

Conclusions 1

All too easily it happens that we have special experiences or we get some profound insight in one or the other area, but then we do not draw the right conclusions from what we have realized or learned

For this reason it is of great importance to pay enough attention to the question of what kind of conclusions we draw from the manifold experiences we make as we go through life, especially from the viewpoint that Heart and True Love are the most precious realms we can develop

Life is an on-going experience with each new day giving us the opportunity to have a fresh look at our surroundings and to make a new beginning. Let us use this potential well and renew our outlook on what is really important on ever deeper levels

One core purpose of this website lies in supporting a new outlook on life based on deep realizations in various areas in order to support a very broad foundation to stand on in one's pursuit for happiness and lasting fulfilment

We live in the information age where more information is available than what we are capable of reading, listening to or watching, not to speak of digesting properly and drawing the right conclusions from what we have heard and seen or read

For this reason it is decisive to take enough time to reflect and to make wise choices concerning how we spend our time

As human beings we are each on a different level of awareness and our concerns may lie in vastly differing areas but there is a common basis for all of us: We have a Heart at the centre of our personality that longs to experience Love

Our choices in this central realm of what kind of Love relationships we build in our life may differ but the more we share with one another centred on this core area the closer we will come to each other based on mutual understanding of how the other person feels and why he or she has certain preferences

There is such a wellspring of unique experiences in every person. To the extent that our Heart and mind are open we can learn and benefit from one another and enrich each other's lives

This website strives to bring the precious insights gained by sincere people in a great variety of fields together in order to provide a strong reliable foundation on which we can stand as we go through life and strive to achieve our personal goals and aspirations. I hope that many people will contribute and share their realizations and the conclusions at which they have arrived in their life

Usually we come to realize something small or big on a daily basis but all too easily we forget it again in this fleeting world where generally more images reach our eyes and more noise our ears than is healthy and beneficial for us

This home in the worldwide net is meant to be a place where one can come to find some peace of mind by watching one or the other presentation centered on Heart and True Love or any of the other main themes offered on this website

When we become more calm inside we will naturally become more open on deeper levels and we are in a position to strengthen our Heart and mind to be clear about what we really want to focus on as we spend our years on this earth

Life is short and it is meant to be lived well. We will do so if we cultivate our inner life along with whatever aspects we may focus on in our daily activities on external levels

This website is dedicated to the goal of providing deeper insights especially in the area of a deeper understanding of our Heart, its inner qualities and to offer a new outlook on life based on dealing with existing ways of looking at the world and drawing the right conclusions

It is important not to close one's eyes in any respect and not to restrict oneself to only a materialistic or merely spiritual outlook on life but to connect both areas because we are meant to experience fulfilment on the inner as well as on outer levels by enjoying physical wellbeing based on a reliable internal foundation

Unlike the traditional understanding that religion and science are two separate areas that do not really fit together we can now unite both realms on the foundation of new scientific discoveries which have closed the gap by showing that the invisible world of thoughts and emotions has a direct influence on matter which consists actually only of energy and not solid particles

Even though the existence of invisible subtle matter has been proven with the help of high-tech instruments along with other epoch making scientific discoveries in this 21st century, some of these valuable accomplishments are not yet common knowledge because it is all too human not to welcome what does not fit into one's own view of the world

Goodness exists as potential in us but it will only become visible in this world when we make efforts to put it into practice. Unfortunately many people are not yet ready to follow the voice of their conscience and therefore extra efforts have to be made in order to bring about the victory of True Love in this world where selfishness prevails

To pursue the way of True Love is the original way of life which will naturally bring goodness into our homes and surroundings. It surely takes extra efforts to cultivate True Love relationships. One core goal of this website is to show that it is truly worthwhile to focus on this highest ethical value

The overall conclusion we all can hopefully agree on is that nothing is more precious than our Heart, our ability to love, and accordingly we need to invest into building loving relationships

Conclusions 2

In 2002 astronomers Martin Corredoir and Carlos Gutierrez rediscovered one of the most important findings of the century that was subsequently buried, discredited, and covered up by narrow-minded and small-hearted scientists in order to avoid having to give up their own concepts

Two galaxies that modern theory said were separated by vast distances were found to be directly connected. Because the connection between them would invalidate a law of astronomy which underpins the entire big bang cosmology and modern astronomy the discovery was ignored

On top of this stunning finding, the two scientists also found two quasars that modern theory say must be at vast distances behind the main galaxies, embedded in the plasma stream between them, destroying the theory of an expanding space

They say that the strength of a scientific theory lies in its ability to make predictions. This presents a problem for the big bang theory as it has failed to make any successful predictions. Furthermore, the big bang theory violates one of the best-tested laws of physics, the conservation of energy and matter, since it produces energy and matter at a titanic rate out of nothingness. To ignore this basic law would never be acceptable in any other field of physics

Actually a number of high red shift objects have been observed in front of lower red shift objects. Such observations destroy the red shift as a distance interpretation, and therefore the very idea that the universe is expanding

Even though the proofs that the big bang theory is wrong are there, its supporters dance around the issues by coming up with all kinds of far-fetched explanations, escaping into the field of theoretical mathematics which 'normal' people anyway do not understand

When one has a sober look at the whole situation it is most obvious that certain people try with all means to push unreasonable concepts only to avoid having to admit that creative energy exists behind the visible phenomena, ultimately a Creator of the Universe

In the past the money of the people was used to build churches and nowadays cathedrals like the Large Hadron Collider are built for scientists who undertake adventures like finding the Higgs or God-particle, trying to become somehow masters of the universe even on a theoretical level

It is of course a very primitive way to find out the essence of matter by smashing it, constructing high-tech structures which enable scientist to shoot particles against each other in order to see if by chance they find something new what they have not yet discovered

Science begins with a certain way of thinking and reasoning and in this respect it is obvious that many of today's mainstream cosmologists walk an irrational way of trying to explain something with an unrealistic hypothetical theory while the observed phenomena could be much better and much more realistically be explained with an understanding that is based on observations here on this earth in very practical terms

Behind the irrational behaviour of scientists stands of course first of all self-centeredness, an arrogant attitude of insisting on one's own concepts rather than being open to sincerely deal with others who have a different understanding of the world

People try to hide their arrogance and lack of sincerity behind nice faces but for those who look deeper it is obvious what the real issues are. One only needs to add up the scientific discoveries of recent years and it is undeniably clear that the big bang theory cannot be true

Unfortunately it is readily believed what is shown on the news or in scientific documentaries even though the methods used may not really be scientific, what surely applies to those who support the big bang theory where supposedly the laws of nature and matter was created out of nothing

Scientists are also human beings who are capable of erring gravely and still insisting that they are right, bending reality in order to fit into their concepts. The big bang theory is so very wrong that scientists cannot even explain where 95 percent of the matter and energy in this universe is. Would you trust a person who tells you that he cannot give concrete answers concerning what comprises 95% of what is considered to be reality? Of course not

Still a big part of the people believe in what scientists tell them even if they have no concrete proof for their theories. When asked, most people will probably say that there must have been something like the big bang because this is what they heard have again and again

In other words, while in the past it has been churches that dominated the area of ideology or worldview by emphasizing certain religious dogma it is today science that has taken this place to a certain extent with billions of dollars of public money being provided for their work

While in the past religious leaders tried to impose their concepts of God on the people of faith, it is today scientists who want people to believe that they have the right understanding of how the world functions

The core issue behind what is happening on external levels in the quest to have the best explanation about the origin of the universe is the fundamental question whether God exists or not, even though this issue may not be addressed directly

Thanks to the discoveries of sincere scientists in various fields the proof for the existence of a Creator of the cosmos has already been provided, but one needs to have a holistic view of the world and include all areas in order to be certain that God, Allah, Jehovah, or whatever name one may use does indeed exist as Ultimate Origin and root Cause of the universe

Through the presentations offered on this website it is absolutely clear that our universe does have a concrete origin in a Loving Creator but this fact is only crystal clear for those who are ready to look with the eyes of Love at the existing world and to draw conclusions based on the fact that Heart and nothing else stands the very core of our being as highest instance where our most important decisions are made

Once the scientific discoveries of the last years in the field of DNA research and other fields that are focused on the characteristics of our Heart as well as our brain along with the insights gained in the area of quantum physics are taken seriously, there is no more chance to make a reasonable case against the existence of a Creator who initiated what we see today in our cosmos

Therefore the issue today is not any more whether God exists or not but because His existence cannot be denied but whether we take this fact to heart, whereby of course everybody is free to address our common Ultimate Origin in whatever way he or she prefers

Conclusions 3

Scientists observe the world and then they come to conclusions. For example, when they finally managed to decode the genes they stood in front of the fact that only a very small percentage of the chromosomes nicely folded together in the double helix consists the genetic material. Therefore they concluded the rest is 'junk'

Meanwhile it was discovered that this so called 'genetic junk' does have a clear purpose. What does this example tell us? It speaks of the arrogant attitude of some scientists who considered precious content in our cells was declared to be junk just because scientists could not find out what its real purpose is

Such behaviour can be understood because generally people throw things away that are not useful for them and they easily call it junk but nonetheless to apply such an attitude to parts of the human body shows a very arrogant attitude and this is the real problem

In the case of people looking out into the depths of the universe we can see a situation where cosmologists have come up with the understanding that 95% of the material that is supposed to be out there consists of dark matter and dark energy, something of which no concrete proof exists

In recent years cosmologists have come up with all kinds of theories in order to justify their view of the world even contradicting themselves like in the case when they speak of a parallel universe or of the existence of several universes while the word universe refers to everything that exists and therefore there cannot be another set of everything

When we look at the situation from a common sense viewpoint it is clear that the prevailing understanding in the area of cosmology is completely irrational because it is assumed that there is something, dark matter and dark energy, of which no scientific proof exists. Of course there are some theories but the underlying theory is very wrong because it is based on a misunderstanding or misinterpretation of phenomena like the redshift

Thus far the mainstream cosmologists seems happy to rely on obfuscation, mathematical abstraction and ad hoc hypotheticals with billions of dollars having been invested in scientific ideology. Such is the actual reality whereby it is important to be aware of the ideological struggle which is going on, with the underlying issue referring to the fundamental question of how this universe came into being

The question whether a Creator exists is the most relevant fundamental question in life because it determines how a person looks at life, its value and its purpose

Generally the attitude prevails that if another person thinks like we do then he is one of us. If not, then we make some borderline of which we can find many in this world on external and internal levels

There are hundreds of religions in the world and even within one religion there may be many denominations with religious leaders generally emphasizing differences instead of making efforts to focus on common contents of faith and to work together beyond religious dogmas

What it all comes down to again and again is people being self-centered, insisting on their own point of view instead of looking for ways how to cooperate with others and to find together solutions which benefit everybody

Even though we can find many examples of people working together, when we have a closer look we find again and again the issue of few individuals deciding for many what they have to do and how they must behave, as it is e.g. expressed in some of the laws set up in the European Union and other organizations

Throughout history until today tiny minorities in the form of leaders, kings or monarchs, etc. made decisions to which the majority of the people have to comply and this situation continues until today, only that today's leaders are in most countries elected. But when one has a closer look the reality of few dominating many still continues

It is up to the individual whether he or she agrees to being controlled in one way or another or if they take full responsibility for their own life with the readiness to work to change those things which are not right in this world

One of the purposes of this website is to provide a wide foundation of resources and inspiration for people who want to bring about changes in the world based on the understanding that Heart and True Love are the highest values to focus on in life

Basically all problems with which humanity is confronted can be resolved within a short period of time if there was the readiness of people to do so. For example, the astronomic amount of money that is spent for military purposes could be used in order to end the hunger in the world – if only the people agreed not to continue to fight with each other

The answers and solutions are all there. Remains only that we make them our own and build together a loving world where the basic needs of all people are taken care of well

This new world of peace will become a reality if we decide to build it. Technology has reached a level where we can provide enough food and reasonable living conditions for all people. The only issue

remaining is the question of whether we care for one another enough to secure proper living conditions for all people living on this planet

The final answer to all fundamental questions is directly connected with the issue of the acceptance or denial of the existence of a Creator of the universe. The question is not any more whether a person believes in God or not but whether we act reasonably and responsibly as created beings

The existence of a Creator of this universe is already firmly established by science as well as religion and cannot be denied if one adheres to logic and reason, of what human beings are generally proud of. When it comes to the issue of God's existence many people react unfortunately very unreasonably

The decisive question determining the future of humanity lies simply in whether we act based on our reason or not. It is reasonable that human life, wherein our desire to experience Love stands in a central position, has a purpose that is connected with a Creator. And it is irrational to think that the immensely complicated human body and the enormous dimensions of the universe are the result of coincidences

Conclusions 4

We live in a time of revolutionary changes which are visible in the way the surface of the earth has changed in recent decades through the work of human beings. We have created a modern world where people are interconnected on external levels but the challenge of creating bonds of Heart remains

The fundamental task of this website lies in this very purpose of bringing people together on inner levels based on the realization that it is Heart and our desire for True Love connects all of us beyond any kind of external differences we may come up with

The saying goes that man comes into this world naked and he cannot take anything with him when he leaves. Based on this fact we are challenged to act reasonably and focus on what really matters in life, namely to build loving relationships because no money or power can bring as much satisfaction as connections between Hearts are capable of giving to our soul

Unfortunately there are many people who ignore this fact and who pretend that the inner realm does not exist or is not of primary importance. This situation of denial is unfortunately a widespread internal sickness whose roots lie clearly in Hearts that have been hurt or never received the kind of Love which is needed to make us truly human

People who can afford it invest generally a lot into external comfort and good living conditions for their body but the more important realm of the Heart is greatly neglected. Instead of dealing with what is really important most people keep themselves busy with external matters

With one word, the majority of people on earth have not set the priorities right of being more than anything else concerned about internal aspects of life but they keep themselves busy with upholding the external conditions for living, going through life without really being clear about its purpose

Such behaviour means escaping from the human responsibility to lead meaningful lives while considering the fact that all other people also would like to live happily under good conditions

Irresponsibility is the greatest sickness humanity is suffering from. Things are not taken to heart that should be considered seriously while the Hearts of people are generally full with things which are not really important. This reality leads to the fact that most people carry unnecessary problems around with them, resulting externally in the fact that the number one cause for death is connected with the human Heart

Cardiovascular diseases kill more people each year than any others. Are we ready to face what this fact means? Problems with the cardiovascular system are the number one cause for death in the world because we do have serious problems with our 'kardia', the Greek word for the human Heart

Unfortunately Western medicine focuses on dealing with the external consequences of sicknesses rather than dealing with their inner cause. But we will only see lasting health and wellbeing if the internal realm is addressed properly

We know that if we do something that is bad for our body we will suffer the consequences. Even though people know that it is not good to eat more than necessary they still do it even though they have afterwards problems with overweight. They are acting irrationally

Sadly, irrational actions are widely spread in our societies. The solution to the manifold problems we find in our world begins therefore in our becoming truly rational human beings who act according to what is reasonable, and this begins with accepting that we are spiritual being whose centre is our Heart, while we live only for a certain time period in a physical body

Once we realize that our internal situation is causal to what we experience on external levels we will look for solutions to problems first of all in our own Heart and soul rather than ignoring our inner reality and escaping into the outer world to find external satisfaction

Many people have realized already how important it is to cultivate a certain spiritual or inner life, but in most cases such efforts are centered on these people themselves. Ultimately they care more for their own needs than for others. They remain in a realm of self-centered love

In recent years, more and more people have become aware of the importance of developing the ability to love. This positive development has to be supported in very concrete ways by connecting conscientious people on a broader level, what is now possible through the internet

This website represents a forum where people can meet to share with one another about their convictions concerning positive attitudes and how good developments may be initiated and expanded. It is a starting point which is destined to grow on many levels

Good progress begins of course in the Heart and mind of people. For this reason the centre and core focus of this website is this very theme of our Heart and our ability to practice True Love, what represents the final solution to any kind of problem we may be faced with

The origin of human life lies in a Loving Creator and therefore ultimate fulfilment can only be found if we focus on True Love. Only based on the experience of this highest quality will we find the profound fulfilment we are longing for deep inside

One part of humanity lives in developed countries where basic comfortable living conditions are the rule; most people have everything they need in order not to go hungry. But on an internal level we find still a huge lack of fulfilment expressed in the manifold social problems

Even very rich people have serious problems which can all be traced back to a lack of cultivating a proper standard on internal levels, a lack of taking care of one's Heart and failing to invest into building deep relationships

From whatever perspective one may look at existing problems, the core issue is always the same. A lack of inner fulfilment leads to external problems. Lasting solutions have to be based on putting Heart and True Love at the very centre – where they actually belong

Conclusions 5

For most people it is clear that in order to gain some results one has to invest; you have to plant in order to harvest. Unfortunately this understanding is generally not well applied to the internal realms

All too easily people take things for granted and in many cases they do not pay the internal price for what they use, what has visible consequences of which they may only later become aware of when they are already in a situation of suffering

On external levels such an attitude is clearly visible in the fact that not only individuals are heavily indebted to others, but a great number of nations have huge debts because selfish leaders have governed their country in irresponsible ways

On the internal level the same principle applies: If you take something without paying the price you have to bear the consequences

It is normal for us that people who steal are punished but most people are not aware of the fact that we are actually stealing things if we take them without the proper attitude

We live in a world where most things can be bought with money but when we have a closer look it is obvious that what really counts cannot be gained by external means. True Love, the highest value in the universe, what all people ultimately want to experience, cannot be bought with money or gained by any other method that is centered on material things

True Love can only grow and substantialize where Heart is freely invested into others. Are we doing this on a daily basis? To which extent are we giving our Heart to others? To one or two people or are we dedicated to love people far and near?

