

# LOVE

All There Is, Is Love  
We Experience This to the Degree  
We Choose to Be Our Spiritual Self

All We Are Is Love  
We Express This to the Degree We Choose To  
Experience Our Personality as a Vehicle for the Spirit

Thus Learning to Express Love,  
Is Learning about Who We Are;

Being Loving Is Choosing Moment By Moment,  
To Allow This Divine Love To Flow Through us, as Us.

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For Reader Feedback, Do Not Duplicate*

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“Your mind will naturally seek the easiest person to be with, one with whom there is no struggle, no rough edges to work out, one with whom it is easy and comfortable. But your heart, your true inner self, will seek the person who can best help in your search for truth.” *The mind seeks an easy relationship. The heart seeks a spiritual partner.*

— Barry Vissell and Joyce Vissel, *The Shared Heart*, 1984



“Quote” by Thomas Moore

## Insights on the Spiritual Path About LOVING

### INTRODUCTION TO THE AWAKENINGS OF LOVE

The Law of Attraction: Love

- It's what holds the planets in their solar orbits.
- It's the gravity that holds our essence to the earth.
- It's the energy that holds neutrons and protons in their orbits

This energy is called love, its:

- 1) the **wisdom** within our symbiotic evolving connectedness.
- 2) the **unifying** energy that gives synergistic birth to our expanding divinity. It's love. It's God. It's God's omniscience (wisdom of symbiosis), and omnipresence (unifying synergistic).
- 3) the **force** that motivates sacrifice and sacredness.
- 4) the **power** behind the rotating and symmetry in the cosmic order-called love. It's God's omnipotence.

### What Is the Quality You Seek in Me?

I asked in prayerful re-assessment. The ink quickly flowed onto my spiritual journal.

"Love, Love, Love, only love, live in love, this is all else you have been seeking - appreciation, understanding, acceptance, forgiveness, thoughtfulness, words, words, words. Just love, give it away for I shall always refill with my loving (appreciation)."

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One simple spiritual practice - loving service: Dedicate (as gift), renounce (fruits), remember Me (love Me in all others).

Duty without love - deplorable

Duty with love - acceptable

Love without duty - laudable

a well known spiritual teacher

### **Service as Worship, Service with Love, As Love**

How inadequate I feel sometimes at having service be my worship, my experience of love.

I'm still having to convert service [the concept of service] to Love as a concept and experience. I have to find a new word, not work or service, or even the ministry's term "calling." I have to find a new word for service that means love or I have to really get a new definition for service. Service is worship, offering and loving, detached to the results, and without needy self-seeking or aggrandizing.

Mother Teresa's care for the poorest of the poor demonstrated the principle of seeing the divine in the one served. Yoga is a process of consciously experiencing union with God. Karma is the action we take in life and the action life takes toward us. Dharma is right action. Karma Yoga is the Yoga of service, or the process of experiencing and expressing the union with God through loving service. If Karma Yoga is to be done as a true spiritual discipline as a sadhu (renunciant) might do it. The intention is serve for God, to God in another, with love, and without concern for self. All the while realizing *servicing other is servicing self*. At the very least we want to see our self as someone who is serving. At best we serve because who we are, a divine being, loves to love and that shows up as caring service.

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## **Loving Without Being Attached To The Results**

*Stop attachments to how you think it should be and love only God, trusting God's love through you.* How do you do this? Implementing this seems difficult, for in one sense it could be psychological avoidance. Unconditionally caring for others might be simply avoiding through fear of loss, betrayal, and hurts.

*Unconditional love is a misnomer. Love is always unconditional, everything else is attachment/affection.*

Be attached to God, all else will follow in loving appreciation. In this appreciation I'm feeling a happiness that smiles with peaceful contentment.

It has been said that God can do anything with 'His' will, but God cannot turn a man's heart to God. If you choose the things of the earth over God, God will leave you alone. If you choose 'Her', She comes to you and the things of the earth are your resources to lovingly play and serve with. The only goal is experiencing and expressing God's love. Repeat the name of God with love in your heart. Then God looks to you and does so with a love you can experience.

LORD please help me always remember You in my heart.

## **... and Love Is the Greatest of Them All**

Trust and surrender; be absorbed in the ONE loved

Let go of your fears.

To surrender in the mind,  
abates doubts for the future.

To surrender in your heart,  
washes away doubts from the past.

Surrender your heart and *love without doubt, trust without fear.*

You are invited to love more than with your mind, overriding fear.

- When you love with your heart you include and love even the fear. •Love is the only place that is safe.
- Love loves equally the need and the fear, the one who fears, the one feared.
- There is no grey when love calls.
- There is no distracting patience and tolerance
- There is no persisting doubt.
- There is only absorption in that which is loved - self or other.

### **Universal Love and Emotional Love.**

There are different kinds of love: Agape, Philia, Pia, Eros. Agape is spiritual love, unconditional, full and sufficient. This is Universal Love, for it is the One love through which all Spirit operates. Philia - brotherly love, Pia or family love and Eros, erotic love are aspects of conditional love, which is likely conditioned by one's programming.

