



The Wisdom of Loving

Lo love is to open the golden heart within you—to express what has been called the Christ. It is no coincidence that the historical Christ—the Christ who took human form—is usually pictured with open arms, for that is what loving is: to open your arms and embrace the world. Beyond this, it is to embrace Life, in childlike faith that nothing in it can hurt the eternal You. Love and fear cannot coexist. So long as you fear damage to or annihilation of the self, you cannot truly love.

Another quality which is well linked with love is wisdom. Wisdom does not mean closing the heart, but opening the eyes. In deepest compassion, there will be times when action to “save” one who is suffering is inappropriate. Suffering is often a chance to learn and to grow, and beyond offering your total love and acceptance, there will be times when there is nothing you can or should do for another.

This wise loving is not hard-hearted; it may be more difficult for the compassionate than wildly trying to take action in someone else's behalf to end their misery. To feel another's suffering as one's own and yet wait patiently in faith and wisdom that the process has some purpose—is actually an opportunity for that person to learn to free himself or herself—is the heart of the sage.

In such situations, if you truly feel your connection with the other and listen for guidance with a quiet mind, you may channel the words they need to hear to become

free. But these will not necessarily be words of sympathy. Sympathy and compassion are not the same thing. Sympathy is feeling sorry for; it adds to everyone's burdens. ← Compassion is simply loving and feeling the other as oneself, which the open heart knows as the truth. Would you rather feel sorry for yourself or look more deeply at your involvement in your “problems” and thereby free yourself?

Loving is not preaching. Many parents have mistakenly assumed this role as what they think appropriate for a loving mother or father. Their children, however, are here to learn their lessons in their own ways. All any of us can do is share how we have learned from our own experiences, and in times of quiet, tap the higher wisdom. There are no moral absolutes. These are but poor substitutes, rigid human laws, offered in the place of deeper listening, learning, and knowing.

Loving is sometimes expressed sexually. Humans have tried to confine the power of the love-sex energy combination with barricades of laws and guilt-imposition. Yet when sexual love is approached with both an open, golden heart and the higher wisdom which sees and considers the larger picture before acting, it can be a powerful force for generating or channeling tremendous vortexes of golden love energy in your world. You've heard that lovers glow—and they truly do. So long as love is approached with a truly open heart, rather than a desire to grasp and hold, enormous quantities of love energy are released into the earth's energy field, uplifting and revitalizing all.

Love is an alchemical process, changing the seemingly drab, dense aspects of earthly life into the finest, purest gold. It is also a transcendental process, drawing into the

intricate patterning, are the stuff of which all is made. Those who have developed, in quiet contemplation, the inner vision can see the perfection of structure, from the microscopic to the universal level, which are really one and the same. Within each atom, universes spin within universes, wheels within wheels, in perfect harmony.

Visually, the geometry and pure Light of this perfection is beautiful to behold. And as its manifestation is glimpsed in the workings out of our life patterns, the spectacle is wondrous. Just watch for a while, with a totally open mind, and you will begin to see the perfection of the laws of cause and effect, of creative thought translated into realities, of polarities coexisting in eternal balance, of spiritual requests and responses, of seeming coincidences that are not mere chance happenings, of the pieces fitting together into an ever more glorious Whole. As the Light awakens within your vision, the beauty of the Perfection of Life will increasingly reveal itSelf to you.

If you become worried that everything seems to be falling apart, calm yourself and look deeper. In the eternal cycles, death is always followed by and necessary to re-birth. Life does not self-destruct—it endlessly recreates itSelf, in ever more beautiful patterns. You, too, are beautiful, perfect, and ever-changing.

