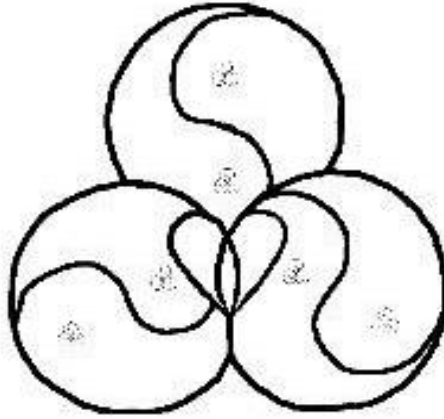


“When life seems lunatic, who knows where madness lies?
Perhaps too much sanity may be mad.



But maddest of all is to see the world as it is
and not as it should be!”

Don Quixote



Ideals of Love

The Paradigm of Peace

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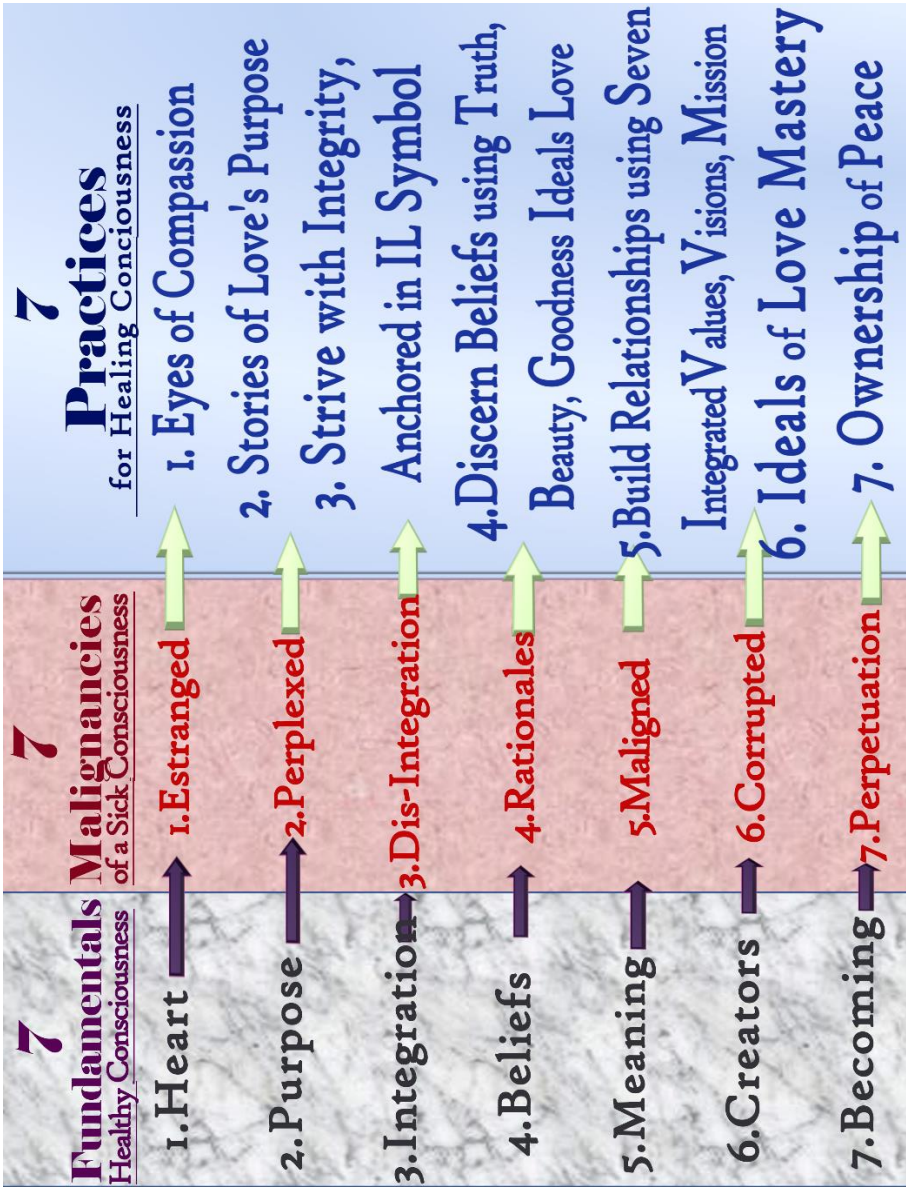
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Framework of Ideals of Love Paradigm



Seven Point Introduction

*‘There is nothing more powerful than an idea whose time has come.’
Victor Hugo*

1. Stand Up, Speak out

2.

***Congratulation, you have found a construct of ideas that
have the power to realize the world of lasting peace!***

I realize that this statement sounds like pure hyperbole. We engage in something because we are looking to solve our problems, and it is hard to listen to someone who audaciously asserts that their ideas can somehow bring world peace where all others have failed. It seems removed from reality, and with humanity facing challenges that threaten our very existence, who has the patience for magical thinking? On the contrary, we need practical solutions, requiring that these ideas were forged in the fires of real life experiences, that they are grounded in the awareness of life’s complicated problems, and that the solutions they present are practical and effective.

Where to start when addressing all the problems of our time? We can draw a line through every aspect of life to see that we are suffering from a self-inflicted misery that has been with us from the beginning of human history. To demonstrate the extent in which I have examined the phenomenon of madness that permeates our world, I ask

you to skip forward to the section of this book titled: 7th Symptoms of a Sick Consciousness, page 129. I address each area of life at length.

3. The Way Forward

What are we going to do about it? There are one of three ways we can deal with these problems. When faced with a situation that we feel powerless to do anything about, many people resign themselves to the view that humanity is destined to self-destruct and the best we can hope for is to enjoy ourselves for ourselves. This is a well-established world view that many prescribe to. It manifests itself in self-serving behavior, a survival of the fittest attitude. It is the nihilistic point of view that says life is empty and meaningless, which leaves everything up to our own interpretation. It is the lowest common denominator of humanity.

But for those who are determined to make a difference, they will do whatever we can to resolve them. This approach is noble and because of such efforts is how civilization is still functioning. Unfortunately, this approach is a form of crisis management, that it does not get down to the root cause of the problem, and will only resurface in another place or in a different time. I use the analogy of a triage hospital in a battlefield; regardless of how hard and valiant the medical staff works, the wounded soldiers will keep arriving until the war is stopped.

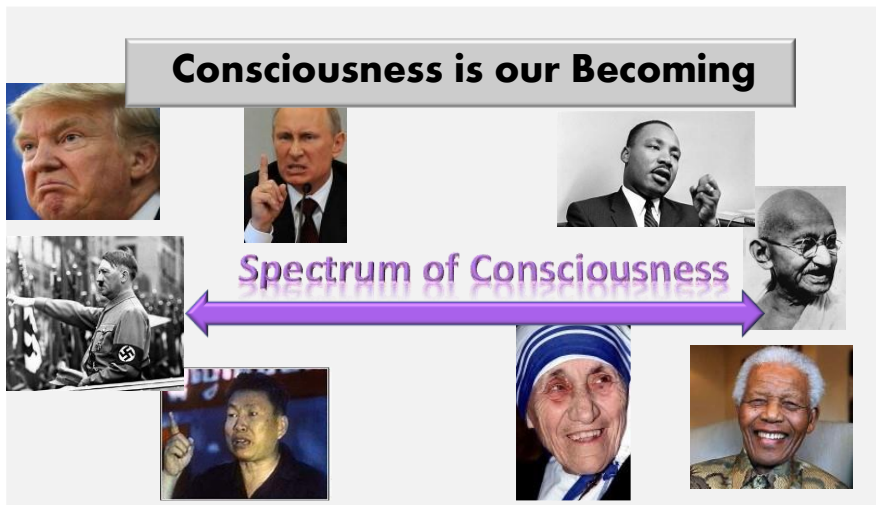
The third and only viable path forward is to deal with the place where it all happens; the human consciousness. If we want to make

lasting change, we must get to the root of the problem by developing a clear understanding of consciousness.

