

## True Love cares 1

True Love cares for all needs of the beloved

True Love shares from the depth of the soul

True Love never stops caring with heartfelt compassion

True Love cures people, both the ones who give it and the ones who receive it

A loving heart unites differences

True Love is expressed in the kindness of your face and the warmth of your eyes

The extent to which I care wholeheartedly for others shows the depth of my Heart and Love

Love shines

Love inspires

True Love cares in any situation gladly and willingly

True Love always gives abundantly

True Love harmonizes

True Love gives everything

Let us excel in the realm of building sincere relationships where True Love can be felt

May we spread True Love wherever we go

When we live according to our original mind's desire we will gladly care with a loving heart,

If you want to be loved, love and be lovable

Once we commit to a life centred on True Love we will care for all people without excluding anyone

True Love is shown in our words and deeds

## True Love cares 2

We can start today and show that we really care not only for one another but for our planet. If we do, beauty will be returned to us in manifold ways

A person's world is only as big as their Heart. Knowing this, let us expand our Hearts to new levels of being able to embrace others irrespective of how they may treat us

Our Heart is free, beating independently of our conscious input day in and day out to keep our body well and fully alive. Let us show our gratitude and follow the voice of our Heart as it is your most reliable friend

It should be most natural for all of us to gladly express the wonderful qualities of our Heart and expand the timeless realm of True Love on ever growing levels of reaching out to others

When we begin to see ourselves through the eyes of other people, and others become more important than 'I' and the 'I' is replaced by the 'we', then we are advancing on the path of growth on the level of Heart

May we show that we truly care for each other from our Hearts because this is the only way to secure a bright future for each one of us individually and for humanity as a whole

Imagine how the world would look like if every child was taught to express and to trust the power that lies within their own Heart. We would live in a world where countless expressions and manifestations of True Love would be present

When we bring our Hearts fully into our lives we will be able to make much more out of ourselves and experience new levels of fulfilment based on establishing heartfelt relationships with others

It only takes one truly loving person to unite the Hearts of hundreds or even thousands of people. Let us be like a 'catalyst' (a substance that initiates or accelerates a reaction) and become the source of True Love flowing from Heart to Heart

So many feel unloved, stressed and used. Let us reach out from the depth of our Heart to care for the unfortunate, for those who need hope to continue on the path of True Love

We do not live for the sake of just existing in this world but we are destined to expand the realm of True Love, here on earth and thereafter eternally, by offering our own unique contribution to the realization of a loving world

Life only becomes truly meaningful when it is lived for others with a loving and caring Heart

As human beings we are deeply connected on inner levels and accordingly it should be natural for us to serve others and to live for the purpose of the whole, contributing our efforts to help evolve human consciousness, especially in the area of recognizing the value of True Love

Everybody's Heart can be fully healed and liberated to grow in the fundamental ability to love. Now is the time for the loving way, where we give everything for the sake of helping people to revive their Hearts

Based on our strong inner desire to love with an unconditional Heart we are expanding light of True Love throughout the planet.

As an expression of the unending Love of our Creator let us give Love freely as messengers of Love, as conduits for peace, Love and joy by offering heartfelt sharing from our loving Hearts

Once you have come to know the realm of True Love you begin to see the world with new eyes. You feel loving and at one with everything

A timeless advice: Be compassionate and loving as best you can and do not be hard on you when you have a bad day. Be gentle with yourselves and others with a Heart of understanding and longing to help others to become truly free to love unconditionally

As your awareness expands you will desire more and more to break free from restrictive patterns and old habits that do not serve you anymore. Have courage and do it! Clear out the old to make room for the new, for True Love to become an intrinsic part and ultimately the essence of your life

When you open your Heart to others you begin to notice more and more signs that speak to you on a very profound level. They will have great meaning to you as your awareness blossoms and you learn to gladly live for the sake of enriching other people's life

Love and light that are radiating from the Heart must be the focus of our attention because we are created by a Loving Creator, destined to live in True Love and brightly shining light emanating from our soul

### True Love cares 3

If we do not follow what our Heart tells us we lose the central point of orientation which allows us to lead a fulfilled life and we will naturally suffer the consequences

Our loving Hearts will warm and heal this rather cold world. We can bring true healing to humanity once we have understood what True Love means and how it can be multiplied

Purifying our Heart and soul from self-centred traits will liberate us to live freely in the realm of True Love, of giving joyfully to others with an unstoppable desire to give more each time

No matter how you define it or feel it, Love is the eternal truth in the history of mankind. We are created out of Love and therefore destined to manifest Love, True Love, in whatever we are doing

Love is patient, love is kind. It has no envy, nor it boasts itself and it is never proud. It rejoices over goodness and is the truth seeker because it is in the light of timeless truths and universal principles that we learn to love in the right way by sharing our Hearts with others

True Love always protects the good in others and preserves the divinity within in hopes for the positive aspect of life to be always in the upper position so that the realization of goodness is secured

We should always stand steadfast in Love, not fall into it and afterwards out of it based on personal immaturity and inability to practice True Love. We are created to lead a glorious life of every growing joy based on enriching other people's lives

A new dimension can be attained in any relationship with the magic of Love. True Love can be made alive by investing our sincerest Heart while focusing on the goodness of the other person

Once we have understood that when one is harmed, all are harmed and when one is helped, all are helped, we will always gladly invest into one more person because we know that many more will be positively affected by our giving of True Love

Every human being can become a more loving person. There is no limitation to how much we can love others because our Hearts can be expanded endlessly to ever wider and deeper levels of embracing True Love

It takes a second to say I love you but a lifetime to show it. Let us show that we are true to our words and live our life in such a way that all our actions are a testimony to the precious Love in our Hearts

Love is like air. We breathe it. Love may not always be seen but it is always felt, used and needed. Let us become a source of True Love for many to draw on and to get new inspirations for their own lives

People look for satisfaction in many places but true satisfaction can only be found in the Heart – when we love with all of our Heart and soul and experience being loved without any conditions attached

Therefore it must be a first priority for all of us to make sure that we are living in the realm of True Love, of caring wholeheartedly for one another

Heart and Love are at the core of our being, there to be shared and not to be kept for oneself. Therefore our daily question is naturally: What can I do today to show true care for the world?

True care gives generously. It has a dynamic effect on ourselves and our world. True care comes from the depth of our being and from the core of our Heart because we want to give the very best of ourselves to others

Once you have come to know what True Love really means your Heart will be in everything you do. You unconditionally love all people, gladly and willingly, feeling that it is a precious opportunity to experience the joy of giving

Through this wisdom, you view the world and personal experiences in a new light. You no longer look at the life of others from a distance and think that they have nothing to do with you but you welcome every chance to build connections of Heart

You see all life as part of your own life and that life in its purest and most original form really signifies an everlasting expression of Divine Love and bliss, which is meant to be experienced by every person on the foundation of living for the sake of others

Martin Luther King rightly said: *'Darkness cannot drive out darkness only light can do that. Hate cannot drive out hate, only Love can do that.'* Knowing this, let us use the power of True Love to remove all evil from the face of the earth

We can create Heaven on this earth. It only needs people to start living for each other with the desire to realize the ideal of creation, a world where all relationships are centered on True Love

#### True Love cares 4

What does it mean to love somebody? If you really love a person you will feel responsible for this person's happiness and you will do your very best to make sure that the beloved is in the best possible situation internally and externally

Unfortunately, most people put too much emphasis on the external comfort of those whom they love and do not invest enough care for their inner wellbeing. The reason for this situation can be traced back to the simple fact that most people's Heart has not been taken care of in the right way as they grew up and so they are limited in how much they can give to others

Thanks God there are those exceptional people with a truly sincere Heart who focused on developing their inner life, men and women with a clear conscience whose life has been dedicated to the highest moral standards. Historically they have become known as founders of religions and of movements that advance goodness or simply as saints and sages who inspired others through their deep wisdom

When we look at the world today, we can see that all external conditions are there in order for all people to enjoy a good life but in reality there is deep suffering on all levels. Alone the simple fact that in 2012 the world spent 1735 billion dollar for military purposes while only 135 billion dollar would be necessary to totally eradicate poverty

If only one tenth of the budget used on a worldwide would be set aside to eradicate poverty it would be more than enough to achieve that goal. Why is it not done? To erase the problem of hunger in the world is not a problem of money but of Heart – because we do not care

In the face of such a reality and so many others the core question is: Who cares? Who stands up for what is right? Who takes responsibility for the urgently needed changes?

When we look at history we can see that all major developments started with one person. Every religion that exists today and influence millions of people around the world was founded by a single person. All it needs is a few persons to do the right thing at the right time and the course of history can be changed

We know that the main decisions in the world are made by a tiny minority compared to the billions of people who live in the world. It only needs those few people to make the right decisions and we could solve all the main problems existing in the world

Also the wealth is very unevenly distributed. In 2005, the wealthiest 20% of the world accounted for 76.6% of total private consumption. The poorest fifth just 1.5%

From another viewpoint the numbers for 2005 read like this: The poorest 10% accounted for just 0.5% and the wealthiest 10% accounted for 59% of all the consumption. How do you feel when you read about such figures?

