The path to solving the problems in the world begins within each of us. However, each of us must live from our own experience of love, of acceptance, of fairness, and of doing our best.

For it is only when we love that we can create a world of love.

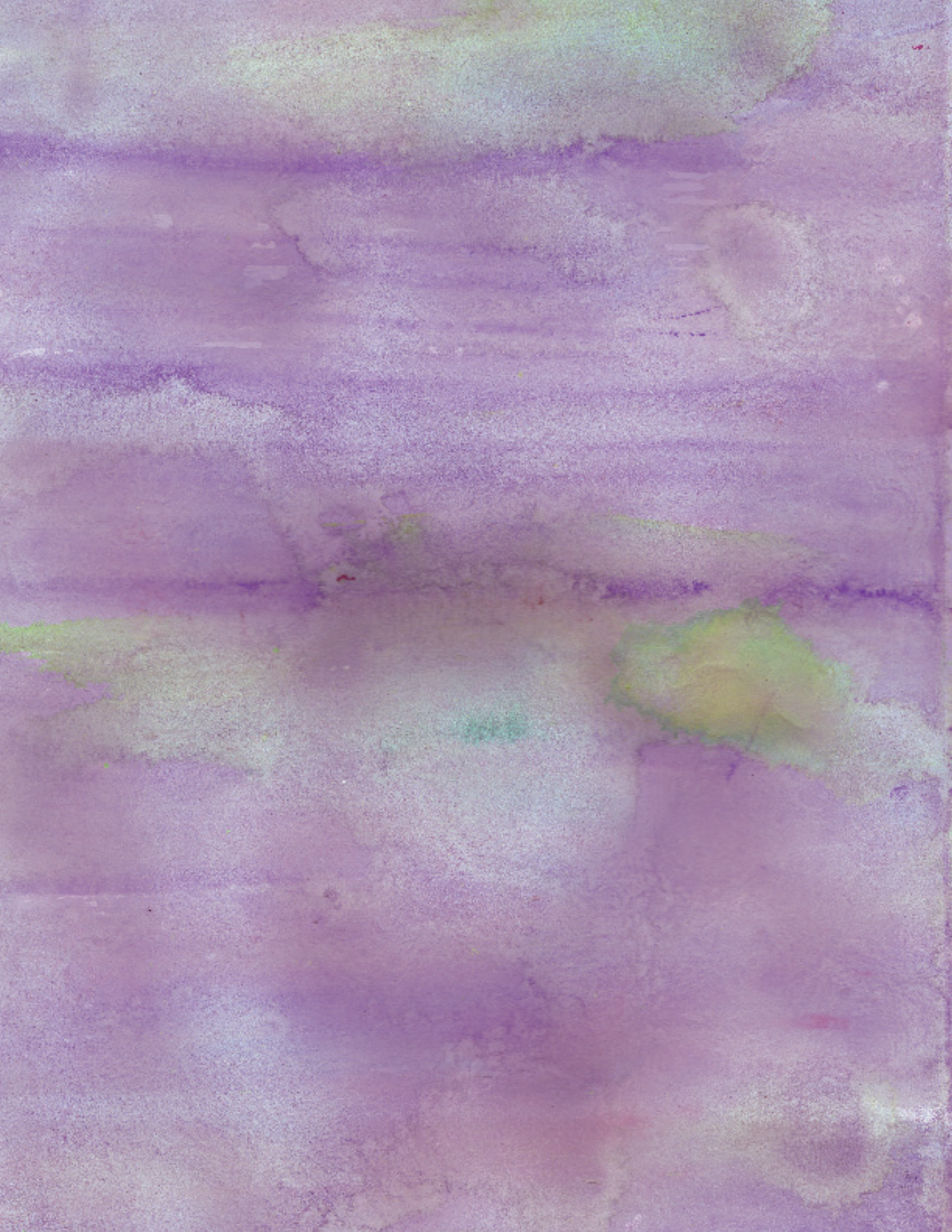
Epilogue

Each of us can make love the solution in our life, in our family and community, and in our world.

In each of us there is a place of love, a place where we feel connected and whole. In that place of love, we can accept ourselves, others, and our situation. We can act in a way that is fair, balanced, and whole. And each of us can do our best and express the highest we can be.

In that place of love we can find happiness, peace, fulfillment, and wholeness. The journey to that place begins in each of us.

Traveling together, we can make a better world.



Note from Joel Mendoza

Often, words cannot completely communicate what we truly and deeply know and feel. When it comes to communicating things like love, acceptance, fairness, and doing one's best, words are the least effective means for conveying their meaning.

Both Zaghi and I firmly believe that with a heart filled with love and an open mind, all the challenges that face an individual and the world can be surmounted.

J. M. Mendoza

Sebastopol, CA

November, 2005

J. M. Mendoza writes children's stories, works, and plays with his four-year-old daughter in northern California.



Note from Zaghi

Over the past several years, I have done extensive research into the problem of attaining peace and happiness for both the individual and the world community. In searching for a clear answer to this question, I have studied various resources and interviewed leaders in all types of endeavors, including religion, politics, and professional fields, as well as persons suffering from serious life problems. The conclusion I have arrived at is that love is the solution.

The definition of love is significant because, in this context, the concept of love is not complete without the essential elements of acceptance, fairness, and doing one's best. My intention in publishing this book has been to share this definition of love with you in an understandable and meaningful way. I encourage you, after having read this book, to pause and reflect upon the words, meditate upon these ideas. If I have succeeded in my effort to share this new definition of love with you, the outcome will be that you will realize that living your life according to this definition offers you the solution to the smallest and largest challenges you encounter in life.

Peace and happiness—my intention is to help you make these things happen for you, for your community and the world. There is a practical plan, a proven step-by-step approach to arriving at the solution. I have a vision for realizing this plan, and with the book you hold in your hands, we have begun the journey.

Some people have argued with me about the idea of love as the solution. They have told me that the idea is wonderful, but they believe it is impossible. In my next book you will find not only that it is possible, but that it is really a simple thing. All that is needed is to believe that peace is possible, to practice living with love, and to give this concept time to evoke change in our lives and in the world.