4. Integrated Consciousness

Consciousness is the development of how we mature and in what manner we function in life. It is essentially the making of who we become. If we can imagine a spectrum of consciousness, a mature consciousness is one that has learned to be of service to others and of the betterment of all things. An immature, underdeveloped or malignantly developed consciousness is stuck in a self-serving behavior. Like a small child, they are self-centered.

A mature consciousness understands the impact their words and actions have on others, hence they have an Integrated Consciousness, which is the logical conclusion of our development. It is a healthy state of Being, making us part of a system of integration where every individual unit works together for the health of the whole and the whole, for the health of the individual. Lasting World Peace can be secured when humanity develops a collective, integrated consciousness.



5. Core Fundamentals

How do we achieve a world of Integrated Consciousness? Are there core fundamentals for developing an Integrated Consciousness? If so, these fundamentals must be universal, such that every person in the world can apply them to their own personal growth and that all nations can be unified in upholding these fundamentals to achieve a civilization of collective, integrated consciousness. These fundamentals would be the framework of a new worldview, a paradigm of lasting world peace.

To reveal these core fundamentals, we begin by recognizing that an integrated consciousness is always seeking the best for all relationships. Isn't that the very definition of the word 'Love'? As such, the first core fundamental would be that people are in touch with their capacity to feel empathy and compassion for others. It is being in touch with that place within that is universally referred to as **Heart**. When we

live from our Heart, we want the best for others. If we created a list of our highest hope and wishes for those we love, that list would reflect our desire to achieve life's possibilities, our highest 'Ideals', which are always realized as an expression of 'Love'. Ergo, from within our very design, life's purpose of achieving our Ideals of Love are revealed to us. And because our life originates as a result of the organizing principles of truth, beauty and goodness throughout the Universe, Ideals of Love is the **Purpose** of all things, of the Integrated Consciousness. Once we grasp this second core fundamental of purpose, it is obvious that all things are integrated in this purpose as a system of Integration. Recognizing the integration of all an imperative in becoming intentional in all our relationships. It is the very definition of the word **Integrity**. We can identify seven areas of relationship in our life; Source, Soul, Mind/Body, Couple, Family, Nature and our Co-Creation.

Now comes our differentiation, the way in which we become unique individuals through how our Intellect, Emotion and Will interprets and interacts with the Truth, Beauty and Goodness of Purpose, shaping our consciousness through our **Beliefs**. Building a belief system centered on the purpose of fulfilling our Ideals of Love, we can clearly identify what is uniquely meaningful for us, what is valuable, what visions we have and what missions we are willing to commit to. This is what it is to find personal **Meaning**. The active process of giving and receiving that generates our experiences and

expressions of growth is our power of Co-Creation, the core fundamental of being **co-creators** of a world of Love. All this culminates in having **Ownership** of what we have created and who we have become!

Hence, we have identified the seven, core fundamentals for developing an integrated consciousness:

**Heart, Purpose, Integrity,
Beliefs, Meaning,
Co-Creators, Ownership**

6. A Model of Health

An Integrated Consciousness is the maturity of character, the pinnacle of self-awareness. Therefore, the core fundamentals for achieving an Integrated Consciousness serve as a model of perfect health. And as it is in the medical arena, once there is a model of how something functions when it is healthy, it simultaneously is able to expose that which is not healthy, which is malignant and sick. By diagnosing what ails us, we are thus able to present a remedy that will restore us back to health.

Together, these three aspects make up a new worldview, a new paradigm, one that integrates our collective wisdom into a grand, unifying paradigm that realizes our highest potential for happiness, our highest Ideals of Love. It is the foundation for a new world, filling our lives with hope, building joyful relationships, strengthening our marriages, creating loving homes, advocating for good governance,

saving our planet, creating sustainable abundance and securing peace for all time. Welcome to the Ideals of Love Paradigm!

7. Owning our Beliefs

At this point, you may be thinking; of all the vast knowledge written in countless volumes of wisdom throughout the ages, you believe you have found the key that will end humanities suffering and bring a world of lasting peace? Yes, that is absolutely audacious!

I have come to the conclusion that each person must ultimately reconcile the consequences of their beliefs upon their own lives and the lives of others. Life is growth, and if we want to grow to our fullest potential, we need to know how to harvest the wisdom we gain out of the freedom we have to respond to choices. No one else can be ‘response-able’ for the person we have become through our choices.

In this respect, life choices are completely subjective. It is not a question of right or wrong, it is a question of who we become through our choices. If our choices are loving, we become a loving person. And that which informs our choices are our beliefs. Ergo, the only genuine

path of life is to thoroughly examine our beliefs and take complete ownership of the choices we make from them. This teaching represents my personal quest to take complete ownership of what I believe. If I was to ever find meaning and agency in my life, I honestly had no choice but to capture what it was I really believed.

The onerous is completely upon you! I am not telling you what to believe is right or wrong. If you want to find your voice, to stand up and speak, use this framework to inform your beliefs. Incorporate the ideas that empower you and join us in changing the world.

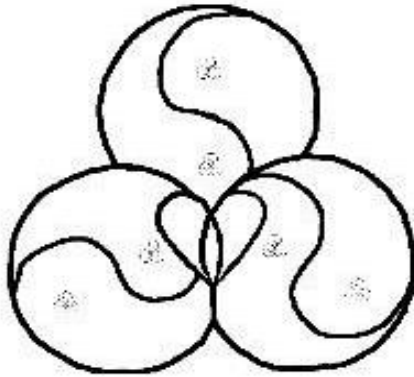
8. Seven Narratives

Once I established that my teaching is my voice, I realized that the best way to have a conversation about my new paradigm was in terms of the story it tells. And collectively our stories are called our narratives. Narratives are the collective justifications we use for the actions we take from our beliefs. The same collective events can be framed in completely different narratives.

To Introduce the Ideals of Love Paradigm to the world, I have designed seven, sequential narratives. As we move through the conversations, I implore the participant to contemplate their own narrative, if indeed they have formulated one, and decide for themselves whether it serves them and serves the cause of peace, or if they would like to use the Ideals of Love Paradigm to inform them of how to re-evaluate their belief system. This brings us to the first part of my teaching; the Seven Narratives for a world of lasting peace.

I'm grateful for your engagement and invite you to share with me any insights that will strengthen this teaching. Please forgive any typos and grammatical errors you may come across. This book is a work in progress and has not undergone a thorough editing, yet.

