

ONE
Love

*Reflections on Love,
Letting Go & Remembering
Who We Are*

Maja Apolonia Rodé

Praise for ONE LOVE



“Spiritual nuggets for going home to God.”

Gerald Jampolsky

Author of *Love Is Letting Go of Fear*



“I received your book in the mail today and inhaled it’s sublime fragrance in one sitting. I have fallen into a coma of ecstasy from which I have yet to emerge.”

Robert Rabbin

Author of *The Sacred Hub: Living in Our Real Self*

Maja Apolonia Rodé is a lifelong student of love, creativity, and consciousness. Her work is dedicated to cultivating individual and collective consciousness and creativity in service to all of life.

DRAFT v2.1


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Maja Apolonia Rodé



LIADAY

LOS ALTOS, CALIFORNIA

Deep gratitude to Samantha St. Julian
for encouraging me to see these notes to myself
as something worth sharing with others.



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Preface

I Am a Little Book of Love

Beloved Reader,

I am a little book about love, letting go, and remembering who we are.

It is an honor to meet you.

The purpose of my being is to invite you deeper into yourself and deeper into the world through the doorway of the Heart.

Much has changed in the world since my first appearance over 25 years ago. I came to be during a different phase of our collective experience and in a different era of Maja's creative, emotional, and spiritual development. Still, as humble and imperfect as I am, what my words point to are more important now than ever.

So here I am once again, in an updated form but essentially the same. Please read me with your heart.

Your loving attention, directed anywhere at all, is life-giving water in a thirsty world.

May this reading be part of your moment-to-moment participation in the joyful flow of love.

May you be and become like a clear mountain spring choicelessly bringing life to the world around you.

May we together cultivate a field of loving awareness in which good things naturally take root, flower, and bear fruits for the nourishment of all.

Gratefully,

ONE LOVE ~ February 14, 2022



Introduction (1995)

Where do these poems come from?

These words are you.

They come from nowhere and go nowhere.

Any wisdom you find here is your wisdom.

Any memories you discover

spring from your own heart.

Trust your divinity — what it says

and doesn't say.

and let this wisdom

gather in your consciousness

until your world is filled with a love

so sweet, so gentle, so beautiful,

that nothing else matters.

Maja's Note: *Some of this book is written in "my voice" in the form of prayers, learnings, or reflections. Most of it came from "another voice" speaking through me and to me, in the form of encouragement and advice as I explore and learn along my journey. I hope you find in these pages something that feeds your spirit, brings you joy, or helps you to see who you really are.*

To the One
who is reading
these words.

ONE
Love

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1 BE REAL

Be real,
by living in a world of Love.
For that, my friend,
is the only reality
that exists
here or anywhere.

*

Love:

the strong enduring bond
unbreakable.

The heart is broken

so that it might open its shell
to reveal the glowing
pearl it holds.

The breaking brings us closer
to seeing the truest love
our eyes will allow.

Experience it as an opening
and your love will shine
forth in joy.

If you feel pain,

release your will
and let the gate be opened.

Then pour yourself
into the new world,
and wait
for the revelation.

*

3 PERFECT LOVE

Perfect love

comes only from God.
So in your struggle
to love rightly
you will eventually see
that you need to let go.

In letting go, you allow

God's love to pour forth
though you, unhindered
by the human love you *try*
to give.

In letting go, you discover

the true essence of love
as it reveals itself through
you and blesses another.

*

If you filled the universe
with your self,
what door
would you walk through
to get there?

Open that door
and see how it opens you.
Feel how every expansion
of your self-understanding,
every enlargement of
 who you know you are,
fills you with a greater love,
fills your full cup again.

For every inch of knowledge
makes your understanding
of all the others
new again.

*

5 THE ANSWER

The answer is always,
“How can I most
fully love you?”

*

6 ONLY BEING

The love that is present
within every living being
is so vast that it covers
the entire consciousness of
the universe.

When we seek that love,
we can find it in every
speck of dust
floating in space.

When we know it is everywhere,
we have to conclude:
It is also in *here*.

Believe in the love you are.
What else is there to believe in?
And keep believing until
there is no question of belief,
only knowing.

✱

When you wish that things
would be different than they are
you cannot see the perfection
of God's creation,
you cannot experience the joy
that is present now,
and you miss this moment's
opportunity for real change.

Take the love in your heart
and pour it upon the world of
aridness around you.
Then watch that world spring up
with a beauty beyond your imagining.
In this way, you cannot fail to experience
the wonder of God's presence.