The souls beautiful journey ever appears a pull between the Spirits agape and life's Pia and Eros. The harmonies we create of our Life is the melody made in bringing agape into Pia and Eros and both into agape. Agape is unconditional and of the Spirit yet it takes form as it enters the world in the form of Philia, Pia and Eros. This is the realm of the soul and the interplay of these loves is the music we create.

*“quote”*



## **Learning to Love**

### **Stages of Growth of Our Personality as a Vehicle for Love**

How do you learn to love, when all you are is love.  
(Add this section to the first draft.)

The flow of consciousness into action  
The movement of Essence into form.

Learning to Love  
Discovering Love  
Creating Love

Be-Do-Have  
Being love  
Having Loving Intentions  
Doing Loving things

Encounter, Experience, Express

The first step is to understand yourself. We can truly take responsibility for our thoughts and actions in a dynamic way by using these Levels of Love. Experiment with them. Walk your relationship through and see where you get stuck (if you do). Keep it light, keep it fun!

We MATURE our feelings by CHOICE:

On Level One we choose - To . . . or not to.

On Level Two we choose to - Care for our own happiness or not.

On Level Three we choose to - Commit to someone else's happiness

or not.

On Level Four we choose to - Learn and act out of agreements or not.

On Level Five we choose to - Integrate Spiritual Principles of: Fair, Share, Care or not.

On Level Six we choose to - Universalize by serving to benefit the Whole or not.

CHOICE  
(UNCONDITIONAL)

NEED  
(CONDITIONAL)

6. UNIVERSAL - WE ARE

Universal

5. PRINCIPLES - I AM

Spiritual

4. LAW

Social

3. PLEASER

Mental

2. SELF CENTERED

Emotional

1. INDIFFERENCE

Physical

PEOPLE ONLY ACT TWO WAYS - GIVING LOVE OR TRYING TO GET IT!

We function through all the levels. The mind operates out of its old decisions and cannot resolve problems on these first four levels. As we transform our way of thinking and integrate spiritual principles the mind is renewed and it serves us well from levels five and six.

### AGAPE' - UNDERSTANDING

To understand that before anyone can say or do anything he or she must first feel (in that moment) that it is right, proper or justified.

*(LOVENOTES.WPD from Seminars/KII - needs to be checked against what's above)*

If a child has a fearful outlook with their earthly father, it may make it difficult for them to relate to a kind, loving father in heaven or Creator. Also, it can motivate them to move into belief systems that are anti-God.

Everyone worships some kind of God. What are your beliefs? What kind of a God do you admire or acknowledge? Do these beliefs match your experience of God? Do they match your experience of life?

It was answering these questions in my own life that woke me up to establishing a happy, loving, integrated relationship with God. My experience of God did not match some of the beliefs I was taught. It made a dramatic shift in my life into being able to TRUST a God that really cared. I began to notice that I personally experienced God as being understanding, loving, giving and always answered my prayers. In fact I noticed God always answered in more than one way. When I "felt" God I felt at peace. I knew

everything would be all right. Frequent fasting and prayer brought me closer and closer to God.

To love yourself is easy when we get honest about our true intentions. There is something I know about you, even though I may have never met you. I know this about you because you have a mind that works like mine. You have never done anything in your whole life except you felt (at the moment of doing it) that it was right, proper, or justified. You may have decided later that you should not have said or done that, but at the moment you did it, it felt right or justified. I interviewed many felons inside the prison and found that they also had justified their "crime" at the time of doing it. And justice is felt to be RIGHT. By our looking to the "positive intention" we get in touch with who we really are, a loving, caring, fair BEING.

It is by experiencing the above that we conceive "unconditional love" and automatically forgive others. When you understand why people act the way they do many times the need to forgive disappears. It feels like, "Oh, that's why you did that." "I would have done the same thing if I were in that situation." So, only as we move to the principle level of love do we truly make allowances for people to act the way they do. Only by yielding the mind that "wants to be right" and letting others "be right" can we come to mutually satisfying relationships. Relating is not a question of who is right or wrong.

Listening to what they are not saying sometimes is simply getting in touch with their positive intention behind the action. Speaking to their listening will give you power to relate. Speaking in a way that they can understand from their viewpoint will bring the results you want. Whether in your personal life or business. People want to be understood. One of the most frustrating complaints I here from people is that they are not understood.

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When this happens, they feel the other person doesn't care. And that's not true, everyone cares; it is who they are! So, if you feel that someone doesn't understand you, take a look at whether you are willing to listen to them, see through their eyes, understand them too! You can experience this in the Kalos Process.

Through the Levels of Love you can open your understanding and express the love that you are in mature way.

“Giving love to others is directly related to how much love you have for yourself.” — Wayne Dyer, *Your Erroneous Zones*, 1976

## **SELF LOVE STARTS AT HOME**

Understand and accept oneself just as one is and we will have empathy with and compassion for the person we were.

Give compassion and love to yourself when it's needed and it will be there for another, when they need it.

A breakthrough in my life approaches with my coming birthday. What a gift to give myself: self-acceptance/love. This opens space to receive God's acceptance/love and this comes through all around me anyway.