Truly, Jas Smith



Seven Narratives for a World of Lasting Peace

'Examine all you have been told, dismiss that which insults your soul.'
Walt Whitman

Reality

Ideals of Love is a message of hope, a vision of how we can actually achieve a world of lasting peace. However, before I can say another word about this extraordinary paradigm of peace, I need to acknowledge that this teaching is grounded in reality. Indulge me while demonstrate that I am in touch with the extent of how people's personal lives, relationships and the state of the world is facing an existential crisis the likes in which humanity has never seen! Let me share this section of the book:: 7th Symptom of a Sick Consciousness:

Being cut off from our own Heart because of flawed and confused beliefs is at the core of all other breakdowns. If the motivation for creation was to experience relationship, what a travesty it is to be oblivious to the unbounded experience of Love we can know in our relationship with Source. Even those who profess their relationship with Source are often more bound to their doctrines of faith and the tribalism of their religion than they are to building a genuine communion with Source. Consider the religious strife throughout history, even to this day, and the horrors that have been committed in the name of God. Such hypocrisy is on full display in religious people's support for fearmongering politicians who espouse racist, xenophobic, hate filled views- embodied in the grotesque MAGA cult. Blatant hypocrisies like this have historically given rise to counter ideologies that expose their lies and manipulations, ultimately choosing to totally reject the existence of Source. In the absence of a belief in spirit, Communism committed unspeakable atrocities and mass murders. Other forms of atheistic materialism disregard all moral values, giving way to the philosophies of Hedonism- the sole pursuit is pleasure and self-indulgence, Nihilism- the rejection of all moral principles in the belief that life is meaningless, to name a few.

When we are separated from Heart, we lose sense of our own divine value. This results in all forms of self-abuse and the sabotage of Love. Being alienated from our Heart is a lonely place, causing depression and addiction. We take on a victim mindset that leads to projecting our pain and anger out to others, justifying all sorts of perverse selfishness expressed as wanting to commit emotional, even physical murder. The disintegrated soul has been a part of humanity for so long that it has become imbedded in our psychology. This dis-ease has much to do with the epidemic of mental health disorders. Sociopathy, narcissism, bi-polar, schizophrenia, anorexia, phobias, self-mutilation, multiple personalities. Could it be that these manifestations stem from our disconnect from Heart? We are confused about our own potential, preventing our self-actualization. When we doubt our own greatness, we lose confidence and self-sabotage our work. Thus, we are unable to support and acknowledge other people's greatness, even leading us to resent their success. Not knowing our divine value makes physical death one of fear instead of celebration. While grief is the perseverance of Love, when we are ignorant of our eternal self as the continuum of that Love, death becomes a hopeless sense of loss, a perception that causes insoluble heartache and pain.

The disintegration of mind/body occurs when people do not understand the value of their physical lives. Heart connects us to the life-giving vitality of Love. On a cellular level, we disintegrate when we are separated from this Source of Love. In its absence we fell dis-eased, making us vulnerable to physical and mental health problems, moving into realm of death. When this agitation becomes our constant state of existence, we tend to give up and let ourselves go, abandoning any hope of change. This leads to careless lifestyles that waste away the mind/body and alienate us from nurturing relationships. Drugs, alcohol, smoking, over-eating, slothful inactivity. It is at this level of disintegration that our mind and body enter the realm of death. To live more abundantly, we must seek to reintegrate our relationships through reconnecting to our Heart. When we confuse our value in terms of physical appearance or intellectual prowess, we

objectify people, leading to sexism, racism, ageism, and discrimination against handicap people. Vanity and conceit are the result of those whose are ignorant that their physical self is a vehicle for Love. A culture that fails to teach our intrinsic value of Love views aging as a bad thing, sending a message to youth that old people are irrelevant and waiting to die. Hence, disintegration has even poisoned the golden years of life. What should be a sacred time to convey memories and lessons of Love to others has become a dreaded endgame of mortal death.

The couple is central to integrating all our relationships. Yet, this most stabilizing relationship became the most unstable. The disintegration of intimacy devolved into the worst vices, Symptoms, sexual predators, rape. Pathologies like incest, child sex and domestic abuse. Our disconnect from Heart makes us unable to see from Heart's viewpoint. It is only too easy to slip into a carnal mindset of seeing others as a means of gratification. Sexual objectification has been optimized by the porn industry, which is intricately connected with sex trafficking and sex slavery. The self-pleasure industry is so normalized, it has become a central part of our culture.

Young people, who are at vulnerable age in their sexual maturity, are often modeled unhealthy intimacy. Media and advertisers leverage this market with total disregard for its impact. To suggest that it is benign, or they don't know better is totally dishonest- marketers are parents too. It leads to massive problems for all areas of life: promiscuousness, the hook-up culture, sexual fetishes, porn addiction, unwanted pregnancies, abortions, STDs, confusion on how to build healthy relationships, deep heartbreak from breakups, disillusionment, loneliness, depression, suicide. We fail to grasp the gravity that this relationship has on our life. The lack of prioritizing our partner's wellbeing leads to emotional neglect, the cause of extra-marital affairs. Such an insult to this fragile relationship often results in divorce. Family breakdown leads to a slew of other problems, ultimately impacting all of society. The costs are incalculable.

The disintegration of the family is devastating. Imagine all our missed opportunities for Love. Instead of treating each other like brothers and sisters, we are afraid of strangers and treat each other with suspect. We have rampant, endless wars, a lack of feeling safe. Murder, famine, slavery, poverty, homelessness, racism and exploitation are a result of our disconnect from Heart. In the absence of the light of Love, the darkness of hatred consumes us, expressed as racism, national exceptionalism, and religious exclusivity. Instead of Heart, we have a culture of master over servant, a virtual and literal slavery that exists in our workplaces and our class structures. The poor are disenfranchised and manipulated by slimy politicians who do the bidding of the entitled wealthy class. The abundance of Love that comes from Our connecting to Heart brings us a constant state of abundance. Instead, we witness abject poverty, homelessness or living in squalor. There as even people dying of starvation. This scarcity of disintegration is expressed in our alienation from each other, resulting in heartbreaking loneliness, aging populations whom their culture has deemed irrelevant, sending them off to nursing homes. Even in countries that have a culture of family, it is abused by their leaders to exploit people's loyalty. This is embodied in North Korea, that has engineered a dictatorship based on the Confucius idea of absolute obedience to the parental figure. Heaven on earth will never be built on the arbitrary, external construct of a 'royal family'. It can only come from the Heart.

The disconnect from our relationship with nature has resulted in environmental exploitation, pollution, cruelty towards animals, poaching and the extinction of wildlife. Those who interpret our dominion as a license for polluting the land and sea by burning dirty energy. Corporations that rape the land of natural resources, leaving in their wake toxic waste. These are the same people who believe in deforestation, destroying habitats that rob indigenous peoples of their livelihood and lifestyle. Unsustainable farming techniques that ruin our soils, pollute the air and poison the land with pesticides, killing off vital ecosystems like bees. When we genetically modify our foods, and manipulate the growth of livestock with hormones, we are disrupting the balance of nature on a molecular level, setting us up for consequences we have yet to imagine. Epidemics and pandemics are caused because we are screwing with nature. Denial and lies about global warming are held by those who are either stuck in magical thinking, have religious misconceptions or are scientifically challenged. This willful ignorance, selfishness and neglect has resulted in our continuing to leave a damaging carbon footprint, which disrupts weather patterns that lead to disastrous storms and natural disasters like draught and fires. This in turn leads to desertification and the destruction of

wildlife habituate. We see the extinction of species, the death of coral reefs, the choking of nature on all levels from our pollution. There is no other relationship we must tend to immediately, lest we suffer irreparable damage for generations to come.

