

**Love, Peace and Happiness**

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# **1.Love, Peace and Happiness by Prof. Dr. Queen Elizabeth Lucas- Afolalu**

*Love requires Listening to one another,  
Overcome together, Value one another and  
Enjoy together. ~Elizabeth Lucas-Afolalu*

Love is the greatest and everything to life and we need to continue learning and getting better for life transformation. Love empowers and one of the ways to empower ourselves and others is to raise the banner of love, it shows better way to live happily, peacefully and unite together, stand together and make a change in this world, starting from individuals, families, society, community and the world. As they said charity begins at home and from home to the world.

God is love and those that worship him must worship in spirit and in truth. God's laws and principles is Love and it comprises of Loving God, Loving Yourself and Loving Others and His grace is sufficient for us to keep his laws and principles. It takes determination, patience and discipline and our level of understanding and maturity to demonstrate this kind of love. So, what does the greatest book says about Love? In 1 Corinthians 13:1-3, If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal. If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing. If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing. Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight

in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. And now these three remain: faith, hope and love. But the greatest of these is love.

The only way to live happily, peacefully and harmony with one another in this world is for everyone to admit it that we are all different, we are all not perfect, we are all can make mistakes, we are all have the ability to choose our tradition, religion or way to serve God the Universe and culture and still respect one another, we all have the ability to choose, better understanding brings peace and unity and love. Agape or Selfless Love (Spirit) It is selfless unconditional love, it is spiritual love, a boundless compassion love that is without desires and expectations, regardless of the flows and shortcomings of others. This love can be classified as intuition, divine truth and love that accepts, forgives and believes for our greater good. The components of love are intimacy, passion, compassion, commitment, caring. In the

midst of storms, crisis, adversities, challenges, and condition beyond control, love is paramount and love will bring peace, harmony and unity, love protects the future, saves lives, unifying people.

*Carl Buenger stated that*

*“They may forget what you’ve said but they will not forget how you made them feel”*

*George Harrison said*

*“With love we can serve and save the world”*

So let us talk about Three things that are missing in Love, Relationship and Marriage:

- Ignorance and Lack of Understanding;
- Lack of Vision;
- Unknown of our Identity of who we are and our purpose.

What about Our Faiths, Beliefs, Traditions, Religion, Tribes, Friends, Families and Relatives and people's Opinions, how can these contribute and influence our Love, Relationship, Marriage and Family?

- We assumed too much that it is bed of Roses. We assumed too much that marriage is
- about supremacy, superiority, sexuality and dominion. We assumed that the other half
- will meet all our expectations.
- We assumed that we are either perfect or our spouse is perfect.
- We assumed that someone's only purpose of marriage is only to fulfil intimacy, make
- babies, take care of the children and kitchen and domestic and that lead to insecurity,
- threat, jealousy, blaming, condemning and envying.
- We assumed that we can change the other person or our spouse when we get married.

- We assumed that our marriage will be like our parents or our friends.
- We also assumed that we don't have a choice. And it is our duty to love and suffer in silence for the sake of religion, tradition, society, children, what will people say and finally financial security and all of us are guilty for that. We got stuck with emotional blackmail. We all are either guilty or victims of all these which some are still suffering and pretend all is well or afraid to speak out or don't know what to do. The dangerous thing is when you have to keep quiet and pleases everyone and the situation escalated and lead to violence, suicidal, mental health, abuse and death.

But the truth is.....

We all have a choice and right to make decision for our lives and get better understanding of how it works however majority don't know themselves, they don't know their purpose and they don't know their right as a man or as a woman. We misquoted



and misjudged and misunderstood what love, relationship, marriage and family is all about.

Tell me.....

How many schools or college of Love, Relationship, Marriage and Family do we have out there? And are we really ready to learn from our mistakes and willing to change and make a change? because it takes two to work it out. Sometimes we might need to accept we are wrong and we have problem and seek for help. Sometimes we might need to humble ourselves and use the magic words of I AM SORRY, I LOVE YOU, THANK YOU, PLEASE. and forgive one another and acknowledge one another and celebrate one another, sometimes we need to focus more on other persons strengths more that weaknesses, stop throwing blames, focusing on our weaknesses and stop condemning but celebrate what will have and who we are. Sometimes, we might need to embrace our

imperfection and accept other people's imperfection and welcome diversity.

The fact is.....