We live in a more or less heartless world where thousands of people die every day because we do not really care for one another. There would be enough food to feed them but we do not take responsibility to provide for the needs of these people, mostly children, because they are not our own sons and daughters

In other words, we are more or less self-centered people whose Heart is closed and cold. That is the objective conclusion when analysing the situation of humanity with a sober mind

Of course it is not pleasant to face this fact. Therefore most people keep themselves busy in their own little world in order not having to think about the bigger picture. That is the very sad reality of humanity even today in the 21st century

But there is another way: We only need to listen to our Hearts and start to care. Then the face of the world will change completely and the New Heaven and New Earth which is promised in Holy Scriptures will become substantial reality

Unfortunately a big part of religious people expect an ideal world to come about based on an supernatural intervention from God but this will definitely not happen because the universe is built on fundamental laws whereby the principle of freedom and responsibility is in a central position

God, or whatever name one may use for the Ultimate origin of our universe, will never interfere into human responsibility to lead a good life and to care for others. To be human means is intrinsically connected with freedom and responsibility

Unfortunately this fundamental principle has not been taken to Heart by the majority of people, especially those in positions of power and leadership, a tragic fact which resulted in today's miserable situation in which a big part of mankind finds itself on internal or external levels

The way into a bright future for humankind must absolutely be based on the recognition of Heart as the core of our personality and True Love as the most central value in life which can only be experienced if we are take full responsibility for ourselves and for others

There is no way around the fact that life is directly connected with responsibility and that it exists beyond the limitations of the world as we observe it with external methods

As men and women born on this earth we are spiritual beings with a very concrete inner life of what is going on in our Heart and mind as well as a physical body, which exists for up to around 100 years

That life is eternal beyond the borer of physical death is not a matter of belief but a well-established fact based on scientific discoveries that have proven the existence of subtle matter and most of all that all visible things consist ultimately of invisible energy

According to the laws of physics energy cannot get lost but it may only be transformed. From this viewpoint it is absolutely clear that we continue to exist beyond the boundary of leaving our body in the form of energy that cannot be extinguished

Many people think that they continue to exist only in the minds of people, in their memories, but alone the fact that some good memories may make us smile or remembering some pain may cause us to weep shows that there is more to life than we may be ready to admit

More than anything else we are beings of Heart, manifestations of Love, nothing less. This undeniable fact needs to sink into the mind of each and every human being who is not yet fully aware that we are supposed to live as manifestations of True Love

Conclusions 6

True Love is not a theoretical concept but it exists as concrete reality which allows people to sacrifice their own life in order to preserve the life of others – out of Love

That we live in a rather cold world does not mean that Love does not exist in the Heart of each and every human being. It is only not developed. It is there as potential which will one day blossom and flourish, here on earth or in the world thereafter

We can study the essence of all religions and spiritual cultures as well as the findings of science that is centered on the human mind and the inner structure of our body, and our conclusion will be always the same: Man is fundamentally spirit and exists for some time in a human body because ultimately life is based on invisible energy

Intellectually inclined people or those who refrain from taking full responsibility may come up with all kinds of explanations why this and that is not possible for them while the Heart speaks quite another language: You can do it if you really want with all of your Heart and soul

Ultimately the decisive question in life is therefore: Am I taking full responsibility for my own life along with caring for the wellbeing of all humanity?

If my Heart is small and only capable of loving those who are kind to me then I live in a little world and my life will not have much effect on what is going on at present nor on what will happen in the future

Very sadly, the majority of people have chosen so far to live in their own tiny little universe of caring only for their loved ones, and even failing in many cases in this fundamental task in the long run

On the other hand we could live in a wonderful world where all people are protected and taken care of because there are enough people around who would always invest themselves for others if some important issue comes up

Each one of us decides whether we live as part of a caring world or whether our concerns circle more or less around ourselves, an attitude which is well known as egoism

Individually as well as collectively we decide how our common future looks like. While in the past we could say, 'I don't know...' we cannot make such excuses today because the fundamental questions of life are already answered by science as well as the humanities including the realm of religious teachings

The issue today is not any more what do I believe or not but what am I ready to practice. Most of all: Am I ready to truly love myself and others, to take full responsibility for my own happiness as well as the wellbeing of humanity

Unfortunately, only few people in history stood up for an all-inclusive attitude which is ready not to exclude anybody but to make sure that all people can find their peace of mind and see the realization of their deepest dreams

This sad reality can change from this day forward and it will with each and every person who is prepared to leave any narrow-minded way of looking at the world behind in favour of looking at the whole and taking responsibility on a higher level

To a certain extent this is already practiced by millions of people around the world, e.g. by those who joined the efforts of Avaaz in order to be a voice that speaks out and stands up against injustice and other issues that must be addressed

Avaaz was launched in 2007 as a global civic organization that promotes activism on issues such as climate change and human rights, corruption, poverty, and conflict. Its stated mission is to *'close the gap between the world we have and the world most people everywhere want.'*

Avaaz is the world's first and only massive, high-tech, people-powered, multi-issue, genuinely global advocacy organization. In a world where the problems we face are consistently global, and the solutions to them increasingly require global democratic action, Avaaz is uniquely placed to effect change

No other organization can rapidly mobilize large-scale, coordinated democratic pressure in 194 countries within 24 hours. A new model of internet-based, people-powered politics has changed politics in several countries, and Avaaz is taking that proven model global

Our planet is threatened by multiple crises - a climate crisis, food crisis, financial crisis, proliferation crisis ... These crises could split us apart like never before, or bring us together like never before. It's the challenge of our time, and the outcome will determine whether our children face a darker world or one thriving in greater human harmony

With 17 million hopeful citizens and rising, Avaaz is the largest global online community in history; it operates in 14 languages. There is no other massive, high-tech, people-powered, multi-issue, genuinely global advocacy organization that can mobilize coordinated democratic pressure in hundreds of countries within a very short time

As we can see through the example of Avaaz, the potential to unite beyond national and cultural barriers is there and it is being used. Remains only that we learn from what has been achieved and expand such valuable effort by including more and more the internal realms of human existence

Will we rise to the challenge which the situation of the world represents and work for lasting changes based on the understanding that True Love takes responsibility for all people and not only those who care for us?

Conclusions 7

In just six years, Avaaz has run an incredible number of hard-hitting campaigns and grown to be the largest-ever global movement for change, all with just a tiny staff. This fact shows that a few people can have a great impact on the world if we use the power of the internet wisely

Avaaz is dedicated to promoting good governance, civic virtue and deliberative democracy that promotes activism on issues such as climate change, human rights, animal rights, corruption, poverty, and conflict

Basically the suggestions for campaigns come from members, supplemented by guidance from teams of specialists. Once a suggestion has been taken up as having potential, tester email are polled to 10,000 Avaaz members; if the emails receive a sufficient response, the campaign is opened up to all Avaaz members

The director of Avaaz Ricken Patel said in 2011: *'We have no ideology per se. Our mission is to close the gap between the world we have and the world most people everywhere want. Idealists of the world unite!'* Avaaz has indeed united idealists living in the various regions of our globe

According to The Guardian: *'Avaaz is only five years old, but has exploded to become the globe's largest and most powerful online activist network.'* Why? Because there are enough people who care and would like to see positive changes in the world

In 2010 The Economist suggested that *'the way Avaaz bunches unlikely causes together may be an asset in a world where campaigns, like race and class, can still segregate people, not reconcile them.'* The ultimate reconciliation will come when people realize deeply that we have one common Origin and accordingly we are indeed brothers and sisters of a large worldwide Family of Man

Every day Avaaz members send in brilliant and important ideas for new campaigns to create the world we all want. To unlock the incredible potential of this community to change the world, Avaaz developed website tools to allow anyone to instantly start their 'own' online petitions, tell friends, and win campaigns

In 2012 the group launched a distributed organizing platform allowing any of its millions of members to launch their own petitions in minutes. The community campaigning site has been put to use in a number of important causes with over 8,000 people starting their own campaigns in its first few months

The advice is given: *'You just need to think of a petition you would like to start on any issue - something in your local community, some injustice by a distant corporation, or a global cause that you think others would*

care about. It takes just a few minutes to create your own campaign as anybody can find out through the information provided on the internet.

Democracy is on the march across the world, and the Avaaz community is at the heart of the struggle, but to win the course needs to be chosen wisely. For this reason Avaaz opened up the possibility for members to join a live, global, multilingual (with instant translation) discussion and brainstorm of its entire community

Every year the annual all-member poll to guide its choices is used as basis on what the activities will be focused on. It is an amazing thing to be able to share ideas with people all across the planet, and even across all language barriers. This valuable possibility and great potential must be used more than ever before

With the world undergoing profound change, the challenges may be coming fast and strong, but when we stick together, we can transform them into opportunities to build the world we all dream of. This is definitely true. And we will bring about positive changes if we set our priorities right by putting Heart and the practice of True Love at the centre of our attention

As Avaaz is preparing to staff up the tiny team currently running the Daily Briefing, some of the world's most experienced and talented journalists and media pros have approached Avaaz to come aboard because they are tired of corporate and conflict journalism and can see how a 17 million-member media machine can strengthen our democracies and help change our world

One of Avaaz's goal is to build the world's best technology so community and democracy rule: *'With cutting edge crowd-sourcing and citizen journalism tech builds, we'll all get to produce content and vote things up and down so that stories are featured based on merit and relevance to us.'*

The aspiration is to tell the good news: *'Instead of bombarding us solely with stories that portray the horrors of humanity and the destruction of our planet, the Daily Briefing will investigate and showcase inspiring stories of hope and courage.'*

Another task: *'Give a voice to the untold stories. Avaaz members have funded critical citizen journalism to break media blackouts in hotspots of repression across the world. Now, the Daily Briefing will offer an avenue for voices and issues that are ignored by corporate-owned media.'*

The goal of Avaaz is to provide world-class analysis and political entrepreneurship: *'Daily Briefing staff will cut through the language that alienates us, instead providing solid analysis and new paths to confront the biggest challenges of our time. The advantage is that the Daily Briefing will be owned by us and driven by us - people-powered media for a better world.'*

The future belongs certainly to the people and not any more to a small number of leaders determining what the majority should do (and think). Should we not learn from our sad history of people being dominated by cruel leaders and take responsibility for all people to live in true freedom?

The Avaaz model, online, people-powered donations, is the best way in the world to power an engine of social change, and a huge part of that community's promise. The pattern of the right way to provide the external means for the sake of bringing about lasting changes is already established. Remains only that the internal content centered on Heart and True Love is secured

The director of Avaaz says: *'I feel a huge and serious sense of responsibility to be a steward of that hope, and my team and I are deeply committed to respecting the trust you place in us with your hope, time, and resources.'* Most people welcome such an attitude and accordingly the community is growing

One of the founding members of Avaaz confirms: *'It's a special thing we're building here, and if we can keep believing in each other, anything is possible.'* Trust in others is definitely the way to go forward, the natural way because it is based on acknowledging the dignity of each individual

Conclusions 8

Avaaz takes absolutely no money from governments or corporations. 100% of the Avaaz budget comes from small online donations. This means that the only agenda that is followed is the people's agenda. In this way, together people can make the needed difference to bring about the urgently needed changes in the world

Most organizations focus on a single issue over a long period of time. This is very important to do, but that can mean that when desperate needs or amazing opportunities for social change arise, they get ignored because everyone is working on their own issue

Avaaz campaigns target the most urgent needs and opportunities, showing up just when a powerful burst of citizens' attention is needed most. This is very good, but even more importantly the challenge of the long-term goal of preventing crisis through proper education must be given priority

The Avaaz model of campaigning is people-powered. The priorities are set at annual and weekly levels by polls of our membership and every campaign we run is first polled with members. No matter how much work is put into developing a campaign, if it fails to get the greenlight from members, Avaaz does not run it. So on a day to day basis, how the donations are spent is determined directly by members

In a world where the problems we face are consistently global, and the solutions to them increasingly require global, democratic action, Avaaz is uniquely placed to effect change as a multi-issue, genuinely global advocacy organization

A new model of internet-based, people-powered politics has changed politics in several countries, and Avaaz is taking that proven model global. Avaaz is a massive network of citizens, but the organization is absolutely tiny – just 45 full time campaigners with operational and technology support, focused on getting results to improve situations and to resolve issues

UK Prime Minister Gordon Brown says of Avaaz: *'You have driven forward the idealism of the world ... do not underestimate your impact on leaders,' while the Economist says Avaaz is 'poised to deliver a deafening wake up call to world leaders.'*

The name Avaaz was derived from the Persian word for 'voice' (also 'sound' or 'song'). We can learn from the work of this organization and combine it with the understanding that all people are supposed to have not only a voice but they have the right to have good external conditions as they are each unique beings, born to live in a loving world

Only one step is missing for the realization of a world where True Love reigns: Those who understand the great potential of the human Heart and immense value of True Love as the basis and goal of creation need to unite and together take responsibility to make our innermost dreams a reality

The solution to the problems in the world will not come from one religion or worldly organizations but from the Hearts of those who really care, who are ready to take responsibility beyond their immediate surrounding based on having developed a parental Heart

The Heart of parents which is ready to offer sacrificial Love to children is the key which will open the door to the realization of the ideal humankind has been dreaming of, a world where all people can live in peace and harmony

Parental Love is the key in every respect because a father and mother are dedicated to the wellbeing of their children without leaving any one of their sons and daughters out

Such a Heart is needed in front of the people of the world. We all are destined to become world citizen who care not only for our own situation but who put the purpose of the whole, the wellbeing of all people, at the very centre of our attention

To have a parental Heart for all people is not an utopia that cannot be achieved but it is the most natural attitude to have because we all do have one common origin in our Creator who stands in a certain parental position in front of humanity

This can be understood when one reads the Holy Scriptures with an open Heart and mind. But most of all it can be understood when we look deeply into our own Hearts

None of us wants others whom we love to suffer. From this viewpoint it is clear that not a single soul should be in pain according to collective desire of all people. Every human being is loved by at least one person and deserves to experience the precious feeling of being loved in a selfless way

The path is open to come together and to secure the wellbeing of all people. We can build a brotherhood and sisterhood of Man beyond existing borders based on nationality or religious affiliation

As people of conscience we can unite and become one in Heart with the readiness to take collectively responsibility for the problems of the world based on the True Love that is deeply rooted in our soul

There is no need to repeat the mistakes of the past. We can learn from them and build now together a world in which we all feel at home

The decisive question is how many people will take responsibility as parents on a higher level than their own family. Every leader should ideally have a parental Heart for those under him or her. The stronger this understanding permeates our societies the quicker positive changes will be achieved

Let us not wait for others but have a parental heart not only on a family or tribal level but for our beloved people, our nation and ultimately for all inhabitants of the earth because we all are supposed to act as global citizens

Conclusions 9

In order to bring about the needed changes in the world the ideological battle which has been going on for decades and ultimately centuries has to be won in favour of a worldview that puts global responsibility at the very first place

When we acknowledge that we have a common origin in our Creator then we will naturally work together beyond any kind of differences in our religious believes or scientific understanding of the world

The issue is not any more to believe or not to believe but will I take responsibility or not because more than enough answers are available to know and to fully understand the key issues which need to be resolved in order to secure a happy future for all people

To which extent do I feel responsible for positive changes in the world? This question is decided by each and every one of us and collectively we give the answer in front of history and our descendants

If we say that we sincerely believe in God or that we know a Loving Creator exists then the natural consequence is to feel responsible for the world because all people are fundamentally our brothers and sisters. Unfortunately this attitude has not been practiced by most religious people in the past

Should we not show that we are mature individuals who have learned not only to like those who treat us well but to truly and sincerely love all people with whom we communicate?

