

'There is nothing more powerful than an idea whose time has come!'

Victor Hugo

# Intro Talk I Do You Believe?

#### 1. This Is It!

I present to you a construct of ideas that have the power to lead humanity into a world of lasting peace. These ideas provide a path of healing for every person, restoring their hope for realizing life's fullest potential for Love. This teaching is a framework that can unify humanity in our shared purpose of peace, that we may experience all the joy that life has to offer us!

#### 2. What do you believe?

To any critical thinking person, the validity of my bold proclamation is questionable and up for discussion, which will avail itself if you indulge me to explain. I have spent my life on an inquiry of what it is I believe about peace. I am confident of my ideas and am now stepping out and sharing them with the world.

This begs the question; what is it that YOU believe about peace? What ideas have you formulated for yourself? Do you even believe it is possible to achieve a world where the prospect of war has been rendered obsolete? Do you believe we can learn to treat each other and all living things with kindness and respect? Can you imagine a future where we have eradicated the scourges of poverty, inequality, starvation, greed and every sort of human depravation once and for all?

#### 3. Who can say?

We can acknowledge that no one really knows for certain what the future holds. There are numerous narratives that have captured our collective imagination; a last day rapture, a disease induced zombie apocalypse, a dystopian environmental collapse, a massive war of Armageddon, an artificial intelligence takeover of our planet. We all hope and long for the best, yet considering our current situation, any one of these doomsday scenarios seems a plausible fate for the future of humanity. What narrative do you believe is most likely to happen?

#### 4. **Self-fulfilling prophecies**

Beliefs are interesting things. It is from our beliefs that we make our choices. When we settle on certain beliefs, we collect evidence that is biased towards confirming those beliefs. These confirmations give us a sense of security, like a blanket that a toddler clings to for safety. The more we live from those beliefs, the more our very life is shaped by them. As such, our beliefs become self-fulfilling prophecies. As the saying goes, 'Believe you can, believe you can't, you are right'.

#### 5. **Our becoming**

If beliefs shape the person we become, then our beliefs about the destiny of the world directly correlates with the beliefs we hold about the destiny of our own lives. Do we believe that lasting peace is possible within us? Do we believe that we can transcend our inner turmoil and become the best version of ourselves as an agent of peace in the world? Or do we believe that contradiction and conflict are an inherent feature of our design, and we will always act out in ways that sabotage our highest good?

#### 6. **Key to Peace**

Logically speaking, it behooves us to find beliefs that best serve us in becoming a person who is content and full of peace.

Furthermore, a world of lasting peace will never become a reality if that world is filled with people who are acting out from a place of

internal turmoil and contradiction. It therefore stands to reason that to realize peace, we need to find a way to bring every human out from their inner conflict and into a state of perpetual peace of mind. This is the only way to put an end to the self-inflicted turmoil we see all around us.

#### 7. How do we do it?

What is the surest path forward that can bring every human being on the planet into a place where they not only believe that peace is meant to be, but are committed to making it happen? How can we design a path that is so compelling that every person understands that it is in their best interest to follow it? Where do we find this path, one that transcends the deep confusion from thousands of years of flawed beliefs and can unite humanity in securing a world of lasting peace?

## II Growth

#### 1. By Design

To find the path of peace within the individual, we start with the premise that it's all about growth. We come into this world as we are and gradually mature into the person we become. Just as our physical body grows through proper nutrition and exercise, our internal state of being develops into a healthy person through proper nurturing and guidance. Maturity is by design.

#### 2. A mature person

What does a healthy, mature person look like? Consider role models who embody the best qualities of human character-teachers, parents, public figures. We associate these people with the virtues of kindness and compassion, who have developed their capacity to be considerate of others, knowing that their personal fulfillment comes from helping others realize their own fulfillment. They possess an internal wisdom of what is truly important in life. The all-encompassing word for this is 'Love'.

#### 3. The eulogy

Who doesn't want to be thought of as a loving person? No one wants to remain in a state of self-centered, adolescent immaturity all their life. A testament to this is on display at a funeral. The eulogies are of family and friends testifying to the loving qualities of the deceased, regardless of the actual reality of this person's life.

#### 4. Self-examination

The quality of our life hinges on how clear we have become in becoming a person of Love. This requires a deep internalization of what is valuable to us for realizing Love. When we grasp the value of the people in our life for experiencing Love and becoming a person of Love, we treat those relationships with reverence and gratitude. Connecting with our values centered on Love spontaneously gives us visions of way to act out upon that Love.

#### 5. Product of our beliefs

Our thoughts, words and actions come out from our values, visions and missions, which originate from our beliefs. It therefore stands to reason that if we want to become a person of Love, we need to build a belief system for ourselves that results in loving thoughts, words and actions. Ergo, we want only loving beliefs.

Using this simple logic, we would want to seek out the most loving beliefs possible. Taking time to examine the quality of our beliefs becomes self-evident, yet most people live out their lives from a completely unexamined belief system.

#### 6. Responsible for self

Once we take ownership of the person we are becoming, we recognize that we have complete freedom to choose our beliefs. This, in turn, imbues in us a sense of responsibility for the consequences of our thoughts, words and actions. We no longer blame forces outside ourselves for our behavior, understanding that we are fooling no one but ourselves for the person we become.

#### 7. Authority from within

Being responsible for our own becoming gives us the moral authority of our own lives. We do things not because an outside authority tells us it is right or wrong, but because we are motivated to do what serves us in our becoming of Love. This is the essence of enlightenment, the Kingdom of Heaven within. World peace can only be secured by people achieving this level of maturity.

## III Adulthood

#### 1. Critical Thinking

Connecting with our inner authority is the essence of critical thinking. It shows itself by questioning all we have been told, no longer acquiescing our beliefs to outside authorities. When an adolescent begins to distinguish themselves from their parents, they question their upbringing and become capable of forming their own judgements about what happened. This is a development that parents should view as healthy maturation.

#### 2. Freedom

Taking responsibility for who we become through our beliefs is how we secure true freedom of conscience, which allows us to continue making choices. As Victor Frankle demonstrated, even when all our freedom is taken from us, we still have the freedom to believe in what is meaningful to us. This is the level of maturity that allows us to step into our full, individual expression of who we are, what we collectively call becoming an adult.

#### 3. Power threatened

Instead, criticism of authority is considered an act of rebellion.

This is true within the family system as well as in society. Authority figures tell us to follow the rules, lest we run afoul of their power.

They tell us to obey the tenets of their religion, lest we go to hell.

#### 4. All the information

We live in a time where the average person has access to information the likes of which has never existed in the course of history. Even a person living in the most remote corner of the globe can now formulate their own opinions based upon the vast knowledge they have access to. In this new world, a healthy individual can and invariably will shape their own belief system.

#### 5. Tipping point

This is why there is political upheaval, social transformation and massive global migration. People are finding their agency to shape their own lives. It is the reason our places of worship are empty and why there is pushback to the old model of patriarchy. That model has run its course as we cross over into the age of enlightenment, the age of adulthood.