Making Choices

2

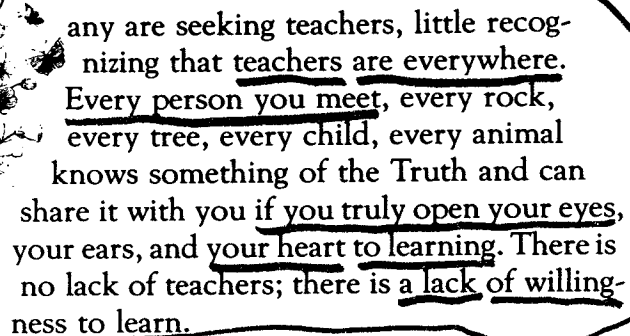


It is common to get ensnarled in anguish when making choices. People let their rational mind rattle on and on, incessantly analyzing variables, weighing pros and cons, wondering what they really want—and not getting anywhere. There is a simpler, purer way. It is to take God's hand, as it were, allowing yourself to be gently led through life toward goals you cannot envision. Know, however, that whatever happens on this path is ultimately in your best interests, whether you can understand how and why at the time or not.

This way asks of you utter faith in the goodness of God's plan, yet all who try it, who give themselves to the process of letting go and being led through life, will come to understand its beauty and the perfection of its results. They will also know a peace which does not come to those who agonize over each turn in life, for these people simply cannot see far enough into the universal wisdom. It is no wonder that choices are difficult for them, for all of their calculations are incomplete, based on only small pieces of the Whole.

In addition to letting go and following God's lead—through the opportunities that will be presented, as they are needed—this way also requires that you give yourself willingly to whatever path you take. Otherwise you will make yourself miserable looking over your shoulder at the paths you did not take, still wondering if they might have been better choices. The path you are on will be fulfilling for you—will express your higher purpose—only if

Teachers



any are seeking teachers, little recognizing that teachers are everywhere. Every person you meet, every rock, every tree, every child, every animal knows something of the Truth and can share it with you if you truly open your eyes, your ears, and your heart to learning. There is no lack of teachers; there is a lack of willingness to learn.

Teachings are not always given verbally, as an obvious lesson. This is another reason why many people pass them by, unknowing. To simply watch a child at play is to learn how to explore Life in a most direct way. To sit with a boulder or stone is to learn quietness and patience. To stand or sit touching a tree is to learn how to gracefully combine the energies of earth and sky, to be deep-rooted in earth things and at the same time continually reach upwards. To be with a tree or a blade of grass on a windy day is to learn lessons about what happens when you resist or move with the flow of life. Every body of water mirrors a lesson of how things are on different planes.

* Each person has something to teach, for each person knows something that is true. The reason many do not pay attention is that they are seeking the whole truth in one teacher. Such a being is rare—and knows that Truth must be discovered by each person anyway. It cannot be hand-fed; it can only be experienced directly.
The true master is one who knows how to steer others

toward their own experiences of truth. Wisdom is not knowledge; it cannot be conferred—it can only be opened to.

If you would truly learn, stop looking for “a teacher.” Instead, open your eyes and ears and heart to the teachings available every day. Some you will find in books. Even though spiritual teachings may sometimes seem to contradict each other, they are but reflections of different aspects of what is true. Some you will find in people—and again, to be open to the truth of apparently polar opposites in wisdom is to embrace the Whole in which many different manifestations coexist harmoniously, in balance.

From Nature you will learn of the perfection and beauty of Life's forms and cycles—of its ever-changing face. From mountains and high-flying birds, your body can learn to let your spirit soar. From clouds and sunsets you will learn something of the grandeur of Life. From the sun, you will learn how the Light warms and enlivens All with its powerful, glistening presence. And from watching a mother with a baby in her arms, you will learn something of the Love which surrounds us all, forever. As you absorb and radiate what you have learned, you will find that you are a teacher, too.

Judgment

"Judge not, that ye be not judged." How often you have heard this, but how little you have taken it in. The eye that looks critically at another, the heart that hardens against another, are the eye that does not see clearly, and the heart that does not feel its connection with All. Cast out the mote from your own eye first, and you will see others clearly.

You will of course see others making what the world calls mistakes—but if you are really seeing, you will not judge them harshly but instead understand that they are learning and growing in their own way. Some, to learn, must make themselves miserable first in order to receive the lessons of cause and effect. Others, not so bound to a karmic way, learn more freely. Yet it is not for us to judge their choice of ways, any more than it is for us to judge their choice of ways of worshipping or their choice not to worship at all.