Every human being has their rights and has their strengths and weaknesses and 60% is our strength and 40% is our Weakness but everyone including me tend to focus on other peoples 40% than 60% and it supposed to be other way round, trust me when we change our perspective about others, things will get better and there will be peace, joy, harmony and love at home. We can even work together to support one another with our weaknesses. As I was growing myself, I started learning. So, it is not you alone, I also learn from my mistakes too. Remember, No one is perfect and we are all learning every day.

How often do we train our children about the fact and the truth about Love, marriage and relationship and of moral values and relationship skills and how to deal and handle criticism,

challenges, adversities and disappointments and emotional intelligence and even mental issues? Unfortunately, the problems of Love, Relationship, Marriage and Family still exist and escalating every day in the society, community and nations and from generations to generations the problem is still exist BUT we all have the SOLUTIONS RIGHT THERE IN OUR MIND and it is time to share, speak and spread the message.

Man and Woman are responsible for their marriage and relationship. Charity begins at home. Who is who and who is speaking the truth about love, relationship and marriage? Few, I suppose. Majority of us all pretend all is well and that doesn't solve any problem until we speak out. We are afraid to speak out and that gives the other party to take advantage of our vulnerability. What is happening at the closed door and behind the scene is so terrible and it matters but until we come out to talk about it, change our mindset, take positive actions and willing to change and

transform our lives and relationship, the problem will still be there.

The Truth is.....

What People Will Say, sometimes limits and influences us. Tradition and Religion and Beliefs are part of the problem but these are there to guide us with wisdom and not dictate, endanger and control our lives and not acting on assumption. Divorce and Separation is not the final solution and not a SIN either and is not an Abomination but it is for creating an awareness that something has gone wrong and need repair, refresh, rebuild and reconnect and reconcile, relearn and reconsider but can never be an escape or alternate because it is possible to take the same issues to another relationship if it is not dealt with, we cannot shy away from every issue in relationship and marriage but to find solutions to it that will benefit the world and generations to come however Domestic Violence and Abuse is not acceptable and should not be an excuse or

tolerated, so excuse yourself or admit it that there is a problem and seek for HELP and someone who want to learn and change for their future will learn from it. Marriage is a place of learning while Relationship is a platform to demonstrate love. We all make mistakes, fall and fail in life because we don't know it all and we learn from one another as we grow and mature and actions need to be taken to learn from those mistakes to save lives and future generations.

The truth is.....

We don't recognise and appreciate the diamond in our lives and in our home until we lose it. So let us keep speaking and keep changing ourselves for betterment and do what is Best for YOU. Life is too short and you must enjoy your lives and be happy. Once you are happy, everyone around you will be happy, once you change, everything and everyone around you will change. Choose Life and Live and Love yourself, your God and others. With God all things are possible and with

Prayers, Patience and Determination we can overcome and win together. Yes, We Can and Yes You Can.

How do we communicate effectively then as we practise Love?

- Observe others individually closely and learn from them
- Building Rapport and be humour
- Appreciating and celebrate their uniqueness and differences
- Avoid favouritism, comparison and competitive
- Loving and inspiring them, correcting them in love and meanness when necessary
- Listening and respect their opinions, allowing them to express themselves

- Watch our own action as we be a role model to others and be an example for them to follow, they learn from what we do in front of them.
- Manage our emotions when we are talking to others or correcting them, we are their role model, how we handle a Matter in front of others matters.

My conclusion is.....

Love is Sweet, Relationship is adorable, Marriage is worthy and family spread to become a Nation for those who work it out TOGETHER. it is a process and there will always be storms, challenges, adversity, mistakes, distractions, disappointment and discouragement, denial and doubt and misunderstanding. It takes courage and determination. It takes two with the same right mindset and attitude to build and transform their

lives, Love, marriage and relationship for it is not over until you win together and Yes You Can.

No one should stay in a toxic and isolated relationship. If both party is not willing to work it out TOGETHER then it is of no use staying there, move on and save lives. You are not alone in that situation and that situation will make you better, stronger and wiser and there is no condemnation. Love and build yourself, take a Giant Leap and Determine to work out your Love, Relationship, Marriage and Family and Shine, it is not too late and it is possible and Yes You Can.

We need to be honest to ourselves and not pretending. No one is perfect, no marriage is perfect and no condition is permanent. You are stronger than any situation you find yourself and you have a choice and yes you can exercise your right as a woman and as a man. No one deserve to suffer in silence. You have the power and choice to change your stories and situations. Yes, You Can turn it around and Yes You Can.