A conservative estimate for 2010 finds that at least a third of all private financial wealth, and nearly half of all offshore wealth, is now owned by world's richest 91,000 people – just 0.001% of the world's population. With what kind of emotions do I read about such fact?

Simply speaking, only 0,001% of the world's population would have to change their attitude and share their wealth – and all major problems of humanity could be solved. Only a tiny percentage of the population of our globe could do so very much

As we know, so far the rich people have generally not shared their wealth with the poor people. Why? Many answers can be given to this question, but the ultimate reason is simply the fact that their Hearts are closed towards their fellow human beings on a broader level

The root cause for all the many problems in our world lies in one problem: We are not really connected with our Ultimate Origin, God, Allah, Yahweh, our common Parent and therefore we do not really care for one another

Therefore lasting solutions to all the countless issues that need to be resolved on our planet are not found in any external measures but first of all in people's Hearts turning to their Creator. Only if we realize deeply that we are indeed brothers and sisters of a worldwide family under the Love of our Heavenly Parent will we find true hope for the future

As it is undeniably confirmed from many different standpoints, the existence of a Creator or designer of our universe cannot be denied. Therefore the only core question is: How do I see God, Allah, Yahweh, or whatever name I may use to refer to the Ultimate Origin of our world?

The different religions and spiritual teachings offer various answers in how they describe our Creator and what they ask of their believers or followers. Each religion or spiritual teaching emphasizes certain points as core content which people are expected to accept and to practice

When we have a sober look at history we can see that none of the existing religions or ideologies has provided the answers necessary in order to bring about a peaceful world where all people can live in happiness. Therefore we have to search more deeply for the right answers which are not far away

The core issue refers to the fundamental attitude we have in life: Is my happiness most important for me or is my Heart big enough to put other people's wellbeing before my own?

This question is equally relevant whether a person adheres to some religious teaching or lives based on following his/her conscience: Is it more important for me that I am fine or am I ready to 'sacrifice' my own advantage in favour of others having a more enjoyable life?

With one word, the issue is egoism versus selflessness. Love or no Love for others. Taking responsibility for the purpose of the whole or putting myself into the centre of my concerns. What is your answer?

## True Love cares 5

Each person gives his or her answer to the fundamental issue: Either I live for myself or for others. Do I come first, am I focused on my personal satisfaction or is it my priority to enable others to lead a good life?

The answer a person gives to this fundamental question reveals to which extent the Heart of this man or woman has grown. Is a person capable of loving others with an unconditional attitude or is the individual fulfillment still the top priority?

What is the basic formula for being recognized by public opinion? Two key elements must be there: sacrifice and service. Will you become a good person if you expect others to serve and sacrifice for you? No, you have to be someone who is gladly there for others with a sincere desire to help them if you want to be recognized as a good person

Now, all people want to be good. Therefore even bad people are trying to justify their actions with some kind of explanation why they have to act in a certain way. The core reason for this phenomenon lies in our being created in the image of God, destined to become good one day

As for the moment we still live in a selfish world where egoism reigns on all level, with even many churches having become corrupted in one way or another. Where does the hope for humanity lie in such a situation? In the Hearts of those who have come to understand what Love really means

Of course, there have been those throughout history who lived a good life with sincere motivation but in the end it has been again and again evil that won in the struggle between goodness and evil forces. How can we turn this trend or reality around and open the way for lasting peace and happiness?

This is only possible if we are ready to have a close honest look at ourselves and what motivates our actions. Am I moved by a deep Love in my Heart to care for others and nothing can stop me to do so because I have understood that nothing is more precious than sharing True Love with others?

How many people in the world have realized the most essential point that life is to be lived for others and not for myself, because in every area there is always the purpose of the whole which has priority over the individual purpose, fulfillment and satisfaction on the personal level?

Ideally everyone should have grown up in a family where he or she has learned to care for others and reached maturity in Heart so that when a person has left adolescence behind, men and women know how to live for each other and what is necessary in order to build a happy family

Unfortunately this is not reality but this does not mean that we cannot create such a situation from now on. With every person who have matured in Heart and knows how to live for others a precious building block for a loving world is available

As with most positive development, the first steps are the most difficult ones. The people who start to give are easily misused by others. This is a core reason why we do not live in a good world even though all people want it. To set an example, the right pattern is not easy

What is your response to this situation? Will you also wait that the others start first and live for others with a sincere Heart and then you will join in or are you ready to make the first step?

The world needs urgently people whose Heart is big enough to take responsibility for existing problems and do not stop until the right solutions are found. A lot of good work is already being done by exemplary people all over the world but when we have a close look we can see that something is still missing: Unity and true unification

It is the task for all good people to unite what has not been achieved yet. This reality can be seen most obviously in the history of religions where we can see that people who all professed to believe in a good God have not managed to love each other and to work together to build a loving world beyond differences in religious beliefs

Based on this and other failures the potential of people of faith has not been used well and we live still in a selfish world where egoism reigns even after centuries of the Good News of the Bible, the Koran, the Torah, and many other good Scriptures having been spread and taught to millions of people

The way out of this situation is only one: The unity of men and women of good conscience, religious and non-religious people alike. Only if those with sincere motivation and honest dedication for the greater purpose of the wellbeing of all people unite will we see a bright future for all humanity

In the past it was easy to come up with some excuse that I cannot do this or that because I am alone and I have no influence over others. This is not true anymore in the 21<sup>st</sup> century. There are many examples of how with the help of the internet important changes have been achieved in recent decades

It is proven in many ways that if people unite they have enormous power. In the section of this website dealing with the theme The Solution you can read for example about the work of Avaaz whereby important victories for the side of goodness could be achieved based on responsible people standing up and speaking out, voting for positive changes

No more excuse is possible in respect to saying that I cannot do anything about the situation of the world. We all can work together very effectively for lasting changes once we are ready to take full responsibility for the reality in which we find ourselves in this second decade of the 21<sup>st</sup> century

We know of people who have become even billionaires in a short time simply by the fact that they used the potential of modern technology, especially the internet. But it is not only possible to become rich by using the potential of the worldwide net but especially the door is open to bring about fundamental changes in the world if we use modern technology in the right way

Let us therefore recognize the huge potential of the worldwide net for people of goodness to unite and to bring about the urgently needed changes now – by taking full responsibility for the victory of goodness, for True Love to prevail over self-centeredness in the Heart of every human being

## True Love cares 6

In this second decade of the 21<sup>st</sup> century we have a situation in the world where more than a third of all private financial wealth is owned by less than 100,000 people. The next 50 percent of all wealth is owned by the next 8.4 million - just 0.14% of the world's population. Almost all of it has managed to avoid all income and estate taxes, either by the countries where it has been invested and or where it comes from

This means that the vast majority of the available capital is in the hands of a tiny minority. How this situation develop can be seen in the following fact: In 1960, the 20% of the world's people in the richest countries had 30 times the income of the poorest 20%, in 1997, 74 times as much

An analysis of long-term trends shows the distance between the richest and poorest countries was about: 3 to 1 in 1820 - 11 to 1 in 1913 - 35 to 1 in 1950 - 44 to 1 in 1973 and 72 to 1 in 1992

This means that the distance between the richest and poorest countries was about: 3 to 1 two centuries years ago, 11 to 1 one hundred years ago, and today the ratio is more than 70 to 1! Can we feel what these numbers mean? How do the people in poor countries feel?

Either we have a loving and caring Heart for the people in the world or we remain in a heartless state, in a situation where we look with a cold Heart of indifference at what is happening in the 21<sup>st</sup> century on our planet.

Less than one per cent of what the world spent every year on weapons was needed to put every child into school by the year 2000 and yet it didn't happen. Nearly a billion people entered the 21<sup>st</sup> century unable to read a book or sign their names. Can we grasp such a reality with our Hearts?

If somebody comes up with the excuse that we, the majority of people, cannot do anything in front of the egoism of the rich, then such a point can be shown as invalid when having a look at how the money is spent in developed countries. Let us look at a few examples

Consider the global priorities in spending in 1998. Cosmetics in the United States: 8 billion dollar, Ice cream in Europe: 11 billion, Perfumes in Europe and the United States: 12 billion, Pet foods in Europe and the United States: 17 billion, Business entertainment in Japan: 35 billion, Cigarettes in Europe: 50 billion

Let us compare figures like, Alcoholic drinks in Europe: 105 billion and Narcotics drugs in the world: 400 billion, to what was estimated as additional costs to achieve universal access to basic social services in all developing countries: Basic education for all: 6 billion, Water and sanitation for all: 9 billion, Basic health and nutrition: 13 billion

Such figures tell us that if the population in developed countries would restrict themselves in the expenditure major problems could be easily resolved. E.g. the amount spent in Europe and the United States on perfumes and pet foods would be more than enough to provide basic education, water and sanitation for all people in underdeveloped countries and also provide for basic health and nutrition

Even small sacrifices on the side of the people in well-developed countries would go a long way to help those who are unfortunate to be born in poor countries and still such a help is not given or only in very limited ways. Isn't such a situation heart-breaking when we look at it from the viewpoint that we are all members of one worldwide family?