It may be a big challenge to have a loving Heart for all human being and an attitude of respect for all creation but to embody such an attitude is a prerequisite for contributing to the realization of what is traditionally understood as the Kingdom of Heaven on earth

An ideal world will come if we really want. Everything is prepared on external levels like the highly developed technology which enables us to solve all the external problems we are faced with. Remains only that we really invest together into bringing about the longed for inner solutions which begin with the Love that dwells in our Hearts

Who will start? How many will join in and help to find lasting solutions to whatever issues we may be faced with? For what am I ready to take responsibility? On which level am I prepared to work together with others? The answer to such questions decide how quickly a new world will be built

History is written by those who act. Each one of us decides whether we are only a bystander who watches or if we feel fully responsible for the problems which we see in the world. The decision is based on the development which we have achieved in our Heart and shows to which extent we are able to love

One by one, each and every issue needs to be addressed and resolved, starting on the internal level, with the most fundamental question, the existence of God as Creator of the universe

Just as it is non-sense to say that a computer came about by chance it is not reasonable at all to claim that there is no Creator behind the existence of this universe, with man being the strongest proof that it is impossible for such an perfectly refined system as our body represents to have come into being without creative investment of Heart and energy

It is completely unreasonable to claim that the perfect building blocks which underlies the creation of the universe and that have allowed us to create 'microchips with terabyte storage space' created itself without the design and input of a Creator

When we have a closer look at all the manifold functions which the human body performs autonomously in a well-balanced manner we can only be at awe. For most processes scientists have only some explanation about what is going on but not for the underlying basis

A long list of facts point unmistakably to the existence of a Creator behind what we experience as the world we live in. Even though one can find a great number of logical proof for the existence of God the readiness to take these insights to Heart is still widely lacking

We not want to lead a meaningless life so naturally we ask questions. Unfortunately many people do not search for answers until they find them but give up halfway along the path to gaining a clear understanding and conviction concerning the Ultimate Origin of the universe

The desire for Love is stronger than the desire for life. Throughout history individuals have risked their life in hopes of gaining Love. Out of love for their country soldiers gave their lives in order to protect their loved ones as well as all the people living in their beloved homeland

The very fact that the power of Love is stronger than the life-force is an unswerving proof for God's existence. As Love is ultimately the strongest force in the universe it is clear that a Loving Creator stands not only at its very beginning but His/Her loving energy is present throughout the natural world

Those who walk the path of true selfless care for others naturally find a Heart to Heart connection to our Creator who made this universe out of Love while those who have a poorly developed ability to look at things from the standpoint of Heart may find it hard to connect with the ultimate Origin of all creation

The safest and most direct way of becoming absolutely clear in respect to the existence of God as Parent for all humankind lies in developing a parental Heart and expanding one's ability to love to ever higher levels

The conclusion is clear: to the extent that we practice true unconditional Love we will experience the presence of God in our lives

Conclusions 10

Love is such an amazingly simple, elegant and universal expression of the very nature of life itself. It is present in every life-giving Heartbeat and intrinsic in nebulae swirling with potential in far distant galaxies. It is felt in the beauty of each sunrise and in the gentle embrace of a smile

Love knows no bounds and creates no conditions. It is the sublime connection that does more than connect. It is the essence of all that we experience and in that which we have yet to imagine

More and more people are awakening to our fundamental loving spirit. One by one and around the globe men and women are turning within and comprehending just how magnificent each and every one of us is at the core of our being

The more we embody True Love right where we are, the greater our capacity to encourage and inspire Love in those around us. This accelerates the recollection and cultivation of universal Love and restores our collective potential that has always been rooted in this same Love

Individually and together we are acknowledging the reality of Love and know that each perspective and experience is an opportunity to ever expand more Love. Let us use these opportunities well by naturally leading a life that is based on the desire to share deeply with others

We are the reflection of Love to others who encounter us in our brightest moments. Love awaits us long before we arrive and remains with us in every step we take. It asks for nothing and provides everything. This is the unconditional nature and eternal presence of Love

Manifestations or embodiments of True Love is who we are destined to be and through our expression of it, True Love continues to expand. In this way the ideal of creation is fulfilled

What we do each moment has a powerful impact on life. Each choice we make, and each we ignore, adds to the collective experience. Where we place our attention and what we contemplate becomes our reality

The power of our mind is amazing, yet nothing compares to what we can do when we come from our Heart. Coming from Love makes the real difference

True freedom is found in the giving and receiving of Love. It is in the unconditional acts of kindness we choose to share with others and also receive from one another. Such is the experience of Love: a balance of giving and receiving from the Heart

No thing compares to the beauty and expression of the dynamic energy that flows from a loving Heart that has learned to share True Love. We carry this potential, let us not leave it unused but realize deeply that every step we take and thought we engage holds the potential to love

It is as simple as breathing - we merely hold the intent of Love in our consciousness and Love takes care of the rest. Knowing Love is possible, regardless of the appearance, places the choice before us. Let us welcome it wholeheartedly and freely choose to walk the way of True Love

Kindness, forgiveness and compassion are easy when we understand the gift of Love. It begins with the self. The more we accept and Love ourselves, the more we understand others. When we see our limitations and can change our beliefs and perspectives, we begin to realize our reflection in others

In the same way, when we extend a helping hand, a smile, or a comforting word to another, these acts of Love heal all involved. When we cultivate such a sharing from our Heart we will definitely harvest wonderful fruits which lift us into realms of deep joy

To adopt such an attitude is not difficult, yet it requires our willingness to go beyond our personal limitations and trust that Love prevails. Realize today that True Love is possible and you begin the journey of a lifetime filled with this radiant energy

Everywhere you go and all you touch will be filled with the essence of what it means to share from the Heart. Be Love and you will surely experience the freedom of Love

Bringing our conscious awareness into each 'now' moment affords us the opportunity to be fully present and to realize we are whole, complete and capable of creating a more joyful life. Our personal perspective is the key and when we choose a loving perspective we create a Love-filled reality

The journey of life takes a new direction when we become aware of the power of unconditional Love residing within our Heart every moment. This awareness begins a new approach to life that leads to personal peace, natural harmony and genuine inner wealth. It also changes the very fabric of society as we begin to consciously express this unlimited Love

Everything and everyone is noticeably affected by the energy of True Love as we move through our daily life with each step and encounter with one another with an open Heart overflowing with the desire to share in our unique ways

Being conscious of Love ignites the spark that makes all things new and restores the wholeness where we once thought we were incomplete. This is the energy and wisdom that bridges all the diverse worlds, thoughts and perspectives and restores our innate connection to all things

Love, and more appropriately, unconditional Love is that which brings peace and understanding within where a moment before it seemed non-existent and perhaps even impossible

Our inner transformation starts with a desire to know who we are as a being upon this earthly plane. It is a shift in perspective from seeking in desperation outside ourselves for fulfilment to turning our attention within

By beginning the process of conscious awakening, we start to notice and observe who we are in relation to who we think we are. This subtle shift brings enormous change in personal understanding. We see with new eyes, hear with new ears and perceive a parallel world that always existed yet was blocked out of our consciousness by our own limiting beliefs

This is not necessarily a spiritual or philosophical journey but rather a practical approach of common sense and deliberate effort to live according to what my Heart desires, to share in my unique way and to welcome the Love others would like to share with me

Each of us is a potent source of Love when we allow this energy to express naturally. There is nothing we have to ultimately do, rather we allow ourselves to feel and be Love. It is that simple. However, for so many, Love is hidden under layers of hurt, trauma, drama, pain and suffering.

Emotional memories, unspoken doubt, fear, resentment and a multitude of old beliefs often keep us from realizing that these thoughts and feelings have no real power over us. We give them power by living in the past and being afraid of the future. We ignore the Love that is present every moment by embracing limitation. It is time to change that. It is time to release ourselves from our own self-created bondage

When we accept ourselves just for who we are we transform the moment into peace, security, harmony, joy and Love. This process begins with releasing our limiting beliefs, past mistakes, lack of self-worth, pride and ego through the conscious act of forgiveness. It is up to us as individuals to undertake this journey of healing and conscious awareness

As we come to know who we are and why we act and react the way we do, we start to see ourselves in the faces of humanity. The reflection of hurt is our hurt, their pain is our pain, and another's anger is our anger, just as laughter and delight reflect our own Heart

In our children we see our potential and in their smile we see our joy. These seemingly random expressions are our past thoughts seeking manifestation. It is our constant reminder that Love is the answer and the question

To see Love in others, we must first know it in ourselves. We build a new reality in this present moment when we let go. We change the world when we change our personal perspective. When we choose Love over fear, kindness over hate, integration over separation, and peace over war, we bring a new reflection to humanity - our loving selves

There is magnificent beauty all around us when we choose to observe life through Love. There is also amazing wisdom right within us when we are patient and listen to our Heart

These sublime qualities become part of our experience as we expand our awareness and go beyond our immediate reactions, preconceived expectations and limited notions. Some may call such a life of innate joy an unattainable heaven, where others realize it to be a natural way of living

What we presently perceive as our reality, individually and collectively, is in fact a very limited perspective of a much grander adventure. The intricacy and magnitude of our combined thoughts, feelings, hopes, dreams and desires, is astounding. Our ability to imagine potentials, coupled with our capacity to manifest these ideas and make them tangible experiences, is nothing short of miraculous

With this diversity comes incredible opportunity. Never before have we realized our creative capacity and simultaneously, the enormous responsibility held within each of our creations. We are rapidly becoming aware of our active participation in a shared reality that reaches far beyond us individually, our immediate family, friends or local community

The ideas we presently entertain in our own consciousness are the seeds of a future yet to be made, that literally affects the whole. What we are currently conceiving and imagining will eventually interact with others, either enhance or destroy our expressions, and ultimately influence our collective lives

Whether we experience life as a form of heaven or something less than that is simply a matter of where we place our attention. If we continue to focus on things that are limited, destructive, based in lack or held in the past, we are destined to create more of the same. Yet, if we are bold and steadfast, we are able to recognize the splendour held within each moment

We understand the nature of our personal creative abilities through our thoughts and feelings, and we willingly intend and experience outcomes that benefit all. These are not idle speculations, an ignoring of present circumstances, or intentions of false hopes. Quite the contrary, this is acknowledging and knowing that we are powerful beyond our imagination and that we do in fact, have an effect on what happens next

Love is the key that unlocks our greatest possibilities. It is the presence of Love that becomes increasingly obvious as we take time to notice it and integrate it into every experience. This is Heaven and this is the potential that we are meant to develop to the fullest, enabling the flow of True Love from Hearts to Hearts

There are moments when we reach beyond our daily affairs, hopes and concerns and unite with the very fabric of life. We may be enjoying a spectacular sunset and our awareness expands and merges into the colours of the sky itself. Or perhaps while quietly humming a sweet melody, we begin vibrating in complete harmony with our own being. Gazing into the eyes of another we witness eternity

These are the instances where we connect and remember the grandness of life and realize our deepest truth. We go past the physical form and touch the precious True Love that orchestrates our universe, ignites our imagination and breathes life into our Hearts. We become one with all that is

The rest of our lives are often defined by routines, ingrained habits, known pathways and traditions. Even though we intuitively understand that there is more, our focus tends to remain on our external reality since it is the most familiar to us. Occasionally we consciously reconnect with our inner awareness and often only because circumstances align to capture our attention either through a dramatic experience or a sublime encounter

We need not wait for such sporadic challenges or opportunities to stimulate and expand our consciousness. We can cultivate and sustain our connection to the totality of life by simply embracing our innate magnificence and maintaining a rhythmic Heart-centered awareness

Conclusions 12

By allowing our Love to flow naturally and unimpeded, we begin to experience the world from a unified perspective where Love is always present. The more we do this, the easier it becomes. This is unconditional Love in action and it is what brings true meaning to our existence

The steps we take and the choices we make are up to us. We can continue to live in response to outer situations and conditions based on the narrow definitions and limitations we assembled from the past, or

we can release our unlimited potential and express from our greatest vantage point by letting Love be our guiding intention. Either way, the oneness of Love is forever and in all aspects of life

We are forever surrounded by Love. From the rays of the sun that nurture and sustain life on our precious planet, to extending a helping hand to another in need, our existence is found within this unifying principle we know in our Heart as Love

Life itself is the expression of unconditional Love and you are here right now simply because you are a magnificent presence of this same True Love, emanating from the Heart of our Loving Creator who made us in His/Her image in order to enjoy a life filled with Love

The beauty of our journey is that we represent a full spectrum of sizes and shapes, colours and gender, beliefs and perspectives, while being ever connected in a common bond of unity through our Heart

From the tiniest atomic particle to the brilliance of an imaginative idea that changes the world, it is Love that guides our grand expedition in this experience of life

We live to Love just as we Love to live. Each of us represents a wonderfully diverse and unique expression of our individual and collective potential to share Love

This Love animates and propels us forward to experience Love in every aspect and facet of life. It is our deepest aspiration to embody this Love since that is who we are at the core of our being

Even when we choose to create the illusion that we are somehow separate from Love, the potential to Love remains in each moment. If we allow the perception of separation to last long enough so that we begin to doubt ourselves and this eternal connection, or even beyond to where the thought of fear intrudes, a simple recognition of our heartbeat is enough to remind us that Love is right within our being

You matter with each breath you breathe and step you take. Every action and interaction, thought, word and feeling makes a difference to everyone. No one could ever take your place and what you bring to this amazing tapestry of life is invaluable and cherished. This is the way of Love. This is you - an amazing presence of Love

Maintaining harmony under all circumstances is the key to navigating through life. By remaining calm and composed in each moment, we keep life in perspective. We are able to connect with the bigger picture of potential while sorting out appropriate courses of action to address any situation before us

We can release our attachments and reactions knowing that they are only a small part of the experience. Harmony reveals the presence of Love, and therefore we need to strive to cultivate harmonious relationships which allow True Love to be present