Detachment was before - either suppressing or sublimating any frustration in the name equanimity, or going above into the light to avoid frustration.

Really its owning our projections, taking back and accepting Self and other and allowing all to be as it is - this is experiencing the detachment that's already who we are, not imposing detachment from the outside, as a discipline.

## **Self-acceptance**

The need for appreciation is transformed into **self appreciation**.

I am completing a major level, the largest issues of my life:

- need for appreciation to self appreciation;
- need for understanding and fairness to sense of self understanding;  
    resentment to self acceptance;
- Sense of victimization to self love; and
- blame to accepting that the issues are not out there - the frustrating  
are not out there or in here.

I'm more deeply understanding, accepting, loving. I'm pulling back the projections. Seeing that when I'm having a reaction at something, it is really what's not healed in me. When I'm not recognizing a part of me I project this on someone else. I'm going to take care of the (undernourished nurtured) inner woman. Lovingly accept me. I have divine dignity. Since I'm divine I'll treat me divinely.

## **Self-love**

### **Loving One's 'Natural Self' And Loving One's "Spiritual Self"**

In the beginning there is a natural childlike love

It can get hurt in life and hide behind anger or apathy

The spiritual (higher) Self loves the natural (lower) self

Eventually the natural self learns to love itself again.

In time the natural self becomes devoted to the spiritual Self

The natural self then seeks blissful union with this Spirit Self

The Spiritual Self pours it's love out through natural self

Interesting how the circle completes itself and the seeming opposites are closer to each other than we think. From hate you can go all the way around the circle to reach love, which is just a short gap from hate. Both their true opposites are apathy. Hate many times is love thwarted, turned to hurt, resentment, and rejection - or hate. (Apathy may also be hurt turned into apathetic resignation.)

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Similarly "I love myself" is the unspoken motto of the self-centered, self-serving, hedonist. All the way around the circle is "I love my Self" of the Self-Centered- Self-serving. This Self is one with everyone, so to love and serve the larger Self is the *my-Self*. Once the ego, the Identity has dissolved in the one-self and you see yourself in everything, everyone as self. Then "I love mySelf" is simply an appreciation for God in everything. You are God experiencing God's divinity in a multiplicity of forms. Alienation from small self, and apathy to higher self "I don't care." is the antithesis to 'I love my-self'.

Also in the beginning we live in "thought-lessness" or self centered ignorance and then in the end we live "in thought less ness", quietly resting in God.

### **Going Beyond Loving Self**

When we love, the personality is not in control, the spirit is.

The lag time between hearing a concept and "getting it", internalizing, and having it show up in behavior is slow in the beginning and fast later.

Eventually when transformation becomes transcendence, ones relationship to process changes.

In the beginning we might appear as a collection of traits and configuration of attributes and limitations we are trying to change. Fighting against and fighting to get. The personality through the mind and emotions is trying to change. This is transformation.

Yet its still living in the world of duality: pro and con; bad, good, better... When we get to the point of living out of who we are we don't see one's self as an extension of 'what we do or have.' Who we are is not a collection traits, or qualities, it is what all they see to describe.

Love is all there is. It is complete with will and wisdom, when 'sourced' from the spirit and not from gut level needs. When we

love, which is to understand, accept, have compassion, then our relationship to the seeing our traits changes, and to the process of loving oneself. Our process in relationship to experiencing our process changes. We go beyond duality of good and bad traits, of dual-ness. There is only the One.

When we love the personality is not in control, the spirit is. We understand and accept our traits, our thoughts and emotions, and our personality. When it is love that we experience, the process of changing our least favorite traits becomes the means not the end. Love melds means and ends and linear growth becomes liquid, liquid love flowing to where ever we need nourishment.

## QUALITIES AND ASPECTS OF LOVING

“Love is not primarily a relationship to a specific person, it is an *attitude*, an *orientation of character* which determines the relatedness of a person to the world as a whole, not towards one object "object" of love. If a person loves only on other person and is indifferent to the rest of his fellow man, his love is not love but a symbiotic attachment, or an enlarged egotism. yet most people believe that love is constituted by the object and not by the faculty. Because one does not see that love is an activity, a power of the soul, on believes that all that is necessary is to find the right object- and that everything goes by itself afterward. This attitude can be compared to that of a man who wants to paint but who, instead of learning the art, claims that he will paint beautifully when he finds it. If I truly love one person, I love all persons, I love the world, I love life. If I can say to somebody else, "I love you," I must be able to say, "I love you in everybody, I love through you the world, I love in you also myself."” — Erich Fromm - *The Art of Loving*



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“To love is to admire with the heart; to admire is to love with the mind.” — Theophile Gautier

### **Is Love Serious? Seriously, Be Loving.**

Enjoy this process, allow your meditations to be joyful, you are releasing your nature and this is love and joy and peace. Be these at least. Yes there is more to come, but if your learning to dive and don't like the water, what fun is it. Enjoy the spiritual waters. This is a game and grand play of consciousness, enjoy it, play your part with playfulness.