On what a primitive level we are still acting is very obvious when we look at the astronomical sums of money spent for military purposes – only because we do not trust each other and are still inclined to fight wars. The trend in military expenditure has been steadily rising in the past decade with the incredible situation of a 50 per cent increase since 2001 from one trillion dollar to now coming close to two trillion dollar per year!

This corresponds to 2.6 per cent of world gross domestic product (GDP), or approximately \$236 for each person in the world. Imagine if that money would be given to the poor people in the world it would mean for most people to receive the amount of several months average income. Wouldn't all enmity end if such steps were taken because people would feel much gratitude?

It is especially rich countries that spend much money for military purposes. The USA with its massive spending budget, is the principal determinant of the current world trend, and its military expenditure now accounts for just under half of the world total, at 41% of the world total

In reality it is a small number of countries that spend the largest sums. For example, the 15 countries with the highest spending account for over 81% of the total with China (8.2% of world share), Russia (4.1%), UK

and France (both 3.6%). North Korea spends even 22% of their GNP for its army and other military purposes

From a viewpoint of Heart, to spend so much money for weapons while hundreds of millions do not have enough to eat is indeed more than tragic. The facts are all there, we know them, but most people push them aside and keep busy with their own life. Such is the actual tragic inner situation of humanity in the 21<sup>st</sup> century: We do not have Love in our Heart

Concerning the overall picture of human history we know that in the 200,000 years since Homo Sapiens took her first steps across the African plains, some 57 billion people have lived until now whereby the population grew enormously in the past century

Astonishingly that means over 12% of all the people ever born are walking the planet at this very moment. Or to put it another way: one in eight people who have ever been born are alive today. Isn't this an interesting fact?

Should we not show that we deserve the name, Homo Sapiens, and proof that we are indeed a wise species of living beings? Each one of us is called to proof that we do have a Heart that is capable of having compassion for other people and bring about the needed changes in the world to open up the way for all people to live in a caring world

Considering the reality of the world it is clear that only if we develop our Heart and ability to love and care will we see all the unnecessary suffering eradicated from our planet. Should we not invest into this task more than in any other concerns?

Let us not wait but show now that we really care for one another and build the world in which we all can live with a good conscience that we use the potential well and make the best out of the given situation by taking responsibility for the higher public purpose of the wellbeing of all people, especially those in underprivileged countries

### True Love cares 7

From the facts to which I referred in previous presentations it is obvious that there is a great need for changes on most fundamental levels whereby the decisive question is again and again: Who takes it seriously that we are human beings whose most precious organ is not only our Heart on the external level but we do have also an inner Heart, a soul, which shows that we are spiritual beings and we should act accordingly

Once we stop trying to find excuses we have to face the fact that collectively we do not help those in need even though we could easily care for one another. The resources are there to be used but they are not shared in loving care, but self-centered people dominate others in many kinds of ways

What is stopping us to unite and to work together on a worldwide level to enable all people to take care of their basic needs properly? Is it our religion? If this is the case we show that a set of religious beliefs is more important for me than Love, to care for others with all of my Heart and soul. Sadly, this is the reality for millions of people

Even though religions speak of goodness, the realization of some ideal, in reality most people of faith do not really go beyond the borders of their own religious beliefs and are more or less stuck in them, in their limited understanding of God and our responsibility in this world

Therefore the real hope for a bright future lies in the hands of those who know that Heart is the greatest value in human life and who understand that God, Allah, Yahweh, our Ultimate Origin is a being of Love and therefore our relationship with our Creator can only be established on the level Heart

Once we connect with the Heart of our Heavenly Parent nothing can stop us to care for His/Her children, all of humankind. That is the real criteria as to the quality of the religious life a person is leading: Are you connecting to the Heart of God or are you satisfied with some kind of abstract belief of the existence of some Creator?

No other issue is more important than to have absolutely clarity concerning our Ultimate Origin because we did not create ourselves as human beings and therefore it is natural to find out from our Creator for what kind of purpose we are here on earth. And the answer is most clear: For the sake of Love, True Love, and nothing less

Only through the practice of True Love does everything get meaningful and truly fulfilling in life because in True Love there are no borders. We do not want to exclude anybody and accordingly we will care for all people, without exception

The extent to which I embody a basic attitude of embracing all people in my Heart as my brothers and sisters shows where I stand internally irrespective of the religious beliefs I may profess or adhere to. There is no other criteria as to who is a true believer than the one question: Who truly believes in Love? Because our world was made by a loving Creator

As a being of Love we show our dignity and what we have learned in life through the way we love other people. It is that simple and clear and no excuse is helpful because there does not exist any justifications for not loving my fellow human beings

I may have been hurt by others but there is no reason to live by the pre-old Testament standard of an eye for an eye because we can always forgive each other and understand why some people are still incapable of loving themselves and others

What about me? Can I come up with any valid justification that I cannot love others? If we ask our conscience we will all get the same answer: I do not have the right to judge others and to wish them bad. No person who knows about True Love would ever do that

If we seriously think of our fundamental situation then it is true for all of us: We do not do as much good as we know we should do. We live with certain inner contradiction. Therefore the first step for every human being on the path towards maturity lies in being totally honest with myself: Who am I in front of True Love?

True Love is not something relative but absolute. For example, if you love your child you will never ever want to harm your beloved son or daughter. If it is impossible for you to cause unnecessary pain to your beloved, to sacrifice them for your egoistic purpose but you will always go voluntarily through difficulties in order to make things easier for those whom you love

One only needs to honestly ask, 'For whom am I ready to sacrifice myself completely?' in order to know where I actually stand in respect to my development on the level of Heart. If I cannot love anybody more than myself then I am still dead from the viewpoint of True Love

For this reason we find the term 'rebirth' or 'being born to new life' in religion because when we come to know the realm of True Love we naturally rise from a situation of being unable to love and stuck in my own emotions to being liberated to love, freed from being more or less a slave of my self-centeredness

The inner liberation conscientious people are looking for can only be found in the true enlightenment of understanding the value of True Love. No other topic or theme is as important to be absolutely clear about as the realm of Heart and the practice of truly loving people

From this standpoint it is undeniably clear that the primary purpose of any religion or spiritual teaching must be to help people to gain deeper insights concerning the development of their Heart and expanding their ability to love. How well a particular religion is doing in this respect shows the actual level of the respective teaching

When we take this fact to Heart we will realize that it is not of primary importance in which religion or spiritual teaching I believe but how much I actually understand about what True Love means because practicing this standard is the most important task in life

In other words, the decisive question is not what I believe but what I practice, to which extent I am capable of loving others, including my enemies. In front of True Love there are no enemies. A person with a truly loving Heart will even care for his or her enemies and embrace them with a forgiving and understanding attitude

Heaven is not something where we can just go to. It is a place of True Love and those who have not learned to love do not fit in there. Let us therefore make sure that we learn to manifest a loving Heart under any circumstances

#### True Love cares 8

What motivates us to care for other people? The experience of being of being loved and cared for with a selfless motivation. Once we sense the sincerity and goodness of another person we naturally want to respond and give not only something back but as much as we can

Most people did not receive enough unconditional Love to be motivated to pursue the path of totally selfless Love. They are lacking in feeling deeply appreciated and sincerely loved and are therefore blocked when it comes to investing all of their Heart and soul into other people

We live in the year 2012 according to the counting of the years centered on the birth of Jesus Christ because he has brought the deepest teaching concerning the meaning of True Love into this world. Jesus Christ has become the most influential person in human history because based on his understanding of what really counts in life the great advancements have been achieved in those places where his teaching was practiced

After 200 millennia of human history centered on our species Homo Sapiens and 2 millennia of Christian history as well as many centuries of precious Muslim traditions as well as more than thousands of years of Judaism, Buddhism and Confucianism the time has come for the ultimate purpose of all religions to be fulfilled and completed

This can only become a reality if we raise our understanding concerning the most important issue in life, the meaning of True Love, what all people are longing for deep inside their Heart

On the foundation of deepening and widening our insights concerning this most important value in human life we can establish the basis for all people to come together and build bonds of Heart which allow True Love to flow freely among us

The principal atmosphere of such a world where Heart to Heart relationships are established is supreme Love. That Love is not selfish, but is based on sacrifice and service. Because it is based on that universal law, that precious Love flourishes

The Kingdom of Heaven or so-called Paradise or Nirvana which many people hope to enter one day is our ultimate destination, and our physical life here on earth is like a workshop, a training and preparation to learn to live in a realm of unconditional Love

Because True Love begins in the family where children are born out of the Love of a father and mother we can say that the parent-child relationship is the backbone of the universe. Every human being is not only meant to experience the unconditional Love of physical parents here on earth but also come to know God as our Heavenly Eternal Parent and learn to live as a true son or daughter

To achieve this goal is the most central task in life which goes hand in hand with the developing our Heart to love as true brother and sister and as mature husband and wife. In any kind of relationships we develop the parental Heart is an important aspect because it is based on a sense of responsibility for another person

The core goal of religion and any other higher spiritual teaching must therefore be to help people to find their personal relationship to God and to become one with our Creator based on developing one's potential to love in unique selfless ways

How much damage is created when this core understanding of life is ignored and the existence of our Creator is denied can be seen in the indescribably cruel actions by God-less leaders, particularly in what the God-denying ideology of Marxism-Leninism has done to the millions of people who suffered for decades under the tyranny of communism

On November 6, 1978 in an extraordinary indictment of communism, a cover article of the French Magazine Le Figaro charged Marxism-Leninism with responsibility for the deaths of 150 million human beings since 1917. Le Figaro surveyed communism's legacy of genocide country by country, tallying the human devastation that had occurred over a sixty-one year period

Already prior to this, in The Great Terror (1968) Hoover Institution scholar Robert Conquest had estimated communism's death toll since 1917 at more than 100 million victims. When KGB archives became public in the Post Cold War era, Conquest's calculations were shown to be not only more than credible but he may have even underestimated the ravage perpetrated by Marxism-Leninism

Can we grasp what such numbers mean? And can we imagine the indescribable suffering of hundreds of millions of innocent people who lost their beloved or suffered in other ways under the communist tyranny during the 7 decades of its spreading to many parts of the world?