Presence beyond presence.
Full immersion in everything.
Become that immersion
and you experience yourself
as God.

*

8 WAKE UP

Wake up
and open your eyes
to a world
you remember loving.

Can you see how the
love you lost
was only a dream,
and the love you find
is everlasting?

Let go now
into eternity,
where words bear no use
or meaning,
and only love is seen
among the forgotten
clouds of fear.

*

9 BONDS OF FREEDOM

Release the thoughts of bondage
to another soul.

The only *real* bonds
free us
to be us
more deeply
and completely.

You can recognize love
when you feel the freedom
and joy that it brings.

Let go of the fear
that sometimes moves you
into believing
something
else.

*

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10 REALIZE THIS BEAUTY

We are one being
united by the bond of love.

Through our many forms and faces,
the One shows us its beauty.

May we work together
to realize this beauty
and release it into the world
of consciousness.

*

11 YOU ARE NOT EXEMPT

Do you believe
in the perfection
of all that exists —
including you?

You are not exempt
from the glorious bonds
that unite all those
experiencing
this illusory world together.

*

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12 UNIQUENESS

Now stop labeling everything
“love.”

Experience
each thing in its uniqueness
so you can discover its
relationship,
its gift,
to the whole.

✱

13 GOD'S WILL

Believe that God's will
is the one will that will occur.

No assistance is necessary.
No interference is possible.

Let go of
wanting or trying
to control.
For this expression of love
is misdirected.

See instead
the perfection of this moment.

Trust that what is needed
will occur or come through you
as naturally as water flows
down the river
from one moment
to the next.

*

14 YOUR BEAUTY

Advertisements from your ego
establish a false
awareness of your beauty.

Let go
and see that your beauty
is your clarity —
not your clever ideas
or decided
deeds.

You cannot enhance
the facets of a diamond crystal
by adding *things*.

Instead, let your actions and thoughts
be a polishing,
a clarifying.

Then the natural expressions of love
are projected by the God-self
through the God-self
of you.

✱

15 ALLOW THESE RIVERS

Do you see the love that
gravitates toward you
like rivers flowing into the sea?

Do you feel its power emanating
the sounds that heal your soul?

Open your heart
and allow these rivers
to fill your endlessness.

*

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16 THIS MIRACULOUS FLOW

First ask,
then receive.
Both are acts of
letting go
and allowing this
miraculous flow
of divinity.

*

Open your eyes and ask yourself:

Who am I?

If you see even the seed of an answer,
you are carried to another world
where all exists and
doesn't exist as a
manifestation
of God.

The only difference
between this world and that world
is the eyes you have opened and the joy
that is given and received
through that
opening.

*

18 YOUR VASTNESS

If the wonder of your incredible life
ceases to exist within
your consciousness,
close your eyes to the
world around you
and open your inward gaze.

Look around in there and see
that all you have ever seen outside
is inside.
Every sight.
Every sound.
And the farthest stars
you can imagine.

This seeing
is the realization
of your vastness
and the oneness of everything.

✱

Who are you
my spirit-friend,
and what is the purpose
of our meeting here?

Do I need to know the answer
to this question
asked every time
the mystery knocks at my door?

Let me go into
this not-knowing
and behold each newness.

Let this love-giving
fill me and show me
that knowing why
is not necessary
if you know
who is waiting
for your presence.

Let me be the presence
not the wondering
about something else.

✱

I don't know why
you inspire
these words.

They are a way, perhaps,
to return the joy
I receive
through the doorway
of looking into your soul.

The beauty I see there
is one shared by all.

Why do we see it in so few?

Perhaps if I saw it
in everyone everywhere
I would die from this
world
and live forever
in that knowing.

We are here for a reason unknown
and doorways like you
are vacations into

the forgotten
world of love.

Thank you, friend
for being that now.
Someday soon may
you experience
this bliss returned.

*

You can feel the joy
pushing on the floodgate
and don't know what to do
when it finally
breaks.

This is why you *slowly* let go
of ideas and identities
that create a *certain*
world in your mind.

Be in the not-knowing
and trust that what comes
is the will of the One Mind,
the highest decision maker.
Let it all be
as is determined in a realm
way beyond where your
conscious understanding
even thinks
to step.

*

Feel in your heart
the essence of
the thousand-year-old heart.

Let this peace
overcome but not overwhelm you.

Let go of that which can
be overwhelmed,
and be the one
that feels and knows
without question
who you are.

Let the rhythm
of this ancient
and future
heartbeat
lead you to the
place within
that knows
you already are
your highest dream of love.

