

Power of Love: A Healing Therapy to the Unhappiness Quotient with Reference to *The Power* by Rhonda Byrne

Dr. Shilpi Bhattacharya, Professor, Department of English, Kalinga University, Naya Raipur, Chhattisgarh, India

Dr. Byju John, Professor, Department of Management and Commerce, Kalinga University & Director General, Kalinga University, Naya Raipur, Chhattisgarh, India

ABSTRACT

Introduction: The population of the entire globe has knowingly or unknowingly has fallen in the trap of unhappiness. Unhappiness quotient among people has risen over the years. A recent survey done by Karan Behl Chief Happiness officer on unhappiness quotient in 156 nations finds out that India has descended to 140 lagging behind Pakistan, China and Bangladesh.

Discussion: Several factors can be attributed to unhappiness such as dissatisfaction, lack of love for life and things, complaining nature, fail to celebrate life, lack of abundance in health, wealth and fragile relationships. Rhonda Byrne in *Power* (2010) unveils the power of love that can transform everybody's life. It revolves around the "law of attraction" according to which whatever one sends out receive back the same. One can change any event, circumstance or situation by the law of attraction which works through the power of love. In order to receive the things in life, one must need to feel love for it. She cites that positive force of love can work like a magnet and draw relationships, money, health, happiness, career and entire life and anything one wants.

Conclusion: The present paper is an attempt to analyse that how the positive energies of love can act as a healing therapy and help a person battling with the unhappiness quotient in his life.

KEYWORDS: Love , power, unhappiness, quotient, therapy, healing

INTRODUCTION:

Rhonda Byrne poses questions such as: "Why isn't every area of your life magnificent? Why don't you have everything you want? Why haven't you been able to do everything you want to do? Why aren't you filled with joy every day? (09). The author suggests that one can make a desired change in life by changing the thought pattern. When one generates good feelings imbued with love one gets that and lack of love for things bring back only negatives to life. The law of attraction blesses one with everything as whatever one loves or desires as it eventually gives back the same. As Byrne says: "The law of attraction is unfailingly giving you every single thing in your life based on what you're giving out. You magnetize and receive the circumstances of wealth, health, relationships, your job, and every single event and experience in your life, based on the thoughts and feeling you're giving out" (15). New age author Karen

Haeckel says about love as: “Always remember, you are loved, you carry the love, you spread the love, you radiate the love and the love is returned to you” (April 18, 2019). Byrne reckons love as the potent force of the universe that can change life. As she suggests:

You can change anything in your life by changing how you feel. When you change how you feel about any subject, the subject must change! But in changing the way you feel, don't try to get rid of bad feelings, because all bad feelings are simply a lack of love. Instead, you put love in! You don't try to get rid of anger or sadness; anger and sadness are gone when you bring in a beautiful feeling like love.

There is only one force in life and that force is love. You are either feeling good because you are full of love, or you are feeling bad because you are empty of love, but all your feelings are degrees of love (90).

DISCUSSION

People in quest of celebrating biggest moments of life fail to capture the smallest moments that can give them happiness. Negative attribute of one's personality may bind one to limitations and unhappiness which make them remain untouched to intangible life's riches that include, love, friendship, harmony and appreciation of nature. As Napoleon Hill says: “A positive mental attitude is the starting point of all riches, whether they be riches of a material nature or intangible riches” (Prosperity Classics). As Byrne reveals: “The stars, sun, planets, earth, air, water, fire, and every object is seething with life. This is the real world that is emerging. It can evoke love within all individuals and shed off negatives” (108). This book engenders optimism and gives an insight into true nature of love and readers across the world have felt impact of the power of love.

Byrne says one must focus on what one desires. Desires are one's wishes that one craves or longs to achieve . Then she says the creative process can play a pivotal role in satiating one's wishes. She describes creation process as: “Imagine it. Feel it. Receive it. Then she says creation process cannot work without the union of two things that is –desire and Feel. One must love to get the thing one desire in order to initiate the creative process. Emotions can play a pivotal role in satiating the desire. As authors of new school of thought, Esther Hicks and Jerry Hicks quotes: “When emotions feel good – whether they are strong or weak –you are allowing the fulfillment of your desire. When emotions feel bad-whether they are strong or weak-you are in a state of disallowing the fulfillment of your desire” (152). When there is emotion of love attached to desire then the law of attraction works faster. As Byrne states:

At the same time as you imagine, you must feel love for what you're imagining. You must imagine and feel being with your desire. You must imagine and feel doing things with your desire. You must imagine and feel having your desire.

Your imagination connects you to what you want. Your desire and feelings of love create the magnetism, the magnetic power, drawing your desire to you. This completes your part in the Creation process (62).

The world has seen great leaders like Gandhi, Mandela, Steve Jobs, Howard Schultz and so on, the world knows them not because of their accomplishments of position or authority but they had a common desire to create a better future for the common people.

