



Whatever Arises, Love That: A Love Revolution That Begins with You

Matt Kahn

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There are four simple words that point the way toward freedom and fulfillment: whatever arises, love that. This is the life-changing teaching that Matt Kahn has been sharing with countless students around the world (including more than one million YouTube followers).

Whatever Arises, Love That presents the first book by this highly regarded teacher. It brings readers fresh and often startling insights into topics including: reuniting with vulnerability as the first step in finding true inner peace; the vital role of surrender throughout the spiritual journey; the essential purpose of relaxing the overstimulated nervous system; identifying the four types of ego; uncovering the hidden gifts in life's most challenging situations; reuniting the mind and heart to discover the joy of liberation; and more.

Writes Kahn, "The deepest invitation in any moment is to heal the root of human suffering and celebrate the Spirit in all by opening your heart to its absolute potential. In a world of endless questions, love is the only answer."

Whatever Arises, Love That: A Love Revolution That Begins with You Details

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From Reader Review Whatever Arises, Love That: A Love Revolution That Begins with You for online ebook

David James says

This reviewer is a lefty. Not politically in this instance, left handed. Intelligent medical types have told me that this means, as with other leftys, I am likely right brain hemisphere dominant which infers a tendency toward intuitive, flow logic rather than the linear thinking style we all draw on our left hemisphere to engage. Others tell me this isn't so clear yet the theory is my joking excuse when my thinking style is a little different to peers in a traditional, male dominated industry. Why is this relevant? I appreciate this book because it takes something as abstract as connected, higher living and adds in a how-to manual. This book will speak to people who prefer abstract reasoning, logical pragmatism or split the difference.

I have been reading spiritual especially sacred male books now for around 25 years. Over this time the number of occasions the right wisdom has entered at the point of needed growth or change has been affirming. Kahn's book is yet another example of this providence for me.

Kahn takes an uncommon wisdom and clarity, writes passionately and simply to render his message accessible and the result is a book which is one of the best spiritual books I have read. Scrap that. This isn't a book I would relegate to the spiritual genre alone. Such a relegation could place Kahn beside "New Cage" reductionism, spiritual bypassing and disempowerment. Substance has also meant that Kahn writes without the overwritten or sentimental convolution used to disguise dodgy logic or contradiction rife in New Cage-ism. Kahn doesn't quite belong with the more emotionally mature, higher perspective and grounded New Age materials either though.

Kahn's book has spiritual components such as exploration of the empath, spiritual connections, methods of dealing with what is and draws a map to facilitate spiritual evolution to that described by Ken Wilber as the 'Holistic Self,' (Integral Spiral of Developmental Waves) developmental stage ie. seeking peace in an incomprehensible world rather than slipping or remaining in lower developmental stages of subsistence. In this way Kahn like Wilber appears to straddle the spiritual, psychology and philosophy with unifying theory.

How? I know I am not alone in being given the platitudinous advice many men receive about allowing the guard or armour to come down for personal growth or to assimilate the inconceivable witnessed. Advice often given alongside automatic expectations of men which would appear counter-intuitive to the throwaway line of being without armour. If we are to tell men to be more present, less remote we also need to assist men to learn how to do this in a practical, lived way.

Kahn bridges this gap. Not only for men, of course, yet it is arguably disengaged men who could benefit well from what Kahn has to say. Kahn outlines symptoms of the overstimulated nervous system, societal and personal 'inflammations' or malaise and the mechanism for not engaging in struggle. This is a big one for me due to prior aggravation by and intolerance of the "cruelty, callousness, wilful ignorance and power addiction" cube which directly or indirectly contributes to suffering. This has really bothered me for many years. Kahn's work assists in managing the inner experience of disappointment and anger from experiencing gross injustice.

This is a book I could recommend to most people equally. A genuinely outstanding practical manual for those ready for another phase of growth regardless of the challenges. This is extra good news for those ready

for a more present, love and peace filled life, releasing all else to its own vibration. Not a bad premise for a book. Even for confused lefties in a right brain world.

Denise Taylor says

First introduced to Matt Kahn at a LIVE Conference last year, I didn't grasp his 'I LOVE YOU' exercise. Later, I heard him on a podcast and totally feel in love with his teachings. Listening to every youtube video that comes out...I find myself saying "YES!" outloud because I not only totally get his teaching, it's what I've been living and not been able to define or explain. I was so excited to see he had a book that came out in January. It's a unique perspective. Something that might be too much at first for someone who's not used to this paradigm or explanation, but I would HIGHLY ENCOURAGE one to stick it out through the discomfort of something completely new and try what it is he's offering. The overused cliché "it's lifechanging" definitely applies here if one will be open enough to try LOVING WHATEVER ARISES! My personal applications have surprised me when I didn't think loving what arisen had a chance of working.

Lucie Paris says

To be very honest, it was a surprising read.