#### 6. Part of problem

More and more we are able to recognize the antiquated, flawed, and limiting beliefs that are embedded in our religious, cultural and political paradigms. They have failed to bring us a world of lasting peace and will continue to perpetuate confusion that results in misery and conflict. These belief systems have served us along our journey, but have now become part of the problem. As Einstein stated, we cannot solve our problems using the same thinking that created them.

#### 7. Revolution of Heart

The only way to realize peace is to break free from these teachings, relegating them to the archives of history. Only a radically, new framework of ideas that can deliver inner peace and peaceful relationships has the power to overthrow these teachings, eclipsing them through delivering us into a place of fulfillment, rendering them irrelevant. This call for revolution, not of guns but from within each person, a revolution from the Heart.

## IV Building a Framework

#### 1. Best Practices

It is not that we throw away all the collective knowledge that has brought us thus far, rather it is that we harness the power of this vast understanding to bring clarity to how we can best mature into our fullest potential of Love. That we come together in our common purpose. As such, Ideals of Love is not new, it is just a different way of organizing what we already know.

#### 2. A New World

Imagine a future where humankind builds a spaceship arc for escaping our dying world to colonize a new planet. You are tasked with creating a charter for organizing this new society. What ideas would you take with you and what ideas would you leave behind? How would you sort out the best practices of humanity and purge anything that was a source of conflict and confusion?

#### 3. Unifying Purpose

An imperative for realizing peace is to be organized around fulfilling a purpose. The premise of Ideals of Love is that our unifying purpose is peace. Until we believe that peace is possible, we have no unifying purpose. Once the belief that peace is our purpose is firmly established, we can formulate our values, visions and missions for building happy, enduring relationships.

#### 4. Placeholder of ideas

Our common purpose of Love needs a framework that all people can readily intuit. It must be universal, with the power to transcend all current belief systems. This framework is created with the center on the ultimate goal of developing each person into a mature, loving individual. It provides the foundation for how these mature people can build healthy relationships. It is a model of consciousness of the core elements of growth that constitute a healthy, mature person, relationships and world.

#### 5. The Seven Fundamentals

The qualities of a person with a healthy, mature consciousness is that they have first and foremost developed compassion and empathy towards all, what is universally referred to as HEART. They who are connected to their Heart are able to grasp that Love is the design of life and the Universe- PURPOSE. This intuitively gives them awareness that everything is connected in a system of

INTEGRATION of all things. Based upon these foundational elements, we are able to Fundamentals formulate our BELIEFS, centered on the truth, beauty and goodness of Love. Our beliefs inform us of what our MEANING, that which we individually find is meaningful to us. This inner alignment with Love is the source of our EMPOWERMENT, driving our thoughts words and actions of Love. This generator of growth is our unique becoming of Love, a SELF-ACTUALIZED embodiment of 'I Am'.

Healthy Consciousness Heart Purpose Integration Beliefs Meaning Becoming Self-Actualized

#### 6. Exposing our Sickness

The seven fundamentals are the model of health. However, we can empirically witness that our world and civilization has not developed based upon a model of health, but instead is filled with the worst kinds of sicknesses. When growth becomes detrimental, it is referred to as malignant. We can identify the malignancies that sicken our lives and world by inverting the seven fundamentals.

#### 7. The Seven Malignancies

Malignancies
of a
Sick Consciousness
Estrangement
Perplexity
Dis-Integrated
Dissonance
Malice
Controlling
Deranged

A world of conflict and misery has emerged from the ignorance, fear and scarcity of our broken paradigms. We can invert the fundamentals to expose exactly the sickness of the human condition. We can identify the root of all misery as our ESTRANGEMENT to our relationship with Heart. If there was ever an 'original sin', it surely started with this initial malignancy. When we are estranged from Love vitality, wisdom and guidance, the very purpose of life becomes skewed. This PERPLEXITY

confused the value of Love, which DIS-INTEGRATED every relationship, causing DISSONANCE in our beliefs, which resulted in MALICE, seeking to CONTROL others, which manifested in our becoming DERANGED.

#### $\mathbf{V}$

# **Healing Practices**

#### 1. On the spectrum

With the seven fundamentals as the model of health, and the seven malignancies as the diagnosis of our sickness, we have identified the full spectrum of human consciousness. Ergo, every person is somewhere on the spectrum between being a healthy, mature person versus an unhealthy, immature person.

#### 2. How to measure our progress

How do we know where we are at? The ultimate product of our lives is the impact of love we made upon the world, which resulted in our becoming a person of love. As such, the more we recognize that our greatest fulfillment is found in helping others realize their greatest fulfillment, the more evolved and mature we have become.

#### 3. Knowing the cure

We recognize that there needs to be a practice of healing, which can now be clearly diagnosed through our model of health and sickness. These healing practices avail themselves as the cure for healing the past and moving forward in our growth towards our becoming of Love.

#### 4. The Power of striving

Self-awareness is a term used to describe a state of being where we have become aware that our thoughts, words and actions have an impact upon our environment and upon other people. The essence of the seven healing practices is that they are an exercise in becoming more deeply intentional in our striving to become a person of Love. There is NO magical thinking in it. This is not another version of 'The Secret'. Ideals of Love are all about making a reality of Love.

#### 5. Foundational Practices

The first three practices are foundational because they set the mindset for all other practices. 1. Bless the lives of others, 2. Tell Stories of Love, 3. Anchor Integrity in Ideals of Love Symbol. Go to page 46 to learn about the seven practices.

#### 6. Developmental Practices

The next three practices are about growing into Love. 1. Fearless Discernment of beliefs, 2. Align our Intentions in all relationships by internalizing our values, visions and

Practices
Healing Love
Individual Consciousness
Bless Others
Tell Stories
Anchor Integrity
Fearless Discernment
Aligned Intention
Generate Growth
Impact Reflection

missions of Love, 3. Generate growth through giving and receiving.

#### 7. Completion Practice

The final practice is of IMPACT REFLECTION is to consider what the actual impact of our action had, having grateful acknowledgement for the positive while showing contrition and determination to choose differently for the negative impacts.

#### VI

#### **Seven Causes**

On the foundation of personal growth, we can now turn back to the collective consciousness and our path to a world of lasting peace, which is ultimately all about relationships. Our practices model can now be applied as a powerful relationship healing and growth model. These seven causes are discussed in detail in section VI of this book. Go to page 57 to learn about the seven causes.

Securing Peace
in the
Collective Consciousness
See and Hear
Drive Narrative
Foster Integrity
Hold Capable
Align Relationships
Ideals of Love Alliance
Develop Leadership

#### VII

#### **Our Path to Peace**

#### 1. Name of Teaching

By examining the universal laws that manifest themselves in infinite expressions of beauty, working together for the goodness of all, the logical conclusion is that the Universe is driven by a force that longs to experience Love. This same force is driving our lives and the lives of every person who has ever lived. This is the force of our highest Ideals of Love! What a more fitting name for a teaching that can consummate our journey towards peace.

#### 2. Ideals of Love Message

In this intro talk, we presented a premise that world peace is only possible by giving people the ideas that can anchor them in their striving in becoming a person of peace.