Most of the people complain as why it takes so long to attain success while for others it takes a shorter span of time. As new age writer Abraham states: “What has prevented you from getting what you want is you- your thoughts that do not align what you want within you-(155). Byrne gives the example of a person who was struggling with his career and how the creative process of Imagine, Feel and Receive broke the shackles of failure. As Byrne says:

One man worked with all his senses to bring himself multiple job offers. He had applied for 75 positions over three years and had not received a single job offer, but then he used his imagination and all his senses to imagine he had his dream job. He imagined every detail in his new office. He touched the keys of his computer in his imagination. He smelled the lemon scent of the furniture polish on his new huge mahogany desk. He imagined his work colleagues. He gave them names. He had conversations with them. He had meetings with them. He even tasted the tacos at lunch breaks. Seven weeks later he began receiving calls for interviews. Then he received not only one but two jobs in hand. He accepted the job he loved the most: it was his dream job! (77).

Readers across the world have been benefitted by Byrne’s concept of Imagine, feel and Receive and shared their success stories. As one of the readers says:

This book was life changing and completely amazing. I would suggest it to everyone i know, and who they know, and to anyone who would listen honestly. With this book I have gotten so many things in life that ive wanted, trip to Europe, car, the job i wanted and the pay, and much more. So, i suggest this book to anyone who wants to get all that they want in life :) This book is amazing in every way. (Simuka Luetete, 7 April 2019)

Modern man live in crisis of relationship. They lack ‘conscience’. What people lack in relationships are compatibility, chemistry, expectations, and the energy. Everything is embedded in mind; be it thoughts, feelings or beliefs. Mind gets influenced by external components which include family, community, or society. Happiness relies on one’s relationship with one’s own self. Through awareness, complex problems of life can be solved and serious relationship can be healed. The relationship with one’s own self reflects the relationship with the external world. If one’s mind is filled with negative or angry thoughts then it obstructs one’s relationship with oneself. It describes the true aura of one’s personality. If one is filled with negative thoughts his aura of personality is reflected in the external world and according to the law of attraction he receives the same from the external world until he sheds it off. Therefore Byrne suggests:

You can change any relationship right now by looking for the things you love, appreciate, and are grateful for in that person. When you make a deliberate effort to look for the things you love more than you notice negative things, a miracle will take place. It will appear to you as though something incredible has happened to the other person. But it's the force of love that is incredible, because it dissolves negativity in relationships. All you have to do is harness the force of love by looking for the things you love in the person, and everything will change in the relationship! (173).

CONCLUSION

It's necessary to stay aligned with higher realm of peace, tranquility and love and according to the law of attraction the true source of energy gives everything that one wants. For healthy relationship, it is necessary to clean worn out thoughts. For example, one must give up the complaining nature and always see the positive things that one can appreciate. As Simon peter Fuller quotes "What angers us in another person is more often than not an unhealed aspect of ourselves. If we had already resolved that particular issue, we would not be irritated by its reflection back to us"(8 April, 2019).

The world faces health issues in the twenty first century. It has been proved by research that it is only thoughts that can make one healthier or diseased. Negative emotions can lead to stress, anxiety and fears. The positive emotions can make one happier and cheerful. Everything is embedded in the mind, the consciousness. Everything is healed through the mind. Byrne asserts love for health can make all the difference. The physicists around the world have thrown light on the quantum theory citing that all matter is composed of energy. It has been proved that the human mind has a great potential that cannot be comprehended. Healing occurs when a person is able to identify the negative thought patterns that keep them bound to bitterness, anger, fear, bodily pain, and sickness. As Rumi says: love is cure, love is power, love is the magic of changes, love is the mirror, of divine beauty! (April 7, 2019). Byrne observes that love for health can restore one with good health by the power of imagine, believe and receive. As she comments:

Imagine and feel having the health you want in your body. If you want to restore your eyesight, give love for perfect vision and imagine having it. Give love for perfect hearing and imagine having it. Give love for the perfect weight, perfect body, perfect health of an organ, and imagine having it, and be utterly grateful for everything you do have! Your body will change into whatever you want, but can only do it through feelings of love and gratitude. (209).

Love is unfathomable. When one chooses love in life, it serves and fulfills life's purpose as it helps in overcoming negativity. it can significantly change lives around and enhance well being of each one, grant abundance and heal lives.

REFERENCES

1. <https://www.azquotes.com/quotes/topics/power-of-love.html> 6 April 2019 (Rumi)
2. <https://www.goodreads.com/quotes/tag/new-age> 18 April (karen Haeckel)
3. <https://www.goodreads.com/book/show/8579016-the-power> 7 april (simon Luenett)
reader
4. www.sapphyr.net/smallgems/quotes-relationships.html 8th nov 2018 12:25P.M. (simon peter)
5. <https://www.goodreads.com/book/show/8579016-the-power> 7 april Evgnossia O'Hara