Life is an ever changing landscape of experiences and potential. Even the most seemingly static aspects of physical matter continue to shift, evolve and transform. Our awareness is ever changing and evolving too as we expand our mental and emotional capacity to incorporate broader understandings and perspectives

As self-conscious beings, we get to play within this entire context. Our ability to conceive of something new allows our creative nature to manifest and add a dimension of Love and appreciation to life itself

When we are consciously aware of our creative ability, we can choose our perspectives and therefore qualify and infuse our thoughts and feelings with our greatest hopes and dreams

We realize with each breath we are connected to all of creation and proceed in a grand alignment of our Heart and mind. We manifest the potentials that reflect our wisdom and deepest desires. We are in harmony with life because we know we are an integral part of it

If we forget our creative capacity however, we become reactionary to the forces around us. We become singular and separate and begin to doubt our dreams. We replace our hopes and desires with feelings of fear and worry and start to see problems rather than opportunities. This disconnect is a result of relying on outer circumstances instead of our source of inner wisdom and imagination

The more we focus externally, the more challenging life becomes. For this reason we have to make sure that internal aspects are always the first priority we consider in any situation. We are here to learn to love on ever deeper levels and therefore we need to focus on this task

When we remain harmonious, wisdom flows in from the Heart and dispels any doubt or fear. This allows us to come up with creative solutions and imaginative ways to expand beyond the perceived problem by embracing the opportunity with Love

We give ourselves the chance to change our limited perspective and find new ways to express our unlimited potential. It is through harmony in our feelings and thoughts that we are able to experience unconditional Love

As you generously share the Love in your Heart, you are naturally fulfilling your destiny. It is the unconditional kindness you show towards yourself and others that makes Love tangible. It is in our hands to make the invisible force of True Love visible in this world

Conclusions 13

Both our feminine and masculine aspects combined are a natural part of each of us and provide the very mechanism for our ability to exist. They make up our innate creative potential and are manifested e.g. in our right and left brain functioning as one, with Love and logic in perfect harmony

For millennia, cultures have held a fundamental focus and tendency towards the masculine aspect having dominion, where physical manifestation is at the cost of suppressing our intuitive, holistic, and imaginative, feminine energy. This on-going and increasing imbalance has formed a great rift from our once splendid ability to create with wisdom, universal vision and magnificence

Thus we find many men using their will to make things materialize regardless of cost to the whole, while subordinating their feminine equal into roles that ignore and trivialize the nurturing and imaginative aspects so vital to life. Likewise, many women deny their ability to fully realize their creations in manifest form and perpetuate the dilemma of subservience to male domination

In recent times, we have born witness to a re-awakening of the feminine energy. For many females, this has been a necessary reclaiming of their 'goddess' energy or divine feminine, which in reality is their embracing the fullness of both aspects essential to manifest, including the masculine will

In men, however, we often find confusion and frustration as this loving energy begins to percolate throughout their existence. They are beginning to feel once again, and yet with so few examples as to what this means, there is a tendency to remain in the only perspective they have known for so long

Life always seeks balance. With an increasing awareness of cause and effect, we are quickly seeing that what happens in one part of the world instantly affects the whole just as our thoughts and feelings work together in our personal experience

We are coming to realize that it is up to each of us to embrace our true creative potential and ensure that we balance the feminine with the masculine. Nowhere is this more evident than with the men who have been constantly using their unbridled will without regard to consequences

It is time for the divine masculine to emerge through Love. What does this mean? It is a wakeup call for each to embody their highest potential of masculine energy. Let us use our distinct opportunity to embrace and express our integrity, honesty, dignity and compassion. It is allowing the rising feminine energy to blend with our masculine to make enlightened and loving choices

By consciously acknowledging and incorporating our imagination, intuition and feelings, with courage, strength, and an open Heart, we birth a new world where Love, wisdom and power are always in balance

It is in the stillness of our Heart that we find the peace we seek in the world. It is the connection deep within to the very source of our being where we recognize the oneness of life. It is here that we transcend the duality of perceived right and wrong thinking, judgment, control and attachment

In this awareness, we let go of the need to have the world behave according to our preconceived expectations and we dare to love unconditionally. We embrace Love for Love's sake and in doing so, we also experience peace

To know unconditional Love is to know peace. When we love without condition, we naturally engage the dynamic quality of peace and allow this energy to permeate our outer experience as well. We balance the inner and outer reflections with a grander perspective that sees beyond the obvious before us

While we know that we are experiencing life from our unique viewpoint in the moment we have the power to choose Love and peace. We can bring True Love as living reality into our life once we determine to focus on Heart more than any other concerns

Although many assume peace to be quiescent, idle and quiet, it is truly an energy that is vibrant and alive. It is colourful, engaging and encouraging. It is filled with potential and enhances our creativity. It calls to us to explore without limitation and to express ourselves with a distinct sense of freedom

Like Love, peace is also something we easily share as it is in limitless supply once we have the right attitude in life. We joyfully convey Love and peace to others and witness its expansion in ever growing waves

Peace begins with us. It has always been this way. The more we express our Love, the greater our sense of peace. The more peace we radiate, the more profoundly we comprehend the sublime beauty it reveals

Since Love and peace already exist as a state of consciousness within us, it ensures that it will become our collective reality. Peace prevails in you and in me. Together, we are the establishment of peace on earth, bound to help others to join in to this precious experience

This is how everybody can feel: You are a wonderfully divine expression of all that is good. You are the hope of the world because you carry hope in your Heart. You dream of a better life for yourself and others because you know that it is possible

Your personal insight and wisdom is essential in determining the next step in our collective course towards the establishment of the Kingdom of Heaven on earth, the realization of a world where True Love abounds

Each rhythmic Heart beat sounds your unique tone of Love just as every imaginative thought you have reveals your creative essence. With every breath, Love itself is animated and made real through you. Your

very presence makes a profound difference on this earth and is a gift beyond measure. Nothing would be the same without you

Your smiles and laughter bring lightness to the journey that would never be possible without you being present within it. You add a dimension that can never be replaced by any other part of life

Conclusions 14

Life is a beautiful interplay of imagination and manifestation. Known in other ways as feeling and thought, feminine and masculine, yin yang, each requires and adds to the other. In an amazing dance that allows us to create and recreate our world, these energies continuously merge into each other to form a union that brings wholeness to our expression

Inspiration held with determination is what creates our physical experience and when this process is conscious and balanced, great manifestations result that benefit all, especially when our life is focused on expanding the realm of Love which we experience in our Heart

Each step we take in the direction of building a world of True Love is a courageous choice to explore the unknown. Our strength to move forward and discover potentials yet to come will be felt by everyone

Others will follow our lead and realize their own abilities, and together new pathways of possibility are opened to benefit all. The light radiating from our Hearts shines the way and enlightens many people's minds

Genuine compassion is the signal that Love is manifesting in great abundance and that an age of grand and delightful expression is here. The trust you have for this potential is the reason it is happening and even possible

Could you ever imagine that this age of beauty we are entering into is all because of you? You are precious and the world rejoices knowing you have come to share your Love at this most auspicious time

From the laughter of children at play to the golden rays of the sun beaming through the sky at sunset, the eternal song of Love permeates all creation. Each beat of our Heart pulses to this rhythm in a majestic and graceful dance connecting us to everyone and everything

Life is magnificent when we quiet our outer selves and become fully present and aware of our own loving essence. Let us not hide our inner treasure but show our shining Heart to the world

To know this grander Love is to go beyond the sensation of a first kiss or a mother's tender touch in time of need. Although these extraordinary expressions reveal the existence of Love, there is so much more

This universal Love is unconditional and its very presence ignites our passion and our compassion. It breathes life into our being and sustains us. It encourages and illuminates the infinite possibilities while simultaneously providing all that we require to be alive

It is our Heart centre that gently nudges us to know and express Love in all that we are. However this does not always come easily. Through eons of time, the conditioning by our mind to seek logic and reasoning in our daily affairs has left little trust in the wisdom of the Heart

Learning to once again cultivate our intuition, be intimate with our own unique understanding of Love, and to feel this Love deeply, takes both courage and strength. But it is 100% worth the efforts because the fruit of such efforts are boundless, ever growing in every respect

Unconditional Love is our consistent source of nurturing, inspiration and potential. Interestingly, we often seek the beauty of nature for its extraordinary ability to be in constant change while ever expressing its interconnected uniqueness. This is what captivates and also reminds us of our own innate capacity to do the same

Nature has the ability to cycle, recycle, adapt, reclaim and reinvent itself over and over by simply fulfilling its distinctive purpose with Love for all in line with the purpose for which it has been created

When we allow unconditional Love to be our personal guiding intention, our energy flows in the same manner. We stay present in the moment and share our Love without reservation or hesitation

The practice of True Love allows us to change, evolve, expand and express our creativity in new ways ensuring that it benefits the whole. In this way, life itself evolves through each of us, fulfilling its essential goal of fulfilling the purpose of Love

Let us live therefore with the conviction: I am endowed with a Heart capable of giving unconditional Love. What I choose to do influences others and ultimately what we all experience

The time has come to reclaim our innate Love. It is our renaissance of unconditional Love. This is who we are. We can love so absolutely and so unbelievably that anything less than Love simply dissolves into more Love

Oh yes, it is indeed possible. It has been a long time since we loved so beautifully, so gracefully and so powerfully that we may be surprised when our Heart expands to encompass this rebirth of our own choosing

Breathe it in and allow yourself to be who you are. Let go of all the limitations of the past, the outmoded and outdated memories of times gone by, and embrace the potential that you came here to express. Be the one who does it first

Show others that Love was never meant to be limited to physiological, mental and emotional constraints, rather it is here to be expressed boldly and without conditions. Take the first step today and create a new reality where unconditional Love is the beginning, middle and end in all you do and the world will begin to reflect your Love

Conclusions 15

We are at a wonderful crossroads of potential right now on our precious planet. For the first time in our collective history, we are prepared to dream a different possibility for earth and all her many life forms

We have within us the balance of Love, wisdom and power to bring forth a new reality filled with peace, health, harmony, abundance and genuine joy. Such is the influence we wield in our personal and shared lives

The present circumstances may appear to be dire and at times, almost impossible to overcome. That is what fear creates – the illusion that nothing is possible and that our ability to imagine a different outcome is of no consequence. Each time we embrace our doubt and step into fear, we strengthen its hold upon us and allow it to become our perspective of reality

There is another choice that beckons to us in each moment too, and it is filled with infinite potential. It is a quieter and more subtle opportunity that is most often ignored because it necessitates being present in the moment with an acceptance of our true nature as self-responsible creative beings

It requires courage, strength and determination to delve into our Heart, know the divine bond that connects us to all sentient life, and allow our expression to be one of compassion and understanding

In the beginning, it takes more effort to choose Love over fear since we must first overcome our initial reaction to whatever is before us and release the doubt and fear we previously engaged and encouraged. With a deep breath and a sincere willingness, we then allow Love to be our guiding intention through our thoughts and feelings

As we learn to trust unconditional Love, we experience how this tangible, immutable power steadily brings all things into balance and harmony. Ultimately, unconditional Love becomes the natural path

There is such beauty and potential that surrounds us every moment. We can take notice of our rhythmic breathing and how this simple process nourishes every cell, gaze up at the sun and realize how it too is supporting our existence, or we can go within into our imagination and appreciate the power we wield to generate new tomorrows

Wherever we choose to put our attention, it is ultimately our perspective and personal interpretation that determines the nature of our experience. For this reason we can bring ever growing beautiful experiences of True Love into our life by focusing on this precious value

Each of us is a marvellous being of immense creativity within a vibrant planet that sustains and provides for our every need. We have innate wisdom, unbridled courage, amazing strength, audacious faith, incredible bravery and astounding talents ever waiting to express in each moment. Yet, our greatest challenge is that we have forgotten the simplest of treasures – an open Heart

According to our unique circumstances and personal self-awareness, we either ignore or ignite our compassionate understanding that all life is precious. We may be born into environments, accept beliefs, and experience conditions that easily limit our perspectives or even suppress our deepest truth; however nothing ultimately stands in our way to Love unconditionally

We can allow unconditional Love to be our choice and personal perspective. Since it is already present in every moment, we merely place our attention on our Heart and let the Love flow

We can release the suggestions, layers and conditions that we have permitted to limit our reality. We do not need to wait for anyone else to do it for us. Today we can be the starting point of a new life for us in which Heart and Love are our core focus

Perhaps we have been expecting the world to change and somehow make our lives easier, never realizing that it simply reflects our individual and collective thoughts and feelings. If our world presently appears hardened and closed off, filled with strife, greed, fear, hatred, guilt, shame or doubt, let us be the first to share the Love from our Heart. Let us interpret our personal perspective from the bigger picture of unconditional Love

One person does make a difference and together we transform our planetary expression into the reflection of our divine birthright to live in peace, happiness, harmony and an abundance of Love for all

We are born into this world with limitless potential, unbridled creativity and the capacity to Love without measure. Not only is our birth a miracle of amazing proportions, we continue to develop throughout life from that first cell with every option, path and possibility built right in

Who and what we become is up to the choices we make over the span of our lifetime. Let us therefore make wise decisions early in life and avoid unnecessary suffering and keep ourselves from doing this we will later have regrets about

The beauty of life is that we can always change our perspective. We are free to choose what we wish to believe, and with courage, we can chart our own course in life. It is true that many different ideas, circumstances and conditions can influence what direction we go in, yet none of them are absolute determiners of our journey – we are

We know in the quiet recess of our inner sanctuary what we wish to create for ourselves. Our incredible potential is in our ability to imagine a variety of different realities and our corresponding willpower to make them manifest for us

It is our personal thoughts and feelings that we need to pay attention to, not just our outer reality. If we do, we will definitely discover a wonderful world which needs our attention and care so that it can fully bloom

Going within and connecting to our Love and wisdom is how we learn to trust and believe in ourselves and our ability to create our dreams. It is our freedom to Love that can never be taken away from us

Conclusions 16

In each breath we begin again. Every moment we are capable of a new thought, a fresh feeling of joy and a world filled with opportunities that know no limit or bounds. These are the same choices we wish for everyone else as we understand the universal nature of our eternal bond with one another

We are but a cell in the body of humanity with the potential to fulfill a collective dream too. What we dream for ourselves we dream for our world. Never underestimate your brilliance to make this a better world for yourself and all of us around you

Life is such a wonderful journey when we allow it to be filled with Love. From the intimate focus within each breath to the infinite expansion of a starlit night, we are all part of this miraculous and magnificent adventure

Our bodies are the vehicle in which our senses experience the changes of the seasons and the rhythms of our heartbeat, while our greater consciousness allows us to connect to the universal Love that weaves its way through all creation

When we are fully present with ourselves and our surroundings, everything and everyone is precious and each experience is embraced as an expression of Love. When we take life for granted however, and allow our traditions, attachments, habits and routines to establish themselves, we draw a veil of separation that cuts off our natural conscious connection to life

Yet, like a rainbow that appears during a storm to remind us that the sun is still shining above the clouds, Love is eternally present and merely awaits our acknowledgement. We need only take a deep breath and realize that we are already a part of this enduring Love. It instantly pervades our awareness, washes away any remnants of doubt and fear, and illuminates the possibilities and potentials right before us

Life is grand when we desire to actively participate with it through unconditional Love. When we are intimate with life, it becomes infinite in its expression. Even if the storms may come from time to time, it is only an indication that we momentarily forgot that Love is present. They will soon pass and we can once again express the Love in our Heart and experience the beauty that is life

In a world presently filled with many clouds and potential storms, let us appreciate each other for being the rainbow to let others know that Love is always here. Such an attitude will surely bear beautiful fruits

We are such amazing beings of infinite capacity and potential. Our boundless imagination, coupled with our wondrous will, allows us to bring our ideas into outer reality. Through our thoughts and feelings, we can literally create and experience that which we dream of in our Heart of Hearts

With patience and trust we manifest whatever we truly seek to experience on this grand adventure of exploring our potential to love. There is so much to be discovered not only in our own soul but equally in the Hearts of each one of our fellow human beings

Whether we realize it or not, we create this way every moment. Yet, so often we become mired in habit and routine and stop being present with our imagination and the wisdom of our Heart. The unquestioned stream of mental thoughts, subtle notions of our emotional disposition, and very often, the outer suggestions of others, begin to dictate our identity, our actions and reactions

That is, until something comes along to awaken us. This is frequently in the form of an accident, illness, unexpected event or circumstances that instantly disrupts our routine. If we are deeply rooted in habit, mentally or emotionally focused in the past or future, or simply unaware of our own creative spirit, this experience is usually met with great resistance and defiance by our outer personality or ego

The defences, justification, victimhood and righteousness are often our immediate reaction to the fear and doubt that comes instantly to the surface. We become afraid of the change that has already happened

How would our lives be different if we chose to be present in each moment knowing that change is constant and the very nature of life itself? What would happen if we actually embraced change as a wonderful opportunity to restore our creative capacity and begin anew with Love?