When I've started to read this book. I was hooked from the beginning, I was turning the pages, finding some interesting answers when the author lost me...for a few pages...to grab me until the end.

While reading, I've tried the meditation, I've tried to smile more and to make peace with my inner child and I was happy. I'm probably on a long road to find myself but this book was a wonderful way to express myself differently.

Hope I will be able to stay on track.

A nice read for people who are looking for answers.

Lucie

<http://newbooksonmyself.blogspot.fr...>

Sarah says

Best. Book. Ever. Speaks right to my heart. It's the next "spiritual classic." Those on the planet ready for a new vibe and change will "get" the messages and energies here. Matt's teachings make life an even greater joy. Timeless. Powerful. Profound. Loving reading it many times through as the messages go deeper and deeper into my consciousness each time. Sharing with friends, family, and my whole community. Gotta Tweet Jim Carrey and Oprah about this one!!! It's time is NOW. OUR time is now. More love, not less? You betcha, I'm in!! Let's love up this planet and everyone on it!!!

John says

My wife gave me this book after she tried to read it and gave up. Being an English Literature major she said

it was so poorly written she couldn't go on. Being open to trying new books, I tried to embrace the book, but after several chapters, I had to agree with her. While the intent of the book is to help people on their own spiritual journey as the author describes his own journey, I found the writing not up to the task. Sorry I tried to give it my best shot. Not recommended.

Lara Von says

This book is a TREASURE! The words jump off the page and ooze LOVE. I've read many spiritual books, many of them gems that propelled me forward on my journey. This one, however, is like travelling at warp speed through your own journey to higher consciousness. There's nothing to practice. No special rules to follow. No worries about "getting it" or "doing it right." Through his words, Matt gives you the key to your own heart along with the knowing that your heart is the essence of every other heart that ever has or ever will exist. Don't get me wrong...this isn't a "feel good" book at all. This book invokes the power within, the Divine "I", to show you how to love YOUR light, dark and EVERYTHING in between. There's no way to hide, no need to hide, nor any desire to hide. Your own expanded consciousness, when allowed to love whatever arises, seeks out every opportunity to cherish itself in ways no other person can. Do you want to LOVE yourself like no other ever has or ever will? Do you DARE to take this journey? Buy this book and you're in for the RIDE of your life...and you'll NEVER look back! Whatever Arises, Love That: A Love Revolution That Begins with You

Kim Phelps says

Hands Down, the best book I've ever read in my entire life. If you're the type of person that has been "studying" and attempting to integrate love into your life but keep "coming back" to those same issues and triggers again and again and again, this is the book for you. Alternately, if you are waiting for your loved ones to speak, acknowledge, and recognize all that you are but it never happens, this is the book for you. Drop the study, drop the "lessons". It is no longer necessary to trudge through all that mud. THIS is the book the world has been waiting for.

Debbie says

Exquisitely beautiful just like Matt himself. Difficult to describe but life changing. I encourage you to watch a video of his on YouTube for a taste of this incredible
Mans teaching. Even that word is not exactly correct
Suffice to say the book is wonderful and inspiring and encourages you to think in different ways.

Tamra says

From the little that I know about Matt Kahn and his teachings and followers, this book seemed intriguing and insightful. I pre-ordered it on Amazon and was excited to read it.

But I just can't do it. 25 pages in and I'm done. I like a lot of his ideas, and I am compelled by the charge to

love, love, love. But his cosmic teachings are just too much for me. I just left behind a religion with a peculiar cosmic view, and I'm not inclined to easily pick up another. On top of that, his claims to have been visited by Jesus, Buddah, and various angels and zen masters as a young boy, ... I dunno, I've heard it before (Joseph Smith, anyone?). I almost stopped reading right then, during the introduction.

I think this book will end up being a donation.

Update Jan 31, 2016: I'm going to give it another try.

Read about 100 pages by dialing down the crazy and dialing up the awesome. But when I learned that Matt Kahn has some teachings (not in this book) about Aliens and something called a Galactic Council, I was out. I've spent so long in a church that sold me crazy stuff that I'm not just buying the next form of crazy, no matter how lovely some of the teachings might be.

However, love is awesome. We all definitely deserve more love, not less.

Vicki Morris says

This is a MUST-READ for anyone who wants to live a more heart-centered life and enjoy the journey. I love this book and I love Matt Kahn's teachings. I have been following Matt on YouTube for two years because everything he says resonates with me on the deepest level. If you are looking for a new and fresh approach to living your best life in this time of dynamic change and awakening consciousness, I invite you to read "Whatever Arises, Love That." It holds the key to happiness that many of us miss. It's not about accepting and loving everything that happens to us. It is about loving whatever arises WITHIN ourselves. The more we send love to ourselves, the more we are sending love to all hearts. Love truly is the way to a better life and a better world. I hope you will open your heart, read this life-changing book and join the Love Revolution today.