*It's Hard to Imagine That Love Is the Easiest Thing to do*

I have peace, even bliss! But do I have love?

Is the serenity I feel one of love  
one with love?

- Do what you love and you'll always love what you're doing. Yet the next lesson is —
- Love what ever you're doing

### **Loving Is Hardest to Do, When It's The Most Difficult to Do**

But why not be loving any ways - it feels good, certainly better than being justly hurt, righteously wronged.

Lord please tell me how I may not ever fear, react?

How I may be constant each moment to 'my' vows and intentions?

"Son this difficult task is why we take incarnation. No one thing shall arrest your reactions. All your life, lead by all the principles, focused in love shall move you ever forward. Make your vows, affirmations, constantly affirm your divinity, and dis-identify with the part that reacts, detach, it is not you!"

Once a mistake is made do not follow reaction into reaction, hurt into remorse. Reestablish your sense of Self. Don't wallow in this. Don't expand or extend this. Let it go and start again.

*No matter what it seems give only what is needed - love.  
No matter how it appears, respond only with what is wanted,  
Love."*

### **Reaction, Observation, Understanding, Forgiveness, Love, Choice**

When there is hurt or anger there is little choice, only reaction. When there is frustration and resentment or fear, the sub-conscious is not choosing it is reacting in self protection. Choice is from the soul infused mind, the God centered heart. Loving wisdom is of the Spirit, when there is love there is choice.

When there is forgiveness of self and other, then love of self and other can easily show up. When there is love there is choice. When we do not choose to forgive, 'unforgiveness' makes the decisions and reactions rule. Choice is based on the freedom to choose, when we decide not to forgive, there is no freedom, hence no choice.

Love is our essence, it is what binds us to each other and to our creator. Love is who we are and what we are called to be. Love shows up as all the other qualities of the spirit, peace, kindness, patience, forgiveness. Love is the purpose, medium and goal of this experiment call Life. Love directed by will, garners wisdom. In esoteric philosophy God the Father represents Will, Christ Love and Buddha Wisdom. This is a trinity at the core of all sentient beings - Will and Love-Wisdom.

### **Love Grows by Giving it Away**

If you want to be loved, then love.

Giving love opens the channel for receiving it.

Wanting love closes the channel for receiving it.

Yet if given from the mind there is no channel open in the heart to receive.

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Go into your feelings, find the place that Loves.  
Experience this and flow out from here as a feeling of love.  
Not simply the repetition of thoughts of love.

## LOVING OTHERS

“What we really see in our loved one- what we really are attracted to- is what we have no yet opened to in ourself. The beauty and wholeness which has always been within us we first project onto our beloved. Then we yearn to be with our beloved and enter full-swing into the cosmic dance of relationship. Finally, The dance awakens us to the remembrance of our original wholeness-and holiness. However, unless we enter fully the dance of love, we might remain on the sidelines yearning for that which we already have. ” — Barry Vissell and Joyce Vissell, *The Shared Heart*, 1984

“We attract hearts to the qualittites we display; we retain them by the qualities we possess.” — Scad

“Sometimes, if your own life is to add up, you must subtract yourself form someone else's life. This time comes, I think, whenever you find that the affection or love of someone else can be kept only at the cost of yourself. If you are on the receiving end of much criticism, if the other has nothing but dissatisfaction with you, if you have lost the sense that to be yourself is a good and decent thing, it is time to get out. If love lessens you, if an undeclared war is being carried on in its name, if it is an excuse for destructive demands, if it is painful and joyless, it is time to let the love go and save yourself. You will find another love but never another self.”

— Jo Coudert, *Advise from a Failure*, 1965

“Love is a free exercise of choice. Two people love each other

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only when they are quite capable of living without each other but

*choose to live with each other.*”

— M. Scott Peck, *The Road Less Travelled*, 1978

“Love is never complete in any person. There is always room for growth.” — Leo Buscaglia, *Love* 1972

**Denying love is our only problem, embracing love is the only answer.**

To deny love is to reject who we are, to abandon our essence. When we close ourselves to love we come against our nature and that of our creator. We cut ourselves off from Life itself, our source and it's expression through relatedness to others. Without love we are without life essence. To deny love that supports us is like a baby rejecting the amniotic fluid. Love nurtures us with the Life sustaining nectar for the spirit, it is the umbilical cord in which the universe feeds our soul. To embrace love is to suckle at the breast of compassion and murmur contentment for all things. To live in love is to love life. Fear is the opposite of love, not hate. To deny love is to invite fear into one's heart. To deny love is to wed loneliness and give birth to misery. To embrace love is to always be in the presence of it's harmonic refrain, appreciation and kindness. When we learn to love loving, the goal and the means meld and all there is love. Love is not a choice it is what is left when we choose not to deny it.

**Loving Opens the Door to Deep Growth**

**Deep Love Is the Result of Growth**

Beginning to experience love for another can evoke caution in the mind and subtle reactions in the gut (solar plexus) This opens a channel to these un-integrated feelings so that they may drain into the heart to fuel its fires of selflessness, not quench the love as before. As one re-experiences love, caution against being hurt may drain down from the mind, and needs flow in from gut to be

burned away by love.