So, what is peace?

Peace is the freedom from anxiety, disturbances, trouble, violence, war, fighting, it is a stress-free state of security and calmness. And harmony. So, when we talk of peace it means wholeness, calmness friendly, harmony, fulfilment security and well-being. Peace can either be enforced by justice, government or free choice by people wanting to live together.

The question is how we can experience this peace.....

Firstly, it has to start from within, from individual, to experience inner peace and enjoy life, without that we cannot progress in promoting peace. Let me quickly share with you how to experience inner peace

- Know who you are.
- Know your purpose.
- Focus on those things you can do.
- You cannot change the world but you can change and develop yourself.

- Be true to yourself and be mindful of what you eat, wear, say to yourself and to others.
- Be kind to one another but know your limit and when to say “No”.
- Self-care matters, meditate on those positive words and say it constantly to yourself.
- Being kind requires determinations, courage better understanding and strength.
- Better understand of your self will enhance your understanding of other the word of God says, peace that passes all understanding will garrison our heart.
- Learn and practice forgiveness.
- Forgiving yourself and forgiving others.
- Be grateful, a heart of thankful will make your tank to be full.
- Love is the result of peace and we can only unite and have peace when we love one another, it improves relationship to connection.
- To have peace is to change ourselves, our character, behaviour attitude action towards

others, humble and willing to learn and respect others.

*Mother Theresa said*

*“Let us always meet each other with smile for the smile is the beginning of love”*

So, what Matters?

Enjoy Life Matters, Be Happy Matters, Fulfilling Your Purpose and dreams Matters. Knowing Who you are matters and Love matters, Relationship matters, Family matters, Right mindset matters and Growth Mindset Matters and finally Positive thinking matters, live a peaceful life and be happy Matters Let us start sharing the message of hope, love and peace together and Yes, We Can.

## **About Author :**

Prof. Dr. Elizabeth Lucas-Afolalu known as Queen of Inspiration and Global African Queen is an International Inspirational Speaker and Radio Presenter. She is the award-winning Author recognised by Greatness University as an 'Author of Greatness'. She is also an Global Advisor, Advocate and Mentor to Youth Women and Children and many International NGOs/Organisations.

She is the CEO of Yes You Can International, Elizabeth Kreations, Tokmez Limited and YYCI Magazine. She has been featured on many media platforms. She holds a Bachelor Degree in Business and Management (University of Northampton UK). She is an honorary Professor and Counsellor at International Internship University, India. She holds an Honorary Doctor of Philosophy in Counselling from the Global Light Institute Bible University, Nigeria and many Institutions and Honorary Professor of Humanity

at International Open University of Humanity, Health Science and Peace, UK Councillor of Eagle University USA. Chief Editor of YYCI Magazine, UK Bureau Chief Editor of USA Okunsgroup Magazine and Featured on Fox News, ABC News, Herald and Financial News, Small Business Trendsetter Magazine and Powerhouse Magazine and Hornchurch Local Newspaper. She is also Radioiere and TimesIndiatv Presenter. She is the recipient of Multi-Awards, Advisory Board Members of many Organisations and Counsellor of many Institutions. Global Grand Matron of Many NGOs. You can register for more of her regular Inspirational Nuggets of Wisdom from [www.yesyoucan-by-elizabeth.com](http://www.yesyoucan-by-elizabeth.com) and You can also book for 45 mins free consultation with Dr. Elizabeth Lucas.

You can Grab a copy of her book “Yes You Can” and other books today from [www.amazon.com](http://www.amazon.com).

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## **2. Love, Peace and Happiness**

As I was thinking of what to write on the subject of Love, Peace and Happiness I glanced at the calendar today and noticed that today (April 7<sup>th</sup>) happens to be The World Health day... This set me thinking.

Can there be love, peace and happiness without a sound health? And as I continued my thinking the memories flashed on interactions with various persons/clients in my life so far.

One person was a highly successful corporate leader managing multiple businesses in multiple locations whom I was coaching. He was already a super star in his business and the coaching session was to make him a Mega Star. As we deep dwelled in the session I came to know that he has focused all his energy into his work which helped him to get the required name, fame, recognition and financial success but something else took a beating ; his wellness. Wellness here refers to holistic wellness be in physical health,

mental health, emotional health, social health and spiritual wellness. Let me share a point each for each wellness.