#### 3. Ideals of Love Model

The model of consciousness that is presented in this message reveals the core fundamentals of a healthy, loving person, exposing the malignancies of a sick consciousness.

#### 4. Ideals of Love Method

The seven practices are a methodology for healing our consciousness to restore us back to sanity and health.

#### 5. Ideals of Love Movement

Centered on the people who have applied the healing practices in their lives, we can build Loving relationships on all levels. The seven causes are the basis of the ultimate consciousness movement, a revolution from the Heart!

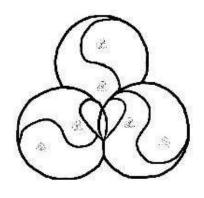
#### 6. Making it Real

This introduction talk is the first step in engaging Ideals of Love. My invitation is for you to go deeper by attending the Ideals of Love Experience.

#### 7. Seven

As you may have observed, this teaching is organized by extrapolating seven points for each idea. So here is the seventh point of the seven-part introduction  $\bigcirc$ 

#### Healthy Consciousness Our Path to Peace Becoming Self-Actualized Fundamentals Integration Meaning Purpose Beliefs Heart Dis-Integrated Perplexity Estrangement Malignancies Controlling Dissonance Malice Deranged Fearless Discernmen in the Individual Consciousness Impact Reflection Anchor Integrity Generate Growth Aligned Intentior Bless Others Tell Stories Healing Love Practices | Collective Consciousness Ideals of Love Alliance Develop Leadership Foster Integrity Align Relationship Hold Capable Drive Narrative Securing Peace See and Hear



# $\mathbf{II}$ Ideals of Love A Message of Peace

barden greed pomble and silenced!

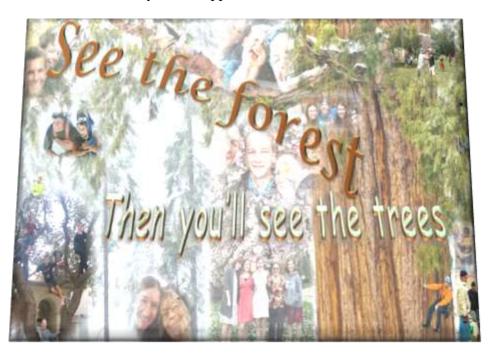
Quote from #MeToo movement organizer

#### The Big Picture

Creating a world of lasting peace is a big picture undertaking. Yet, for some, they may not see the relevance of thinking about the world's problems until they find answers for their own problems. Our individual lives are a unit of the whole world, and until we find a way to realize peace within and between our relationships, we cannot accomplish a world of peace.

#### 'Cannot see the Forest for the Trees'

The question is not whether this message will solve our personal and relationship problems, the question is how to arrive at those solutions. Most of our problems, perceived and real, can be transformed in a minute by simply examining them from a bigger viewpoint. Imagine that you live near a forest and the trees in your backyard are stressed, losing leaves and wilting. You give them more water and fertilizer to no avail. Then you take notice of your neighbors' trees and see the same problem. You decide to use a drone to see what's going on all around you, and behold, you find a mining company this is carelessly polluting a nearby stream. The only thing that changed was your vantage point, yet it made all the difference in how you will approach the solution.

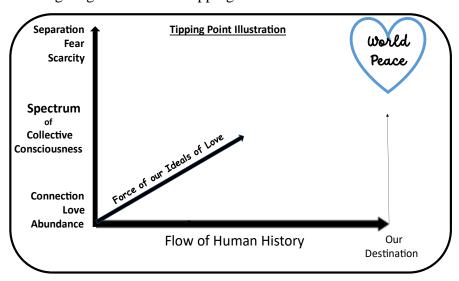


#### **Tipping Point Illustration**

The vantage point we must reach to grasp the problems that are preventing peace are of the highest order. We will need to fly much higher than a drone, than



a hot air balloon, even higher than a plane. We need to go full satellite to grasp all of humanity, past, present and future. To take on such a monumental scope of information, I will implement an amazing diagram I call the Tipping Point Illustration.

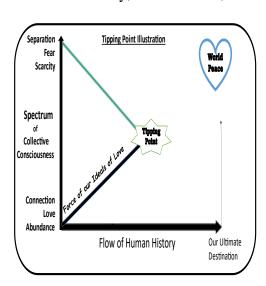


On the vertical line is the spectrum of our collective human consciousness- our grasp of life and the universe. On the horizontal line is time. The premise is that at the onset of human consciousness, we lived in an 'every man for himself' environment, a fearful existence that created a state of constant scarcity.

On the other end of the consciousness spectrum is that of our understanding of connection, love and abundance, a state of existence which is obviously preferable. Our striving to create a better existence for ourselves and our loved ones is a force in history I have named the force of our 'Ideals of Love'. If one is to believe that history is a march toward realizing our fullest potential for happiness, then the foregone conclusion is that we all want to dwell in a world of harmony and peace.

#### That Time Is Now!

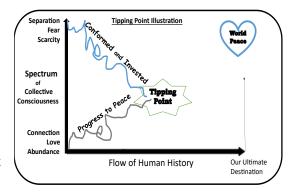
Based upon the trajectory of history, at some point in time there shall be a convergence of all that is borne out of our separation, fear and scarcity and all that is a result of our connection, love and abundance. This 'tipping point' is predicted as a time of upheaval and uncertainty, the end times, the last days. It will be a threshold



in which humanity can either break free from our misery and war once and for all, or a time when the very survival of humankind and the planet are a risk. It doesn't take much imagination to see the time is now, this very chapter of history we are living.

#### **Standards**

It seems intuitive that the collective consciousness would always seek to adopt new ways that improve the quality of life in all areas, yet time and again we see the



suppression of new understandings, instead reverting back into a state of separation, fear and scarcity, causing history to repeat itself.

What in the collective consciousness would possibly wish for the perpetuation of misery and the prospect of endless wars? Collective consciousness is the sum of individual consciousness. which in turn is shaped from collective consciousness. From birth, our intellect, emotion, and will- our consciousness, absorbs information from the realm of collective consciousness, i.e., our family tradition, tribal culture, national identity, religious affiliation. The impressions we interpret from these inputs are called our beliefs. Over time and with constant repetition, our beliefs affect the very chemistry of our being, shaping our mind and body into the person we become. When we are young, we are malleable, yet as we age, we become hardened by the years, living out the self-fulfilling destiny of the beliefs we have settled for. We trusted what was taught to us, but those teachings originated from very different standards of collective consciousness. Is it any wonder that there is so much conflict within and around us?

#### **Root of Misery**

As history progressed, better ways of living emerged, which inherently threatened the collective consciousness of the age. The shift into a higher level of consciousness is resisted by the people who have been molded by the standard of the current consciousness. It requires of them to let go of something that has effectively become part of who they are. They will argue that we should go back to what had worked if we want to make things great

again. As a result, the very teachings that had served to advance consciousness have now become part of the problem.

