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Purifying Gold – Love

By Robert Elias Najemy

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Love is a word used in many contexts. It can mean anything from lust, desire or attachment to romantic love or the highest Spiritual Love.

The purity of our love can be measured by the happiness it brings us. When we suffer because of our so called «Love» this means that it is not yet pure. It is mixed with ignorance, need, attachment, fear, lust, expectation, dependency or other mental states. These are always the real causes of our suffering when we «love».

Love then is like the gold ore, which is dug up from the earth. It is mixed with other minerals. We need to heat it up and melt it so that we can separate it from the other unwanted substances.

Our relationships with people close to us are the fires, which help us to purify our love. Every time we feel hurt, anger, fear, resentment, bitterness, hate, jealousy, disillusionment or any other negative feeling, it is because our love is mixed with expectation, dependency, need, attachment or fear. The negative feelings, which are generated, are an excellent incentive for us to analyze ourselves and discover what our attachment is and get free from it.

Then we can love a little more purely.
Our gold is now a little purer.

When our love is pure and there is spiritual awareness of our true selves, there can be no suffering.

This is the purpose of life; purifying and perfecting our love.

(Adapted from the forthcoming "Contemporary Parables" by Robert Elias Najemy. His book "The Psychology of Happiness" (ISBN 0–9710116–0–5) is available at <http://www.amazon.com/exec/obidos/redirect–home/holisticcharmo–20> and <http://www.HolisticHarmony.com/psychohappiness.html>. His writings can be viewed at <http://www.HolisticHarmony.com> where you can also download FREE articles and e–books.

Robert Elias Najemy is the author of over 600 articles, 400 lecture cassettes on Human Harmony and 20 books, which have sold over 100,000 copies. He is the Founder and director of the Center for Harmonious Living in Greece with 3700 members. His book *The Psychology of Happiness*; ISBN 0-9710116-0-5 is available at www.amazon.com and <http://www.HolisticHarmony.com>. where you can view and download FREE articles and e-books.

Buying Gold: Things To Look Out For...

By Christine Loxley

The first rule when you are buying any type of gold jewelry is a simple one: make sure that the gold is hallmarked. Gold is stamped according to how pure it is as you can have 24K, 22K, 18K, 14K, 10K, and 9K.

There are some instances where the hallmark comes in the form of a fraction to show the exact percentage of its purity. When looking into gold jewelry you need to look if there are the letters GP or EP anywhere on the piece of jewelry. GP stands for gold that is not pure gold but gold-plated. This is important because a piece of jewelry that you think is inexpensive can carry this insignia and it basically means that there is not much actual gold on the piece. EP means that the gold is electro-plated.

If you run into someone selling gold where there is no marking on the gold at all assume the worst that it is goldtone which is not gold in any way but a metal which is golden in color. If the price of a gold piece of jewelry is too good to be true it probably is. There are many types of gold available at different prices just be aware of the different worth of each type of gold and then see if it is a good deal or not.

You can not judge gold by its color. Even though with gold with a higher level of purity it will be brighter in color than a lower level purity gold. If you are looking into buying gold jewelry which is older if it is solid gold it should still not tarnish. If the piece is made from goldtone or is gold plated than it generally will show some sign of tarnishing.

These are some little things to know about gold, but considering gold and gold jewelry can be expensive it can be wise to have a professional jeweler or metals expert look at a piece you will be buying to see if it is the read deal or just fool's gold.

Christine Loxley contributes to

a site of

articles and

information.



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