Purify yourself not in austerities and penitence, but through love. Live in love and appreciation will be all your life.

Be love, not, do love.

Feel love, not think love.

Love or Perish!

Give or Wither.

### **Natural Love Opens the Heart and Makes Room for the Divine**

When I am seeking to express love to my mate in a moment when it is difficult periodically it feels like a little kid "woving" her whole bunches. At first I wondered was this being cute to be loved, a little boy wanting to be safe with mommy in {one of her} moods.

While this is a caution, a possibility, what I realize is that in accessing the place in 'me' that loves spontaneously, without consideration or fear its going back to when that was true. When I was that - a loving, pure and flowing, delighted child. A time when the soul was unencumbered by history and caution. When I was un-encrusted in hurts, angers, fears, and doubt.

I feel, back past all that sometimes, in fact there is no 'back past there' just spontaneous bright eyed, giggly, playful love. Yea, I'm coming back, coming home, coming out to be Who I am. Embodiment of divinity. I'm getting to start life over again "sometimes" as that playful child who loves to love. I am that, I am.

"Rejoice my son, you love the stars, you love your mate. Both teach you humility, guide you to vulnerability. Your star gazer's love of God's great expanse opens your heart, expands your sense of self, and provides you an experience of being nurtured even by God's infinite forms. You feel love for this unknowable expanse,

your restlessness falls away. Your loneliness is absorbed into your own sense of love and appreciation.

Now close to home you are being guided beyond your defenses to being open, open to your love and need for your mate and her love. You are learning to not hide in your fears of hurt and over-extension. Your expansion above into the limitless love of the universe is opening you to the limitless love below. You can ask nothing of the stars, just simply offer your appreciation and love. This you must learn with her. It is more than detachment when being hurt, more than equipoise when feeling pain. This is the first step, yes. Beyond this is removing the cause of the hurt. Loving the stars without expectation, selflessly is logical, to love her this way must become common sense too.

Just offer your love, give selflessly of your being, give to her need, provide without needing. This is your training now. Loving. This is your experience of God. For God loves without asking his "needs" be met. To love the universe at night and her by day in this way, is the way to experience God, for this is who God is. Love without reason, giving without asking, caring without concern for result, providing without expectation.

Be thankful My son all is opening up to you as you are opening up to all."

Love is what your experience of God is.  
Love is what detachment truly is.  
Love is what selflessness is.  
Love is what ego-less, humility is

Love is what IS  
It is all there IS.

## **Let Go and Let God**

Let go of your plans, let go to what is truly here for you. Enjoy the peace and quiet, enjoy yourself, enjoy it receiving life's offering. Give yourself and your mate lots of room to follow your own experiences. Don't do projects, just be. This is a time to be with your soul, to be your soul. To let go of the personality to allow God in, to allow God to meet your needs and care for you.

Remember if God is love, and you know how giving life is, imagine how giving God is to you all the time! Get a real and lasting experience of this soul centered way of being, complete the change of identities. This is your cave in the forest glen, mountain perch. There are no rules about what you should be this time, be a full expression of your unique soul light.

Discover who you are, discover what you love and accentuate this. Rhythms and schedules come out of your love for life, not out of disciplines imposed to quiet and focus mind.

Since love is the nature of your being and its interaction with the world, then just be natural. There is no right or wrong way, all offerings are simply supports.

So now just let your love pull you into each activity, each silence. Not your mind and will pushing you. As you are quiet you will feel the magnetism aligning you in each moment.

Be this inward to outward way of following the pull of love in relation to You, to God, and all beings, the nature you Love. Be joyfully called out, not willfully forced out.

I love you God.

This is your discipleship

God is your Mother, Father,

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Sister, Brother, Lover & You,

Just love and appreciate God within and around and you will become what you Love if something doesn't bring joy then its not time to be doing it. Just let it flow naturally from within.

Don't withhold your love from your mate, she needs you. She loves you. She wants you. Don't hold back what is hers to receive. Don't block what she gives. Give what is there. Receive what is there.

I'm getting a sense of what it might be like to just allow the heart to choose, not the mind select. With a quiet mind, peaceful emotions, and a warmth in the chest, a smile reaches the lips and a recognition, an attraction, a knowing is present.

This is how my True Self is coming to be and from this Center all my activities proceed. I feel a quiet warmth when I am thus aligned, inner and outer harmonic, resonate.

I (we as a couple) realized that love is our essence and when all distractions are freed, essence pours out its love for everyone and everything.

To experience this freedom of all roles, from all doing, to be this love at first with one whom I love is to know that this is the awakening of a new being.

I don't have to do, to please, to accommodate. Before my giving through loving was more emotional in nature, more urged by reciprocation and need, than inspired by pure love. The world love, the state of loving has been so laden with my desire and need, my personality and identity that it was not free to just flow undirected by projected design.



Today I experienced loving and being love without emotion. It was as if I always drank tap water and thought it was pure until I drank from a mountain spring.