'We cannot solve our problems using the same thinking that created them'

Einstein

Furthermore, we become invested in

the level of consciousness we are building our livelihoods upon, so even the best intended people will find within themselves reasons to resist change and maintain the status quo. More often than not, it takes a dramatic wakeup call for an individual to recognize that the

We admitted we had become powerless over our addiction, that our lives had become unmanageable.

1 of 12 step program

level of consciousness they have organized their lives around is making them miserable. This same

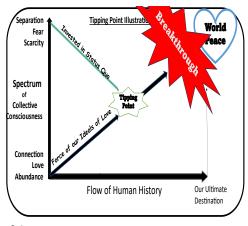
threshold of misery manifests itself in our collective consciousness as social unrest, revolution and war. We can now pinpoint the root of human misery; standards of consciousness that are perpetuating separation, fear and scarcity rather than advancing connection, love and abundance.

#### **Negative Feedback Loop**

The root of misery that has held humanity back from peace can be understood as a negative feedback loop, where individuals become the enforcers of the flawed standards of collective consciousness that shaped them, even though that standard is perpetuating misery in their own lives and in the world. Worse still, this insane feedback loop has been so normalized that we don't even recognize we are doing it.



Even though peace is the innate desire of every person on the planet, we continue to sabotage it in our lives, our relationships and in the world. What breakthrough thinking will it take to free from this cycle of madness?



#### **Revolution of Heart**

The only logical way for humanity to break free from our insanity is for each of us to liberate ourselves from the authority the collective consciousness has over us. This is a call for individual consciousness to become fully self-aware of its own beliefs, to take ownership in how those beliefs manifest into choices and shape us into who we become. It is a call to throw off the authorities from without and establish the authority from within.

If Authoritarian powers take control of our world, we have only ourselves to blame for acquiescing our authority to them. This is what George Orwell described in '1984' as the obliteration of the individual.

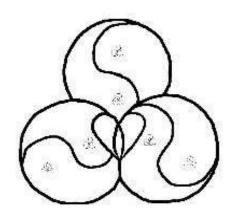


In my ideal world scenario, we hold everyone capable of

for their own choices and ownership for the

person they become. When a choice results in the harming of self or others, they rectify such choice, which allows them to maintain the freedom to choose again, now more informed and wiser in their ways. It is this standard of mature consciousness

that we can strive to realize for ourselves, build into our relationships and hold our leaders capable of achieving.



III Ideals of Love A Model of Consciousness



How it is possible to mature the consciousness of every individual that they secure peace in their own lives and relationships, which is the key to securing a world of lasting peace?

In the movie '2001 Space Odessey' our ape ancestors discover a monolith.

They are baffled yet intrigued. In the next scene, an ape has bludgeoned a rival ape with a bone, followed by his epiphany that he has agency to make choices and affect change. It concludes with our ancestor throwing the bone into the air as it morphs into a space port.



#### **Consciousness Models**

How does a person develop the capacity to be the authority of their own thoughts, words and actions, knowing

#### Consciousness:

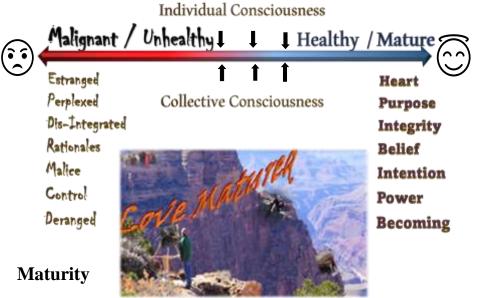
Ability to respond to choices, capacity to form beliefs about choices, maturity to own consequences of choices, freedom to make new, better choices.

that maintaining such a level of self-awareness is the key to lasting world peace? It must come from an understanding of how consciousness develops. There are various models of how human consciousness has evolved- Spiral Dynamics, Power vs Force,



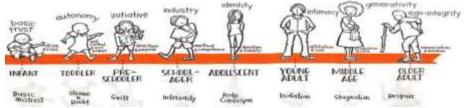
Maslow's hierarchy of needs. It could be said that any teaching on morality and behavior is a type of model of consciousness. These models are informative, but I fail to see how any of them provide a realistic path to secure lasting world peace.

### Ideals of Love Consciousness Model



The Ideals of Love Model of Consciousness is intentionally designed to be self-evidence, intuitive and logic based, such that it transcends cultural and belief barriers to reach every person on the planet. It proposes that peace is achievable if we can clear a path from our historic baggage and reveal the natural growth process for developing a healthy consciousness.

The premise is that each of us are born with a clean slate, capable of developing into a mature, healthy, well-functioning individual. The growth of consciousness parallels the growth of our physical maturity. A young child's behavior is completely appropriate for their age, all through the adolescent years into adulthood. This is well established in society, reinforced by our culture and laws dictating the treatment of youth.



A properly nourished and cared for body is designed to grow into a healthy form that can allow us to live out our days in joy. So too, our consciousness is designed to develop into a person who can enjoy life to the fullest. Adults understand the vital importance of the formative years of our youth and provide the guidance, education and relationship interactions that will optimize the forming of a well-adjusted, happy human being. The influences that develop consciousness are our cultures, religions, nation, education.

#### **Qualities of a Healthy Consciousness**

What does a healthy, mature consciousness look like? Who do we know that we can call a person with a healthy consciousness, as in a parental figure, a teacher, or a public leader? What are the personality traits we admire and respect in that person? They embody the most noble of virtues- compassion, caring, patience, trustworthiness, wisdom, courage, thoughtfulness, kindness.



I have distilled these qualities down to seven sequential points. They are the essence, the core fundamentals of a healthy consciousness.

# 7 Fundamentals of a Healthy Consciousness



#### 1. Heart:

'It is only with the Heart that we see rightly
The Little Prince

The capacity for feeling empathy towards all-reaching a threshold of awareness that one's own greatest happiness is experienced by helping others achieve their happiness- 'Love'. This place of wisdom within is universally referred to as 'Heart'. The Love that we cultivate and come to embody throughout our physical life is a vibration of energy that transcends time and space; Heart is eternal.

#### 2. Purpose:

The awareness we gain when connected to our Heart that our lives and the Universe is driven by an impulse that longs to experience ever greater connections of joy. That this force of Ideals of Love works through universal truths, manifesting itself in infinite varieties of beauty, unified towards that goodness of all.



#### 3. Integration:

Those who strive to integrate all areas of life with the intention of

I am in the universe and the universe is in me

Love unifies all on fulfilling the shared purpose of healthy happy, harmonious relationships

realizing Love in all relationships are people of Integrity.

Peace is Harmony, integrated in truth, manifested as beauty, for the highest good of all.

System of Integration

Health of Whole = Health of Individual Health of Individual = Health of Whole

#### 4. Beliefs:

#### Our Beliefs

Intellect-What we understand to be true

Emotion-What attracts us as beautiful

Will-What we are ready to stand for as good

Shaping our Consciousness and the Person we Become

Building

our personal beliefs system to be aligned with Love, discarding any belief that does not resonate with the

truth, beauty and goodness of Love. Erich Fromm, author of 'The Art of Loving', describes beliefs as our faith in Love.

Love means to commit oneself without guarantee, to give oneself completely in the hope that our love will produce love in the loved person. Love is an act of faith, and whoever is of little faith is also of little love.