This horrendous tragedy became possible based on the God-denying ideology of communism, showing once again how much brutality people are capable of inflicting on fellow human beings when the dignity of man as spiritual beings is denied

The ideology of Marxism-Leninism has lost its power but atheistic thinking is still prevalent in many countries of the world, in countless people's mind even though they may ever speak about believing in something or in some Creator of the universe

The core problem lies in the denial of God as a personal designer with the best interest for humanity in mind and the ignorance about the dignity of men and women as sons and daughters of a Loving Creator who endowed us with freedom and responsibility

Most of all, the decisive issue lies in people not being aware of the preciousness of True Love and failing to realize the timeless value of the human Heart. Even though the preciousness of loving relationships may be appreciated on a personal level, it seems that the majority of the people are somehow blocked to realize that every human being deserves to be treated with respect and care

Should we not learn from the tragic history which unfolded especially during the past century and draw the right consequences by leaving any kind of narrow-minded thinking behind and put not only God as our Creator but the masterpiece of all creation, the human Heart into the centre of our attention?

### True Love cares 9

Now that the existence of God cannot reasonably be denied the final question is: How do I deal with the fact that there is a designer behind the existence of the universe who made everything so wonderfully with an endless potential to bring forth beauty and goodness in countless ways as unique expressions of the human Heart?

Will I invest to perfect my own ability to love so that my Heart will grow strong and become completely pure so that I can come to know the indescribable preciousness of living life with the focus on expanding the realm of unchanging true Love?

The decision is made by every individual when and how much a person invests to move into the direction of coming to know our Creator in a very personal way. Certain is only that once a true Heart to Heart relationship is established between me and my Eternal Parent then nothing can stop me any more from walking the way of True Love

Once I have come to know the preciousness of True Love as the motivating force which stood at the beginning of creation and which is meant to be fully alive in the Heart of every human being, we will not leave any stone unturned in order to advance the arrival of the realization of a world where all people can live in utmost joy and happiness based on their living joyfully for the sake of others

The ideal of creation existed already before this universe came into being as design or blueprint but its actualization can only become a reality through men and women establishing loving families where children are born and grow up surrounded by unconditional Love

After many millennia of unimaginable suffering we have finally arrived at a point where the painful history can come to an end and a new Heaven and a new earth will begin in the Hearts of God's children, one by one, and find its substantial expression in the societies where a Heart-centered culture is fully alive with True Love being the value which everybody strives to embody and to practice in every situation

God's ideal of creation will be realized in our time. How quickly depends on you and me. Everything is ready and prepared, nothing is missing. The core questions of life have been answered by both science and religion or spiritual teachings. The answers are all there. Only one issue remains: How many people practice what they know?

If a person has understood and experienced the reality of True Love then this man's or woman's Heart will be totally dedicated to the realization of the ideal of a world where all people live in the embrace of the warmth of loving relationships where everybody strives to bring joy to others

How many people with such an understanding and attitude do we have among the more than 7 billion people living on earth? Seven, seventy or seven hundred? Or can we find even 7.000 people who live with the conviction that nothing is more precious than taking care of people's Hearts and helping them to lead a life that is centered on True Love

I am convinced that there are enough people who understand the ideal intellectually and who will fully agree with the insights that are shared on this website. But so far there are not enough people who are strong enough to have unity between their mind and body so that they would also practice what they know intellectually

After and seemingly endlessly long history of suffering and pain we stand now at the doorstep to a new world where Love and peace reign. The dawn of a new age is upon us as potential but it will only become a reality if there are those who practice the ideal of building bonds of Heart among people so that True Love can flow freely

On a personal level and family level many people are already striving to build ideal relationships, but when it comes to higher levels of investing on the national and the worldwide level to help people to find and enter the realm of True Love we can find only very few people whose Heart is big enough to invest on these higher levels

The time to search for some form of salvation in a religion is definitely over because based on the realization that True Love is the greatest value and the strongest force in the universe it is absolutely clear that not a belief in some religious teaching will bring about the ideal mankind has been longing for but only the practice of True Love

Religion may help us to look in the right direction and to search for the right answers but once we have found them it is not any important to follow some religious teaching but to actually practice the core content of building heartfelt relationships which allow God's presence in our midst

As it is commonly known, the term religion stems from the Latin root 'ligare' meaning to bind; re-ligare represents the effort to re-connect or to bind again. The issue is therefore to re-establish the connection between God and man. Once this relationship is built it is not any more important to follow some religious traditions but to actually practice living in oneness with our Creator

Unfortunately, many religious people have not yet understood this fundamental truth and they are still clinging to some religious practices instead of focusing on what really counts: The practice of True Love in every situation, under any conditions

This is not a recent problem but it existed since we have established religions and churches. Jesus Christ himself became the victim of narrow-mindedness which has its root in religious traditions that were established in his time. Most people have not been open to the new level of understanding about God and True Love which Jesus revealed to them

And that very sad reality continued throughout the ages until today in the form of religious fundamentalism of all sorts which hinders people to connect and unite in Heart beyond their religious backgrounds. Not only that, literal wars have been fought between believers which have continued in all kinds of struggles and fighting on local and regional levels until this very day

All of these tragedies can only come to a complete end, once and for all, if we turn to what really counts in life: The practice of True Love. Nothing less than truly selfless unconditional Love is the standard which all people are destined to practice in their life

How long it will take until this ideal will become a reality is still an open questions but the answers are already there. They only need to be picked up and understood by the Heart from where True Love will flow one the priorities are set right and any kind of wrong concepts are fully removed and erased from our minds

Now that all core answers are there for us to reflect about and to be made my own we can go one step further and think deeply about what it really means that we have been created by a Loving Creator who invested everything in order to prepare the best possible surroundings for us as His/Her children to live in

Once point which will soon become clear for us is that God depends on man in order to experience fulfilment in Love because Love can only be experienced in a relationship. This means that even though we may attribute speak of God Almighty, in reality it is our Heavenly Parent who depends on us in respect to the fulfilment in Love

This understanding may be new to most believers but it is nonetheless an undeniable eternal truth which all men will come to know one day. But we do not have to wait for this day on a personal level but we can understand today that since we are created by God and for us Love is most important the same must be true for our Heavenly Father/Mother

It is meaningless to speak about a Creator who does not have a substantial connection to His/Her creation. If we speak about a relationship between God and man then there must be a common foundation, an inner base of common elements, with one world a Heart in our Creator as well as in us

We do find the reality of a Heart that is capable of loving in a selfless way in every human being - once it has grown and developed to maturity – and accordingly it is clear that our Creator must also have Heart at the core of His/Her being, the desire to express Love

For this very purpose God created man – in order to have an object for His Love – as His/Her sons and daughters who are entrusted with the task to take good care of the earth and most of all endowed with the potential to bring forth new life in the form of establishing families and giving birth to children as unique human beings

With every union of the male sperm with the female egg new life is conceived as it never existed before and never will come about in the future, a unique living being is created. In this way every man and woman are entrusted with the same experience as our Heavenly Parent experienced when He/She created the first human ancestors

All parents want their children to experience all the goodness they could enjoy and even much more. From where does such a Heart arise? Naturally from the Heart of our Heavenly Father/Mother who wants us not only to go through the precious experience of giving birth to one son and one daughter but even many children if we desire

When we reflect deeply about this fundamental truth we will realize without any doubt that God, Allah, Yahweh, - or whatever name we may prefer – created us in His/Her image as beloved sons and daughters with the potential of becoming creator ourselves on many in order for us to be able to go through similar experiences as our Heavenly Parent

For example, in nature we find all kinds of sounds made by animals which are created by God but human beings have shown that they are capable of building instruments and to create music even richer and more extensive than what we can hear by listening to creation

We only need to meditate with an open and sincere Heart and mind about the existence of God in the light of the centrality of Heart and True Love in human beings in order to become clear about the relationship between God and man and to know for certain that any religious dogma or spiritual teaching that does not put the Heart of God and the realization of True Love into the centre is missing the main point

Life lived without Love is more or less meaningless. Everything only becomes valuable and important for us if there is a connection of Love or bond of Heart between me and other people, animals or things which I like to use. We are not created to exist but to live with a Heart full of Love

This is the fundamental truth of our existence as sons and daughters of our Heavenly Parent who suffers indescribably under the situation we are in just as any parent would be in deep pain if the children go through the tragedies which we see in this world.