Life is fluid, expansive and recreating itself every moment; we need only pay attention to the natural world to realize this. From the cycle of the seasons to the ever flowing rivers, the ceaseless life giving energy of the sun, the acorn becoming the mighty oak, or the rhythmic pulse of our own heartbeat, nature understands and embraces change

No two moments are exactly the same while Love is forever present, either as potential or as our living experience based on our bringing Love into every situation. The choice is ours, whether we lead lives filled with Love or remain in a certain desert from the viewpoint of deepest fulfilment in Heart

Always remember who you are – a beautiful creative being capable of manifesting a world filled with peace, joy and unconditional Love. Now is the perfect moment to imagine a new potential and choose it for yourself and the world around you

At this amazing time something extraordinary is happening – we are once again awakening to unconditional Love. This divine Love is stirring in the very depths of our being and calling to us through our Hearts

We are finally listening to these subtle whispers and paying attention to our intuitive wisdom. We are turning within and beginning to question our very notion of reality. These are the signs that unconditional Love is returning rapidly to our conscious awareness

Our ability to love and be loved has always been our natural state and eternal heritage. Yet we have drawn our attention away to the outer world of our experiences and gradually forgotten this Love at the core of our

being. By allowing our attention to become fixed upon outer conditions, circumstances and events, we separated ourselves from our own potential and source of life

In an attempt to understand this separation, and our newfound inability to experience the Love that we knew we were, we gave rise to the notion of fear. This perception of fear was really our personal doubt that we could ever love unconditionally again

Conclusions 17

In every moment and with each breath we take we have choice. We can witness the beauty, grandness and perfection that always surround us, or we can identify with a perception that somehow things are not as they should be. Either way, we get to make the distinction personally. Such is the amazing power each of us wields

When we choose from our Heart and with loving, self-conscious awareness of the oneness that connects us all, we fashion reality to its greatest heights. Through the simple recognition that our thoughts and feelings are the key to what we choose, we instantly connect with our potential

When we are present in the moment, our spiritual, mental, emotional and physical aspects converge together into a single consciousness, and when we align our awareness with our innate wisdom and combine it with our deepest Love, we are powerful beyond measure

This triune activity of Love, wisdom and power, held in perfect balance, is what we have come here to express at this time on our wondrous planet – it is unconditional Love in action

Never before have so many people simultaneously awakened to realize and remember not only their heritage but also their destiny. We are at a crossroads of reality and before us we have the opportunity to restore our own connection to the divine nature within; the boundless Love that flows from our Heart

Against the present backdrop of a reality that appears to be in conflict and chaos, each of us can choose to see beyond the limitation and activate the splendour of Love that connects us all. It is our collective moment to accept and be the expression of this Love through its many qualities, and to joyfully come from our Heart in each moment

Humanity awaits your courage to be the first to forgive, the first to embody peace, and the first to reveal the potential of Love in all things. With dignity, integrity and strength beyond measure, let us move forward as if life itself depended upon your Love and the divine will become a reality for all

We are extraordinary beings of immense and profound potential. The fact that we breathe and have life is an amazing miracle in itself. We also have the intrinsic nature of conscious self-awareness. We can think, feel and interact with our world with infinite creativity to expand our reality beyond belief

Through our imagination alone, we can perceive and conceive the most fascinating opportunities to experience the grandness of life. Such is our heritage and our destiny

On a fundamental level, each moment is precious. Beginning with our bodies, every breath and heartbeat engages the process of countless physiological interactions with trillions of cells, each interacting with incredible accuracy and unbelievable wisdom with the whole

The physical body allows us to move about our day, interacting with our world and creating through our many diverse choices. We can express the depths of our Heart with unconditional Love or feel the intense

pain of separation through the allowance of fear and doubt. Each step and experience lets us know the exact reflection of our choices

Just as in the cells of our body, with every interaction we comprehend how our individual choices combine and affect the whole. It is in this awakening conscious recognition we realize the oneness that is ever present in our reality – we are all interconnected and interdependent and a part of all creation itself

Being cognizant of the beauty and astonishing perfection within each moment restores our awareness on what is really important in life. When we come from the place of wholeness and wisdom, our choices reflect and create a world that embraces each diverse facet with unconditional equality

Beginning with our own contributions, we easily and joyfully acknowledge and encourage this unlimited potential in others as well. Life is simple when we come from our Heart with boundless appreciation for Life itself

It is usually during times where we face the greatest challenges in life that we also create the most beautiful opportunities. These are the moments where we often initially feel the intense sense of helplessness or hopelessness, fear and doubt. Yet, when we are fortunate to be aware of the present now moment, and allow unconditional Love as our perspective – we experience grace

When challenges loom large and threatening, our first response is typically one of a reactive role towards some outer condition, person or thing. We look at the screen of life and assume it as our true reality wholly forgetting our inner presence and creative potential in the moment. If we continue to remain in this narrow point of view, we take on the energy and become victims of circumstance

These moments are the reminder that we can go within and realize what is really happening: we are facing our limited thoughts and feelings that at some point we allowed to become a part of our consciousness. Because we allowed these fractional notions in, they are adding to our limited view of life instead of understanding the bigger picture - and there is always a bigger picture

Unconditional Love is this grander reality. When we fully embrace and accept ourselves and our choices, know our infinite ability to imagine something new, and give our Heart a chance to express the wisdom of the ages, we invite the grace that is always present to be a part of our experience

We are more than our material surroundings, things, beliefs, titles, relationships and communities. We are vast, creative multidimensional beings with enormous potential, deep compassion, and incredible courage and strength

Thinking with our Heart, we bring hope, help, caring, knowing, unity and solutions. Sharing this journey with each other, we reveal a new potential that includes the best for all. This is the grace of unconditional Love

Let us embrace and celebrate the moments of challenge for they simply point the way to our Heart, where a brighter future filled with unlimited possibility awaits. It will become our reality as soon as we take full responsibility for the ideal of True Love to be realized in our life

Conclusions 18

In this present now moment there is a simple question each of us can quietly ask ourselves and by embracing its affirmative answer, we open a whole new reality of potential before us

This is most likely not a question you may have ever considered for yourself or one that you have heard discussed by others. Yet, this beautiful and amazing transformative power and potential remains ever present until such time you feel the strength and courage to ask and accept its reality in your Heart

Long ago we drifted away from our innate loving wisdom and allowed our consciousness to embrace the notion that our outer reality of form was our source of life. We became mesmerized and subsequently reliant upon our creations and forgot the power within our own being

Over time, this separation led to a sense of self-doubt and with it, the corresponding manifestation we call fear. Unaware of the ultimate effect of our on-going outer focus, we handed down our beliefs, notions, perspectives and ideals from generation to generation, century after century, often without stopping once to go within and ask a single question as to whether what we believe or do is actually coming from our own personal truth

We stand at the threshold of opportunity to reconnect with our Heart and allow the fullness of our wisdom to once again guide us. In an instant, we reverse the ignorance of ages by a clear and genuine acknowledgement of ourselves as sons and daughters of our Heavenly Parent

By our own choice, we release the boundless freedom and joy and accept the potential that heals not only ourselves, also each other and our wondrous planet we call home. Can such a simple question really make this profound a difference? Answer it honestly, willingly, with an open Heart and without hesitation, and you may be surprised by your own undeniable conclusion

Let us ask: Do I Love myself unconditionally? What could there possibly be not to Love? Our size, shape, color, age, gender? Our supposed status and achievements in life or the lack thereof? Our choices, mistakes and behaviors from the past? Our lost hopes, dreams or physical connections with others?

These outer conditions and garments are only the forms we use to experience and evolve through life - they are not who we really are. Long after the forms dissolve and the expressions disappear, there is one thing that will always remain - Love

The unconditional acceptance you have for yourself right now is the unconditional Love you naturally will have for all others and Life itself. Allow yourself to embrace the knowing of Love held within your Heart and you share it with the world

Now we find ourselves at a critical juncture in history. The extremes are obvious. Great material wealth is matched by unbelievable poverty. Will we go beyond this duality and embrace the potential of unconditional Love where wealth and poverty merge into abundance for all?

We must not hesitate any longer but allow the wisdom of our Heart to decide the course of our collective humanity. The wisdom of our deepest Heart originates in our Creator and is therefore bound to lead us into deepest fulfillment

The outer world of physical form is our creative playground and allows us an infinite number of ways to express our potential. Yet, we established a false premise that there is a limited amount of resources and that only by control and manipulation can we maintain an orderly reality. Such is our sad situation

As a result, we have built our lives and civilizations to great heights and also destroyed them in the same breath because we have forgotten the innate and inexhaustible resource of unconditional Love

In many ways we have applied our outer pursuits of materialism to our expectation and experience of Love and limited it as a simple commodity: either as an emotional sentiment, physiological expression or

brokering tool for affection and acceptance. Yet real Love encompasses every facet of our life and is an ever present potential in every moment of our existence

When we invoke unconditional Love we instantly rise above the duality of inner struggles because we focus on unity, on achieving harmonious unification on all levels. From this expansive perspective we immediately see the intricate web and eternal design of a wise world already filled with Love

Unconditional Love is the one resource that is always available to everyone in limitless supply. In this way we are all equal and infinitely abundant and when we give and receive from the Heart, everyone benefits

If we are affluent yet hoard our resources for fear of loss, or feel impoverished and continue to accept poverty as our destiny, we deny the opulence that surrounds us right now. In reality, these are ultimately two sides of the same coin as neither embraces the unlimited potential that Love creates

We stand upon the crossroads of a new world where Love dissolves the extremes and everyone shares the bounty of creative potential. Which path will you choose?

Have you ever noticed that when you are fully present in your life, everything flows and the possibilities are endless? Thoughts of the past naturally conjure positive feelings and the future seems bright and filled with potential. These are the moments we flow with grace and ease and experience life as a beautiful expression

We notice the subtle perfection all around us and our Hearts expand with a distinct knowing that all is well. Such will be the sensation we feel if we put our primary focus on allowing True Love to become a reality in our life

Let us not wait any longer to enrich the world with our unique way of loving people, in our personal way in line with how we feel and experience that our Heavenly Parents would like to see us loving His/Her children

Conclusions 19

There are the moments when we pick up on a suggestion, whether from someone or something on our path or think about a past memory that stimulates a sense of hurt – these are the unresolved emotions in our consciousness that have crystallized in form

In a split second, we transport ourselves out of the present moment, via our thoughts and feelings, to a point where we start reliving this painful stuck emotional energy. It then begins to colour our present and future experience with all of the unresolved emotions like anger, guilt, shame, worry, greed or fear

What is the difference between these two realities? When we are aware of our thoughts and feelings and trust the process of life, we remain in an unconditional and timeless state of consciousness and act according to our heartfelt wisdom

Everything is interconnected and we empower our imagination with potential while we seek to fulfill our hopes and dreams. Obstacles and mistakes are recognized as serving to refine our goals rather than block our path and we allow them to be a part of the journey. Love is our guiding emotion

When we react to a situation identifying with our fears and doubts, we give away our creative responsibility and attach ourselves to a moment in time and space. This incomplete perspective or emotional response is eventually accepted as truth simply because we did not know how to let go. From childhood on, these energetic limitations repeat themselves throughout our lives until we decide one day to release our attachment to them

We can choose to detach from these distressing limited memories through forgiveness, both for ourselves and all the characters and circumstances that we once perceived to have caused us to feel hurt, harmed, violated or victimized. This is our key to personal freedom and our ability to flow with life once again

When we heal and release ourselves from our own limitations, we also heal and free the world around us. This awareness will give us the strength not to mind the challenges involved in transforming our Heart and mind to embrace the selfless way which leads to lasting happiness

Unconditional Love is indeed timeless since it is impossible to ever attach ourselves to anything when we remain present and loving in our perspective. Let us reflect deeply about the qualities of selfless Love

We are such amazing beings of potential. At our core centre, we have a spark of life filled with infinite Love. This Love is pure, natural and unconditional. Like an endless reservoir, it flows without limit whenever we breathe into the moment and remember this Love

We instantly radiate it into all of our experiences and create our lives with incomparable beauty, harmony, peace and joy. The wonder of this awareness is that when we recognize our own spark of divinity we behold this same essence in everyone around us

We have forgotten the importance of being present in the moment and to stay connected with this limitless Love. We have placed a symbolic wall around our Hearts and blocked the light that seeks to flow as a boundless river of Love. As we steadily continued to build this inner defence, so too have we separated ourselves from one another in the outer world of form

These outer conditions are merely calling to us to take down our self-created barriers and to Love once more without reservation or hesitation. We are beginning to realize we have a choice and can make a difference by allowing ourselves to be vulnerable and intimate both with ourselves and with each other

It is decisive that we become deeply aware of our potential to offer unconditional Love and that we acknowledge that we are loveable and loved. On such a foundation we need to realize that the walls we have built to protect us from potential hurt, shame, hate and all number of mental and emotional devices need no longer be a part of our world

We take the first step by having unconditional compassion for our own journey. We may have built this fortification brick by brick with reasoning we thought justifiable at the time, yet now we are aware of our potential to embrace our Love and no longer be afraid of it

By accepting ourselves without condition or judgment, we dissolve the walls that have kept this wondrous energy from flowing naturally. In turn, we share this unconditional compassion to those around us as we now understand how they have held back their Love too

Compassion is the key that unlocks our collective potential to heal our world and restore the Love that is at the Heart of all creation. With heartfelt affection, feeling deep empathy for others, we will build a beautiful world in which all people will like to dwell

When we know we have Love in our Heart, unconditional compassion becomes as natural as breathing. Let us open ourselves to this precious experience

Love is such a beautiful expression. When we feel the passion of romance, the gentle touch of kindness, or the simple gaze of a willing smile, we are lifted into a higher awareness of life's potential

In these precious moments, the impossible melts into infinity itself where all things are possible. We instantly remember what matters most is this Love that unites us and assures us that all is well

At the core of our being, we intuitively know we are Love. Not just an external expression of Love that we equate or define as a loving act, rather the grander Love that is unconditional. This Love knows no bounds or limits, causes our Heart to beat, our body to feel and our mind to think. It animates us and inspires us

Such boundless Love literally gives us the freedom to explore the very depths of our reality. Without it, we cease to exist. With it, we soar to amazing heights of experience. Let us not hesitate but truly live life to the fullest centered on eternal Love

Conclusions 20

The Christmas Season is an opportunity to gather and share our symbolic gifts, stories and personal experiences. We come together to celebrate as one and connect with those near and dear to us. Goodwill is our theme as we more readily open our Hearts and naturally embrace each other in mutual brother/sisterhood during this period

Let us remember that we carry a special and unique gift that has a wondrous and amazing quality; it is always available, has no cost, cannot be bought, stolen, bartered or lost, it replenishes itself without measure no matter how much of it we give away, and it seeks nothing in return

You can easily bestow it to yourself and everyone around you and, while doing so, the whole world simultaneously benefits. It is the simplest gift anyone can give that never needs to be wrapped or unwrapped. It is unconditional Love

When we come from our Heart of Hearts and share the boundless Love for all life, we know that all is well and that our very existence is given for the sake of manifesting True Love. We see the reflection of our own nature in the eyes of another and this timeless Love instantly balances and heals our reality

Consider bringing your special gift into all of your experiences. Share the Love that you are without condition and witness the transformation in everyone and everything around you. Be the one who knows what the real secret is to life and let the twinkle in your eye be the ribbon of light that awakens another to their potential

You are the light and Love of the world, always have been and always will be. Shine your light all year long and give the simplest gift of unconditional Love to everyone you encounter

Every moment is a precious, unique and incredible gift of life. A magnificent sunset, a cool morning breeze, the laughter of a child, the warm embrace of a friend... these are the real treasures which inspire our Hearts to Love more

When we are fully present, our Love and gratitude is as natural as breathing. May we all not only understand this truth but make it our own by leading lives that are permeated by loving relationships

The Christmas Season tends to find us experiencing a great number of festivals, holidays, gatherings and a wide variety of traditions around the world. Many of these observances have as their focus the understanding of thankfulness and gratitude and at their core, a deep meaning of Love

Gratitude and unconditional Love - they go hand in hand, yet how well do we truly understand their importance and affect on our lives? Have we become one with these precious qualities so that they have become a great blessing for us personally?