#### 5. Meaning:

'Purpose' is our shared universal Ideals of Love we are striving to realize in the world.

# 'Meaning' are the Ideals of Love we find meaningful for our own lives.

A healthy consciousness finds meaning by being clear of what is meaningful to them by thoroughly internalizing their values, visions and missions.



'The Little Prince'

#### 6. Empowerment:

A person who has cultivated Love in their Heart, understands Love as their purpose, has beliefs of Love and a solid internal alignment within with Love through their values, visions and missions is fully



empowered in their thoughts, words and actions to realize love.

They are a force of nature for bringing Love to the World!

#### 7. Self-Actualized:

'We do not grow old by our number of years; we grow old by deserting our Ideals' Sam Ullman

Expanding the expression of Love that we are is what the enlightened Masters of Love embodied in mind, spirit and body.



#### **Qualities of a Sick Consciousness**

If developing consciousness is a maturing process from the time of our birth, then how it is that certain behavior in the human experience exhibits a level of cruelty that surpasses anything we see in all the natural world? If a human is capable of behaving worse than a dog, then the spectrum of consciousness must be expanded to that which has evolved in an unhealthy manner. When a growth has gone awry and is now hurting the entity it is meant to help, we call it a malignancy.



# Seven Malignancies

# of a Sick Consciousness

**1.** Estrangement: Out of touch with one's own capacity for empathy and compassion, even for oneself.



#### 2. Perplexity:



Estranged from our Heart prevents us from grasping our purpose of love. It is analogous to confusing an instrument as kindling for a fire. If a person came across a wood guitar and was clueless to its purpose, he may mistake it for firewood. Like the guitar, in our perplexity of purpose, we fail to grasp the precious value that life holds for us, running the risk of throwing our life away.

#### 3. <u>Dis-integrated:</u>

Lacking awareness of the interconnectedness of all, thereby ignorantly disintegrating all areas of our lives and relationships.

The breakdown in relationships is rooted in being estranged from

our own Heart, clouding our ability to properly grasp our shared purpose of love.



#### 4. Dissonance:

We build belief systems to justify our self-inflicted misery, resulting twisted worldviews, like an angry, vengeful God, which only perpetuate our suffering. It is often a form of willful ignorance, blatantly lying to ourselves and others.



# 5. Malice:

Intention for relationships is driven by self-serving and manipulative values, visions and missions. The flawed myth that humans are stuck in a duality of good and evil within themselves is actually a result of being thoroughly maligned with what we value, what we envision, and what we commit to realize in our missions.



# 6. Controlling:

Deriving self-worth control over others as a feel any vitality, like a sucks blood for its through
means to
vampire
own survival.

Embodiments of

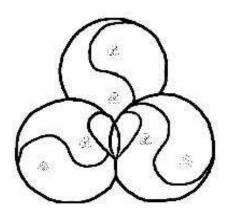
This is the result of

# 7. <u>Deranged:</u>

our worst qualities.

living our life with a sick consciousness that never develops caring for others. Our depiction of scary, deranged spirits is a manifestation of this phenomenon; deprived, malignant souls who languish in self-inflicted misery.





# IV 'Where Am I?'



# **Striving**

If the spectrum in this consciousness model represents all behavior, it begs the question; 'Where am I in my level of consciousness'? Most people would put themselves on the higher end of the spectrum, which is actually a hopeful sign. A core premises of this teaching is that we innately strive towards our Ideals of Love, driven to better ourselves and the human condition, which is evident in the advancements made in all areas of life. It is inherent in our design, so even if we are blind to our actual maturity, the fact that we know the direction we should be going will be progress towards the prospect of peace.

#### The Final Measure

A powerful illustration of this is witnessed at a funeral when listening to a person's life being eulogized by their loved ones. It is as though they are providing a character witness for how well this person progressed in their capacity to love others and leave a positive impact upon humanity. This may also account for why



some put up resistance towards their impending death, feeling incomplete in their journey, knowing they have so much unrealized potential in their becoming of Love.

Then by what measurements

can we accurately gage our own progress? Is it how much money we have in the bank? How successful we have been in our career? How popular we are, the number of followers we have on social media? Those measurements are obviously flawed, though they play an outsized role in our society.

As Tevya tells us: 'It won't make a difference if I answer right or wrong, when you're rich they think you really know.'

#### **Other Centered**

To answer where we are in the spectrum of consciousness, we need to consider the most significant, underlying result of the development of consciousness- Happiness. As we grow into adulthood, one of the best indicators of our maturity is how self-aware we have become of the consequences our thoughts, words and actions have upon our quality of life and the impact they have upon others. Our parents and teachers work to instill in us as early as possible. 'don't hit your sister', 'say please, say thank you', 'be gentle to animals', 'clean up after yourself', 'share with others', 'be slow to anger, quick to forgive', 'be kind to others', etc....



A mature consciousness grows into the understanding that life's greatest source of satisfaction comes from bringing joy to others. Once this is experienced, it becomes an undeniable reality. If it were engraved into our collective consciousness, we would be living in a world where people would be tripping over each other to do acts of kindness. This awareness was embodied by the great leaders of love and is surely the state of blissful enlightenment they spoke about.

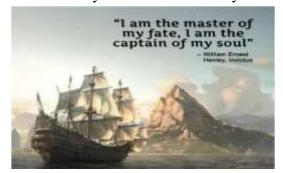
'Your happiness depends on the Quality of your thoughts' Marcus Aurelius Based upon this measurement, I, myself, cannot be the judge of how much progress I have made- it comes from the people in my life whom I have invested my Love and given my Heart to, whose

lives I have made a positive impact upon. Our unique becoming of Love happens through being a person of Love!



# **Moral Authority**

Once we commit to the proposition that our greatest fulfillment is found in striving towards becoming a Love Leader, we truly become the authority of our own morality. We do things



not because someone else told us it was right or wrong, but because we want to achieve the outcome of Love in everything we do. We will make mistakes along the way

as part of growing and learning, but by taking responsibility for the consequences of our choices, we preserve our freedom of conscience and body to choose again. We are fooling nobody but ourselves by believing that unloving thoughts, words and actions won't have an impact on the development of our consciousness.

# **Self-Centered**

On the other end of the spectrum is the consciousness that serving oneself above all is the path to happiness. Sure, there is much worldly pleasure that can be gained from taking as much for oneself as possible. But this approach to life is met with the reality that no one really wants to be in a relationship with a person who only thinks of themselves. They are resigned to living with other self-centered people, congregating at exclusive clubs and hate groups. The outcome of this malignant consciousness is misery, conflict and war, all of which we pay the price of our very lives.