I don't have to do any more, I just have to be my love, my essence. It will fill what ever vessels it flows into in another. I am free to stop needing, desiring responses. Just be loving and experience, this experience, for that is joy enough. Some day maybe I won't even experience the experience - I'll be so in another's experience - but by then maybe I won't experience a difference between me and other. And then it will be back to experience the experience of loving.

Be love and receive God!

[Well that's it. I love it. Things are happening down in soul city. This is great.]

### **In Compassion - Turn the Other Cheek**

Forgive for they know not what they do

This commitment is your strength - be the Spiritual-man you are. Have compassion for another's pain even if forged into a weapon to attack you, or shield to keep you away. The real you is not cut by metal, pierced by sharp remarks, wounded by words, wielded in pain. You cannot penetrate and meet their true need any ways, not with logic, not with emotional appeal, only love.

Be this love by always being in your heart listening with your compassion, understanding with your acceptance, and responding with your tenderness.

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## **The Best Fortification Against Hurt Is Vulnerability**

(Meekness)

Opening to love, is a two way door, giving and receiving

love gets out and hurt can come in  
when we protect against hurt, we block love  
let go of control and surrender to love

When I close down my solar plexus to stop hurt, or overload, I block out sensitivities too. It's shutting out all inputs. I'm not able in this open, vulnerable state to discriminate inputs. I'm getting so open and sensitive I'm not filtering out what disrupts.

As my vehicles purify, what intrudes deeply disrupts, yet simultaneously I'm getting detached. But when in the moment I lose this detachment, then the negative inputs really upset. It's like when the body is purified, caffeine really upsets it.

When I'm closed or shielded, I may feel my love strongly, give my love deeply, yet not be vulnerable. I'm maintaining control and safety and feeling good because I'm loving yet not vulnerable enough to receive. I'm blocking all receiving good and bad. So there's not a union, a connection of give and take. There's one giving to another, not one Being experiencing itself. Being meaning two people experiencing themselves experience that they are one being.

## **Trust Me, Love Is Being Faithful to Trusting**

To accept others just as they are is  
to accept myself just as I am.

To have faith in others that their path is perfect for them,

That their difference is their individualizing purpose.  
Their gift back to God, to all humanity.

To Know that to be true to my deepest nature  
is to be true in the deepest way to God.

To love others just as they are is to trust them,  
and to understand the perfection of their life  
To love myself with the same trusting understanding  
is the acceptance of the perfection in my life.

When I feel this understanding and trust I can feel a loving  
acceptance for one aspect then all of my life.

When I feel this trust in me,  
then I discover it in others  
and appreciation quickly follows, for me as I am, my perfection,  
and for others and theirs.

The more I understand and accept the world as it is,  
the more I trust it, love it.  
The more I understand God, trust, appreciate and love God  
the more the differences between me, other and God dissolve.

When I understand and trust I am content and appreciative.  
I am love and serenity, I am bliss and this is union with what truly  
is. From this place of equanimity and peace, I seek to express my  
love. This becomes purer as I am accepting of what is, hence my  
service becomes desire-less. Since I increasingly understand and  
trust, I am increasingly detached to the outcome.

I do not make interventions, I simply express the love that seeks to  
meet another.

I do not want to accomplish goals I want to simply express the love and connectedness. And like honey it fills all the depressions of the toast.



## **Unconditional Love**

Unconditional love is more than mental concept about how it should be. Its more than a talisman to ward off frustrations about how someone you care about is 'mistreating' you. Its a feeling, it's sensed in the chest, not just held by the head.

It may be recognized and labeled by the mind, but it must come from the heart.

## **UNION WITH GOD**

“If I speak in the tongues of men and of angels, but have not 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 have not love, I am nothing. If I give all I possess to the poor and surrender my body to the flames, but have not love, I gain nothing.

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does no delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always preserves.

Love never fails.

And not these three remain: faith, hope and love. But the greatest of these is love.” — 1 Corinthians 13: 1-8 (NIV)

“Beloved, let us love one another; for love is God, and everyone that loves is born of God; and knows God. He that loves not, knows

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not God; for God is Love” — I John 4:7,8

## **Union with God by the Paths of Knowing and Loving God**

### **PATH OF THE MIND**

The path seeking to know God can so train a mind, that for example, when it sees another person it immediately remembers, or clicks into knowing, “this person is spirit utilizing this form.” This knowing trips a switch that suddenly conceptualizes this person in a whole new and divine framework.

Eventually the mind will advance so that it has internalized this framework for seeing, that is in effect seeing everything as divine. This leads to becoming what you think, merging with the truth in what is seen, (in the truthful seeing) and become graced with Gods love.

### **PATH OF THE HEART**

A Christian mystic, (one who seeks perpetual union with God) would have a sense of loving connectedness with all beings. They would feel their love, experience their communion (common union). Eventually they would merge with what they love. This devotion becomes then illumined by merging into God's omniscience experienced as illuminated wisdom and intuitive compassion.

Both paths thus end in the same place, in fact all religions, all spiritual practices become one in the One. They merge into the divine experiencing its qualities, demonstrating its attributes. This is resurrection of the soul from its crucified personality. Eventually even these qualities of divinity are transcended as one ascends above the qualities of duality, ascension.