Love is silent, yet beckons each moment. This is not a paradox, it is an invitation. Love does not intrude since it is ever present. It merely calls to us and asks that it be included in our awareness through every thought, feeling, word, deed and action

Unfortunately, we have become so far removed from this intrinsic aspect of our nature that we have forgotten its existence and importance. Instead, we frequently replace True Love with our sensory notions and expectations and limit our expression to a few physiological, mental and emotional acrobatics

These demonstrations are an artificial version of Love and are symbolic tokens at best. Naturally, they contain the seeds of a grander Love; however we usually do not nurture or cultivate unconditional Love long enough to experience its potential in us or our relationships

Are we willing to share this limitless expression to each and every one around us - without expectation of anything in return? Can we be so bold as to forgive and accept and embrace the same potential of Love in others?

As we grow through life, let us contemplate and invoke this grander Love we are meant to embody. We have been created out of Love and for the sake of Love and therefore it should be most natural for each and every human being to lead a life of True Love

The wonder of our very life depends on an amazingly intricate and complex combination of interactions that are continuously underway. From our breath and incredible functioning body to the daily encounters with nature, each moment is filled with an infinite number of facets we could single out to be grateful for

Gratitude for a harvest gone well is certainly important, however if we are not aware that our body is our temple for example, and necessary to actually experience the harvest, we have missed the real moment of understanding gratitude

It is easy to express our gratitude when things are going well, however what happens when the harvest falls short or we have challenges and difficulties in our personal and collective lives? If relationships, finances or health are in jeopardy, are we still grateful?

How do we accept life and still be thankful when at times appearances seem to say our lives are falling apart? True gratitude, like True Love, is unconditional

Unconditional gratitude is unconditional Love in action. It is our innate willingness to accept every step of our path no matter what and still maintain a sense of thankfulness. When we remain present in the moment and embrace the good with the less than good, we are coming from our Heart that strives to lift up any situation

As you celebrate each moment with friends and family or just in the company of yourself and a gorgeous sunrise, consider allowing unconditional gratitude to be your view on life. Let thankfulness come from the depths of your Heart and watch what happens

Conclusions 21

Our world is always changing and even the most seemingly static physical forms eventually dissolve to be reborn in a new form another day. We, as self-aware beings, have the attribute that allows us to interact and influence this process consciously

This is an incredible creative quality that lets us shift, shape and mould the world around us. We get to play with the very fabric of form which is an awesome opportunity with incredible responsibility

As a result of this creative ability, we presently find ourselves in an era of change that is literally transforming every aspect of our lives. The past hundred years alone has been one of exponential expansion that is affecting every single atom on this beautiful orb we call home

For example, we have gone from experiences like the horse and buggy to interplanetary vehicles mapping the cosmos and from expressing ourselves with ink on paper to infinite forms of electronic communication being conveyed through the air

What is really driving this seemingly exponential shift in experiences in such a brief period of time? Could the big picture be that we are really opening our Heart to allow a profound new way to experience life?

Looking around at the results of our human creative influence, it is clearer and more obvious each day that the thoughts and feelings we hold in our consciousness directly affect everything

The power we wield through our resulting actions is either life affirming or destructive. It is becoming painfully obvious that a logical, technical and mechanical world needs the wise balance of Love, nurturing and harmony, otherwise we will destroy ourselves

Our masculine and feminine qualities must come into greater balance for our very survival so that we can reach our goal which have been prepared since the beginning of creation, the realization of a world where all people live in happiness and deepest fulfilment on the level of Heart

We are allowing Love to merge once again into the very essence of our consciousness if we open our Hearts to the reality that we are created by a Loving Parent for the sake of becoming the embodiment of True Love

When Love is present, outmoded, traditional forms do not fit in the same way they once did. For example, a whip will not motivate a car to move faster. Like with any change, there is a time of chaos as we move from one reality to another, but when humanity begins to come from the Heart and recognizes the unique equality held in all forms of life true peace will reign

During this transformational time, we have to let go of things that no longer fit or vibrate with our new expression as we move from self-centeredness into living wholeheartedly for the sake of others. We need to be flexible and open to new possibilities, especially to a new view of the world from the standpoint of Heart

We literally have to think outside the box since we can no longer be contained by limiting perspectives and beliefs. This can be challenging when we are accustomed to certain things being the way they were and attempt to maintain the false perception that things are static, safe and secure. Only by letting go and embracing our potential do we start to experience the manifestations of our new reality

We are taking the first steps to reveal a world based on diversity, equality, harmony, dignity and respect. How? By each choice we make throughout the day. The world quickly adapts and reflects our individual and collective thoughts and feelings

When we intend to play the game in a new way through unconditional Love, our choice not only affects our personal life along with those around us, it changes the world for generations

When we accept ourselves without condition, forgive and release the many instances and emotional pains of the past, and choose to embrace each moment with full awareness, we return to our natural and true state of being. We build forms that are in harmony with our Heart not just our minds

We simplify our approach and allow inspiration to take us to new heights. Fear no longer has hold over us and we walk in peace. Coming from Love, we affect outcomes and potentials in a wholly different way. We become the example of a new way of living

Unconditional Love is the big picture. Patience and trust is how we traverse this time period. Be patient with the process. When you simply accept you for you, it is easy to allow those around you to be who they are

Trust that you have the strength and courage to live life your way. Allow the Love to flow from your Heart and witness the changes you begin to experience. The world awaits your creative and loving input

What is it about life that is so intriguing and at the same time, can be seemingly so difficult? One moment we appear to be happy and content and the next can bring utter chaos. We can move from joy to anger in a split second or find ourselves deeply mired in wallowing grief and despair for no apparent reason. Do we realize what motivates these experiences at a causal level or are we content to react to every effect we encounter for the rest of our lives?

Perhaps we can begin understanding the mechanism and driving motivation behind our personal and planetary story and re-member ourselves as part of a greater adventure and collective whole. Maybe it is time we embrace unconditional Love at a causal level

That causal level begins with the existence of our Creator as Loving Parent who longs to share His/Her Love with all creation, most of all with us as dearly loved sons and daughters. By helping people we are surely bringing deep joy to our Heavenly Father/Mother

Conclusions 22

There is a different way to approach life that can make sense of it all and bring us the peace, harmony and unconditional Love we all crave. What we are really looking for in every experience and encounter is the awareness of Love. Not just ordinary Love, romantic Love, or a superficial validation of Love, we are looking for the genuine expression of Love without condition or limits

At a core level and at the very centre of our being we know this to be true; unconditional Love is what we are here to experience. Just hearing or reading the words together 'unconditional Love' you instantly know and feel the intuitive nudge that makes these two words something more than unconditional and Love

The funny thing about unconditional Love is that it is already within us. It has never been anywhere else. Despite our life-long effort to find it outside ourselves in the people, places and things we continually run around creating, we can never 'get' unconditional Love from others

As children we expected our parents to be the examples of this type of Love without conditions, yet it was never expressed or passed along to them either so they had no way of sharing this wisdom

Now as adults, we continue to search through our relationships with everything in the physical - whether person, place or thing, hoping beyond hope to find this limitless Love

Simply look around and you will see ample evidence that humanity does not currently understand unconditional Love, where it really is and how to express this amazing potential. But the world can come to experience it once people like you and me start to practice it on all levels

Consider opening your Heart to allow unconditional Love to flow once again from within you and experience Love of a new magnitude. Become the cup that overflows with this vibrant energy and the world will respond in delight

Forgive and release your attachment to pain, suffering, fear, doubt and separation and take the first step to generate this boundless Love. Radiate your Love without condition and through you humanity will finally come to know and experience what unconditional Love truly is

Embrace yourself and you embrace the universe. Be the cause of unconditional Love and you light the way for many others to follow and to learn for themselves what it means to lead a life that is filled with True Love

We are at a beautiful moment on this planet where a new world is being birthed based on integrity, dignity, harmony, peace and Love. Let us be those who support this precious birth wholeheartedly

Indeed many people are hopeful of a better world and at the same time they are sincerely troubled by the one they appear to be presently experiencing. They know in their Hearts that life is not meant to be a struggle filled with so much fear and doubt, yet they find it difficult at times to reconcile the seeming chaos and atrocities that are bombarding them from every seeming angle internally and externally

What if we stepped back and set aside our endless judgment for a moment and looked at the bigger picture? What if we stepped into the realm of our Heart and began to listen to its wisdom?

When we stop and truly and genuinely look around, what do we see and what are we really experiencing? What is our mental and emotional filter of life and how is this affecting our current perspective?

Do we know how to shift our perspective to see a larger view and a greater whole? Is there a way that we can connect with the real peace and Love that already exists within? Is unconditional Love a key that unlocks this potential?

Our mind has been the thinker for millennia and now it is time to move our energy into the Heart and begin to think from this vantage point. By expressing from the Heart, we can do something different in our own lives to shift our experience and in turn, the reality around us

Coming from unconditional Love, we move out of the duality and polarity of right and wrong, good and bad, and begin to share that which we already are - powerful, wise, loving and lovable beings of immense talent, creativity, compassion and strength. Not to mention, individuals filled with integrity, dignity, harmony, peace, and Love

Shifting from one reality to another always includes a phase where the old gives way to the new and this often takes on the momentary appearance of chaos, strife, the need to let go of the known and a courageous willingness to allow the new to manifest

Underlying this or any transition is the loving intelligence that guides us between worlds and emanates from our own Heart. No matter what the appearance, the Heart knows the bigger picture and from this grander perspective we can make a profound difference

Make a choice today to suspend judgment and relax into what simply is. Let go of what you mentally think is going on and centre your awareness in the Heart. Be present in the now and experience the only moment that is real and tangible. Be at peace and you will know peace

Share your unconditional Love and the world will know Love. This is the challenge we all have in front of us: To be the ones who practice True Love for the world to see. We are the ones birthing this new world where Love and beauty of the Heart reigns

Conclusions 23

The greatest awareness we can focus upon in our life is the wisdom of unconditional Love. It is a simple choice each of us can make that leads to profound change and births a new reality within our present moment, the only moment we ever truly have

It is also a personal choice that affects our collective world in amazing ways by restoring the natural balance inherent in all things. In order to make a difference we need to first understand deeply what it means to love unconditionally

When we share with people about unconditional Love we may experience a vibration and acknowledgement that reverberates through the person's being in that particular moment that the single word 'Love' never achieves. Uttering and contemplating these combined words invokes meaning that is felt at our deepest level

It is a universal understanding of our core essence that knows beyond knowing and fills us instantly with understanding, compassion, joy and harmony. It is the 'unconditional' aspect of the phrase that leads us into new territory that we rarely, if ever, consciously travel in our daily life

Ironically, loving unconditionally is nothing more than a shift in our perspective since it is already within us. We bring it to the forefront when we decide to release the layers of guilt, shame, judgement, hatred, anger, worry, fear, doubt and other similar limiting beliefs we have allowed to fill our daily thoughts, feelings and routines

These limiting perspectives have no power other than what we give them through our attention. If we believe them to be true, they take on that energy to validate our creative expression. What happens if we choose to forgive and release them and place our attention on unconditional Love instead?

Letting go of our attachment to conditioned responses frees us from our past and allows us to dwell in the realm of unconditional Love where all things are possible

When we come to Love ourselves without limit or condition, we easily view the world from this compassionate foundation and joyfully share our Love to others without condition. This gives freedom to everyone and everything around us as we cease placing our limitations on them too

Think of the layers of limitation we have accepted over our lifetime alone and in turn, how many people we have affected. We can end this cycle by choosing a new way through self-acceptance and unconditional Love

As we open our mind wide and search in our own soul we will come to know for certain that Heart to Heart a new world is emerging as we once again recognize our potential to Love unconditionally

Never before have so many responded to their own inner urge to shift their awareness from a fear-based reality to one of unconditional Love. We are in the midst of the most profound time ever known upon this

planet - the moment where we return to unconditional Love and become that which we always were, divine beings of exquisite creative potential

What will you choose? Can you Love yourself so deeply and so freely that you see yourself in the eyes of another? Will you remember in each moment of your day that humanity is filled with individuals wanting to know what and where unconditional Love really resides just like you once did? Show them through your strength and courage and release a wave of Love that envelops each in a loving embrace from the Heart

One by one and day by day we are building a new world together based on peace and Love. Despite all outer appearances to the contrary, each of us is steadily remembering how to come from our Heart with unconditional Love which is altering the very course of humanity

Our Hearts and minds are opening and we are beginning to see beyond the immediate physical reality and world of effects only. We are realizing the causal nature of our thoughts and feelings as a manifestation of a long curious journey based on separation, lack, fear and doubt

Each limited personal thought and feeling we held in the past has added to the present conditions surrounding us. This also means that for each thought and feeling we presently hold in peace and unconditional Love, we are creating a new journey and future filled with these qualities

Amidst the seeming chaos, strife, arrogance and ignorance being played out locally and globally, we are coming face to face with perhaps the greatest opportunity ever presented to choose unconditional Love as our personal and collective view and to finally recognize the entire human earth family as one

Never before have so many beings resided at one time on this planet with such diverse personal and cultural beliefs, understandings, conditioning, heritage, and precious potential to love in a completely selfless way

It is decisive that we become deeply aware of the individual potential that resides within each of us every moment and that we learn to approach each moment with clarity and right perspective. Let us recognize the vast unlimited possibilities to choose a new way of thinking and feeling

A sense of profound Love comes when we first forgive and accept ourselves for all our limiting beliefs, mistakes, judgments and misunderstandings and apply the 'unconditional' to us personally

We recognize our self-worth, value our talents, and allow ourselves to be who we are rather than what we think others wish us to be. In turn, we naturally understand those around us and extend our helping hand without condition, judgment or expectation. We see ourselves in the reflection of another and know that everyone deserves to love and be loved without condition

By embracing the present moment with openness we realize and know we have the solutions and answers already within us. We begin building a reality that is based on Love, wisdom and power in perfect balance. For each step we take personally, we impact the world with this amazing energy of Love

Conclusions 24

The message of True Love requires action by each of us fully realizing the potential that lies in a life that is lived for others – with a completely selfless Heart and mind

It is perhaps the most critical time we have yet encountered on the planet and it will take the personal strength of each to lift the world into a higher perspective. Let us not be bystanders but write history through our heartfelt dedication to the ideal of a world of True Love

Behind the many evolving news headlines is a bigger movement attempting to encourage a level of fear and hopelessness to permeate our consciousness into believing that we must be afraid of everything and everyone. This not-so-subtle effort is hoped to keep people from realizing their personal potential to make a difference while the truth is that we can change the world by starting to love unconditionally

It only takes one to simply realize that Love is more powerful than fear and the game is done. Let us be the ones who show this precious timeless truth

To discover and express Love in the face of fear and doubt takes enormous courage and strength. Yet, we can show that we are up to the task and that we will no longer sit idly by allowing our attention to become engrossed on the negative images and stories of others, or continue to live in our own fear, doubt and limitation. When we can accept our ability to change our personal perspective, we change the outcome for all

Let us take time for personal contemplation and observe ourselves to see clearly where our thoughts and feelings are focused. By beginning with this first step, we will add to our awareness of Love and affect people within your circle in an exponential and positive way

People thousands of miles away will instantly benefit by this Love just because you were willing to go beyond your limited perspective to understand a bigger picture. The earth awaits our next thought and feeling of Love and forgiveness. Let us not hesitate to offer our contribution gladly and willingly from our loving Hearts

The obvious conclusion based on the understanding that Heart and True Love are the most important values is that every person needs to focus on developing these precious qualities and strive to cultivate his or her ability to love on ever higher levels

Because this world was created for the sake of enabling all people to lead a joyful life based on experiencing True Love it must be our priority to develop loving relationship in order for us to enjoy the benefits which comes with such a lifestyle: every growing joy and happiness

Core questions in every person's life are therefore: Do I truly believe in God as our original invisible Cosmic Parent? What am I investing to become one in Heart with our Loving Creator? Is True Love the standard which I am trying to embody in every situation?