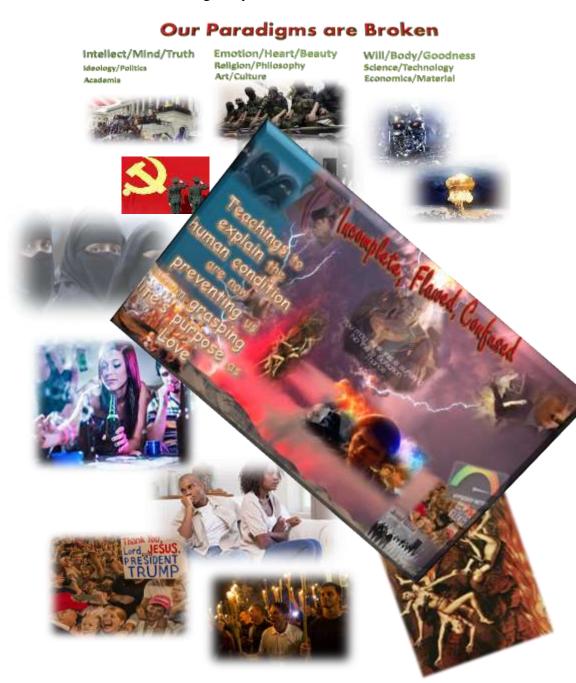


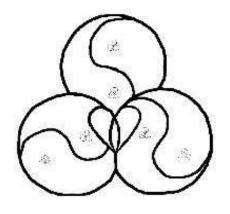
'Crime of the Century' documentary about the Sackler family.
Image of a son buckled into car seat as his parents overdosed in the front seat.

# **Broken Teachings**

It begs the question; why would anyone intentionally choose misery over bliss? There are only two logical explanations; the first is that we make the choice out of ignorance. The development of our consciousness has been informed by a level of collective consciousness i.e. beliefs systems of our culture, religion, nation, which do not have the ability to shape us into a person of Love. In other words, the teachings that shaped us into who we have become are corrupted with flawed, confusing and limiting beliefs.

The second explanation is that we know we are working from a sick consciousness but have become too invested to let it go. We are a part of the problem by perpetuating misery, existing in a state of metastasized malignancy.





# V Ideals of Love A Method for Developing a Healthy Consciousness

# **Consciousness Breakthrough**

We understand that the quality of our personal fulfillment hinges on our capacity to mature into a loving person, which is the key to building healthy relationships and securing a world of lasting peace. As self-evident as it sounds, this sublime truth has been lost in the fog of our confusion, until now!

Ideals of Love Consciousness Model provides us with the core fundamentals of a healthy consciousness. Once we clarified what health looks like, we were able to quickly diagnose our sickness. Just as with the practice of medicine, by having a model of health and a diagnosis of sickness, we can prescribe cures for healing. Welcome to the Seven Practices, a methodology for restoring our consciousness back to health.



# 7 Practices

For Healing Love in the Individual Consciousness



# 1. Bless the Lives of All:

# The Blessings Practice

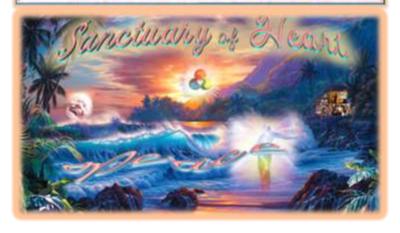


When we practice blessing others with our highest hopes and wishes for their lives, it connects us to our Heart, giving us wisdom of our shared purpose as Love. It is the gateway to cultivating compassion and empathy.



Seeing through the eyes of Love allows us to enter a most sacred place of worship, the sanctuary of each other's Heart.

Worship in the Sanctuary of Each other's Heart



# 2 **Stories of Love:**

Interpret everything in our life and relationships as part of the unfolding of the force More suffering comes into the world by people taking offense than by people intending to give offense Ken Keyes

of Ideals of Love. Render unloving stories irrelevant and obsolete.



# Force of Ideals of Love Stories



The driving force of Ideals of Love goes with us throughout life. It is revealed in everyday encounters, as dramatic life events, or unfolds over the course of years. It is redemption that completes all good stories. A mature consciousness interprets all life events as stories of Love.

# 3 Anchored Integrity

Everyone wants to be thought of as someone who has it,



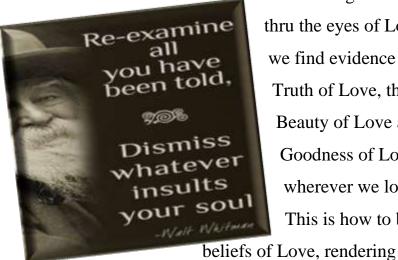
few understand that a person of integrity is one who stives to be Loving in all areas of Life.

# **Seven Integrated Relationships**

- -1st Source, Higher Power as we understand it.
- -2<sup>nd</sup> Soul, the essence of our being.
- -3<sup>rd</sup> Physical mind and body.
- -4th Couple, committed, exclusive relationship
- -5th Family, one Heart connection
- -6th Nature, Universe of Love
- -7th Peace- Cocreating a world of Love

Ideals of Love Symbol |
Anchor of Integrity
Token of Wisdom
Talisman of Peace
Charm of Jost

# 4. Fearless Discernment:



Seeing the world thru the eyes of Love, we find evidence of the Truth of Love, the Beauty of Love and the Goodness of Love wherever we look. This is how to build

unloving beliefs obsolete.

# The TBGIL Practice

Truth, Beauty and Goodness of Ideals of Love

Engage your Intellect, Emotion and Will in asking of each Ideal of Love how it is universally true, uniquely beautiful and unifies all in goodness.



This is your belief system of Love!

I'D RATHER BE IN THE MOUNTAINS THINKING OF GOD, THAN IN CHURCH THINKING ABOUT THE MOUNTAINS -JOHN MUIR

# 5 Aligned Intention:



Life's most precious gift are the bonds of Love we forged along our journey.

Deeply connect with what is meaningful to you by asking of each relationship why it is Valuable to you for realizing Love, what Visions are invoked through those values, and the commitment you are willing to act upon it by making it your Mission.



# Values, Visions, Missions

# Seven Integrated Values, Visions, Missions -SIVVM

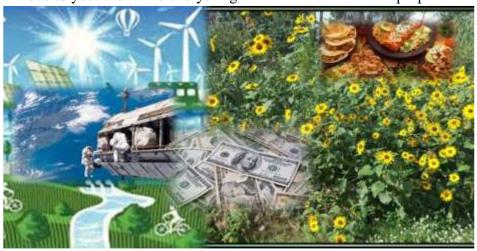
In the SIVVM Practice, we develop the habit of reminding ourselves Why is this person/place/thing valuable to us, what visions we have for generating Love in the relationship, and What we are willing to commit to as our Mission of Love? This practice deepens passion and commitment.

# 6 Generate Growth:

# 'Be the Change you want to see in the world'

Gandhi

Whatever your contribution to the world, bring the mastery of Love to your work. Do everything in the service of Love's purpose.



Life is a journey of maturing into our unique embodiment of Love.

We are an infinite work in progress, growing through the choices we make. We master our choice by using our **Thinking** - centered on our **Values**, our **Jeelings** - centered on our **Visions**, and our **Doing** - centered on our **Missions**.

# 7 Impact Reflection:

# Mind, Spirit, Body

Every human is a manifestation of the sum total of their thoughts, words and actions. It is only through reflection that we can know how we want to choose differently.