*

You must look beyond reason
to find the reason
for anything.

Open the eyes in your heart
and you will understand
all the things that need
understanding.
And beyond the vision
of your heart
lies the Mystery
which is to forever remain
unknown
untouched
unchanged by the boxes
and rules and shapes
and symbols
that the heart and mind
converse with.

Beyond the vision of even
your heart

is a place
you can only enter
with your whole being.

If you want to understand
the Mystery,
become whole
become one
and you will see the
why
of everything.

✱

I was about to say
something I knew
then realized I didn't
even know that.
Just wanting to know,
and knowing perhaps,
that the only truth
there is to know
can only be seen with the heart;
and the only reason to see
is to love with a greater
wholeness
and reflect more vividly
the divinity thus beheld.

*

25 THE SECRET

Ah ha!
You have found the
secret to your love:
It is *always*
in you.

✱

Do you love *him*
or do you love *God*?

You love God,
and you see God
in him.

Don't forget the
difference between
this love and That Love.

You are always in love
with the One.

*

When you let go of something
you free *yourself*.

Holding on
to anything at all
keeps you from your destiny
because
you're stuck on the
path with that *thing*.

Things don't travel on your journey.
Nor do people.

To get where *only you* can go,
you must be forever alone.

But you will discover
in that loneliness
your constant companion:
Everything.

*

Always in your heart and forever
lies the gift of peace you seek.
Let it be given unto you
in every moment.

Receive it
with your greatest
giving to God.



This feeling of love
turns into an expression
when you settle into it.

There is nothing you need to do.
Just be there with it
and it soaks into you
and fills you with itself,
then creates in the world
its natural expression
of beauty.

Realize this love
by entering into it,
by letting go of
holding on —
and just be.

And from this being,
Love can do its work.

*

Your life is to be lived
as the ocean moves toward
the moon.

Always reaching.

Always powerful.

Always allowing itself
to be used and moved
and molded
according to what
absolutely
is.

✱

When you look at yourself,
what do you see?

If you really look
you will see only love.

And when you see that,
your heart shatters into
ten thousand pieces —
each growing again
a greater love
than you can imagine.

*

You are beginning again
to realize the nature
of your existence here.
Among the glorious souls
inhabiting this planet
is you, the Holy One,
waiting still
to discover yourself.

It is in this *still*-ness that you find
what you seek.

Do you see now, how time
is a way to understand
what stillness is?
It creates a doorway
through which you enter the Self,
the everpresent All-Being,
the vastness of endless space,
the neverending expansion
of Love.

*

33 INSTEAD OF TRYING

When we try to be something,
we are trying to be
something that
we are not.

Let us,
instead of trying,
release.

Release the struggle
but not the longing or the love
that moves us
ultimately
toward
a deeper expression
of ourselves
and God.

*

You are a dancer
like no other.
The next move is
entirely yours.
Will you step as *you* choose,
or will you allow highest
intentions to move you
in a way you cannot
contemplate, only
receive?

This is you, my friend.
Dancer here and there.
Stay in your heart,
in yourself,
and wherever your dance goes,
you are there.

*

Do you see now
the futility of holding on?

There really is nothing
to hold on to.

The only thing worth
that kind of pain
is with you always,
no matter what.

Be with this something
by setting yourself free.

Let go,
like a leaf dropping
from a tree.

*

In the midst of
all that drives you
is the essential
nature of your being:

Always there.

Always strong.

Nothing can bring it
harm or good.

It absolutely is.

Let this is-ness
be the light you
walk toward.

Let it be The Beacon
to which you adjust
your course.

Keep your eyes on
this light, and you shall
see it growing larger —
not because you're
closer to it,
but because you

are more free and more
open to allow its
light.

The dance is between
moving toward
and opening up.
Both are the same,
essentially,
and in the mind
are different.

That difference
allows the beautiful play
through which
you praise
the one light
the one being
that
we all are.

*

37 ROOM FOR THE MYSTERY

Release the temptation
to get caught up
in every
detail
of your existence.

Allow room
for the mystery to grow
and change you
from the inside
out.

*

38 ALLOWING

Give yourself the freedom
of allowing what is
to be.

*

39 WHAT REALLY MOVES YOU

For a moment,
let go of the idea
that you control
what you are doing.

In this way you can see
what *really* moves you.

What you consider you-the-doer
is such a small part
of your totality.

Let go of doing.

Watch what
happens and what
directs the happenings.

✱

You are a perfect being.

All the things you see as

flaws

are great gifts

that serve you

in ways unknown.