From the standpoint of Heart and Love it can never be denied that our Creator suffers more than anybody else under the tragic situation humanity has been in for centuries, since the beginning of human history because we never learned to love in a completely selfless way

That we have not grown to maturity in the past does not mean that we cannot reach perfection now. To the contrary, we can learn from all the mistakes which were made in the past and do things right now by focusing absolutely on the realization of a world where embodying a loving Heart is the highest values people strive to embody

It is of course not easy to digest the realization that God is in the position of a Parent who is suffering together with His/Her children but this is the undeniable truth which follows from the fact that all people on earth who have learned to become good parents feel

Who taught all these parents to feel in this way? Nobody, they naturally do so because they love their sons and daughters, and this is all the more true for our Heavenly Parent who loves us endlessly

Religion has the task to re-connect the Hearts of men and women with the Heart of God. This goal cannot be achieved by believing in some religious teaching but only by gaining deep insights into the qualities of True Love and learning to live in the image of our Creator a God-centered life which means nothing less than loving people in the same way as our Heavenly Parent loves us

Nothing else really counts in life than the question as to whether I love myself and my surroundings, whether I lead a life that is completely focused on sharing Love with whomever I come in contact with

Love is always connected with responsibility. This means that the more I understand about True Love the deeper I will feel responsible for the beloved – for everybody and everything that I love.

Let us therefore show that we are indeed children of our Heavenly Father/Mother who have learned to live as His/Her sons and daughters who love each other deeply as brothers and sisters because we do have common Parents and are meant to care for one another as members of a worldwide Family of Love

True Love cares 11

Our Creator definitely cares about humanity and the more we have grown to have a personal connection with our Heavenly Parent we will also invest into expressing our loving care to the people of the world

The need is there. So many people feel lost and not enough loved. They are starving for unconditional Love and true appreciation. They are longing to live with deep inner peace and depend on others to show them the way by sharing parental Love and care with them

Who will heal this world? If is you and me, every soul who is ready to connect with the realm of True Love and begins to invest into loving relationships so that Love is no longer a world or a concept but a living reality that fills our Heart

As a being of Love we will give everything we have in order to reach out to others and to embrace them with a loving Heart that is ready to give everything to them which is helpful so that they can learn to embody True Love themselves

This is the single most important task that needs to be achieved. As I pointed out in previous instalments centered on the theme True Love Cares, the solution to the suffering in the world is definitely in our hands. We only need to act now, to give our very best in order to expand the realm of True Love which originated in the Heart of our Heavenly Parent

Just as nothing in this universe can stop the Heart of God from caring for His/Her children nothing will be able to deter us from investing ourselves totally for the fulfilment of God's dream once we have fully understood that the ideal of creation lies in the realization of a world which is filled with True Love

The first steps are not easy and accordingly it takes some effort to move out of one's little world to embrace the Heart of God and to care for all humankind. But there is no other way in front of us because God does exist as our Loving Parent and nothing can change this precious truth which is manifested since the first human ancestors walked on the face of the earth

If we help each other we can certainly start a movement of True Love by ourselves becoming the embodiment of True Love, men and women who always act with a loving Heart and look at any situation from such a viewpoint

The truth is simple and clear. We do not need to worry about future governments ways of ruling the world because once the Heart is filled with Love it does not depend on any external organization or structure, but it will freely act in the right way, naturally because the Heart of God guides each and every one of His/Her children to act in the right way

This means that all of our actions will be motivated by Love. We will not need any laws that tell us what we must do and what we are not allowed to do but we will naturally act in a fully responsible way because our Heart moves us to look always at the whole picture and to consider the purpose of the whole while fulfilling our individual purpose

This principle is well established and works day and night centered on our bodies where everything works harmoniously together in order to ensure the health and wellbeing of all organs of our body so that it can fulfill its purpose of serving us in the best possible way

The time has come for all people to move out of the world of self-centeredness into the realm of living for the sake of others. There is no greater joy than being able to share one's Heart and Love with others and once we have come to know this reality we will ever so gladly share our Heart with whomever we meet – wisely according to the level the other person has achieved in his or her personal growth

Love is a vibration. Once we tune in to the vibration of True Love we will not want to leave this realm anymore because it represents the highest frequency from the standpoint of Heart

As beloved sons of God all men are destined to tune in to the Heart of our invisible Eternal Parent and naturally manifest His masculine characteristics. And as dearly loved daughters of our Heavenly Mother all women are bound to mirror the female aspects of our Creator

Once this has become a reality for all men and women living on this earth the Kingdom of Heaven will have been established in our midst. Nothing can stop this world of True Love to become a reality. Only the speed how quickly it will come still depends on how many people tune in to the eternal truth of our existence as deeply loved sons and daughters of God

The ideal of a world without sin and selfishness is at hand. The seed for the realization of this world has been sown. Remains only that all people reconnect with their Ultimate Origin and develop their ability to Love up to the level of oneness with our Heavenly Parent

The purpose of religion is fulfilled as the deepest truth about our dignity as beings of light and Love who are destined to embody the Divine Heart of our Creator has been revealed for all people to know and to become one with this precious insight

It does not require the knowledge of some Holy Scriptures to understand the sacred truth of the primacy of True Love. Even a person who never learned to read and write can come to know the timeless truth of the centrality of Heart in a person's life and the importance of leading a life of living for the sake of others

This means that all people can leave the realm of self-centeredness and become completely loving, ready to invest one's Heart in every situation, even under the most difficult circumstances in order to protect and secure the most precious realm of Heart to Heart relationships where the eternal realm of True Love is alive

The time of believing is over because we live in the new era of knowing, absolutely knowing for certain that nothing is more precious than realizing the ideal of a world where True Love reigns as the highest value and fundamental standard for any decisions

Symbolically speaking, the world ended in 2012 and now we live in a new era when the ideal which has been waiting for its fulfillment since the creation of the first man and woman can now be finally realized. Nothing should be able to stop us from having a crystal clear vision of the future, a new world where True Love reigns, based on the realization what it actually means to have a deeply loving Heart

## True Love cares 12

Through many religions, God has been trying to teach us that we must love one another, as it is expressed e.g. in the Bible and the Koran. The ideal of sincere Love among us as children of God will be fulfilled now as more and more people take responsibility for the world of True Love to be realized

The Buddha emphasized compassion. Confucianism described Love as benevolence and righteousness. Its teachings on benevolence, righteousness, propriety and wisdom indicate that there is no virtue unless Love is included

This timeless truth is vividly expressed in the well-known letter of St. Paul to the Corinthians where it says: *'If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal... If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have Love, I gain nothing.'*

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

Unfortunately this precious truth has not really been practiced by Christians as they should have done and therefore this ideal remains to be fulfilled at this time after we have entered the third millennium after the birth of Jesus Christ

This is of course also true for the believers of other faith traditions. The ideals have widely not been put into practice and therefore the suffering history of mankind continued until today, but this does not mean that we can bring all unnecessary pain to an end now

Everything is ready for a world of True Love to become a reality. It only requires that you and I and whoever understands this core truth take full responsibility for the needed changes in the Hearts of all people so that everybody can find true liberation

Love cannot be True Love if it is only for me. True Love cannot be my individual possession. True Love is for all people and for the whole universe. True Love is what connects the family, the society, the nation, the world and universe

A parent's Love for his or her children approximates original parental Love. Parental Love is absolute because it can transcend the parent's consciousness of his or her existence and activity. It is not comprehended by biological instinct

Those who can unconditionally love everyone, including their enemies, must command the respect of others, whether they are black, white or yellow. This would be true in the past, in the present, and on into the future, even a million years from now. So this must be a universal truth

Love does not come from 'me.' It comes from my partner. Knowing this, we conclude that people were made to live for others. Every man was born for a woman, and every woman was born for a man. Only by living for the sake of the other can we find Love and receive True Love

There is no True Love when you ask others to live for your sake. God designed each sex to live for the sake of its opposite, parents for children and brothers and sisters for each other

When parents live for the sake of the children and the children live for the sake of the parents, there is circular motion. The more they live for each other's sake, they faster the motion becomes and the more joy is created

In loving relationships, each member adds to the other's energy; hence the more we live for each other, the more dynamic our circular motion becomes. The family forms a sphere that can continue this way for eternity

Love, especially True Love, involves a spiral action. As two elements revolve, they penetrate each other and rise at the same time. Nearby objects are drawn into the swirl. The spiral action takes place due to the power of give and receiving and wanting to give again

True Love dwells in an individual whose mind and body are in oneness, focused on living for the sake of others in order to bring joy and happiness to them

True Love is the starting point of unity, the foundation for God's presence to be felt in the harmonious relationships among people