The disintegration of relationships for realizing lasting peace has resulted in a history of perpetual injustice, warfare, and the collapse of empires. Brutal leaders and national ideologies have ruthlessly murdered, raped and pillaged innocent people. Unthinkable atrocities have been committed in the name of global dominance. Even in our current times, men of selfish ambitions are driven by fascist, authoritarian ideas. They have mobilized the masses through fear mongering, tapping into toxic nationalism, demonizing opposition, scapegoating minorities and weaponizing white grievances. The most nefarious aspect is wrapped in religious fervor. Behind them are the interests of the military industrial complex, in all its waste and terrible products. Weapons of mass destruction are driving us towards their self-fulfilling prophecy of nuclear annihilation. Many must live with the legacy of landmines, poisonous gases and lethal weapons, made by these companies, displacement of people, and the war crimes committed by monsters. In the final analysis, it is all state sponsored terrorism. Industries that exploit vice, institutional corruption, greed driven capitalism, wall street speculation that adds no value, tax avoidance of 1%, political lobbying of wealthy, voter suppression, lack of equality, lack of healthcare, lack of government accountability, toxic work environments, artificial intelligence used in nefarious ways, the dark web, conspiracy theories of doomsday.

An Integrated Consciousness

Now that we have established that there are unlimited problems that plague humanity, what are we going to do about it? There are one of three ways we can deal with these problems. The first is to adopt the view that humanity is destined to self-destruct and the best we can hope for is to enjoy ourselves for ourselves. This is a well-established world view that many prescribe to.

Second, we can deal with the problems as they arise, doing whatever is in our capacity to help remedy. This approach is noble and is basically how humanity is functioning right now, what we might call crisis management. The problem with this approach is that it does not get down to the root cause of the problem. I equate it to a triage hospital; the wounded soldiers keep arriving until the war is stopped.

The third and only viable path forward is to deal with the place where it all happens; the human consciousness- to recognize the capacity of each person to achieve a level of thinking that has become

awoken to the oneness of all people and all things, that they may grasp that how none are free until all are free. There are countless examples of people throughout history who have attained this 'Integrated Consciousness'. If one person can do it, all people can do it.

Achieving an Integrated Consciousness is the logical conclusion of our development. It is a healthy state of Being, making us part of a system of integration where every individual unit works together for the health of the whole and the whole, for the health of the individual.

The Framework for Peace

What I am saying is that if lasting peace is possible, we must identify the core fundamentals for developing an Integrated Consciousness. These fundamentals must be universal, such that every person in the world can apply these fundamentals to their own personal growth and that all nations can be unified in upholding these fundamentals, achieving a civilization of collective, integrated consciousness. These core fundamentals of a healthy, Integrated Consciousness will organically expose all that has ailed humanity, rendering the beliefs and behavior of such ailments irrelevant and obsolete. It will show us how to heal from our sickness, giving us the life and relationship practices needed to restore ourselves and secure the world of lasting peace.

These ideas make up a new worldview, a new paradigm, one that integrates our collective wisdom into a grand, unifying paradigm that realizes our highest potential for happiness, our highest Ideals of

Love. It is the foundation for a new world, filling our lives with hope, building joyful relationships, strengthening our marriages, creating loving homes, advocating for good governance, saving our planet, creating sustainable abundance and securing peace for all time. Welcome to the Ideals of Love Paradigm!

Who do I think I am?

So, what I am saying is that I have created the framework of ideas for realizing a world of lasting peace. At this point, you may be thinking; of all the vast knowledge written in countless volumes of wisdom throughout the ages, you believe you have found the key that will end humanities suffering and bring a world of lasting peace?

Yes, that is absolutely audacious! Who do I think I am, making these bold assertions? What credibility do I have, am I a scholar, a genius? Am I proposing that I am a prophet, a new guru? I am none of that, I am a college dropout, I have no accolades, no fame, no fortune, and my son in laws will certainly tell you that I am no wise man. What I do have is a life experience that gave me the conviction to stop the suffering in the world once and for all. Here is my story;

As a young man, I joined a messianic movement. We believed that our teacher was the second coming of Christ. My devotion to him was total, even choosing for me my bride. After committing three

decades of my life to Father Moon's movement, it became clear that it had fallen victim to the same pitfalls that it has come to resolve; sexual scandals, power struggles and financial corruption.

It is traumatic when something we've invested our life to falls apart. How do we pick up the pieces? For me, it meant doing a fearless inventory of my beliefs, owning the consequences they had created, both positive and negative. It has been a journey to restore my agency in life, finding my power to stand up and my voice to speak out.

Owning your Stories

I have come to the conclusion that each person must ultimately reconcile the consequences of their beliefs upon their own lives and the lives of others. Life is growth, and if we want to grow to our fullest potential, we need to know how to harvest the wisdom we gain out of the freedom we have to respond to choices. No one else can be 'response-able' for the person we have become through our choices.

In this respect, life choices are completely subjective. It is not a question of right or wrong, it is a question of who we become through our choices. If our choices are loving, we become a loving person. And that which informs our choices are our beliefs. Ergo, the only genuine path of life is to thoroughly examine our beliefs and take complete ownership of the choices we make from them.

This teaching represents my personal quest to take complete ownership of what I believe. If I was to ever find meaning and agency in my life, I honestly had no choice but to capture what it was I really

believed. And I will be the first to admit that my ideas are completely subjective to who I have become through my life experiences. These ideas are the stories I have chosen to believe in.

Framing the conversation this way allows me to put the onerous completely upon you! It is no longer me telling you what I believe is right or wrong, it is you figuring out how these ideas inform your own beliefs, and to question whether the stories you tell yourself from your beliefs are serving you in becoming the best version of yourself.

Narratives; our collective Story

At some point in its development, I incorporated the word ‘Paradigm’, as it was truly a comprehensive construct of ideas that constituted a new worldview, a new paradigm. But I quickly discovered that this was not a word most people identified with or even knew what it meant. Then I considered the concept of ‘narratives’, which has been showing up in different contexts. I tried it out, and sure enough, when I framed my Ideals of Love conversation in terms of being narratives, it immediately brought a new level of clarity.

Narratives are the stories we tell each other about the way things are in the world. It is a way to frame a development to support the agenda of the framer. There are countless examples we can find in the current issues of our time. I read an article about the death toll of Russian soldiers in Ukraine. For western observers, a high death toll signals that a war of attrition will eventually force the Russians to cease hostilities. However, in the Russian narrative, there is a long history of

viewing the death of a soldier as the most noble act a man can make, akin to spiritual martyrdom. The Orthodox church has said as much.

This same narrative dynamic is at play in virtually every aspect of personal and public life. Christians who take a literal translation of the bible hold a narrative that war in the middle east is an inevitable development to precipitate the second coming, which translates into political policies that would hasten that war. Humanists who hold the narrative that humans are nothing more than intelligent animals view selfishness and conflict as inevitable behavior that cannot be avoided. Or the Survivalist, who believes that the world systems must crash, and therefore does not want to bring children into the world.

The Best Narratives

This begs the question; what is the best narrative of life and the universe that a person can hold? What story can we tell ourselves and other about the nature and meaning of life that would maximize our potential for happiness and fulfillment? What narrative about civilization would allow humanity to transcend wars once and for all?

It would be a narrative that proclaimed that peace is not only possible, it is our destiny. It would declare that every human has the capacity to be a fully enlightened Being of kindness and compassion, that every relationships can be mutually nurturing, expansive and the source of great joy. It would be a hope filled vision of a harmonious

planet of abundant, sustainable wealth for all. Where do we find such a narrative? That is what I want to show you right now.

A Paradigm is a comprehensive set of ideas, a complete framework, a belief ‘system’. In this new paradigm of Ideals of Love, I have identified seven narratives whose premises build upon each other to create the big picture of the Ideals of Love Paradigm. I hope it proves to be an effective approach at helping people get their minds around these powerful ideas.