All are drawn toward God, eternally, for This is their true nature. They may not even know it and therefore resist the Light as "other than self"—but it is not. The one who sees them truly sees that Light shining within them no matter what they do. (To speak to that Light within, to address it lovingly in another,) is to welcome it to show its face, to come out of hiding. One who is recognized as beautiful will become beautiful; one seen as undesirable will behave in ways considered undesirable.

When you have finally cleansed yourself of any tendency to judge—not only others but also yourself, as good or bad—you will see Life in all its sparkling, loving

4
beauty. It is only when it is approached with a clear eye and an open heart that it reveals its true nature: What you will experience far, far outweighs the "loss" of the judging mind.

Imagine what it is to be totally free of negative reactions to anyone or anything. Imagine that peace, that wonder. What you can imagine, you can be, if you choose. Try it for a day, letting to of any tendency to judge as soon as it arises. You will See.

yourself. In recognizing your connection with others, through God, you have opened yourself to feeling what they are feeling. Do not be frightened. This is an altogether safe and natural process which happens all the time on the higher planes. If in meditation and sincere prayer, you have opened yourself to this process, just let it happen. You may be aware of unfamiliar sensations as Spirit does its work. Just be with them, quietly watching, and as the period of healing comes to an end, you will feel them resolve themselves at a very high and peaceful level.

The results may or may not be physically apparent in the person for whom you have prayed, (for each soul has the right to receive or not receive the grace of God.) Know that whatever happens is okay. You need not try to influence it further, other than to continually say, "Thy will be done."

⌘ We cannot spare each other the opportunity to learn. For some, learning will sometimes come only through pain. We must not deny them this opportunity. Know that the process is perfect and that we are all embraced by a loving God. Our love for God—for all of Life—is our purest prayer.

Epilogue: Your Hymn to Life



There are three coats you wear that separate you from the magnificence and the munificence of God. One is your awareness of yourself as separate from God; one is your feeling of separateness from other people; and the third is the veil you draw around yourself to protect yourself from the full impact of Reality. If you would know Heaven on Earth, you must shed these coats. They served some purpose in the past but you have outgrown them.

Joy is your birthright. None on our planes wishes you anything other than utter joy. Your joy in life is your hymn to Life—and how we love to hear that beautiful music. Your joy augments our own, freeing it to rise higher and higher. We come to you not only because we love you and wish to serve you; we come to you also to enhance the harmony of our plane by helping you to lift the veils of darkness that so often limit the joy felt on your plane. We are One with you; our perspective may be somewhat broader than yours, but we are touched by whatever transpires in any part of the Whole. Each soul freed further liberates all of us.

We cannot and will not force anything on you. Free will is not to be denied. But in teachings such as those we have shared here, we have tried to offer you a glimpse of the Heaven that can be yours even in this life, if you

THE ELOUSIVENESS LAW

The Light of Truth



Humans tend to think of honesty as a virtue to be cultivated in isolation. "Always tell the truth," parents admonish their children. "Never lie to me," people say to each other. They are speaking of a reporting of the facts as one experiences them—a reporting of past behaviors, an owning up to things one has done "wrong." This is a rather limited view of honesty.

To be honest, one must continually seek Truth. This involves far more than dutifully reporting what one has done. To seek Truth is to search the depths of one's heart, always looking deeper and deeper to see what lies beneath the surface of what has already been seen. Deeper and deeper, further and further from the realm of the rational mind and deeper into the realm of direct knowing, of direct experience of What Is.

At its earliest levels, this involves a searching of one's own motivations, asking why one wants to do the things one does. Beneath each seeming reason lies another, and another, until finally one reaches the understanding that most behaviors so examined can be reduced to the illusion of separation—to the sense of individual ego. So many things—even the "good" things we do—are based at least partly on a desire to bolster the ego, to present it to others as we want it to be seen, to define ourselves as we want. Beneath many of our seemingly altruistic acts lies a desire to "be good," to do "the right thing." This should not surprise us, for we have been

taught to "behave ourselves" from birth into this life. Yet there is something else, a deeper way, and we will not uncover it until we are truly honest with ourselves.

