

## **Inner destinies: The determination to continue to love**

*for Ni Art Week*

*Essay Accompanying "Love Locket",  
handmade ceramics jewellery*

**August 17, 2016**

**by Peng-Ean Khoo**

Many wise friends have recently counseled me: "Love is a choice."

One dear friend also said to me, "Stop being sad - accept life as it is."

I look at these two statements. I wondered what in me that made them say this. Is it my anguish and anxiety that is so clearly in my heart that no matter how much I smile or am truly happy, it still comes through.

Is it because I am not at ease?

What is the inner state of being, that doesn't trigger an emotional response of care? Is it my inner suffering?

Love for me does carry sadness. There is a deep grief of the distances between a loving world and a world gone so tiered and so hard and so compartmentalised. I can't imagine the intense daily suffering of so many, and so many that we turn away.

It is the helplessness experienced in the midst of suffering.

How do we approach suffering?

Especially emotional suffering which no matter how much we reason or medicate or cope, doesn't really go away. It doesn't go away for a good purpose - it is supposed to help us examine, learn, grow compassion, make choices.

Fight, flight or freeze - or rest and digest - or pause everything and relax into ease - or trust or something truly harder but necessary: love.

I see the anguish as a process of maturation.

What is the hurt communicating to my thick brain?

That my heart is on fire.

That my heart refuses to bow down to a world system that professes an acceptance of life that is tiered and humans living in hurt lockers. It is an abject wasteland of beingness when beingness can be so free and so divine and so possible and so vibrant and vital?

## **Inner destinies: The determination to continue to love**

*for Ni Art Week*

*Essay Accompanying "Love Locket",  
handmade ceramics jewellery*

**August 17, 2016**

**by Peng-Ean Khoo**

So what are the systemic changes that necessitate a direction towards more equitable provisions and a state of human dignity that is higher than us accepting our destinies as so small, as our mutual pockets of small possessions, when it can be so big and expansive and loving.

That state of inner glory as a human being truly free and skilled and having a fair play and participation in the world and life.

I have pondered so many questionings.

Today, I do come to this. The change can only be me. It begins and continues with me. If I believe the true inner freedom of choice, then the most systemic change that can and will work is me.

I change me.

I let my anguish go. I let my anger go. I let my sadness go. I resolve my inner pain by accepting the state of the world as is.

Life isn't about perfection. Life is a dynamic livingness that makes us go - gasp!

But I will do more than just being trapped and resigned in a pocket of hurt locker.

I open up that locker and free all the hurt.

Just free them.

I no longer need the pain memories to help me navigate my life.

I shall have the courage to live anew everyday.

Old patterns are just that.

New patterns are always in formation.

I shall see with a different perspective.

## **Inner destinies: The determination to continue to love**

*for Ni Art Week*

*Essay Accompanying "Love Locket",  
handmade ceramics jewellery*

**August 17, 2016**

**by Peng-Ean Khoo**

Acceptance is a way of saying - love. Love isn't loving the externals but the interior sacredness and purity of everyone and the world.

I have been asked in jest: Are you a saint?

Hardly.

I just don't want to compromise what I innately know to be true. That we are all beautiful, good and true.

That is our sacred poverty.

I don't even know what that means.

But now I know this.

Everyday is a determination.

I shall love.

Simply love.

And see what love speaks through my life.

I will take the road and privilege of a life without compromise, about learning and loving.

It is the road of humility. Humility is not humiliation.

Humility is an inner deeper unspoken wisdom of tolerance and grace.

It is a freedom that embraces, acknowledges and then, releases - love.

Love embraces all.

Good and poor choices.

Love is about forgiveness.

## **Inner destinies: The determination to continue to love**

*for Ni Art Week*

*Essay Accompanying "Love Locket",  
handmade ceramics jewellery*

**August 17, 2016**

**by Peng-Ean Khoo**

The true conversion lies in letting go of anger, of vengefulness. It is beyond even a sense of sacrifice. True freedom is when one lives beyond such measures. The true transcendence doesn't mean that there aren't any feelings, but where our maturity can bear and gain perspective of the insolence or growing pains of others or myself.

Judgment is two ways.

It is when we can cross the bridge or meet halfway or dissolve the bridges of separations that we can truly live in a greater sense of inner freedom.

It is a courage that requires us to tolerate and never to give up on a better way - the way of honesty, lovingness, gentleness, care, affection and mutual intimacy.

Two islands. Same inner centre. Different shapes, colours and sizes.

How does it matter how we present ourselves if we both speak the same language - of the freedom to be in love and stay in love.

There is no out.

We are all in the world - together.

So living well necessitates us working and loving well, together.

And we can always find a way back to love, even and especially, when things fall apart.

The centre does hold.

It is everywhere.

And in each and everyone of us.

It is the free will to love and continue to love.

We cannot run away from the agony of differences, but we can find ways to remain in peace, at peace, with ourselves, with one another.

## **Inner destinies: The determination to continue to love**

*for Ni Art Week*

*Essay Accompanying "Love Locket",  
handmade ceramics jewellery*

**August 17, 2016**

**by Peng-Ean Khoo**

So peace is really the inner heart of the hermitage.

And forbearance - for my own inner change.

The growth of a greater capacity to truly love another as myself.

The freedom to live as is - with the full emotional grit of life.

The inner freedom of vulnerability.

The inner inner freedom to feel hurt.

Wow.

And let my hurt be known.

Because if I can no longer speak my hurt - who shall be my advocate? And who shall defend and protect me?

***I am my own voice.***

***That is when there is true participation.***

*In a living dynamic world, I shall no longer tolerate rude and unreasonable compromises of my ideals.  
Not in the name of trade and certainly not in the trading up of who I am and the type of person that I  
desire to be.*

**Inner destinies: The determination to continue to love**

*for Ni Art Week*

*Essay Accompanying "Love Locket",  
handmade ceramics jewellery*

**August 17, 2016**

**by Peng-Ean Khoo**

Love doesn't mean accommodating.

It means standing up for myself.

That I love myself enough to stand up for myself.

For who I know to be true, good, beautiful and pure.

That is the only change I can make.

The rest is to offer this freedom without compromise.

No matter the persuasion or cajoling or strange encounters.