1st Narrative- Our Purpose

World of Lasting Peace

The first narrative has to do with purpose. What is it that we believe is the purpose of life and the Universe? The foundation of every idea express in ILP is the premise that we are destined to live in a world of lasting peace. I’ve met a lot of people and have concluded that everyone wants a variation of the same thing in life.

Our Hopes and Dreams

- *A knowingness the Universe conspires to their highest good*
- *Childlike wonder & deep appreciation for the miracle of life.*
- *A peaceful and calm mind, knowing that Love always prevails*
- *A strong sense in the goodness of life and all things*
- *A spiritual practice that affirms Source as Love*
- *The perspective to see the world through the eyes of Love*
- *That they have a childlike purity of heart, Love for all people*
- *A deep self-Love and knowingness of their Divine uniqueness*
- *They develop within themselves the virtues of Love.*
- *A strong will to persevere in what they set out to accomplish*
- *A hunger and Love for learning*
- *A home life that is nurturing and safe*
- *Wholesome and happy friendships*
- *A great school community for developing their full character*
- *That they have a healthy sense and respect of sexuality*
- *They experience an intimate relationship that lasts for life.*
- *A loving circle of relationships they can call 'Family'*
- *They develop the maturity of a parental heart towards others.*
- *They experience the incredible joy of parenting.*
- *To know the abundance of life, the abundance of Creation*
- *A deep Love for nature and for all living things*
- *To experience the Love of creation through outdoor activities*
- *That they travel the world to see what a wonderful place it is.*
- *A deep appreciation for food and cooking*
- *They have hobbies that put them in touch with their creativity*
- *A Fulfilling career that makes a positive impact on others*
- *That they enjoy the fruits of their labor*
- *The joy and comradery of working with others as a team -*
- *The satisfaction that their lives made the world a better place*
- *That they can enjoy their golden years, surrounded by Love.*
- *To know the eternalness of Love.*

Do for others: We want these things for our own lives, but we realize as we mature is that the way to get them for ourselves is to help others achieve them for their lives. This idea is the central premise of the first narrative, that to realize our highest potential is to help others in realizing it for themselves.

Ideals of Love: I have given a name to these hopes and wishes- Ideals of Love. They are what we hold for ourselves as affirmations, it is what is shared at commencement ceremonies, it is our marriage vows, our organization missions, our national constitutions. And it is all realized in relationships of giving, of Love.

Purpose of Life and Universe: That life is designed to realize our highest potential becomes obvious when stated in these terms, clearing away the cloud of confusion that has enveloped humanity. Furthermore,

we come to see that the whole universe is conspiring to realize these Ideals of Love. Everything is driven by universal truths, manifested as infinite varieties of beauty, all integrated to bring about the supreme goodness of Love.

Integrated Consciousness: In this awareness, we grasp that everything is interconnected, that we are part of a cosmic system of integration. To see the ourselves as one with everything is what we call an Integrated Consciousness.



2nd Narrative- Origin Stories

History of Consciousness

The second narrative is to examine the reality that a world of lasting peace has never been realized. This conundrum must be addressed adequately, lest it put the first narrative in doubt. Even the most optimistic and quixotic person must answer to the fact that blatant suffering, conflict and confusion has plagued the human condition since

the beginning of history. Indeed, the great philosophical and religious paradigms always contain within them a rationale for human suffering.

The Ideals of Love Paradigm narrative can be summed up by saying that human consciousness has been moving inextricably towards an Integrated Consciousness, which will ultimately result in a world of peace. This narrative borrows from other such belief systems of peace, yet make a clear distinction from narratives of peace who espouse a ‘magical thinking’ solution, such as Jesus coming down from the clouds or the sudden extinction of half the population- the Thanos narrative.

To best illustrate this, I have created a diagram called the ILP Model.

History of Consciousness

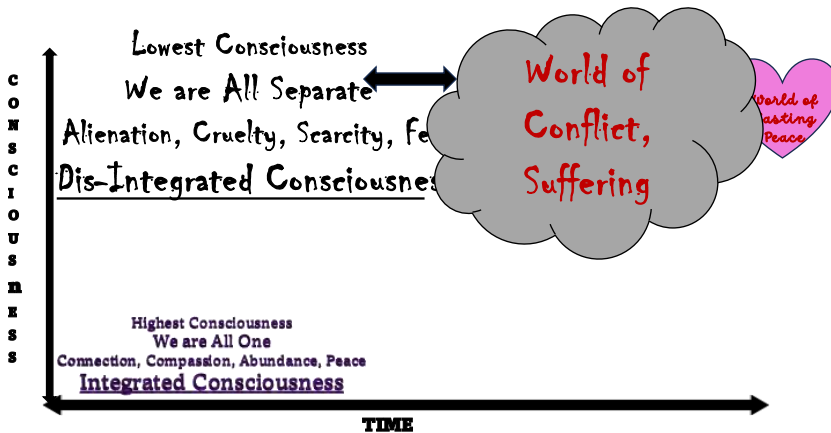


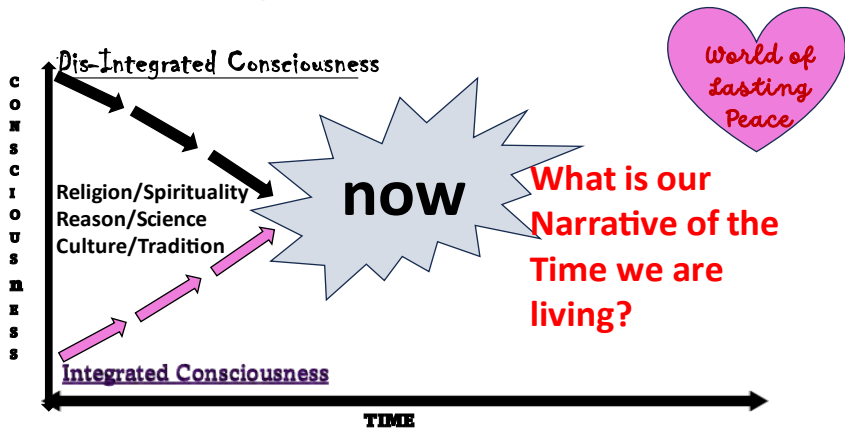
Chart Explained: The ILP Model begins with the recognition that the origin of human consciousness was sickened by various Symptoms, manifested as scarcity and fear. No one can say for certain how we started out on such horrible footing. It can be interpreted as an evolutionary state of being or caused by a tragic event, as in the ‘fall of man’. Over time, we began to heal, as the Integrated Consciousness rose up until our present day. We now stand at a tipping point where lasting peace or perpetual suffering are both possible. This tipping point diagram takes us to our present moment in time, where humanities future is teetering between world peace and global annihilation.

3rd Narrative- The Time We Live

An Existential Tipping Point

Best of Times, Worst of Times: The tipping point is where the forces of integrated consciousness can overtake the forces of disintegration. It could be argued that there have been many such points of struggle throughout the course of history. However, never before has the very survival of humanity and all life been at risk. We are living in an existential crisis for our very survival.

History of Consciousness



Driver of History: Looking back over the course of human history, we can see that it was the progressive advancement of worldviews that moved us out from the consciousness of fear towards the integrated consciousness. These worldviews were based upon beliefs, often derived from the teachings of enlightened individuals, ultimately becoming comprehensive systems and worldviews called 'Paradigms'.

4th Narrative- Persistent Problems

Broken Paradigms

Part of the Problem: We can credit our paradigms for bringing humanity thus far, however, when we consider the state of the world, it is abundantly clear that they are not integrated, and therefore, do not have the power of ideas to give us our breakthrough into a world of lasting peace. On the contrary, they have become part of the problem.