My client was so focused at his work that he was neglecting his physical health by not having proper sleep ( proper sleep differs from individuals), was not eating the right food at the right time which led to sleep disorders, digestive disorders, problem of acidity. Moreover even while having his food at whatever time he had he was focused either on emails/ or whats app ( now meta) messages or going through his files and not focused on what he was eating- this also led to sometimes eating more than what was required to thus putting on extra flesh.

By focusing on his official work/messages even while eating at home he was not focusing on family while eating. He did not bother who was sitting next to him at the dining table or at the office canteen (they had a sprawling food court in his office premises) thus losing opportunity to interact with his children and co workers to know



their wellbeing. So his social health was dwindling- Whenever he had some time- once a month or so and wanted to talk to his children they would avoid him....

Because of the lack or low interaction with his team (other than on strictly official matters) and almost nil interaction with his children he was becoming emotionally callous and this led to his dip in the emotional wellness. As rippling effect his children too because of want of parental care and guidance from their Father started avoiding people and was getting more irritated – this led to his children also lacking social skills with their friends and respective teachers in the class.

As a continuance of the ripple effect his parents who used to stay with him also started missing his company – he had not time to even greet them a good morning or a good night as he was so busy attending to his calls and messages even while he was at home other than an occasional half smile or a one word reply to his Mother or Father. Both the senior citizens now feel lonely even at

their own home inspite of having their son, wife and grand children with them. Once they even had to dial the senior helpline no 14567 for a small help.....

His constant calls and messages to his team members at after office hours also led to a disturbance at their (team members) respective home. This was like the ripple effect intensifying and magnifying at larger scale.

So when the time of feedback arrived (feedback about managers during appraisal) our friend missed the opportunity of a promotion to the next level with the reason that he was physically and emotionally not fit for the next level/role which involved a tremendous amount of patience, team bonding and collaboration besides being healthy. And all these started having an indirect effect on his spouse and his relations with her too.

As the time of our session was coming to an end my client asked me a question as to what was Spiritual wellness. Since I had vowed to be on an asking mode as a coach I enquired what his

purpose in life was? And requested him to introspect as to who he was in the sum total of the universe? I said when he gets this answer he will know what spiritual wellness is.

He is currently introspecting as to,  
What he is?

What his purpose of life is?

What he can do differently to create time for himself, for his health, for his spouse, children and to his Parents and of course to empower and enable his team?

May we remember and enquire ourselves these questions?

To be in love, to be loved, being at peace with self and others and continue to be happy we need a healthy body and healthy mind.

Have a wonderful Healthy and wellness days, weeks, months and years to come.....and live, love be at peace and happy.

### 3. Love, Peace & Happiness

*Everything is energy. Where focus goes, energy flows.*

These three amazing feelings are interrelated, they go along together hand in hand.

Let's analyse together.

I'm peaceful means I'm stable and when iam stable I 'm happy, which means I accept people as the way there are and that means I Love Them! Do you agree?

For example if someone does something which irritates, now what happens to the feelings?

It says, I'm irritated so therefore I'm not peaceful meaning I'm not stable leading to I'm not happy and therefore I don't like what the person is doing and here the feeling of love is missing because we are not able to accept people as the way they are. Do you see how All these there amazing feelings Love, Peace & Happiness are interrelated to one another?

There are 2 Kinds of Energy that is released when the feelings of LOVE takes place.

## ACCEPTANCE and REJECTION

When we don't accept the act, we don't accept the person who is doing the act, isn't it so?

Now we have to understand it's not the person we are rejecting but is the act of the person that we are rejecting. Here is when the feelings of Love is not found because we tend to reject the person instead of the act of the person. When there is Rejection Energy, there is No Love

## PUNISH THE SIN NOT THE SINNER

Acceptance Energy flows when we accept the person as the way they are. You will be able to notice these in your own life , when you have unconditional Love for someone, even when you know that what they did was a mistake but you accept the mistake & forgive the person because you Love Them. Have you experienced these? Most of us do it, most of the time because we

have lots of Acceptance Energy flowing for the people we Love.

The Amazing feelings of Love comes from these Energy called Acceptance.

When there is Acceptance Energy, there is Love

When there is Rejection Energy, there is No Love

I can hear your thoughts in your mind.....

How can I always be Loveful? Is this what you are thinking?

These can be an automatic feelings for you.

Here is how.