We aspire to have a place of rest and tranquillity in us, with God's Love and peace abiding within our inmost Heart because we are created to live with this experience

We want to dwell in what may be called 'the world of Heart' a place like an ever flowing spring of the purest fresh water. Love and peace well up from within, never ceasing, never stagnating, because God dwells there

When we become that kind of person, a temple of God, and we can comfort those who are crying out in pain, longing for the warm embrace of an understanding and compassionate Heart

What is the essence of Love? It is living for others. It is giving to others from a desire arising out of our own free will with the roots deep in one's Heart

Where did that Love originate? It originated from God. God is the Subject of absolute Love, and giving is the essence of His Love

A person who does not love himself or herself cannot love others. We all need to love ourselves first to be able to love people and the world, most of all, God, our Eternal Parent

According to the ideal of Love, all Love relationships in the animal and plant kingdoms are for reproduction only. Human beings are the sole exception

Humankind enjoys freedom in the conjugal relationship of Love. This is humanity's special privilege as the lord of all creation. God blessed His sons and daughters with the infinite joy of Love

However, the true freedom that God allowed requires human responsibility. If an individual were to insist upon and practice freedom of Love without responsibility, how much confusion and destruction would take place! Achieving the highest ideal of human Love is possible only when one takes responsibility for Love

We can think of this responsibility in three ways. The first responsibility is to become a master of True Love - truly thanking God for the freedom of Love and knowing how to cultivate and control ourselves

We do not take this responsibility for a Love relationship merely because of law or social convention. Instead, a person should establish this responsibility through his own self-mastery and self-determination within a committed vertical relationship with God

The second responsibility is toward our partner of Love. By nature, people do not want their spouse's Love to be shared with others. Horizontal conjugal Love, which differs from the vertical Love between parents and children, loses its potential for perfection the moment it is divided

This is because the Principle of Creation requires husband and wife to become one in absolute Love. Each spouse has the responsibility to practice absolute Love, living for the sake of the other

The third responsibility of Love is toward our children. The Love of parents is the basis for children's pride and happiness. They would wish to be born through the total and harmonious unity of their parents in True Love, and they would wish to be raised in that kind of Love

The highest responsibility of parents is not only to rear their children externally, but also to offer them life elements of True Love that can perfect their spirituality. This is why the family is so valuable

The spiritual life that begins with faith and devotion to God finds its completion in deeds of loving-kindness and service to others. We love, because God first loved us. Living for the sake of others is Love's fundamental ethic

Living for others is a natural expression of a loving Heart that flows spontaneously from a person's inner being. This is because human beings take after God, who from the moment of creation has continually been living for the sake of His creatures

The essence of Love is to live for the sake of others instead of waiting for others to serve you. This is different from what passes for Love in the secular world. Therefore, religion teaches to live for the sake of others by serving with a loving Heart

As we come to understand the deepest truths it becomes clear for us that altruism, living for the sake of others is the secret to enjoying eternal happiness and the way most beneficial to human beings

It is a principle that the way of True Love can never be found without a partner to live for. Educational philosophies and cultural traditions throughout history have taught the importance of living for the sake of others rather than being centered on one's own desires

The universe was created by investing, based on Love for the sake of others. Hence, when a person lives for the sake of others, he aligns himself with the original activity of creation, and this brings him into oneness with God

We should not think selfishly that you should receive Love. A loving Heart always seeks to sacrifice and yield to others, and after giving wants to give still more. That is God's Heart

What is God's Love? It is a Love that is not satisfied with what it has given. It always wants to give more. If you give your utmost and still feel that you could not give more, then you are an owner of True Love

A loving parent feels anxious to offer the best possible support for the children, so she supplements the deficiency with Love. Therefore, Love that was given in scarcity is returned in abundance.

True Love moves at the zero point where the mind and body become one and every void is filled. There the mind and body have perfect rest. At the zero point, only Love has the power to move us

Love does not diminish when it is spent, but flourishes because it is supplemented by something bigger. Therefore, nothing prospers without Love. Eternal life does not exist without Love

#### True Love cares 14

The depths of a person's relationship to God can therefore easily be understood by the extent to which a person is capable of living in a completely selfless way for others

We can see the essence of Love in parental Love. The child may spurn the parent, rebel and turn to evil, yet if the parent loves him even more than before, the child will repent. Greater Love has the power to digest and unite lesser Love

We can understand why God made the principle of living for others when we reflect about our behaviour: If someone truly loves you and sacrifices for you 100 percent, would you want to return only 50 percent, keeping the other 50 percent in your pocket? Or would you want to give more, even everything you have?

Which is in accordance with your original conscience? The answer is, you would want to return more than you receive. This desire is in us because it represents the Heart of our Loving Parent who created us in His/Her image

We know that Love and ideals are more precious than life itself, yet we tend to think we produced them and they belong to us. This is a big misunderstanding. Love and ideals come from your partner. Because they come from your object, the principle of living for others is the natural way of life

God acts according to the law of priority of the universal and public. It requires that every being act to benefit the greater whole ahead of its own existence. Living by that law means to embody the spirit of sacrifice and service

Love is to invest oneself 100 percent. Out of Love, when God created heaven and earth He invested Himself 100 percent. That is why True Love starts from living for the sake of others, gladly and willingly investing one's whole Heart

In creating the universe, God gave everything for the sake of His/Her creations. As Loving Father/Mother our Heavenly Parent naturally invested all of His/Her Heart into preparing the most suitable and beautiful surroundings for mankind

When God created human beings as His partners of Love, He/She was living for their sake. Therefore, human beings are meant to model after God and live for the sake of others by giving with an unconditional attitude and readiness to hold nothing back

The world of selfishness and egoism is the result of people living for themselves. The philosophy of living for the sake of others is based on the fact that all Love comes from one's partner who responds to our Heart

Parents invest and forget for the sake of their children, a husband invests and forgets for the sake of his wife, and a wife invests and forgets for the sake of her husband. Siblings, too, invest and forget. That is the Heavenly way of life

God envisioned this standard of True Love at the beginning of creation, which He founded to manifest His ideal of Love which can only be fulfilled when we learn to live happily for each other, doing our best to multiply the Love we have received

God created the universe by investing Himself. Since God invested Himself completely, the complete result was guaranteed. As this is the principle of creation, we likewise should invest ourselves completely and sincerely

By investing wholeheartedly with a pure motivation you find your future object, build your foundation, and create the circumstances in which you can succeed. All this is impossible by merely receiving. The principle of creation is to live for others with a loving Heart

God's act of creation required an investment of energy. The act of creating consumes energy as we all know from personal experiences

How much did God invest? You may read the Bible, and you think that everything was created easily according to the Word of God, '*Let there be... and it was.*' It was not that simple. Rather, God completely invested His true life, True Love, and true ideal in His creations

Hence, there was a difference between the situation before the creation and after God finished His creation. Before the creation, the God was envisioning His/Her creation and dreaming of the ideal. After God created, He entered the age of existing for the sake of His object partners, most of all His/Her children

In this way, my existence is no longer for one's own benefit. Instead, I exist for the sake of my partner. Parents exist for the sake of their children. This is the most natural way of life which fills our life with the deepest joy

Because words such as 'Love' and 'ideal' presume the existence of a counterpart, the origin of ideal existence does not begin at the position where we exist for our own sake but where we exist for the sake of our partner

This is the reason God invested completely in creating His/Her partner. God wanted to create an object partner of greater value, more complete and ideal

It is in our hands to complete this ideal by becoming the embodiment of True Love, sons and daughters who have learned to love with an unconditional Heart

#### True Love cares 15

After creating the first ancestors of humanity, God determined that He/She would exist for their sake. Our Heavenly Parent made the transition from living for Him/Herself to living for the sake of the beloved partner

For this reason, we cannot hope to attain our ideal as long as we put ourselves first. We can attain our ideal only by living for the sake of others. This principle stems from the origin of the universe

The law of priority of the universal and public upholds and protects people who sacrifice themselves for the whole. Knowing of this protection and support, let us confidently invest for the sake of expanding the realm of True Love

True Love is sacrificial Love. It calls forth self-sacrifice in the service of others. Love prompts us to get involved in the knotty problems of the world, gives us the strength to bear with the failings and weaknesses of others, and moves us to help others regardless of the cost

We have the example of Jesus Christ, who out of Love, offered his life to redeem sinful humanity. Moses in his time, and Muhammad as well, endured persecution and exile, risking their lives to enlighten and liberate their people - all for the Love of God and humanity

Out of Buddhism comes the figure of the bodhisattva, who vows to devote himself to save all beings. He regards his own happiness as incidental to the happiness of others, and would rather not enjoy the fruits of his own spiritual progress before first liberating others

The root of sacrificial Love lies in God, who invested Himself endlessly at the creation to make a beautiful home for His children. God has continuously and sorrowfully devoted Him/Herself as would a loving Parent to rescue the beloved children. Such divine Love is manifested every day in the human Love of parents, who willingly sacrifice for their children's future

In the course of loving their children, parents will sacrifice. No matter how much they sacrifice for their children they do not take it as painful, because the Heart of Love is contained in their sacrifice

All the energy parents expend returns to them as stimulating Love. The more they give out, the more joy they feel. That is the power by which they can overcome the pain of sacrifice.