Corrupted: They have limiting, flawed and confusing beliefs. when it is corrupted, it is rendered useless and obsolete. embedded in current paradigms are beliefs that corrupt the effectiveness of the whole system. Like a computer infected with a virus, they have become corrupted. No matter how powerful the computer, what do we do with it when it is broken? We reboot it or we throw it away. This is what is going on now, there is a sense of revolution, that everything needs disrupted and we need to start anew.

Current Paradigms do not bring Integration but Dis-Integration

Intellect/Mind/Truth
Ideology/Politics
Academia



Emotion/Heart/Beauty
Religion/Philosophy
Art/Culture



Will/Body/Goodness
Science/Technology
Economics/Material



5th Narrative- The Way Forward

Integrated Consciousness

‘Be the change you want to see in world’ Gandhi

Stuck: People of conscience are compelled to take action. As much as we want to make a difference, are we addressing the core of the problem? It can be compared to the triage hospital on a battlefield; regardless of how valiant the staff labors to save lives, the wounded soldiers will keep arriving until the war is put to a stop. They are trying to fix the problems by using the very ideas that created them. Our lack of clarity neutralizes our ambition, leading to resignation, cynicism, even nihilistic in our thinking. We lose sight of our Ideals, seeing the world as it is, not as it should be. We have no power to speak out.

Freedom vs Responsibility: Can we force people to work together to bring peace? Absolutely not. Belief is a function of an individual recognizing their ability to respond to choices. If this responsibility is taken away, the person will not have ownership over the consequences of their choices, to hold themselves accountable for their own lives. This is true freedom and is the prerequisite to people choosing to contribute to the whole as the way to advance their own good. Otherwise, we experience the opposite, as with religious hypocrisy.

Integrity and a System of Integration: This harmonious balance between personal freedom and response-ability to the whole is the fundamental function of a system of integration. Like the human body, the organization of individual units are organized to fulfill the mutually beneficial purpose of the whole. Every cell is independently healthy and fulfilling its function towards the health of the whole. Ergo, this same integration model is the answer for how to bring about peace. It gives context to the true meaning of an integrated consciousness, which comes from understanding all relationships are in a system of integration centered on the purpose of realizing our highest Ideals of Love. Furthermore, those who strive to live with this consciousness is what it means to live with integrity.

From Within: What is the way forward? How can we bring a breakthrough and save humanity from self-destruction? The answer must come from within each person; the development of an integrated consciousness. Consider the individuals in modern history who are idolized as great human beings; MLK, Mother Teresa, Nelson Mandela, Gandhi. The thing these people all shared in common was the deep compassion they felt for all humanity that came from the understanding of our oneness- they had an integrated consciousness. If they can do it, all people can do it. Therefore, the answer for humanity is to identify the core fundamentals for developing an integrated consciousness.



The Greats: People are remembered because of the impact they had on humanity. It was those who believed, who stood up in the face of injustice and suffering, knowing the ultimate goodness of their fellow human beings. They were all people of an Integrated Consciousness, people of Integrity.

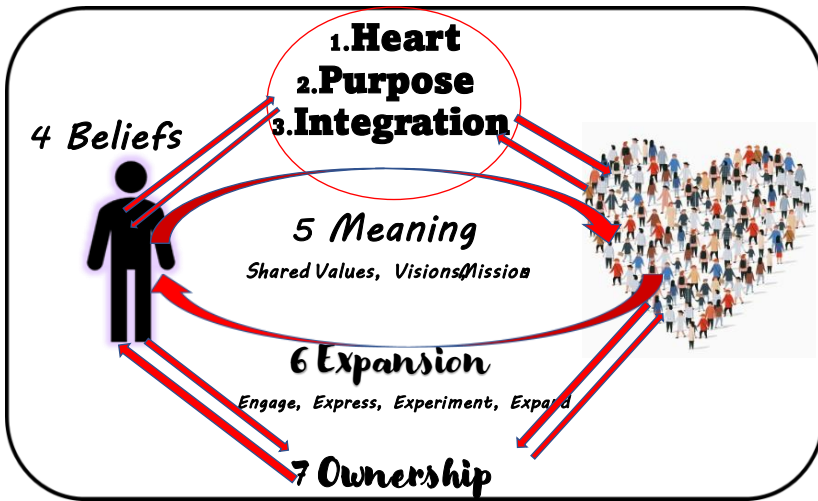
6th Narrative- A New Framework of Ideas

The Ideals of Love Paradigm

Health, Sickness, Healing: The only way to build a new civilization of lasting peace for every individual is to be committed to the core fundamentals for developing an integrated consciousness. Enlightened individuals become the leaders for developing a collective integrated consciousness. These Core fundamentals are the model of a health consciousness, revealing the fullest potential of a loving human being who is able to build loving relationships. A model of health organically exposes that which is unhealthy, which, in turn, shows us a cure for healing. These are the Core Fundamental, Corrosive Symptoms and Healing Practices of the Ideals of Love Paradigm!

These core fundamentals would make up the framework for a new paradigm. They would serve as a model of health for individual development, for building healthy relationships and for bringing nations together for securing a world of peace and abundance for all. And having a model of health would organically expose all that has ailed humanity, thus providing for us the cure for restoring us back to health.

Seven Core Fundamentals of a Healthy Consciousness



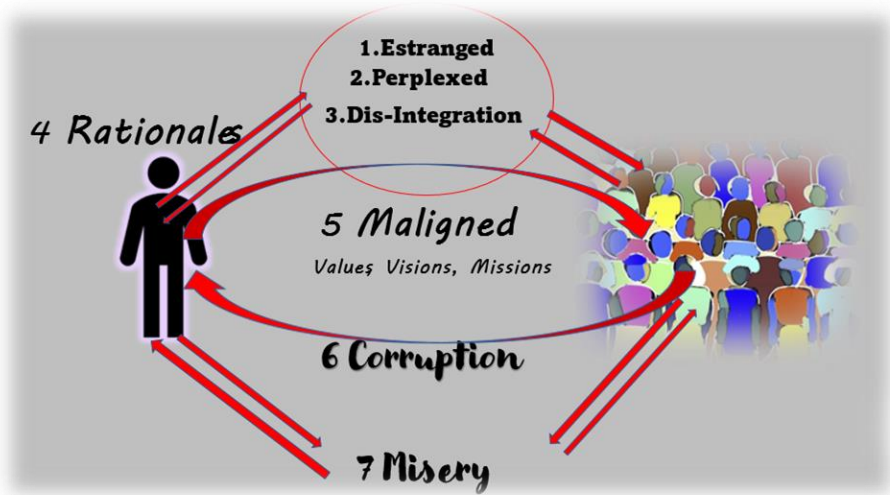
Foundational Cores- Heart, Purpose, Integration: The first three, Core Fundamentals are for grounding our consciousness into the awareness and essence of Love. It all starts with connecting to the deepest aspect of our design; our longing to love and be loved. This is the place of care and compassion, what we universally refer to as Heart. Once we hold the awareness of this relationship with our Heart, we know, beyond all doubt, that our purpose of life is to strive in expressing and expanding our Ideals of Love. This purpose binds all things, it is the genesis of life and the Universe, a consciousness of Oneness. This is the Integrated consciousness, a life of Integrity.

Alignment Cores- Beliefs, Meaning: The next two fundamentals are the groundwork for expressing our unique manifestation of Love

through engaging our intellect, emotion and will to the truth, beauty and goodness of our Ideals of Love, our freedom and respond to choices. Only after we have become clear of our beliefs are we able to seek out what is meaningful for us in our relationships. Our beliefs of Love inform us of what we truly value, showing visions for realizing Love, giving us the volition to commit to our missions.