God created us to have a visible object partner for His/Her Love. Is it my first priority to be one with our Heavenly Father/Mother as His/Her beloved child who practices unconditional love?

What motivated God to create an object partner? Heart, the impulse to love and to experience a relationship of giving and receiving True Love

Therefore the core issue in every person's life is again and again: Is Heart at the centre of all my considerations? Do I care about others from the viewpoint that they are my brothers and sisters in the Love of our common Eternal Parent?

What is God's original ideal of Creation? The Family where the four Great Realms of Heart are realized in loving relationships as parents and children, husband and wife, and as brothers and sisters

From God's standpoint the goal of history is unmistakably clear: The realization of loving families the Love of our Heavenly Parent can be experienced fully

Therefore, centring on Heart mankind can come back to God, through living for the sake of others, practicing pure Love for all creation, especially for fellow human beings as our beloved brothers and sisters

Based on receiving the True Love that originates in the Heart of God we can build the Heavenly Kingdom, a new world where Love can be felt on all levels of the human experience

The core quality we need to focus on is how we treat each other and nature with the goal of improving the relationships we establish to reach ever higher and deeper levels of oneness

Accordingly we need to ask ourselves: In which way am I caring about other people and about the natural world? What am I investing in order to build loving relationships of caring for my fellow human beings as well as for the world we live in?

On the foundation of creating a good atmosphere Hearts will naturally open and Love will flow abundantly among us

The seeds of kindness that you plant today, will one day bloom in the Hearts of all that you touch. Let us therefore sow many seeds of True Love in order to bring in a rich harvest of joy

Conclusions 25

Everything that hinders the realization of such kinds of precious relationships needs to be removed from our Hearts. This may be a painful process in some cases but it is definitely worth the investment because based on doing so we will harvest the fruits of lasting joy

Accordingly it is a fundamental question for every human being: To which extent am I committed to loving the people with whom I relate like I would to my brothers and sisters as members of my family?

Caring for one another opens the way to the realization of a new Heaven and earth where all people can live in peace and happiness. Let us not hold back but reach out now to connect with others from our Heart

We live in the 21st century where all doors are open to enter the world of Heart and to enjoy this precious realm. The only requirement to enter this longed for timeless realm of oneness is to develop one's ability to love because only if I have learned how to love will I be able to feel free in such a world

The dream of people of faith, oneness with our Creator, can now be fulfilled in the life of all religious people if they are ready to move from the realm of believing in some teaching into making sure that its core content, the practice of True Love, is fulfilled in their life

There are many types of people and every relationship we build to another person represents a unique quality which is established. Let us strive for high quality in this most essential realm of our life: building Heart to Heart relationships where True Love can flow freely

When people are linked on the level of Heart with True Love as their centre unbreakable relationships are established which bring everlasting joy because such a relationship is the foundation to experience ever growing fulfilment

Especially for people adhering to a religious faith it is decisive to understand clearly that establishing heartfelt relationships beyond their own religion or denomination is centrally important in order to connect with our Creator who is the Parent of all humanity

As a Loving Parent our Heavenly Father/Mother is wholeheartedly concerned about each and every one of His/Her children. When we consider how much suffering exists in this world we may how indescribably deeply our Loving Parent is in pain over the miserable state of His/Her beloved sons and daughters

Once we grasp the actual situation our Eternal Parent is in we cannot help but shed deep tears of compassion for our beloved Heavenly Father/Mother who knows nothing but Love, unending Love for every human being

The proof of whether a person truly loves God, Allah, Yahweh can be clearly seen in the way how he or she treats fellow human beings, especially those who have a different belief system. Here is the decisive point which shows who are true believers

Once we have truly understood God's actual situation we will treat fellow human beings as we would our own brothers and sisters because we will feel a certain closeness to them based on knowing that they are equally loved ever so deeply by our common Heavenly Parent

Based on such an understanding we will always reach out to others with the desire to find a way to embrace them with a loving brotherly/sisterly Heart and we will not allow anything to stand in our way to build heartfelt unity

On the foundation of experiencing God as Heavenly Father/Mother we will have the strength to go beyond any kind of self-centeredness and invest wholeheartedly into the victory of True Love in the Heart of every human being so that everybody may be free to love themselves and others wholeheartedly

What is also fundamentally important to understand clearly especially for religious people is that True Love stands above any kind of law because it represents the highest law or principle of creation in order to ensure the happiness of all beings existing in the universe

We must never be enslaved by religious commandments but be free to put always the practice of True Love as our highest priority and standard which we pursue in our day to day life of putting faith into practice

It is not the fulfilling of commands that opens the way to enter God's Kingdom but one's ability to love in a completely selfless way. That is the only criterion that really counts because nothing can be higher than the practice of True Love

Those who can harmonize with others naturally rise to higher and higher levels not only in this world but especially in the realm of our eternal life which is ultimately a realm of Heart where the decisive question is to which extent we have learned to love

When we develop Heart to Heart relationships we will naturally want to share our life with one another. We will not be satisfied with anything less than the experience of True Love

Another point which is essential for people of faith is the awareness that God/Allah/Yahweh feels greater joy when seeing that people love each other and become one in Heart than their striving to connect with their Creator. The best fruit of our oneness with the Ultimate Reality is certainly the quality of our Love

The great thing to remember and to experience in life is that even though our feelings come and go God's Love for us does not. Let us therefore give enough space to the Love of God to be active in our life

When we reflect deeply about it then we will inevitably come to the conclusion that the only way to enter Heaven, nirvana or whatever one may be striving to reach, is only Love. Our ability to love is the only criterion deciding in which realm we live on earth and in spirit world

The task that needs to be achieved by those who not only believe in a Creator but want to connect with Him/Her concretely is not only the purification of one's own soul but also achieving maturity in Heart

True Unification can only be achieved through building a foundation of bonds of Love among people whose Hearts are united centered on our Eternal Parent

In other words, we cannot reach unity unless we ourselves are united individually between our mind and body and with one another based on acknowledging God as our Loving Creator

As we are individually rather different from each other with unique special qualities, there is no simple answer which equally applies to all people concerning how to love in the right way but still there are basic aspects which apply to any relationship

Depending on how much love and care we have already experienced as a child and in later years of our life, it is naturally more easy for those who grew up in a warm atmosphere to create a realm of Love where other people can join in and be filled in their soul with the uplifting energy of an all-embracing Heart

Every person has the ability to contribute to making this world a more loving place. Therefore I need to have a closer look at what I can offer, what I am able to contribute to the expansion of the precious realm of God's unlimited True Love

The Holy Scriptures and Sacred Texts which are the foundation of the existing religions and spiritual teachings provide a precious foundation but the ultimate fulfilment can only come when all of this valuable content is being practiced centered on the ideal of True Love

Therefore it is decisive that those who search for deeper insights take the time to meditate with the desire to come to deeper realizations concerning the ideal of True Love and what is hindering me in my spiritual growth on the path of perfecting or completing my ability to love

The common goal of all people is to become more loving and caring, more courageous to open one's Heart, more joyous and friendly in reaching out to others, more sensitive in the way we treat those whom we meet in our surrounding and more aware of the needs of those who depend on our helping hand

Further aspects of learning to love on deeper levels include becoming more forgiving towards those who hurt me, more tolerant when others behave in ways which I cannot easily understand, more humble and respectful in front of our fellow human beings, who are actually my brothers and sisters as members of a worldwide family as sons and daughter of God

The list of the qualities we are destined to develop during our life here on earth and to further perfect in spirit world is very long, while each day may bring new challenges as well as opportunities, situations where different aspects of our heart and personality need to be present, available to be expressed in order to fulfill the needs of those who long for our loving care and support

It is our blessing that we can develop a great variety of abilities centered on love while we are here on this earth. Accordingly it is well worthwhile to invest wholeheartedly into expanding the realm of Love which we are able to experience and to share with others

Actually, every human being is called to be an expert in the most precious quality of all: to embody True Love in our whole being, to be a true manifestation of God – who is the ultimate origin of Love

Loving relationships should be a very natural part of our life which was conceived on the foundation of our parents' Love for each other. They did their best in their own ways to raise us in an atmosphere of Love. Once we appreciate that fact we will want to share the Love we received with more and more people

As we grew up, ideally we should have learnt to become a true son or daughter of God as a peace loving citizen who treasures all the good elements we received from our father and mother and who wants to share it gladly with others

We are in the blessed position that we know these fundamental aspects of life and we are free to invest wholeheartedly for the sake of finding deepest fulfilment because we know the direct way to happiness, namely, to become an embodiment of True Love

When we do not act out of Love, it actually goes against our very nature, endowed to us by our Loving Creator. If we are not walking the way of True Love we bring harm to ourselves. We really should not live in such a way of harming ourselves

In reality we are causing our Heart to suffer if we do not forgive and forget because resentments are poison for our spirit. Not loving the ones whom we are supposed to love may result in all kinds of emotional, mental, and even physical suffering

On the other hand, True Love has the ability to heal the pain that was caused by the absence of it. Because the absence of Love causes the deepest wounds it is only through the experience of unconditional True Love that the human Heart can be completely healed

A wise physician said to me: *'I have been practicing medicine for 30 years and I have prescribed many things. But in the long run I have learned that for most of what ails the human creature, the best medicine is Love.'* *'What if it doesn't work?'* I asked. *'Double the dose'* he replied

Conclusions 27

It is our blessing to always act out of Love – with a loving Heart – in whatever we are doing. We are supposed to breathe the air of love, to feel the warmth of Love, to be filled with the light of the logic of Love which knows how to treat people in the right way, capable of radiating True Love to the surroundings

It is indeed a blessing to be a channel for God's Love to touch the Hearts of His/her children! Can there be something more fulfilling than to convey the Heart of our Heavenly Parent to His/Her beloved sons and daughters by being a true representative of God in this world?

We are privileged to build the New Heaven and Earth which people have been longing for throughout history. We live in the blessed time when the dream of humanity will become a reality in front of our eyes – if we contribute our share to this most precious goal

Every person was born to fill the world with Love – what nobody can do alone. Together we can realize this wonderful ideal which will bring happiness and liberation not only to all people but most of all to the precious Heart of our Creator

The well-known song goes, *"All you need is Love"*. Unfortunately, many people are not yet familiar with the fact that, all we need to do is to give Love, to invest into loving others, because this is the only way for Love to return to us, enabling you and me to find deepest fulfilment

Once we reach the level where our Hearts are filled with Love we cannot help but act out of Love. The quality of our Love may still be lacking in some ways but we will always long to give True Love to others

A fire will be burning in our Hearts which cannot be extinguished. It will move us again and again to give, to care, to be sensitive and patient as well as firm and strong – according to the various circumstances we may encounter

In reality it is a certain spiritual and heartistic battle which we have to fight in our daily life in order to be victorious in the precious realm of Love, because there may be things that block our own Hearts, internal barriers which stop us from reaching out to others, or hindrances in our surroundings which make it hard for us to be open to share wholeheartedly

All too easily we may get hurt and close our Hearts, or we may find it impossible to forgive those who have hurt us deeply, preventing us from walking the way of True Love which is manifested in giving and forgetting what we have given in order to give again with a free and unburdened Heart

It is essential that we are clear about our priorities in life according to the desire of our Heavenly Parent who is longing to bring salvation by Love to all of His/Her precious children

Each one of us is called to be a pure channel for the Love of God and therefore our Cosmic Parent must be the absolute centre of our lives, not as theory but as a substantial reality which enables us to go beyond any kinds of trials we may encounter

Our Heavenly Parent cannot easily reveal Him/Herself if there is no foundation created on our side. Every person needs to clean out from his or her Heart any kind of impurity in one's emotions and desires in order to become a pure dwelling place for the presence of God Almighty who is more than anything else our Loving Father/Mother

A profound understanding about Heart and True Love enables us to become true sons and daughters who live in accordance with the Word of God, who embody God's All-embracing Love. The doors are open for any person who strives to achieve perfection and to live in the realm of God's direct dominion

In order to be victorious on the path towards perfection or completion we must overcome obstacles and achieve the needed victories of Love. I need to become completely free in my Heart and mind so that I am free to give, to share from the bottom of my Heart and become the embodiment of True Love

The most precious secret or insight one can gain in life is that there is nothing greater and more wonderful in life than being able to receive Love and to pass it on to others. Leading a life of True Love leads to experiencing utmost fulfilment

Once we walk on this precious path with the right attitude we will gain the strength to give continuously by being open to receive what others have invested from their Hearts. This may be in the form of the Love received from the immediate surroundings including the beauty of God's creation

On the internet we can find many valuable materials that inspired people created in order to lift others up but most of all we will be able to draw much energy from our relationship to other people as our beloved brothers and sisters to whom we are close in Heart

Actually there is a seemingly endless reservoir of inspirational videos on the internet that can help us to gain important insights. Every person with the external abilities can create something positive and share it with the world on this level, whereby the quality may still be lacking greatly on internal levels

At: http://www.youtube.com/watch?v=Kyfm5_LLxow you find a video with the title "*Mysteries of the Heart*" where you can learn e.g. that the Heart sends more information to the brain than vice versa. This means that even biologically we are a heart-centered being

Heart and True Love stand immovable at the very origin of the universe and they are intrinsically connected with life as they are at its root, the motivation and purpose of our existence

Accordingly Heart and True Love should also be the actual centre of every person's life – breathing Love from morning to evening, investing Heart and Love day and night in order to find fulfilment in Love – in deeply loving relationships

Conclusions 28

Seen through the eyes of Love all things are beautiful. The more we cultivate a loving Heart the greater will be our experience of the beauty of creation as we will connect more closely with it and become one with our surroundings

Ideally we should feel that we love because it is our nature to love. Once we have matured in Heart we will know nothing else than walking the path of True Love. No other attitude will be attractive for us