Likewise, husband and wife may make sacrifices for each other to the point of giving their lives, yet through it all, they feel joy. In Love they can invest infinitely, and feel infinite joy in return

Why did God pour out His Love? Because without Love, nothing returns. Through a relationship of Love between subject and object partners, an eternal give and receive action is set in motion which multiplies God's power. Therefore, we can conclude that True Love establishes eternity

According to the laws of mechanics, the output can never be greater than the input. If that were true where Love is concerned, then when God Loved it would drain out all His energy and nothing would return to Him. Therefore, He set up the ideal that in loving, the output is greater than the input

Accordingly, true parent-child relationships, true husband-wife relationships, and true brotherly relationships are established through sacrificial Love. The genuineness of those relationships depends upon keeping the standard of sacrifice

Children know that their parents truly Love them when they sacrifice themselves for them. Although the sacrificial position is a sorrowful one, when the children perfectly appreciate it and return Love to the parents, the parents can feel more joy

Likewise, a couple that sacrifices for each other finds their Love constantly renewed, revived by the power of sacrifice. A husband and wife who share their suffering with each other can become one eternally. True friends also, are those who sacrifice themselves for each other

The position of Love can be established when one sacrifices oneself and gives himself for others. Thus sacrifice accompanies Love, and it is given willingly out of one's own free volition because one's Heart is moved to give Love

Love embraces all. Love goes beyond the law. Because it goes beyond the law, not even death can stand in its way. Love can penetrate any wall, based on self-sacrifice and investing everything, for the sake of the realization of the ideal of True Love

When an individual sacrifices him or herself for the sake of others, the others will recognize him as a virtuous person. If a certain family lives sacrificially for other families, those families will respect it as a virtuous family

If a community sacrifices itself for other communities and dedicates its full energy for them, then they will honour it as the most virtuous of communities. Likewise, if a nation seeks to sacrifice itself for all nations in the world, then the other nations will honour that nation as the most noble among nations.

This principle is God's Will, and God sent Jesus to establish it. If Christians were living this way, sacrificing their own nations to save other nations, and giving everything they owned for the sake of saving humanity, then surely the churches would today be fulfilling the Will of the God of goodness

Even though others may not live up to the standard of goodness all people are destined to manifest, let us show that we can do better and love each other from a deep conviction that there is no better and more fulfilling way of life than living for the sake of enriching other people's life because in this way our own happiness is secured

### True Love cares 16

Love always requires sacrifice, and it also requires overcoming. To bring happiness to this unhappy, chaotic world, we should conquer a path of misery and unhappiness. That means we cannot avoid having to taste human misery but with True Love in our Hearts we will be able to do so without getting resentful

The people we respect as saints, heroes, patriots and exemplary women all became famous, historical figures only after enduring such circumstances. Patriots tasted the misery of the nation's travails and fought bravely to establish the nation at the risk of their lives. All the saints of this world, and all God's sons and daughters, have done likewise

The proper attitude for all people to have is this: a wife thinks to send her husband to the Kingdom of Heaven first and follow him there later. It is wrong if she thinks she alone deserves to enter the Kingdom while abandoning her husband

Likewise, a son thinks to send his parents and siblings to the Kingdom of Heaven first and only afterwards to enter himself. A loyal citizen would not seek his or her own Heaven until he has sent his entire nation there first, even all the people of the world

Those who would first liberate God before they enjoy the delights of a world of True Love are people who resemble Jesus. Their desire is in line with the Messiah's responsibility. The Messiah does not think, '*I must quickly enter Heaven.*' He works to send individuals, families, tribes, peoples, nations and the world to the Kingdom of Heaven

When we are immersed in the Love of God, we can experience that everyone is our brother or sister. Here is a major distinction between absolute, True Love and the relative Love of self-centered people: True Love is impartial and universal, while egoistic Love is partial to kith and kin, to friends and compatriots

The real stage of Love is actual relationships. The goal is to love even strangers and people of faraway nations with the same intensity and concreteness as we love members of our own family by demonstrating universal Love that transcends race and has no limits

God's Love is the original source of the universe, and it embraces the world. If such Love had reached each and every person, wouldn't this world be a realm where Love is everywhere?

In such a world, what would we value in a person? It would not be eloquence or good looks. We would value people of character, those who are faultless from any angle. Their fragrance would spread to everyone who knew them. Shouldn't we all be like that?

When we relate to others with the Heart that each is a part of God and no one is unrelated to God, then everyone becomes our friend and we will treat each other as true brothers and sisters would do

A loving Heart is the same whether it is for an enemy or a friend. It is universal. The whole is the same as one cell. The universe is formed like a human being, each composed of 100 trillion cells living in oneness. We can become one with God when we become the embodiment of Love that can connect to all of these cells

What is the character of God? God is a being who loves His object partner more than He loves Himself. God's activity of loving the object partner more than self brings unity; then together they can love an object partner of greater scope

The sages, saints and great men of history have invariably taught, *'Love all humankind.'* They did not restrict their Love to only their family, but loved their country. They went beyond their country to love the world. They loved this way even though they were not welcomed, but rejected and sacrificed

The ideal for women is to nurse not only your own dear child, but to try to be a mother who treats other children with the Heart that they are yours as well. With that Heart, the babies who suckle at your breast will certainly become great men and women

We can build the world of peace on this earth if we become people who act according to the Kingdom of Heaven's universal teaching to unfold the movement of God's Love, life and truth of the ideal of True Love

This means your parents are not only your biological parents; your siblings are not only your biological siblings, and your children are not only your biological children. When you become a person who regards all people as your parents, your siblings and your children, then as you look upon the multitudes of people suffering in this world of death, you cannot relate to them without tears

Looking at people your own age as your siblings, or younger people as your own children, you will feel a strong sense of responsibility to save them. You will make every effort, with tears. If you truly become this kind of person, then you will be a central pillar for building the ideal world where True Love is fully present

Who is a son of filial piety? He discovers what his parents most want and completes it; thus he tries to align himself with his parents' desires. Whatever his eyes see, he sees through the eyes of his parents. Whatever his Heart feels, he feels through the Heart of his parents

Whatever words he hears, he thinks, *'Would my parents like this kind of speech?'* A filial son or daughter devotes all five senses to delighting in his or her parents' desire and accordingly would care for his/her brothers and sisters

The thing that filial sons and daughters, patriots, and saints have in common is their concern for others - their family, their nation and the world respectively. On every level there is investment of Heart in order to secure the wellbeing of all people

Let us turn our Heart to God, the Centre of the entire universe. If you were to love God in like manner, you would embrace heaven and earth with Love. You would devote all your Heart and mind to benefit all beings in the universe; to make them fit to receive God's Love

#### True Love cares 17

Only the unparalleled Love of enemy can overcome selfishness at its root and lead to the advancement of God's Kingdom, a world of True Love. Since the nature of God is to love His enemies, then the person who tries to love his or her enemies and invests him or herself completely for that purpose will be able to feel God's Love in unique ways

True Love has influence on the enemy. If you overcome the first, second, third and fourth difficult situation with Love, the enemy will disappear. True Love is capable of winning in any kinds of circumstances

The reason why God does not punish an enemy is that He/She is thinking of the enemy's parents, wife, sons and daughters who Love him. God cannot bear to hurt that enemy because He/She would experience the painful Hearts of all those good people as they wept many tears out of their Love for him. God's Love is like that

When you really feel this Heart of God, could you take revenge on your enemy? If you really knew all the precious Love connected with that person, instead of hitting him you would get someone to go and help him

Thus you come closer to the great way of the universal Principle, which instructs us to embrace everything with Love. When you practice it, Heaven is bound to be realized on earth and all tears will be wiped away from people's faces and their Hearts will be fully liberated

When we think of forgiveness we may come to realize deeply that a large-hearted attitude of forgiveness to those who have done us wrong is advocated in the scriptures of various religions and spiritual teachings

God is most forgiving. It states in the Qur'an that people who seek to draw near to God should likewise be full of forgiveness. Forgiving is natural to a parent; therefore if we can take a parental Heart towards others, akin to the Heart of God our Father/Mother, we can forgive them

Great forgiveness is possible when you have understood the other person's situation one hundred percent. Because God knows our situations, He forgives us and likewise we should forgive each other from the bottom of our Hearts

Thus thinking of your enemy's family's good qualities and their Love for him, you can find a way to Love him. Then the blessings gathered in that family will be joined with you. If you live this way, you will not perish. Heaven will protect you

Men and women with a loving Heart are impartial and all embracing, able to digest evil and unpleasant people as well as kind and virtuous people. It is indispensable to embody such an attitude in effort of reconciling opponents and resolving conflicts

No matter that you plan to go another way; the Heart of True Love for the sake of others will always point you in the right direction, as a compass always points north

Because God is Love, let us centre our lives on Heart, the essence of True Love, and live according to our original loving nature endowed to us by our Creator