Creation Cores- Expansion, Ownership: The final two fundamentals are where we generate a new creation through give and take action with another person and the things of creation. It is a recognition of our embodiment of Love. Life is ultimately about creating ourselves and a Being of unending Love.

Seven Corrosive Symptoms
of a Sick Consciousness



Foundational Problems: Estranged, Perplexed, Dis-Integration:

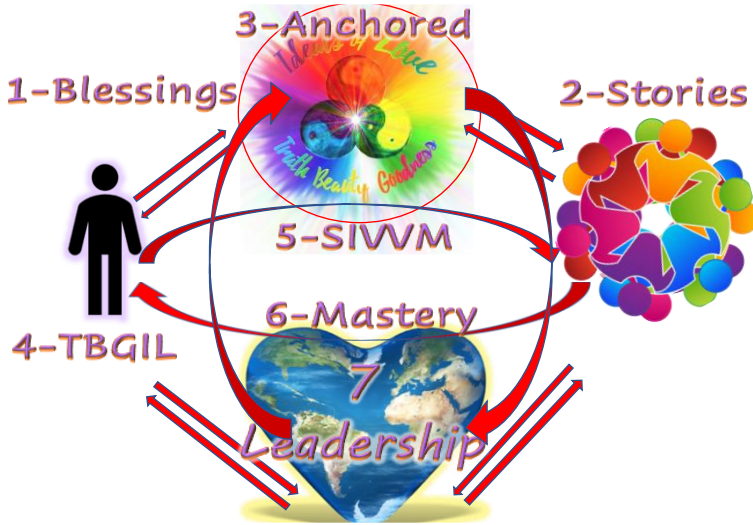
The first three problems are related to our separation from the wisdom of our Heart, causing utter confusion and perplexity of our original purpose of Love. Without this purpose, our lives and relationships have no center, which results in all areas of life being dis-integrated.

Alignment Problems: Rationales, Maligned: We all seek out rationales to justify what we have come to believe about the world. We need to be right if we are to have any power to survive. If these justifications are unloving, then that which we find meaningful will also be unloving. The relationships we value, the visions we hold and that which we commit to are going to be maligned from Love's purpose.

Creation Problems: Corruption, Misery: At this point, the results of our actions are a foregone conclusion. Once we are estranged from our Heart, we set ourselves on the trajectory of suffering and pain. In its worst manifestation, human beings' response to choices can best be described as evil. This is evident throughout history and in the world, we live in to this very day, a hell realm of war, cruelty and utter madness.

Seven Practices

for a Healed Consciousness



Foundational Practices: Blessings, Stories, Anchored:

To restore our consciousness to integrated health, we must foremost be able to see ourselves and others through the eyes of Parental Love, the deepest sanctuary of the Heart. The Blessings exercise connected us to our Heart in such a way that we can hold ourselves and others capable of compassion and care. Once we have certainty in Heart's wisdom of Love, we can advocate for Love's purpose, empowering this narrative of the force of our Ideals of Love. Finally, we can be anchored in our integrated consciousness and our striving to live with Integrity through the ILP Symbol.

Alignment Practices: TBGIL, SIVVM: Grounding our beliefs in Love can be done by examining our beliefs, bringing compete discernment from those that are loving and those that are not, using the standard of truth, beauty and goodness of our Ideals of Love. Once we have dismissed all that insults our soul, we can bring intention to seeking out and building relationships using the Seven Integrated Values, Visions and Missions Practice.

Creation Practices: Mastery, Leadership: Finally, we step into our mastery in whatever arena of human endeavor we have chosen, working together to build a world of lasting peace, as people of an Integrated Consciousness, it is up to us to share with others, raising them up into this new consciousness are becoming leaders in advancing and securing an integrated, collective consciousness for all time!

7th Narrative- Disrupting the Status Quo

A Revolutionary Movement

Disruption: The final narrative of the Ideals of Love Paradigm is the recognition of that a new paradigm will render all other paradigms irrelevant and obsolete. It will overthrow the power structures of organized religion, of governments, and of economic power structures. In short, it will cause a revolution, not of guns but from the authority of each person's heart.

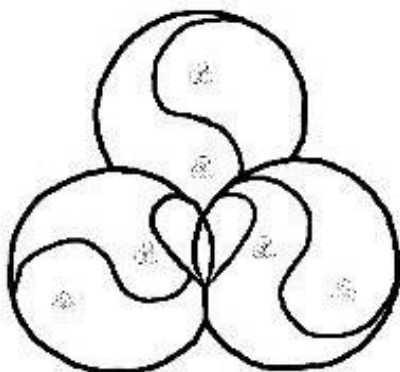
This shift in consciousness will have the effect of challenging the power structures that are invested in the status quo, who feel threatened by any kind of change. It led to the overthrow of the paradigms that perpetuate the dis-integrated consciousness, rendering flawed beliefs obsolete and irrelevant. Even our own lives and relationships will be disrupted. To become fully emancipated from the futility and suffering of the world as it is, to truly live life to the fullest and become a powerful agent of change, we must accept that a revolution is needed.

Ideals of Love Paradigm Uprising: To advance this seismic undertaking, a deliberate organization of people's passion, skills are resources will need to be assembled. The most appropriate structure for such an endeavor is a revolutionary movement. This movement will have three missions: To illuminate individuals and the world to the core fundamentals for developing an integrated consciousness, to articulate

the corrosive Symptoms that are sickening our consciousness and to substantiate and secure the resotation of consciousness through the healing Practices. The implementation of these narratives in people's lives and in the world will require an organized effort on the part of those who have been transformed by these ideas. These are the people of Integrated Consciousness, and it is they who must be empowered and supported, that they may serve as the spearhead of a new world.

Welcome to the Ideals of Love Uprising!





7 Core Fundamentals of a Healthy Consciousness

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

Within our design a place of great wisdom for realizing our greatest potential for life. Our awareness of this purpose connects us to our fullest capacity to care and have compassion for all. Such an integrated consciousness informs our beliefs, which are the foundation for what is meaningful to us in our relationships. Acting upon those values, visions and missions, we unleash our power to create, growing through our experiences into the eternal expression of Love that we are.

1st Core Fundamental

Heart



What is the Name we give the place of
Wisdom within that people from all walks
understand as Love through its symbol?



Big Heart Sweetheart Growing our Heart
Heartache Take Heart Heart to Heart
Bless your Heart Sacred Heart Kindhearted
Light Hearted Heart's Desire Heart of Gold
Hearts on fire One Heart Heart Wrenching

I Love you with All My Heart!

‘It is only with the Heart that we see rightly.’

The Little Prince

There are numerous words used to describe the place where our Love's standard resides: Inner Teacher, Conscience, Soul, Temple of Spirit, Original Mind, God Consciousness, Divine Light. These are all immaculate descriptions, but there is none as packed with meaning, culture, myth, sentiment, research, and personal association as that of the word 'Heart'. It even has its own symbol that transcends language, understood by all as the symbol for Love!

Heart is also the word used for our life-giving organ. Our heart functions through a pulse of electricity, a perfect correlation to the energetic field that radiates out from our center to everything around us. They are truly connected. When our Heart rejoices, so too does our physical heart experience good health. And when our Heart is in despair and deep sadness, so too do we feel pain, even to the point of dying from a broken heart. Our life force radiates from our Heart, an energy field that can be focused upon the life of another, better known as prayer. Through prayer we can have an impact on the well-being of others, a transfer of Loving energy from our Heart to theirs, healing and supporting them in whatever way serves their highest good.

