



NINETY-NINE NAMES OF
LOVE
expressions of the heart

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introduction

Love is like a rainbow with many colors and nuances—a prism through which we experience life and a treasure that grows richer with greater attention.

Like light, love is impossible to grasp, and like light it guides, perplexes, eludes, and mystifies us. In ways that are too numerous to contemplate, love sets a course for the divine, and whether we cooperate or not, love teaches its lessons and delivers the most wonderful surprises.

The many facets of love have long intrigued those who have journeyed within the inner dimensions, for love, like God, is indefinable. Love is the energy upon which we ride and the voice with which we pray when we journey to experience the essence of our being. As lover and beloved merge and become one, so do the seeker and the sought or the dancer and the dance. Within love we find union and the mystical state of ecstasy.

In the many religious traditions that have arisen in the world, love is the element that appears consistently and has the most universal understanding. While we may question the roles of the various faces of God or the dynamics of different dogmas, love

is always recognized as the guiding emotion that serves human nature in living a spiritually fulfilled, healthy and happy life.

Whether we love one God or many, whether we live alone or with others, whether we practice prayer or meditation, it is the feelings in our hearts that help us discern right from wrong and thus guide us in our actions.

The seat of love is universally acknowledged to lie in the heart. Pumping blood into every nook and cranny of our body, it is an organ that is essential to life: No heart—no life. Surrounding the area of the heart as it sits in our chest, is the field or terrain of love. Contracting in times of pain or loss, this field can be rocky and full of deep pits of despair. Likewise, when love is felt, our chest opens up and feels expanded. Within the seat of love we walk on mountaintops and fly into the sky. As a part of the physical body the heart is extremely sensitive to the touch of others and to their attention. A loving thought from somewhere out of sight can evoke the same response in the heart as a loving glance from a few feet away.

Almost like a voice, the heart speaks to us from the depth of our being. A mouthpiece of the soul that so certainly, but elusively, resides within us, the heart is often perceived to be our closest connection to all that is mysterious and unknowable in life. The

heart is, in fact, the incontrovertible proof that we are divine, for what use would the mouthpiece be if not to send a message that there is far more to life than is met by the body alone and far more to life than the mind can comprehend?

Through the heart we meet in love all aspects of life. Through the heart we hear the voices that describe life as it really is. Through the heart we touch what is eternal and sublime.

Ninety-Nine Names of Love are ninety-nine of the innumerable subtle aspects by which we recognize that life is divine. Love is awareness, love is compassion, love is understanding. Love has no limits in its ability to express the divine, for in love beauty is beheld, and God.

Ninety-Nine Names of Love are ninety-nine reflections upon the innumerable subtle aspects of love that have been given a voice by great poets and mystics who have always listened carefully to the messages of the heart.

Ninety-Nine Names of Love are ninety-nine subtle colors that make up the glorious rainbow that guides us to the treasures that lie within our soul. It is my hope that *Ninety-Nine Names of Love* will inspire you to explore the mystery that lies within.