When we have reached perfection or completion in the realm of Heart then all our thoughts will be full of Love, each syllable and word will be spoken out of Love, we will breathe in and breathe out the air of True Love

Our ultimate vision must be divine Love that originates in the Heart of God, a completely selfless Love which does not hesitate to make any sacrifices for the sake of the beloved

When we reflect deeply about living in Love we will become certain that True Love lives by giving and forgiving any kind of wrongdoings while self-centeredness is based on trying to get, to live for oneself instead of for the sake of others

The purpose of life is the embodiment of Love, to manifest the characteristics of our Loving Creator, and demonstrate through our own Love that we know God

True Love does not watch through the eyes, it perceives and knows based on the Heart. Love does not hear through the ears, it listens with peace. Love does not talk with words but with compassion

The light which shines in the eye is really the light of the Heart. The light which fills the Heart is the light of God, our beloved Heavenly Parent

Love is the cause of all perfection, of all things throughout the universe. True Love is the essence of our Creator and from this viewpoint we can conclude that even God is incomplete with an object partner of His/Her Loving Heart - each one of us

From this perspective it is absolutely clear that perfecting the way of loving in a God-like way – with the same attitude as our Heavenly Parents – should be our natural way of living in order to fulfill the ideal of True Love

There are many people who claim to love God but upon having a closer look it is obvious that True Love for one's fellow human beings is lacking greatly

Only when we embrace the world and love all people with sibling love, will we be able to join everything together in an ideal sphere of Love and build loving communities and societies where Heart to Heart relationships are firmly established

Loving relationships among people are the foundation for God's ideal to bear fruits for parents and children, brothers and sisters, and in conjugal Love, the precious relationship between husband and wife

When we love and respect each other as holy sons and daughters of our Heavenly Parent we will surely experience the Kingdom of Heaven on earth which has sibling Love as central axis

In order to eliminate any form of enmity from our world we need to learn to love those who are distant to our Heart more than our beloved, those who are already dear to our Heart

In order to establish a realm of true sibling love we must stand on the foundation of being brothers and sisters who have achieved inner harmony and unity based on loving ourselves and others wholeheartedly

When we listen attentively to the voice of our conscience and perfect ourselves as an owner of True Love we will be equipped with a Heart that has learned to love unconditionally in a completely selfless way as key to realizing God's ideal of creation

On the foundation of having established such a precious realm we will naturally be successful in building resonance in the relationships among us as brothers and sister who can connect with each other's emotions and way of thinking, resonating with one another in Heart

First of all the realm of sibling Love needs to be well established as an internal foundation in order for us to be successful in our efforts to build a Unified World where people live harmoniously together as one global Family

The True Love philosophy to unite the world transcends religion. It is focused on living as true brothers and sisters who practice the ideal of True Love among all people and with the world at large

When we have learned to love ourselves and others in the right way we will gladly establish the realm of sibling Love wherever we go by cultivating the spirit of humbly receiving each other, welcoming other people as our brothers and sisters whom we strive to love wholeheartedly

Conclusions 29

In the ideal world people appreciate each other as brothers and sisters with the desire to learn from one another and the readiness to approach them with the attitude of looking up to them as God's precious sons and daughters from whom we want to learn to love on deeper levels

Nothing stands in the way for all humankind to become a worldwide family except for the issue of whether people have enough Love to build close Heart to Heart relationships as brothers and sisters who care deeply for one another

The word '*Family*' contains the 'abbreviation' of its core content when we look at the term '*FAMILY*' as referring to '*I Love You*'. When we see the first letter as standing for the word 'Forever' and include the 'am' of the term 'family' it refers to the following fact '*I am loving you forever.*'

The family is the best school to learn how to love deeply because it is the place where naturally bonds of Heart are established which allow for Love to flow freely in a warm atmosphere of mutual understanding and care

We live in a world where self-centeredness abounds but once especially religious people understand that the True Love of God is a Love for others the atmosphere will change fundamentally from one of looking for one's own salvation to being more concerned about others than about oneself

When God's ideal is fulfilled the light and the warmth of His/Her Love shines, day by day, hour by hour, moment by moment, in the Heart of all people as the ones who embody the Word of God substantially in their personality with an unconditionally loving Heart at the core, manifesting God's boundless Love

The fundamental goal of history which needs to be achieved is to bring God's dwelling into the Hearts of every son and daughter of our Heavenly Parent. In order to reach that ideal any kind of false distorted energies within the Hearts of people needs to be removed

Every person needs to learn to have free access to his/her original nature, the image of God's nature for each of us. By our being truly honest with ourselves we can peel away the distorted layers to eventually discover the treasure of gold in our innermost Heart

On the way to get there where we should be as mature sons and daughters of our Heavenly Parent we need to deal with our poverty in spirit and remove all that is hindering us to embody a Heart of True Love

Honesty leads to trust in our relationship with others. Another great benefit of being honest and cultivating a clear conscience lies in reaching a level in our spiritual lives that is free to concentrate on the goodness in others and on embodying a Heart of gold

Such a Heart is dedicated to healing not only our own lives but to invest into bringing wholesomeness into the lives of those whom we want to support as we reach out to others

On our path to come closer to this ideal we need to first listen honestly and sincerely to what life has taught us, whereby it is of course not easy to hear the answers because there may be all kinds of internal obstacles which hinder us to see clearly – from God's point of view

As we strive to grow in Heart we are basically walking a course of re-awakening our senses, of learning to cope well with the issue of seeing and listening as well as remembering the lessons we need to learn in order to advance on the long road to internal freedom until we are fully liberated to love with a completely selfless Heart and mind – unconditionally

When we respond to God's Heart and cultivate our ability to love we will naturally become embodiments of the wonderful characteristics of our Loving Creator who has provided us with everything we need in order to become His/Her true image as man or woman of True Love.

It is the wings of forgiveness which bring us into a garden where the flower of peace blossoms on the foundation of the victory achieved in our Heart

Open your Heart to the deep Love embedded in the universe which is created out of Love

When you share from your Heart others will listen to you from their Heart

A timeless truth says: *'If you wish to experience peace for yourself provide it for another.'* The same is true for Love: If you wish to feel Love share your Heart with others.

God's Love is like the sun. It is always shining. We are created in the image of our Heavenly Parent. Therefore we should also continuously be radiating pure Love from our Heart

The act of forgiveness takes place in our own mind. It really has nothing to do with the other person. I liberate myself when I forgive others

We can say that during our life on earth we are finding our way to our beloved Heavenly Father/Mother by learning to become one in Heart with Him/Her based on developing Heart to Heart communion. Let us do well in this essential purpose of our life

Conclusions 30

Based on the foundation laid by our ancestors and our own efforts we can become not only a peace-maker, a mediator between people, a person who helps others by serving them on external levels, but most importantly we will be the source of goodness in the form of bringing reconciliation and inner healing to people and in this way true liberation to the Heart of God

What makes True Love so precious is that this way of life opens the realm of God's Heart more and more as our personal experience with the beautiful result that we will succeed in being fully focused on the practice of True Love while enjoying all the wonderful benefits which come with having such an attitude

When we establish bonds of Heart we build a foundation that allows for heartfelt sharing which in turn will naturally make us happy and fulfilled

The dwelling place of God is ultimately the Heart of man. Therefore we should treat each other with utmost sincerity and care, truly with a warmly loving Heart

It is important to be aware of the fact that the less you open your Heart to others, the more your own Heart suffers

The deeper you love yourself most sincerely and honestly, the more support you will receive by attracting the Love of others

Smile and the world will smile with you. Love and one day all people will want to share their Love with others, including you

If we do not change we are not growing. And if we do not grow we are not really living. Let us make the best out of our life by going through many changes to expand our ability to love

The more you are motivated by Love the less fearful you will be. You will act freely out of Love for others with an open Heart and mind

Let us always make sure that we are listening to our Heart and ask: What is my Heart telling me?

Before we can really discover our spirituality and awaken to our true selves we first have to make peace with ourselves and our fellow human beings

Every 35 days your skin replaces itself, your liver every month,... Your body make these new cells from the food you eat. Let us therefore care about what we eat and especially about what kind of spiritual food we take in through the relationships we develop

To forgive others is a most beautiful form of Love. In return, you will receive peace in your Heart and liberating happiness

The word *'Hope'* may stand for *'Have Only Positive Expectations'*. This is surely what True Love is doing: Hoping for the best possible outcome

Mahatma Gandhi once said: *'Happiness is when what you think, what you say, and what you do are in harmony.'* It is indeed a great joy when we have always unity between our thoughts, words and deeds

The more you teach positive ideas to others, the better you learn them yourself. This is especially true when we combine our ideas with the ideal of True Love and become an example of practicing this highest value

In the realm of Heart it is certainly true that we transform all those who are touched by our deep Love for them

Have you ever felt the sadness and the loneliness of someone who approaches and stands beside you? Surely many have felt it, but not everybody succeeded to comfort others in the right way. Let us become experts in giving new hope to people based on our True Love for them

Some people prefer to express contents by using just a few words. A good example in this respect are the three words combined as: New Heart – New World

It is indeed true that if we renew our Heart we will feel like living in a new world. It makes a huge difference with what kind of Heart we go through life

Conclusions 31

In the Psalms of the Old Testament we can read: *'Those who sow in tears will reap with songs of joy.'* It is surely true that we may have to invest with a painful Heart but if it is done with Love it will surely lead to lasting joy

If we forgive others we create peace of mind for ourselves. We must not allow others to steal the peace in our Heart which we treasure

Being humble is more important than being wise. If we follow this advice we will always be open to listen to the voice of our Heart and never be misled by insincere intellectual justifications

If God lays something on our Heart we need to act on it for it is Heaven sent. May we always be sensitive to recognize the voice of Heaven deep in our Heart

Concerning our relationships we need to remember Mother Theresa's words: *'If we have no peace it is because we have forgotten that we belong to each other.'*

It is true that we will remain unfulfilled unless we nurture the seed of divinity inside us because we have been created in the image of God, our Heavenly Parent

Aristotle expressed a timeless truth when he said: *'Educating the mind without educating the Heart is no education at all.'* This fact needs to be taken seriously today more than ever before

What all people should wish to each other is for example, *'May Love shine through your day,'* because we are indeed born to be source of True Love radiating from our Heart

Especially when it is done with a loving Heart, your time is the greatest gift you can give someone

Out of all the many experience we make in life we must always make sure that the lesson learned is always Love

Your Love is not outside; it is deep within you. You can never lose it, and it cannot leave you. The only question is to which extent we are using our great potential to love - in selfless ways

The liberating effect of practicing Love is expressed in the following wisdom: Forgiveness is to set a prisoner free and discover that the prisoner was you

God could live anywhere in the world but our Heavenly Parent chose to live within our Hearts

The saying, *'What you practice is what you have'*, applies certainly to the extent to which we share Love with others. If we give much Love to others our own Hearts will be (re)filled abundantly

If you want to find and become one with our Creator you have to make God your number one top priority in life because great preciousness cannot be found in mediocrity

Faith is Love believing – Kindness is Love acting – Patience is Love waiting – Hope is Love expecting

One of the secrets in life is to make stepping-stones out of stumbling blocks. Love gives us the wisdom how to turn unfortunate situations into victories on the level of Heart

Love is the Heart of creation. True Love stands at the beginning point of the universe and all things and life itself find their meaning and fulfilment in this most precious value

Everything that happens in life is an opportunity to grow. Let us make sure that we are not missing the lessons of Love which our Heavenly Parents wants us to learn during our time here on earth

What matters most in the end is the Love I carried in my Heart and the Love I have shared in my life with those who have been longing to receive my heartfelt attention and care

If you have good thoughts they will shine out of your face like sunbeams and you will always look lovely, especially when your thoughts are coming from your deepest Heart

Every thought is a cause that has a consequence. Let us therefore make sure that we are thinking a lot about Love and focus on this precious value in order to ensure that we are contributing to the spreading of this priceless realm

Conclusions 32

Unconditional Love turns hope into knowing in a collective reality that is often seen as hopeless or seemingly impossible to overcome. When you know something is possible you empower this to manifest with your very being

So know from now on that you are Loved and loving and see how the world responds to your light and knowing. Watch how your peace and strength is sought out by others and how the limitless Love you have to share is the Love you receive in return

As the world is rapidly changing and there is once again a seeming increase in confusion, tension, polarity and fear, we can send a different message to each and every one of the people whom we can reach in our immediate surrounding or far away as we connect with them through the internet or other means

Let us help each other to recall and become deeply aware of the potential to love unconditionally while appreciating each other's efforts deeply. We do have a timeless and simple message to share: True Love is indeed possible

The message requires action by each of us fully realizing the potential that lies in a life that is lived for others – with a completely selfless Heart and mind

It is perhaps the most critical time we have yet encountered on the planet and it will take the personal strength of each to lift the world into a higher perspective. Let us not be bystanders but write history through our heartfelt dedication to the ideal of a world of True Love

Behind the many evolving news headlines is a bigger movement attempting to encourage a level of fear and hopelessness to permeate our consciousness into believing that we must be afraid of everything and everyone. This not-so-subtle effort is hoped to keep people from realizing their personal potential to make a difference while the truth is that we can change the world by starting to love unconditionally

It only takes one to simply realize that Love is more powerful than fear and the game is done. Let us be the ones who show this precious timeless truth

To discover and express Love in the face of fear and doubt takes enormous courage and strength. Yet, we can show that we are up to the task and that we will no longer sit idly by allowing our attention to become engrossed on the negative images and stories of others, or continue to live in our own fear, doubt and limitation. When we can accept our ability to change our personal perspective, we change the outcome for all

Let us take time for personal contemplation and observe ourselves to see clearly where our thoughts and feelings are focused. By beginning with this first step, we will add to our awareness of Love and affect people within your circle in an exponential and positive way

People thousands of miles away will instantly benefit by this Love just because you were willing to go beyond your limited perspective to understand a bigger picture. The earth awaits our next thought and feeling of Love and forgiveness. Let us not hesitate to offer our contribution gladly and willingly from our loving Hearts

Let us be the ones whose Hearts are filled with compassion, courage and vision to make this a better world for all of us. We can do it and nothing will stop us once we made the decision deep in our soul and follow the guidance of our original mind which is rooted in the Heart of our Heavenly Parent

'Together we can change the world.' One sentence with just a few words but when put into practice its content is indeed world-changing especially if we unite centered on True Love

Martin Luther King, Jr. was surely very right when he said: *'Love is the only force capable of transforming an enemy into a friend.'*

A Chinese proverb says: *'To understand your parents' Love you must raise children yourself.'* It is indeed true that parental Heart is best conveyed through experience

Norman Vincent Peale expressed a precious insight which every person can experience when he said: *'The more you lose yourself in something bigger than yourself, the more energy you will have.'*

Especially for emotional people it is important to be aware of the fact that feelings and emotions do not happen to you. You choose them. Let us therefore make sure that we focus on uplifting emotions which arise from our Loving Heart

If you let Him/Her, God, our Heavenly Parent will surely be with you in every letter, of every word, of every line, in every paragraph, of every page in each chapter in the story of your life. What a blessing to live together with our Heavenly Father/Mother

In the New Testament we can read: *'Blessed are the pure in Heart, for they shall see God.'* Purity in one's Heart and mind is definitely a prerequisite in order to feel God's presence

In order to forgive others we must first forgive ourselves. True Love gives us the strength not to get stuck in any negative emotions and to go beyond the limitations of Heart in order to be truly free

You have infinite worth and value because God created you and our Heavenly Parent creates only valuable beings and things

Your true wealth will be measured by how many heartaches you healed for others – how many people you have helped to become more loving and in this way experience more joy

Choosing Love for the most difficult people is the highest form of emotional maturity. May we all show that we are capable of embodying this precious standard rooted in True Love