Love is the greatest thing. Wherever Love flows freely and without fear, the environment adapts to it; who or what would want to rebel? This way of thinking is pleasing to God and it will bring lasting joy for everybody

God's Love has no boundaries. Love transcends national borders. Love transcends race. In Love there is no discrimination between black, white, and yellow

In the Heart of Love, everything becomes one. It is all-inclusive, not discriminating. Being all-inclusive, it is also embracing. Inclusiveness is the inner core that manifests outwardly as tolerance. Inner and outer engage in circular motion; thus tolerance promotes inclusiveness and inclusiveness promotes tolerance

Giving is rooted in the nature of the Creator, who invested Himself utterly to create all things in heaven and earth. In giving we pattern our lives after the Creator; the closer our relationship to our Heavenly Parent the more we will invest for others

God created all creatures in heaven and earth by investing completely His Heart of Love. It means He gave. Because God has this nature, it is certain that a counterpart will come into being who also has such a Heart

As a result, human beings can form a relationship with God, and through that relationship, to manifest God's Love. By living this way, we can only prosper because this is the way of True Love

The more you love God, the more of God's Love you will receive. This is the principle for expanding the Love of God in your life. You will receive God's Love to the extent that you live in line with the principle of true selfless Love

The more you love, the more you receive Love - not only from God but also from the people you love. Hence your investment yields a two-fold return, and even more. Your one effort at giving Love yields a many-fold return, because it connects with multiple dimensions

A good person is someone who adds to what he receives and passes it on to others. For that reason, parents want their children to grow to be better than them. Likewise, a husband wants his wife to be better than him; a wife wants her husband to be better than her; an elder brother wants his younger brother to grow up to be better than him, and so on

Which is more joyful, the joy of owning something precious or the joy of giving your prized possession to someone else? Giving leads to multiplication. What you give with a sincere Heart will be returned to you many-fold

Once we have initiated give-and-receive action, a virtuous cycle of ever increasing joy is created. Joy comes back to you, and the next time you want to give more. That is how giving expands

God is the king of wisdom. Why do you have to give and give and forget what you have given? It is because it guarantees circulation, which becomes an eternal giving and receiving of True Love

This is the logic of the theory of eternal life. When you invest, invest, and invest more, the principle of eternal life operates. When you live for others, you do not perish

When flowing water comes to a depression, it must fill that depression before moving on. The same is true with air. Loves also flows, and if there is a depression, it works to fill that depression before moving on

The power of True Love comes from investing. It is the power of giving, not just receiving. When we give totally, we ultimately reach a point where there is nothing left to give. That is the 'zero point,' where we become completely empty. Then we have the capacity to receive anything that comes to us

Whenever we give even more returns. By continuing in this way we generate a never-ending process of giving and receiving. This forms an eternal balance. A world where everyone lives for the sake of others centring on True Love is perfected through countless such relationships of giving and receiving

Why does the person who gives flourish? Why do you grow larger when you give? It is because giving connects you with the origin - with God's principle by which He created the universe. God created by giving, and what was given kept on growing

The root of True Love is the eternal cycle of giving. The power of giving multiplies; taking only makes things get smaller. It is a mysterious fact. In ordinary physics, energy dissipates when it is put to work, but the principle of Love is that giving leads to increase. Everything you give moves in a cycle and ultimately comes back to you - with interest!

Your partner is the foundation for your hopes, the foundation of your happiness, and the foundation for your everything. Let us therefore always appreciate each other deeply and share from our Hearts with one another

When God created heaven and earth, He created all things and human beings as His object partners. The principle of give-and-receive action governs action, movement, and law in the universe

True Love is Love that gives and forgets what it gave. Having forgotten what you gave, you want to give again and again because you experience the joy of giving

Once you have come to know True Love you give and then forget. You do not keep an account of what you gave, but forget it. When you give and forget, you are elevating your beloved above yourself. Give and forget - that's the idea. As soon as you remember what you gave, it breaks the circuit of giving

Unity does not exist where there is self-assertion - where a husband asserts his rights or a wife asserts her rights. God created the universe by investing without limit. Therefore, when a man gives limitlessly for the sake of his wife, and the woman likewise gives limitlessly for her husband, they can achieve total unity

God desires a free, peaceful, and happy place where giving has no accusers and receiving has no conditions attached. God's purpose is to expand this place worldwide and bring all humankind to live there

When seeing people suffering from poverty or war, a saint feels their suffering more intensely than his own difficulties. Forgetting his own circumstances, he gives all he has to help them

This way has been bequeathed as the standard of morality the world over, in all ages and nations. It is the philanthropic spirit, the Love for humanity

Once you have come to know what True Love means, when you see gaunt children playing on the street, underfed and wearing tattered clothes, you will want to hug and embrace them as you would your own children. You naturally feel this way

When you meet a beggar, you should be able to bow your head, thinking, 'He is not a beggar, but actually my Father.' We need to know that God's Heart dwells in each of these miserable and pitiful looking people. We should love them, shedding tears with the Heart that each of them is your own father. Only then, can we truly meet God our Heavenly Parent, who loves all of His/Her children dearly

The most excellent giving is to give generously to others although you yourself are in want. Men and women with a mature Heart manifest such an attitude in line with the Heart of our unconditionally Loving Parent

Let us not hesitate to give gladly even though we may be in need but follow our Heart which urges us to help the poor and sacrifice for others, even though we may be going through hardships of our own

### True Love cares 19

When thinking of the commandment of loving God and man we need to be aware that before God is the Subject of human life, Love and ideals brought this commandment to humankind, God first went through a historical course of exerting his entire mind and will for the sake of humankind

In other words, before any human being loved God with all his Heart and soul and mind, God loved humankind with all His Heart and soul and mind. God could give us this commandment because God first kept it Himself

Heart-centered consciousness will ensure that our thoughts, words and deeds are infused with Love and compassion for others. May we be mature enough to choose True Love as it is the origin of our life

True Love has two axes: the vertical and the horizontal. True Love on the vertical axis means that God is the Creator; He is the source of True Love, and He Loves His creation. Human beings, as the supreme creation of God, are the recipients of God's True Love and return Love and beauty to Him

True Love on the horizontal axis means that our actions are motivated by Love for the sake of others, and we give our Love to others in a way that will be genuinely beneficial to them

Within a family, the husband may energetically pursue the Will of God, even running far ahead of his wife. But if his motivation is for the sake of his family, all the members of that family will feel united in Love

We can understand that the true concept of unification emerges when we act from the motivation of sacrificially loving others. Let us practice this timeless truth and build loving relationships wherever we go

All creation is an effort of giving. It is a universal law that the giver prospers and grows. When a person only takes from others in order to satisfy his desires, that selfish action is not Love, and it ultimately creates enemies. He will become more isolated and decline

But a person who gives of himself to benefit others creates friends who will in turn help him. He will inevitably receive more than he gave, and he will prosper. Therefore, the person of True Love lives for the highest purpose, and then gives of himself

When we go into the world, we should love elderly people as our own grandparents, middle-aged people as our own parents, and youth as our own children. We love the people in all these positions: above and below, right and left, and front and rear

The closer we grow to maturity in Heart the more Love will flow through our being which will guide us to care in the best possible way for others

Let us realize our dreams of True Love based on our Hearts being awakened to the knowledge of the timeless truth of God's ideal which we are to realize by manifesting a loving Heart in every situation we encounter

We are meant to create from the Heart, feel from the Heart and live through the Heart within the realm of true unconditional Love which is gladly passed on to others

By loving ourselves and our fellow human beings in the right way we let our spirit sing and be filled with hopes for the future along with a renewed vision of how we can best live to bring joy to people's Hearts

To develop our ability to love is the most important task in life and therefore we need to start each day with Love, fill our days with the warmth of Love and end each day with a more loving Heart than we had in the morning. This is the ideal way of life

When we change our vision the world will appear accordingly. Our task in life is to shape ourselves as unique embodiments of Love and peace by becoming individual truth bodies who manifest a Heart of True Love

From an internal viewpoint of the Heart meditation means offering the flower of our Love as loyal son or daughter to our Heavenly Parent in order to have renewed strength to share our loving Heart with others

If we connect sincerely with our Loving Heavenly Father/Mother in deep meditation we will definitely emerge from this experience as a person charged with Love. For example, from devotional singing we can emerge with greater measure of Love

Ultimately your breath will be saturate with a feeling of joy as you inhale and exhale with Love. Let us therefore focus to saturate each moment with Love and to fill every word with the vibration of Love arising from a Heart of sincere compassion

The ideal lies in filling every act with Love when we do not make others suffer the slightest pain as a result of our thought, word or deed. This is the highest form of spiritual practice: to have a loving Heart for all people

Let us look within and find compassion towards all that lives, especially towards our fellow human beings who may be less fortunate than us on external or internal levels and give gladly all that we have with a generous Heart and our own lives will be filled anew

The more people are ready to donate their Love from the depth of their Heart the sooner we will see the healing of the world

May we feel deeply that on an essential level we are all one and invest wholeheartedly so that the Golden Age of Peace, Love and Unity can begin