If you discover that your reasons for doing something are based in the limited ego, just be aware of that discovery. This is not cause for self-castigation. Simply be aware, and then watch what happens. In many cases, the behavior will drop away of its own accord once its origin has been traced to a false sense of separation, of specialness. As you drop the ego's need to distinguish itself, to protect itself, you open yourself to True Being—to your true nature, which is the Being of God. Actions once imposed somewhat uncomfortably from without will blossom from the depths of your being.

You need not fear that you will act in unloving ways, for your very being is Love. It may not express itSelf in the limited ways society has defined as loving, but this need not concern you. If you are truly being honest with yourself—and with others—, not shielding either yourself or them from the Truth, all will work itself out according to God's plan. You may find yourself saying things you would have been afraid to say before, for fear of social disapproval of your individual self, but as you see the results you will understand the truth of the words spoken or the actions taken through you. The only requisite for this course is absolute honesty— always watching to see if you are imposing the desires and emotions of your limited self rather than impartially opening to the Word of God.

Absolute honesty requires absolute detachment— which paradoxically opens you to a greater sense of involvement, of connectedness to All than you have

ever known before. The greater your detachment, the closer your unity with all of Creation. The farther you rise toward this unity, the more you will see old perceptions of the truth falling away and the closer your understanding of truth will be to the all-embracing knowledge at the Source. By looking within with detachment, you will pierce through the veils that separate you from the blinding Light of Truth.

The word "blinding" is used in a sense we cannot easily explain to you who understand seeing only with physical eyes. On our planes, the Light is a washing clean, a purification process which clears out any darkness in the seeing, so that all that is seen is Light. It is a gradual process, not to be undertaken rapidly. Thus the veils, some of which exist in our planes as well as yours. As you pass through each veil, you see everything in an entirely new light, as it were. Each time you pierce through a veil, things become clearer and clearer to the inner sight. To pass through a veil, to transcend a wall, is to break through into a whole new level of understanding of the Truth, each one broader and more luminous than the one before. These breakthroughs will come about partly as a result of your own honest efforts, and partly through the grace of God, who knows exactly when you are ready for the next step in your growth toward the Truth.

The washing clean is a searing away of all that is unnecessary, nonessential. Ultimately, even seeing is nonessential. All that remains when one is finally unified with God is love—one is absorbed, selfless, into the loving heart of life. Seeing—even seeing more and more of the Whole—nevertheless separates one from being

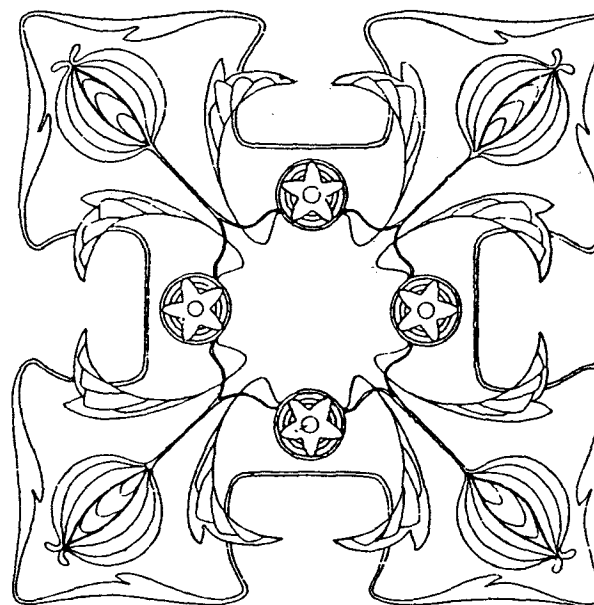
balances; now, unfortunately, many aspects of life—including humans—will experience personal suffering until the balance is restored.