## **Freedom**

Our freedom to choose is maintained by being responsible for the consequences of our choices. This practice instills the habit of pausing to take stock of what has resulted through our thoughts, words and actions. In the contemplation of our experiences, we

come in touch with gratitude or repentance, both of which give us the determination to Love again, only better.

# **Mindfulness**

Taking time to examine our lives is something that few people feel



they have time for. The paradox of this way of thinking is in how much time we waste by not being self-examined. Taking time to get in touch with our heart heightens our intuition for what we need to be doing that serves what is truly meaningful to us.

This beautiful illustration is a depiction of the positions of the Seven Practices, which build upon each other sequentially. We delve into this section in detail at advanced workshops.

Blessings, Stories, Integrity are the Foundational Practices.

Discernment, Alignment, Growth are the Development Practices.

Reflection is Completion.

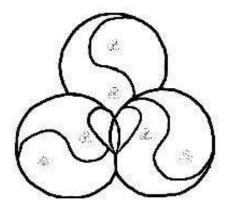


# **The Ultimate Consciousness Movement**

Practices
Healing Love
Individual Consciousness
Bless Others
Tell Stories
Anchor Integrity
Fearless Discernment
Aligned Intention
Generate Growth
Impact Reflection

Causes
Securing Peace
in the
Collective Consciousness
See and Hear
Drive Narrative
Foster Integrity
Hold Capable
Align Relationships
Ideals of Love Alliance
Develop Leadership

A Healed Consciousness intuitively longs to bring healing to all of humanity. The logical next step is for us to reach out to our relationships. In doing so, we restore sanity to the collective consciousness, the path to securing a world of lasting peace.



# VI Ideals of Love The Ultimate Consciousness Movement

A healed consciousness desires nothing more than to share the purpose of Love with others, igniting across the world a revolution from our Hearts

# 7 Causes

for Securing Peace in the Collective Consciousness



# **Stop The Insanity**

Until now, our models of consciousness have not been able to stop the perpetuation of human misery. It's analogous to a battlefield triage hospital, where doctors and nurses work valiantly



to save lives, but no sooner do they finish with one patient than another one is brought in. It became a clear analogy that answered my predicament; until we stop inflicting pain upon ourselves and others, we will continue perpetuating pain that needs healing. There must be a way to identify the root cause of this 'war' and unite humanity on a solution for realizing our shared purpose of peace.

If one truly believes that Love is supreme, then peace is our destiny. Now is the time to end this war once and for all!

## **United in Love**

The Seven Practices creates within us the impulse to Love, organically compelling us to share this transformative gift to others. It is an awakening



within that shall unite all Hearts as one, leading us to the final and most consequential of all- actualizing Love in our relationships.

The seven Practices Heal our Individual Consciousness, the seven Causes restor our Collective Consciousness by providing a framework for re-inventing our relationships centered on Love's purpose, which is the key to securing a world of lasting peace.

# 1. See and Hear

In the Blessings practice, we cultivate seeing through the eyes of empathy and compassion, recognizing each person as the unique embodiments of Love that they are. We can now listen with genuine interest and desire to know them more deeply. And when people feel seen and heard, it creates an opening in each other's hearts. This can happen in any encounter at any time. When we find out what is on people's hearts, possibilities for Love open up to us.

Make every conversation an opportunity to elevate the consciousness of Love.



1st Source: Sharing Universal Truth, Beauty, Goodness
2nd Soul: Sharing Unique becoming of Love
3rd Mind/Body: Sharing personal growth, self-acceptance
4th Couple: Sharing True Love, relationship enrichment
5th Family: Sharing parent ed, family cohesion, community
6th Nature: Sharing sustainable prosperity, healthy planet
7th World Peace: Sharing agency to impact the future

# 2. Drive Love's Narrative:

Individual consciousness has stories, Collective consciousness has narratives. We are surrounded by the noise of flawed, confused and obsolete narratives that drown out our true purpose. The best way to counter the chaos is to speak with a clear voice of our knowing of Love.



# Standing up and speaking out

Ideals of Love spontaneously exposes the broken paradigms that are not unloving. We need to grasp the damage that these narratives have caused and learn how to counter them with Love's narrative.

- Atheistic materialism
- Authoritarianism
- Master-servant culture
- Hedonism
- Good/Evil by Design

- Nihilism
- Religious exclusivity
- Nationalism/Fascism
- Heartless capitalism
- Magical thinking

# 3. Foster Integrity:

Because we live in a world of dis-integrated relationships, we need a symbol that represents our striving towards integrating all relationships.

The Ideals of Love Symbol serves to anchor our relationships, and all humanity towards realizing our shared purpose of Love. Use chart to help make a clear distinction

| Relation   | Integration   | Disintegration  |
|--|---|---|
| 1st: Source<br>of Love                             | One Heart, compassion, Spiritual practices, Inter-faith cooperation, harmony of physical/spiritual.   | Religious doctrine of exclusivity,<br>hypocrisy, intolerance, patriarchal<br>master God of judgement, atheism   |
| 2 <sup>nd</sup> : Soul,<br>I am<br>Love            | Knowing divine value, personal growth and development, self-awareness practices, counseling, youth issues, rights of all people, self-esteem of Love.                                     | Self-loathing, low self-worth,<br>Nihilistic philosophies, suicide,<br>alienation, ignorance of spiritual value,<br>seeing self and others only from<br>external.                     |
| 3 <sup>rd</sup> : Mind/Body of Love                | Health and exercise, diet<br>programs, sports, recreation,<br>education, arts, communication<br>skills, public, mindfulness, yoga   | conceit, self-mutilation, obesity,<br>anorexia, hedonistic lifestyle,<br>intellectual dishonesty, willful<br>ignorance, unloving words, actions.                                      |
| 4 <sup>th</sup> : Committed Couple                 | Relationship education, meeting<br>and dating, prep, sex ed.,<br>weddings, committed gay couples,<br>mentoring, programs supporting<br>healthy marriage                                   | No model for building lasting<br>relationships, divorce, loveless<br>marriages, infidelity, sexual abuse,<br>objectification, porn, loneliness,<br>sexism, homophobia, domestic abuse |
| 5 <sup>th:</sup><br>One Family<br>of Love          | healing historical enmity,<br>connecting generations, building<br>community/connection, support<br>those raising children- teachers,<br>coaches, parents, promote peace<br>organizations. | Racism, sexism, ageism, xenophobia, alt-right politics, white supremist, hook-up culture, unwanted pregnancies, broken homes, individualist culture.                                  |
| 6 <sup>th</sup> :<br>Nature<br>Creation of<br>Love | Conservation, stewardship, proactive on reducing carbon footprint, recycling, resources that sustain our lives, appreciation for abundance.   | Global warming, non-regenerative consumption, rampant consumerism, unsustainable farming, pollution, exploitation of earth, rampant waste, loss of eco-systems, willful ignorance     |
| 7 <sup>th</sup> .<br>World of<br>Love              | Heart centered governance,<br>equality, human rights, freedom,<br>unleashing creative potential,<br>building for the future.  | Alt-right, poverty, starvation, military industrial complex, corruption, fascism, materialistic communism, authoritarianism, consumerism  |

# 4. Hold Capable:



Our consciousness is shaped from the beliefs we receive from the collective consciousness, which in turn shape our values, visions and missions, which are the source of our thoughts, words and actions. Once we grasp the profound concepts of this teaching, we understand that we must reevaluate our belief system.