A disciple on the path of knowledge of God in everything leads them to the living out of this knowing thus drawing them through the law of attraction (love) to a connectedness with everything. The disciples knowing that everything is made of God and thus made up of the energy we call love. The disciple merges

with what he knows, looks for and experiences. He lives out of his love for all, within an experience of loving, connectedness, and then merges with God's love, and emerges as God's love. So the disciple began in knowledge and ended in illumined love through God's grace. While the heart oriented disciple began in loving devotion and ended in illumined love through God's grace.

### **Love Grows in Gratitude, Gratitude Grows Love**

Thank you Lord for all you have given in your love.  
Thank you lord for your patience and perseverance.  
Thank you for forgiveness and grace.  
Thank you for guiding and providing.  
and for in every way I appreciate your love  
there are a thousand, a million ways I know it not.  
What can I be for you to help in 'our' vision  
to love others as you have loved me!

I love you Lord, thank You for all your magnificence.  
I love you Lord, thank You for Your patience.

### **Bliss Is Not the Goal, Being Loving is**

It's not the major pursuit, the goal for the "natural man's" personality to reach up into the soul to bliss. Rather for the "spiritual man" in the end to reach out through the personality to love.

Come drink my bliss  
partake of the joy  
My love, cup of salvation  
Your love, prayers of oblation  
To the one divinity from here to infinity

Love is not simply a value  
Love is all that is  
So you value it with all that is  
It is not garnered as attribute.  
All values emanating from it as reflections of it  
where there is love their  
is truth, peace, right conduct, and non violence.  
More than these where  
there is love there is selflessness,  
there is no-self only other,  
soon only love.

LOVE IS ALL THERE IS,  
ALL IS ENERGY, AND ENERGY IS LOVE,  
LIGHT IS LOVE MADE VISIBLE.  
GAIN KNOWLEDGE AND YOU GAIN VISION OF GOD.  
GAIN LOVE AND YOU BECOME ONE WITH GOD.

**Bliss Is Union with God and God Is Love.**

It's your experience of love in the stillness of being.  
Its being love.

“Go now upon your way, not as a personality, not as a personality conceives a soul's doing, no thoughts, no plans, just solitude and communion. Your life is your prayer, your day is your service of love, your way of being your worship. Let go of all your thoughts, thoughts of self and need.”

What I felt before - peace, warmth, contentment, happiness and appreciation - that is love, divine love. That was a realization. I kept saying, "I want divine love, I want an experience of divine love." and then a voice said, 'all these characteristics you have been experiencing are already aspects of divine love.' It's like looking in

the forest for the trees. Oh well. And even the need for God is leaving, its just divine love too, without need, attachment, or desire. It's what my appreciation for God is, it's my love. It's wanting to give what is needed, what God wants - that's love.

**I Love You God, My Attention Is Now on You.**

You in others until there is no other, only you.

Soon the message will come from neither beyond, nor within. You will no longer think about God. You will be one with Christ immersed in your love for others.

You will have contact with those you share this love with and with whom you cooperate to bring the love out in others.

**I Love You God, My Attention Is on You Loving Others Through me**

I love my God, my divine self. I am beginning to be the love I sought. An experience in my chest of detached, appreciative, quiet peaceful love - divine love. Its not a romantic infatuation with such a high captivating emotion. But just peaceful, very different from the ecstasies of love, romance and passion I have know with people. Like all the joys I am increasingly graced with now. I invoked this blissful love each morning. I worked at it as something differentiated from me, not-self, other, an outside quality.

I did practices to reorient my perceptions, to reinforce my faith. In time as the fruits of these manifested the doing gave way to being. The discipline evolved a habit, a natural rhythm. I would invoke each morning while slowly inhaling, and visualizing my heart center, "God fills me with divine love for everyone and everything, then holding the breath I would repeat "divine love permeates my being", and now visualize this light saturating me.



Then on the out breath I would silently repeat, "My love for everything and everyone radiates around me and flows out to all I meet. Then watching the sun rise, repeating, this invocational mantra and visualizing the experience I would become it. I could feel the love in me and feel it flow out to the dawn light beauty around me.

Then to reinforce this initial fifteen minutes of quiet reverence and blissful love -

I would throughout some days (or on others when I periodically notice I was losing this) I would just repeat this while I walked silently receiving God's beauty around me and expressing my love.

At night I would thank God for another loving day.

Begin the day in love, spend the day in love, end the day in love.

All of me is beginning to enjoy the fruits of my spiritual labor and even go beyond the labor of love - to just love without labor.

### **We Love to Love -**

I Am That, That I Am Loving, I Love the Divine in You



## **PRAYERS FOR EXPRESSING LOVE**

**Prayer To create success in every domain of my life using the standard of love demonstrated to assess the real success.**

God is all there is, full and sufficient each and every moment. God is every where present, pure and perfect, here and now. Spirit is the source of all success. I am one with Spirit, created by Spirit to express Spirit as pure Spirit. There is only one power, one Source, one Love and I am a perfect vehicle for that Spirit. My love is God expressing Godself through me. My success is Spirit

demonstrating its self in and by me.