Helen White says

If you love MK, this is kind-of a must though I preferred the audio version being "spoken" to me in soundbites in Matt's oh-so-familiar voice because the deepest activation is in the delivery more so than the content (to know what I mean, you just have to look him up on YouTube). As intellectual meaning, it may not deliver all that many surprises to you if you are in that particular part of the journey where its all been joining up coherently for some time...though again, it might...but there is great value in hearing it again...and again... Make no mistake, this is powerful stuff. If you are new to Matt's work and/or at the beginning point of your spiritual adventuring - congratulations, you've arrived, dive in! Expect everything to be different from here on in...

Esther Harrison says

I have been following Matt Kahn for approximately a year and was thrilled when I learned he had written a

book. I ordered it immediately and dived in to read it. I love his philosophy about life. He suggests that we embrace everything we face, without judging it. Find a way to accept it. Talk to our body parts that feel distressing. All problems that arise are likened to children desiring loving attention, according to him. After trying out his ideas I have found much soothing information which seems to be helping me through a tough health challenge. I recommend this book to anyone.

Stephanie says

Magnificent book! Clearly divinely inspired. The most beautiful book on loving yourself I have ever read. So glad I found it. I am forever grateful for this book for myself, those I love and those I work with. Thank you Matt Kahn.

Iona Stewart says

I first got to know Matt Kahn by seeing his videos, which I found to be enlightening; he told us that when listening to his words we received healing energy.

He also informed us that his words were channelled and often he didn't remember what he had said, since they weren't his own words. (I've experienced this myself on one occasion when spontaneously channelling advice to a friend.) Often he doesn't know what he thinks about a certain topic, until he is asked, after which the channelled words flow out of him.

In the introduction to this book, Matt tells us that also when reading his words we receive a transmission of presence /healing energy.

The teachings that emanate through Matt are always "rooted in the vibration of love". He tells us that "an endless depth of harmony, ease, and grace has been encoded throughout this book to heal every particle of your existence, at the rate in which you allow love to enter your world".

As a child, Matt interacted with higher dimensional beings and saw energies others couldn't see. He had "timeless encounters" with Jesus and conversations with deceased relatives. He regularly communicated with angels and Ascended Masters who visited him in his bedroom. He also met teachers and guides such as Melchizedek, Archangel Michael, Quan Yin, and St. Germain.

As a young adult, Matt was guided to deliver intuitive messages to people he'd never met.

In seeing the Archangels, Ascended Masters, and himself as "equal expressions of one eternal truth" a spontaneous awakening occurred within him.

He tells us he is blessed to support our journey, no matter how progressively or slowly our hearts desire to open.

The book contains powerful healing mantras created by the Universe to ensure our success. By reciting each mantra out loud, we are able to more clearly remember our eternal nature as well as fine tune our own intuitive guidance.

Matt's message is "Whatever arises, love that". As our heart opens, we are able to see how every circumstance and detail of life has been created only to help us grow on a spiritual level.

All that is required is a willingness to open our heart. Cultivating unconditional love is an essential stage in the completion of our journey.

This is "a love revolution that begins with you".

"When your heart is open, you are able to notice that anything you are feeling is part of a healing taking place within you".

"--- a willingness to experience each moment as an opportunity to heal clears out layers of cellular memory to make room for the emergence of heart-centered consciousness".

The cellular debris cleared out of one person simultaneously assists in the healing of all.

Our highest purpose is for every emotion to be recognized as an opportunity to return to love for the healing, awakening, and transformation of all.

Here is one short healing mantra to be repeated:

"I accept that this feeling is only here to be embraced as it's never been embraced before".

As in his videos, Matt invites us to say "I love you" to our heart. In a "soft, supportive, and gentle tone", say "I love you" like a lullaby you would sing to a child, Say it for a two-minute period.

Your heart can be seen as the centre of the Universe.

When you love your own heart, the love is sent to all hearts in existence.

Matt explains how we can turn negative comments made by others into a gift; the value of honesty; and the healing power of compliments.

He tells us about the various types of inflammation we may suffer from and how love can dissolve them.

Once when I was on a course with an acclaimed "spiritual" therapist, he asked us to tell him what we were good at. I said that I was good at listening to others. But no, no, that was no good, he said, that didn't count, that wasn't anything of value. However, I knew that this was not true, and in this book Matt vindicates me. He explains that an awakened being knows listening to be the most direct way to remind someone of their highest value. "When listening you give others a chance to be on the receiving end of your loving attention, which allows their subconscious mind to match your vibration".

The book is elegantly, divinely written, and I cannot recommend it highly enough. It will provide you with healing, help to open your heart, and thus also that of others, and expedite your path of awakening. But I must warn you that it is no easy read, and it may take a while to digest its content.

Ladislav says

So much wisdom on a very "few" pages - a brilliant guide that will definitely help you to improve your life (in practice). I am against any mandatory things in life but this book should be on all school bookshelves.

Thank you Matt.