Hold people capable of

understanding the consequences of their belief. Invite them to attend an Ideals of Love Program.

# 'Do unto others as you do unto those you love.'

The core of an Ideals of Love centered belief system



# 5. Align Relationships

Ideals of Love is a powerful framework for building intentional



relationships. The unique feature of this model is that it is explicitly centered upon our purpose of realizing our potential for Love.

### To Know One Another

The depth of any relationship is contingent on how well we know each other. When we are getting acquainted with a person, we do not ask them about their beliefs, we seek to understand what is truly valuable to them, what visions they have for the future, and what they are committed to in their lives. If a person is aligned with the purpose of Love, their values, visions and missions are all going to be Loving. This observation is the sublime logic to SIVVM.

The foundation of a healthy relationship, be it between a spouse/partner, members of family or members of an

Couples SIVVM
Family SIVVM
Group SIVVM

organization is to share each other's values, visions and missions, as practiced in the methodology, and commit to supporting each other in the relationships.



# 6. <u>Ideals of Love Alliance</u>

## The Ideals of Love Alliance-ILA

When we are working on what is meaningful to us, and find other people who share in purpose, it unleashes the full power of our creative potential, the place of passion, enthusiasm and joy that we all want to be living! This cause is accomplished

through collaborative projects and networking.

# One Heart

Those who advocate for Ideals of Love will organically form an alliance to grow a supportive communities. It is in such communities that we will experience the deep connection of one heart, one family.

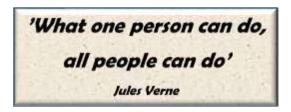
# **Networking**

The passion this teaching evokes in people will logically result in the desire to share it with others, as they will understand that their our own life and relationships hinge on securing the world of lasting peace.

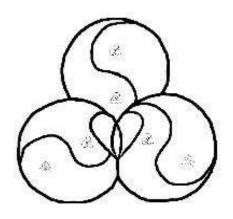
# 7. <u>Develop Leadership</u>



Great people of Love acted upon Love. This teaching is designed so that any person who feels inspired to share can utilize the tools and be trained in delivering the material. This duplication is how we can share it to every corner of the world.



Presentation Training
Acknowledgements
Celebration
Testimonials
Advocacy



# VII Ideals Into Reality

# Implementation of The Ideals of Love Movement

'Make no little plans; they have no magic to stir men's blood.'
Daniel Burnham



# 1. Guide Loving Conversations

The 1<sup>st</sup> cause is learning compassionate listening and steering conversations towards what is more important to talk about; realizing a life and world of Love.

#### **Soundbites**

In business, when someone is asked what they do, they have prepared a '30 second commercial' or an 'elevator speech'. Ideals of Love soundbites are numerous; teaching people to build healthy relationships, the core fundamentals for realizing your greatest potential, a community that advocates for lasting world peace.

#### Coffee Talk

Meeting at a coffee shop to do a 'napkin presentation', using simple diagrams to convey concepts that would compel someone to want to know more.

# 2. Share Introduction Events

#### Internet/Zoom Intro Talk

Invite people to take a look at the website; **IdealsofLove.com**. It is a work in progress but has some useful information. It is the place where you can opt in to be on my email and text list so that I may inform you of activities and events. This is also where you can find out about upcoming Zoom intro events.



My most active posting is my Facebook page, **fb@idealsoflove** where you can like and stay informed, as well as watch for viewing an event.

Facebook page

#### **Online/Written Material**

# 'Ideals of Love, Paradigm of Lasting Peace' by Jas Smith

The most comprehensive book that is also a bit outdated material but still valuable for going deeper into the core points of the message is *This* is the book we use at the workshop to go into detail of the seven fundamentals, the seven malignancies and the seven practices. Available on Amazon

# A Book of Montages

If you enjoyed the montages I have placed throughout this book, you will like **Ideals of Love Experience, an Overview, by Pappio Jaz.** It is an illustrated book that I created for my Ideals of Love Experience program but proved more complicated than helpful. The montages are informative, if not entertaining.



#### **Intro Talk**

An intro talk is a short presentation that can be tailored for a specific group, using a flip chart, white board or power point, and can be done live or on zoom. It is designed to compel someone to attend an Ideals of Love Experience. If you know of a venue that would like to hear an intro talk, I would love to share.

# 3. Share Symbol

# **Ideals of Love Symbol Swag and Apparel**

At an event you can see for yourself all the swag

I have created over the years. This includes artwork, keychains,

phone card holders, bumper stickers, window decals, t-shirts and sweatshirts, all serving to anchor our Integrity through the powerful Ideals of Love Symbol.



# 4. Hold Ideals of Love Experience Workshops

The 4<sup>th</sup> Cause is about challenging people on how self-examined they are of their belief system.

This challenge comes on the foundation of building agreement to the validity of the first three causes. Following an intro talk, this half-day workshop develops the ideas in the model and methodology, giving participants an experience of applying them to their own life and relationships.

# 5. Hold SIVVM Relationships Workshops

# **Shared SIVVM Workshop**

This relationship enrichment event is a continuation for those who have attended the Ideals of Love experience. It is designed for couples, families, groups and teams.



# 6. Expand ILA



# The Ideals of Love Alliance Networking/ Collaboration

What excites me the most about bringing Ideals of Love into reality is the prospect of amazing people coming together in community I envision sharing experiences of implementing Ideals of Love into our daily lives.

Those who catch the power of Ideals of Love are the best people to collaborate our ideas and projects for impacting personal, relationship and social change This networking of advocates will serve to expand creative ventures, which will accelerate love's purpose of peace.

# **Time, Talent and Energy Support**

If you would like to support Ideals of Love with your time, talent and energy, I am sure we can find ways to work together, and what a joy that would be!

# **Financial Support**

Ideals of Love is a combination of not-for-profit and for-profit endeavors. Like many models of educational/social movements, for-profit programs- relationship workshops, group events, speaking engagements, support the not-for-profit programs-educational programs, community building and activism activities.

It is a work in progress, and any support I receive will serve to sustain my commitment and to pay professionals who can help give it a better look and higher quality in the hopes that this can be accelerated into the world.



# 7. Hold Leadership Trainings

### **Leaders of Peace**

The impact that leaders make on the world are immeasurable, both for good and for the greedy. We need to plant the seed of Ideals of Love as early as possible.

#### **Ideals of Love Presenter**

The only way for these Ideals to become Reality is to raise ue nnp leaders who can become effective communicators of this teaching. Duplication is built into the design of Ideals of Love through its sublime logic and intuitive framework of ideas. The 7777 is really what this teaching is all about. Anyone can learn to share that with others. My hope is that bringing people through the different programs can grow into a bona fide carrier opportunity.



Ret us share in the joy of working together to realize a world of our highest Sdeals of Rove!