It is through your conscious mind

that these gifts are opened

and understood.

Put loving awareness

on what you see as your

faults

and watch how that sunlight

melts the covering of the gifts

to reveal

the intentions of healing

for which they came.

*

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41 PARADOXES

Be aware
of paradoxes.

*

Ride into the center
of the storm of unknowing.
Discover the place
deep within you
that never
moves.

Focus deeper and deeper within
until you finally
reach the end
where there
never was
a beginning.

*

43 YOU ARE THE ONE

Yes! *You* are the one
I have been talking about!

Oh, reader of *this* message,
let me reassure you
a million times over
that your presence
among the rest here
is a divinity which
you cannot help
and cannot hinder.

Be yourself
and allow yourself
to be.

✱

The wonder you long for
is available to you
in every blade of grass
and every breath
and every river of happenings
in your life.

Let yourself float freely
on this river
and look up to see
the beautiful blue sky
that has contained your journey
all along.

Then ask yourself:
Who is the sky?
and
What if I remember
it's always there?

✱

45 TO WISH TRULY

You will believe someday
that whatever you truly wish
comes true.

When you know this
in your deepest heart,
you unravel each mysterious
moment of life
with more courage
than ever before possible.

Teach yourself what it means
to wish truly.

Exercise this strength of heart,
this miracle of muscle, mind,
soul, spirit, and silence
— aligned,
and thus
become truly able
to serve in the name
of One.

✱

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46 ALL YOU WANT

Don't give up on what you want,
until you know of something
better to hope for.

Always ask for
your highest desire
until you reach the place
where all you want
is love.

*

Intermittent windows
of opportunity
open to reveal your
highest desires.

Enter into them
without understanding
or knowing
how the end comes.

*

Ah, yes. The mystery again
knocking at your door.
“Danger is never far.”

The mystery is no less safe
than that which you know.

Let it in
and watch
until its form is revealed
by the light inside you.

*

You are a true believer.
And true believers
 have the rock solid power
 of knowing
 that they don't *really* know.

True believers are free to explore
 infinite and intimate places
 available only to those
 who need no path
 laid out before them —
 those who have
strength to climb
 the high mountains of wonder,
courage to navigate
 the dark caves of the Holy,
and humility to enter
 the one and sacred chamber
 of the deep
self.

✱

50 THE HIGHEST HONOR

It is in holding
the paradox
of dark and light
that you allow
yourself
the highest honor
of loving everyone.

*

*Please send me a poem to remind us of the
essential beauty and meaning of each other.*

Being love
brings joy into the hearts
of those who share
even a spark of your vision.

Find in everyone the spark
that lights their own way,
and make it brighter
by speaking of it.

Let the gentle wind of your words
blow on its embers
so it may become
more of what it wants to become.

Do you see it more easily now?

Focus the light of your attention
on the light in everyone's heart.

And, spark by spark,
ignite a flaming new world
of love.

✱

*Please send me a poem that reminds me how
to align myself with higher knowing.*

A few short words
will not make you enlightened.

But one very quiet whisper
in the back of your mind
is *always* calling you
toward the next step.

Follow that prompting
to its source
and discover
One Love waiting
with open arms
for your return home
to yourself.

*

53 QUIET PROMPTINGS

When you can't figure out what to do,
stop asking your mind for
breadcrumbs
and follow instead
the quiet promptings
of your heart.

But, before you take that next step,
open your heart a bit wider
and look into your world
through that opening.

Notice what shifts
in your seeing
and knowing
and prompting.

*

Pretend, for a moment,
that you believe
in the highest outcome.

Do you feel your body
settle into a deeper
level of peace?

Now, as you feel that peace,
let go of the belief
and allow what is
to be —

and you go deeper
still.

Feel the essence
of that which you are
moving into,

and discover
a taste
of yourself.

*

Attachments
creep in through the back door
and you don't realize
you've been entertaining them
until the party's over.

✱

56 MAKE ROOM

Let go of
everything
that is not present
in your reality
to make room
for what is.

*

Let go of the
idea
that you need to control
or decide what highest action is.
Just let God's love
flow through you.

Don't try to figure it out.

God's love is way beyond
your knowing
or not knowing
about it.

Just be it,
and let it be you.

✱

58 NOW THAT YOU KNOW

Now that you know where God is,
just practice
seeing
where God is.

*

This moment
comes and goes
like the note from
a distant reed flute.

To capture it,
one can only listen
with full attention
and willingness
to let it drift away
as quickly
as it came.

You capture this moment
only when you assign
to all the other moments
the same glory of
your desiring.