The same is true of individuals. Cancer, for instance, is an expression of some kind of imbalance—chemical, emotional, or physical. As the body reacts to these imbalances, the changes will often be experienced as painful and debilitating. Those who recognize the roots of the imbalance and correct them rather than trying to suppress the symptoms may experience a healing in this lifetime. For others, death of the physical body will be a necessary part of the cleansing and restoration of harmony. Death is not to be seen as an enemy—it is one of the great healers, always available when other methods have failed. Were it not for death, some people would live on in unimaginable pain and suffering. Death is a release into new life, fresh as springtime in its potential for new growth.

Should you then just accept the suffering in yourself and others philosophically, knowing that this, too, shall pass? You can, and such an attitude will help you rise above the anguish so often linked to trying situations. But you can do more. You can search deeply for the cause of the suffering, knowing that it is not being imposed as punishment by an angry god but rather that it is an effect that had a cause that can be discovered and perhaps changed. Either the effect will bring about its own healing—in ways that may be temporarily uncomfortable—or the cause itself can be healed directly, ending the necessity for suffering. In every painful situation, large and small, trace events backwards to find out where it all started—and then deal with its

origin, if you choose.

The choice of how to heal suffering is up to you. According to natural law, it will be healed ultimately, one way or another. God does not punish—the natural laws simply insure the continual harmony of Life as a Whole. Winter is not a punishment to the plants that bloomed so exuberantly in the summer; it is simply a necessary time of cleansing, rest, and renewal. Until all is working in perfect, peaceful, balanced harmony in your life or the life of the earth, such periods will at times be necessary. The more evenly you balance your life, centering it in a quiet recognition of the harmony of Life, the less you will need suffering to correct your course.



"Your" Children



ong ago Kahlil Gibran wrote, "Your children are not your children. They are the sons and daughters of Life's longing for itself." This is an important point to be made again. So often in your world love is defined as possession—people seek to possess their lovers, to possess their children. The only way to do so is to control, to constrict their actions, to set boundaries on their freedom. We would ask you to reconsider this.

To love is not to possess but to open your heart to another—to feel what the other is feeling, to feel their happiness and sorrow as your own. To love is also to see the God in each person, respecting their unique way of manifesting God, rather than trying to make that manifestation match your own ideal of how one "should" be. True loving is freeing another to Be, for he or she is naturally beautiful and God-expressing just as he or she is.

Your children—like you—are here to learn. Like you, they may sometimes choose to learn through pain. You cannot deny them that opportunity. If your heart is truly open, you will feel their pain—and this is what makes it so difficult for loving parents to step back and let their children learn what they are trying to learn, in their own way.

No one can learn for you—Life's lessons can only be experienced directly. You cannot do it for your children, much as you would like to. You can offer as seeds the lessons Life has taught you, but you cannot force them to take root and grow in your children.

When the time is right, those seeds may find the right atmosphere in which to grow—but this will not happen until the child is ready to take in that lesson. If you try to force its acceptance when the child is not ready, you may actually slow the process by hardening its heart against you and whatever wisdom you have to offer. Drop your seeds gently, and then let them go.

What if you see your child behaving in ways that are selfish or hurtful to others? Know that such behaviors will eventually bring a karmic response that, if seen and understood clearly, will be a teaching that can help the child to avoid such behaviors, to grow in love. Yet lessons are not always seen for what they are. Many people choose to believe that life is against them—that nothing will turn out right because life is like that, or because other people wish them ill for reasons they cannot understand. Life is not like that—we are surrounded by Love and have in every moment the opportunity to create our own reality, both the circumstances of our lives and the ways in which we respond to them.

If your child is feeling self-pitying, self-protective, and is therefore making himself or herself miserable, you can drop the teaching-seed that life does not have to be this way, that he or she has within himself or herself the power to turn the whole thing around. You can help your children most by helping them to see that they are strong and beautiful and creators of their own world, for they are the children of a loving God. To sense and live with the God within is Life's greatest gift. It calls all its children back into Itself, at every age. In love, you can only free your children to follow their own path back to their true home, just as you are following yours.