I know that when love is in my heart and the principles of Spiritual Law are in my heart no condition can stand against me. I know that Spirit seeks my success in all things for it is the vehicle of impulsion (love) and propulsion (law). I claim success in every aspect of my life and I declare that love shall guide me and the law will provide me all I claim and commit to.

I live in gratitude for I live in love. Love is it's own reward and I appreciate how filled I am with love as cause and consequence. I am deeply thankful for the success that flows into and through me life as my life. As it has been declared and claimed the law manifests. There is nothing but success, grateful, love-filled success that is revealed by this proclamation. And So It Is.

### **To Express Courage Filled Love, No Matter What**

God is love. God created the universe in love, through love, for love. Even the gravitational pull that holds the universe together is the physical representation of love's attraction. God created humans in God's image and likeness as vehicles to express God's self, through love. Love is all there is. I am one with God, a vessel of divine love, a pure and perfect expression of God's unfolding love. In love there is no distance between God and me, me and another. There is only Spirit loving Spirit. There is only Oneness when there is love. I am one with God, I am one with love as love.

I know that I am Love, pure powerful love. I know that when I choose love in any moment, I choose to be a powerful expression of Spirit and that undaunted unity is possible with another. Spirit is powerful in me and chooses to love no matter what. I am

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powerfully 'sourced' by love and its courage to express Itself fulfills Itself through me, as me, no matter what. I open up more in love when love is challenged. I love more and more each and every day, each and every way.

Thank you Lord, for the love I was created in, the love I receive, but most of all thank you for the love I give. I appreciate every opportunity as an opportunity to love. I am grateful for my mate in whom I am learning to love without limits, without ends. I am grateful that my mate and I serve as a base for love to pour out in unconditional acceptance and compassionate support of others. I love powerfully, I love completely, I love effectively, I love wisely, I love deeply, I love without reason or reserve and SO IT IS.

### **Prayer to Be a Perfect Expression of Love and Joy**

God is the source of all joy, happiness, peace filled contentment, love. As God's spirit is present everywhere, all the time this loving joy is everywhere present. Loving joy is thus the foundation of all God's children, permeating every aspect of Life. I am one with the Spirit of God for God is all that I am. My life is animated by God's nature and purpose. God's qualities are my qualities and they pour out through me, as me.

I am a perfect expression of love. I live in the experience of the Joy that I was created from. Loving joy is substance and the fruits of my recognition of the truth of my creation and who I am. Divine love emanates from my core and shines compassionately forth from every pore. I am love and joy.

Thank you Lord for making me in love to live in joy. Thank you for expressing your love so joyously through me. I am truly grateful of the Life you have given me and the loving service you

offer through me. I release this knowing into the law, fully living in it's truth now. God already loves loving through me, and I already take great joy in expressing this daily. I AM LOVING JOY.

### **When We Pray with Love and Wisdom Guided Conviction - No Conditions Can Stand Against us**

Love is the key that unlocks the doors that separate us. Love binds us back to each other and in this pure re-union truth is revealed. Love absorbs and heals that which would shroud truth in criticism, indifference, intolerance or self-righteousness. Through a loving spirit, understanding releases acceptance, compassion ensues and through this unity, wholeness is revealed. Love is the passion within compassion. With love there is no detachment from Spirit, no distance within oneself, with client, or between client and the healing truth. It is a privilege to facilitate people on their Sacred Journey, no matter where they are.

Seek the Kingdom first, everything else will be added to it. In one of Holmes most poignant quotes, he sums up the spiritual path, "It we find God in all men, we shall discover that all men are in God." The prayerful person must have a deep conviction that everyone is learning to unveil the pure and perfect presence within.

In uncovering the truth behind a condition we must first treat the problem in our consciousness. As the truth is revealed to the one praying it is revealed to the one being prayed for; likewise as the prayer frees the prayed for s/he is freeing them self. There is only one Spirit, prayed for and prayed by are one, there is only one Mind, one Universal Body. As we give so shall we receive. It is the law of correspondent energy as well as the laws of reciprocity and circulation.

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The prayer-filled person loves the recipient back to his/her own center. By assisting the client Recognize the perfect Presence within them, then guiding them in experiencing the Unity with that presence, I am able to claim with them what is Reality and declare what is truth. As Holmes stated, “The truth about pain is peace, the truth about fear is faith, the truth about lack is abundance, ...” In this way I merely lead the client back into the Truth, back into him or herSelf.. I am a vehicle for removing the mental blocks which obstruct the passage of Spirit in the patients experience. This successfully treats the condition, much like assuaging the pangs of an empty person with spiritual food.

The next step is to treat the cause of the condition by showing the recipient that they have ready access to this endless supply of Spiritual Truth. The recipient experiences the abundance of Spiritual nourishment ever available to them. Finally, the cause is permanently healed when the recipient learns how to receive this nourishment in any moment. They can consciously use the Law and their own word is the law of their own being. The real healing is when they no longer need help from me, they are Self Revealing and Self Healing.

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