*

60 THIS TREASURE

You are amazing.

You live in such darkness,
and yet
find
by the light of distant stars,
the key that unlocks
the door to your heart.

Is it you who gains this treasure,
or is it the world?

*

61 EXPRESSING THE ESSENCE

Reveal in your own way
the essence that
waits for expression
within your heart.

Do not decide or ponder how
it might be revealed.

Instead, hold it in your
open heart and hands
and let its light
enter you with every breath.

Let the essence feed you
and fill you
and keep filling you
until it overflows.

Allow it
to open your gate.

*

You will never understand
the complexity of
your psyche.

Understanding does not go
that far.

You will realize, however,
that you are here
and you are free.

✱

63 ARE YOU SURE?

Be right.

Be wrong.

Do you ever *really* know?

*

64 WIND-BREATH PRAYER

Oh, winds of change,
whisper yourself through me.
You are, indeed,
the breath of life.

You call me into
the moment of Now,
as it exists beyond
contemplation, desiring,
or deciding.

Let the spirit you carry into me,
move me
and use me
according to
the highest wish.

And let me live inside you
creating, with each
newness
a new expression
of love.

*

65 PERFECTION

Why do you
insist on trying
to create a you
that is better than
you already are?

Your presence is a gift
created from the
perfection of
love.

The only thing you need to do
is look for that
Perfection
within
you.

*



66 ORIGINAL AUTHORITY

We are trying so hard
to become something
someone else told us to be.

Who is the Original Authority?

Why not go
directly to the top,
and surrender?

*

67 TRUE EXPRESSION

Stop trying
to *say* anything.

True expression of Self,
comes only when we let go
of knowing
or deciding
what the message is.

True expression means
listening for the message
and listening *to* the message
that comes to you
and through you.

*

68 WHEN YOU FEEL ATTACHED

When you feel
attached to something,
open your heart
a bit more.

Create space
around the things
your heart is holding onto.

Let the beauties you love
fly freely
in and out.

*

69 CREATE SPACES

Create spaces inside you
where wildflowers grow.



Reach into
the empty clear air,
and hold your
hands toward
the sun.

The light
fills you
through the
emptiness
bringing
time and space
into
your heart.

*

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71 THE VISION OF LOVE

All the people in the world
in a loving embrace
awaken instantly
with the vision
that emptiness
brings.

*

72 APPRECIATE REALITY

We can only
appreciate reality
when
we see what
exists without
it.

*

73 PATIENCE

We feel
what we need yet to
fully receive.

Patience comes
with understanding
this truth:

You are holy now;
I am holy now.

*

When beauty enters your heart
it dances with each beat.
It reaches further in
and further in
until it becomes
equality of all things.

We can only know beauty when
we are with it now.

Only now.

Its presence is there (Here),
even when we are not.

*

It is you.

You are the awareness you seek.
You are the love that is waiting
behind every experience.
Everything you behold
is this beauty,
this you.

You are never and always alone,
for you contain within you
all the world.
All of life lives in you.

Let this awareness of “am”
be.

*

Don't ask for things,
ask for The One.

Things will take you
only to the darkness
of their opacity.

Instead, go for the
invisible wonder,
the everpresent lover,
the polisher of souls.

What we choose,
we create.

Choose responsibly:
Choose your Self.
Choose life.
Choose to follow
the light and love
that is always
waiting.

*

77 JUST SO GOD KNOWS

Having had the opportunity
to explore many paths
to enlightenment,
which one will you choose?

When you figure that out,
close the door
to all the others —
just so God knows
you're serious.

*

Love is enormous,
yet somehow
it lives in my heart.

How is it possible?

Who I am,
who I *think* I am
responds
with an explosion.

*

79 ONE

Nothing
could be simpler than
One.

*

Thank You

Thank you for the heartfelt attention you have brought to this little book of love. I am honored to have shared this communion with you — even as we find ourselves in different points of space and decades from the time these words came to be.

May we each find more and more shared moments of love-awareness in our lives — like springtime blossoms opening in the gardens of our hearts. May we cocreate, and become immersed in, a new ecology of Love and discover in that immersion more beauty than we thought to imagine.

If nothing else, hopefully your reading of this book has been an invitation to play with thoughts of love.

May the thoughts of love become feelings. May the feelings become

healings. And may the healings become
love itself flowing through a human
being.

Gratefully,

Maja ~ 2022

P.S. If this book has touched you in
some way, it would be so very lovely to
hear from you.

You can write to me or explore my
other creations at www.maja.love.