To be Loveful is only when you are Stable, which means when you are Peaceful. When we are being Judgmental, the Acceptance Energy stops flowing. Informations creates thoughts & these thoughts in our mind creates the personality of the person.

Simple way is to look at the Speciality of the person, instead of being Judgemental. You can't Love someone whose weakness that you are looking at. When we are being Judgemental, we

are creating thoughts which are not in our control. They are not going to change, we are just creating the Energy of Rejection and the parameters of the Love drops.

1 minute of meditation could save a life of a Generation. Create a thought every hour of your day.

Sit Back, Relax & Say ;

**I AM A LOVEFUL BEING AND SO IS EVERYONE ELSE, I ACCEPT THEM AS THEY ARE.**

These 1 minute every hour has a deep impact on the entire hour of our day.

These does not mean that you let people do what they want to do without limits. If you have to stand up and instruct, command, order, discipline or set rules, do what has to be done according but do not allow the act to disturb you.

Focus has to be on yourself. Check if you stable, if you are at Peace, when you are Peaceful, you are Happy and Acceptance Energy flows from you therefore you are Automatically a Loveful Person.

Happiness Comes From Within, Happiness is not out there is in you!



## **About Author :**

**Dr. Emi Rajalaxmi Alan** lives by the principal  
***The World is Beautiful, The World is Here For  
You***

***And The World Needs You.***

Dr. Emi Rajalaxmi Alan from United Kingdom, started her career life as young as when she was seventeen years back in her hometown Malaysia. Despite the balance of work & studies, she manage to complete her Bachelor of Arts Degree from UK University and later on, obtained her PhD Doctorate.

Coming from a humble background, born & raise in Malaysia, she had to learn life lessons the tough way. With her strong faith, determination & consistency, at the age of twenty eight she made her 1st million accumulated wealth by owning few properties.

Prior to the above achievement Dr.Emi has been featured in local & International films and was nominated for the "Best Female Role." Along side

with International modelling photo shoots & fashion ramp walk experiences.

Challenging herself, she made an attempt to participated in the most prestigious event in Malaysia, leading to penning down her name in the

"Malaysia's Book of Records" ~ 2016.

When she moved to the United Kingdom, just before the Pandemic, her desire to strive lead her to participate in another event as now she and her husband are "Guinness World Record Book" Holders ~ 2020.

Dr.Emi's dream since young was to travel around the world. Using her mind set in deciding to turn her childhood dream into reality. She made it to 54 World Top Best Attractions in less than ten years.

Using her extra ordinary life experience as a stepping stone in understanding the Fundamental Laws of governing one's Desired Dream, she became the Founder, CEO & Life Coach of Millionaire FLY Emi Academy, with her intention

to guide the younger generations to pursue their Dreams.

Her love for the World has made Dr. Emi involved in many charities. Dr. Emi has personally designed coachings to create inner awareness & breakthroughs in individual lives of all ages especially the younger generations' to stay confident and face their challenges.

Her events in savings children & animals lives across the Globe. She has been involved in it ever since she was a teenager.

Dr. Emi has been interviewed in few TV channels across the Globe. She also has been invited in various platforms to discuss, train & share her views & accomplishments.

In 2018 Dr. Emi was interviewed live for "Connecting the World" program, discussing about her passion to travel which has led to her turning point in life.

Dr. Emi has personally hosted major events such as International Women's Day presenting

Malaysia's Iconic Women together with International achievers back in her hometown.

She now has been invited to host & moderate International Virtual Events, Talks & Conferences from various parts of the world.

Few Years back she was invited to The Global Women Economic Forum as a Speaker & has been nominated for the "Iconic Women Creating A Better World For All" award.

During The Pandemic of the World, in lockdown, Dr. Emi took full advantage of the most Online Virtual Courses in improving her skills & knowledge by obtaining additional Certificates & Diploma in various fields. Some to mention are Public Speaking, Story Telling Championship, , Yoga Meditation, Music & Dance, Healthy Dietary, Mind Science, Psychology & etc.

Dated back to 2009 Emi has been mentored & coached by T. Harv Ekar, Author of The Secret to Millionaire Mind, the great Tony Robbins, Tom Hopkins, Dr. John Demartini, J.T Fox, Gerry

Robert, Dennis Waitley, Jay Abraham, & Randi  
Zuckerberg are among the few.

With her vision to create new generations' of  
Dare to Dream Big & Live Their Dream Life!