Heart is the source of our knowingness of Love, and because we all share in this knowingness, our Hearts come from the same Source. We are a family with The Source of Love as our Parent. Peace is when

there is harmony from within, where there is harmony between all people, when we realize our Hearts are one.

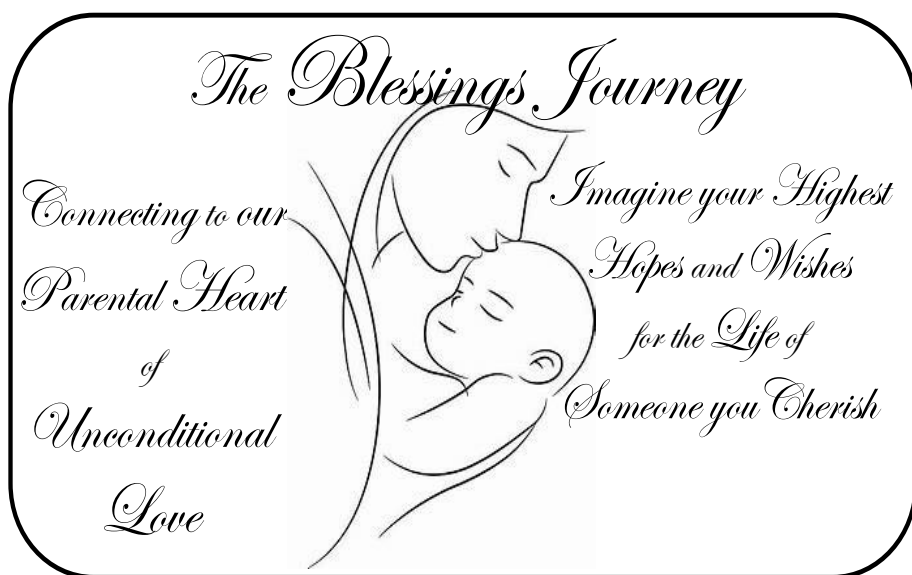
Our Heart drives us to live from a higher place, whispering to us ‘there must be more to life than this’. When things get difficult, it is Heart that leads us out of hopelessness back into hope. Heart takes away our fear and scarcity, replacing it with abundance and peace. How reassuring it is that our inner voice is an unfailing message of Love, persevering with us regardless of what happens, guiding us always to put us on track towards fulfilling our potential for happiness and connection.

Connecting with our Heart

Some people find it difficult to converse about matters of the Heart. The intellectual discounts such talk as belonging to the realm of religion, the skeptic views it as emotional mumbo jumbo and stuff of fairy tales, and the realist labels it as quixotic nonsense. But in my observation, the deeper reason there is resistance to opening up our Hearts is that it is uncomfortable, conjuring up unresolved pain and unrequited Love. Thus, *Ideals of Love* has at its core a phenomenal exercise that is sublime for allowing us to access our Hearts.

Welcome to the Blessings Journey, our ‘proof of concept’. It has been developed over the years through the contributions of participants to our events. Many wonderful people partook in this guided meditation where they embarked upon a journey into the landscape of

their soul. All that is required is to put our full attention upon the life of a child. It can be someone we know or any child in the world. We can focus on an image of a newborn, just coming into this world with their whole life ahead of them. We simply contemplate all the glorious possibilities we hope and wish to come about throughout their whole life. The Blessings Journey reveals the core of everything that Ideals of Love are built upon.



Take a moment of stillness and find a peaceful environment, listening to contemplative music. As you read this list of hopes and wishes, imagine the life of someone you Love, or that of a child.

Imagine all the ways that you hope for them to experience joy and happiness throughout their life. Experience the Love that wells up from within you.

Blessings Journey
Your Hopes and Wishes for those we Love



- *Childlike wonder, a deep appreciation for the miracle of life*
- *Knowingness of a Universe conspiring to their highest good*
- *Peaceful and calm mind, knowing that Love always prevails*
- *A strong sense in the goodness of life and all things*
- *A spiritual practice that affirms Source as Love*
- *The perspective to see the world through the eyes of Love*
- *That they have a childlike purity of heart*
- *A deep self-Love and knowingness of their Divine uniqueness*
- *They develop within themselves the virtues of Love*
- *A strong will to persevere in what they set out to accomplish*
- *A hunger and passion for learning*
- *A home life that is nurturing and safe*
- *Wholesome and happy friendships*
- *A great school community for developing their full character*

- *That they have a healthy sense and respect of sexuality*
- *That they experience a lifelong, intimate relationship*
- *A loving circle of relationships they can call 'Family'*
- *That they develop their parental heart towards others*
- *They experience the incredible joy of parenting*
- *To know the abundance of life, the abundance of Creation*
- *A deep Love for nature and for all living things*
- *To experience the Love of creation through outdoor activities*
- *That they travel the world to see what a wonderful place it is*
- *A deep appreciation for food and cooking.*
- *They have hobbies that put them in touch with their creativity*
- *A fulfilling career that makes a positive impact on others*
- *That they enjoy the fruits of their labor*
- *The joy and comradery of working with others as a team*
- *Knowing that their lives have made the world a better place*
- *That they are able to enjoy their golden years*
- *Surrounded by Love in the twilight of their journey*
- *They harvest the Love they experienced along their journey*

Lessons: The 1st Lesson we gain from The Blessings Journey is the deep awareness of One Heart. When we imagine the best for everyone, we come in touch with our greatest compassion. It is the key to solving every tangled problem in the world. Majority of us are able to imagine the best for everyone- this is that sense we have that most people really want the best for everyone in the world. We want peace.

Do we want these blessings for all those we love? With our own Loved ones there is a sacrificial element, like a parent willing to do whatever it takes to help their loved one. Do we have that same capacity with strangers? Absolutely we do. Teacher for student, medical workers, soldiers. People become like family to us. So the key is to see everyone as though they were our own family, treating them as family. Imagine if people were in this place all the time. Here is a new rule- not the Golden rule but the Heart rule:

The Heart Rule

‘Do unto others as you do unto those I love.’

Parental Heart: Imagine that all the children are your own family. Let us examine how that feels for us. If we can show up in life from this core place, we will possess the power to melt away all pain and sorrow. In the scope of our human capacity of caring for another person, this depth of Love can be compared to that of a parent to their child. The Blessings Journey gave us access to the sanctuary of our Parental Love.

We need not be a parent to our own child, our greatest role models of Love often did not have children of their own, yet they are remembered for their deep Parental Love, showing compassion and care towards everyone.

Love leaders were awoken to the most profound aspect of Parental Love; when we love with all our Heart, we open ourselves up to other's pain. A parent cannot help but to feel sorrowful when their child is suffering. There is no greater Love, meaning that even The Source of Love became vulnerable to sharing in our suffering. This total investment of Heart is the apex of enlightenment. Anyone can access their sacred space of One Heart by considering the wellbeing of others. One Heart is always other centered, wanting the best for others, even when it means putting their welfare before our own. This might be interpreted as a sacrifice when in fact it becomes a way of life that brings us our ultimate joy!

Beyond all doubt

Planting the flag of heart is a prerequisite to realizing a world of peace. It is the #1 factor! We would Choose our leaders, set our policies from this place. No more standing by allowing gross violation of Heart. We are capable of being in Heart. Must hold our own behavior accountable and the behavior of others.

When we are deeply in touch with Heart, we understand how fragile a thing it is. Our recognize that Hearts were never meant to be

broken, that the sacred space within each of us is like a beautiful garden filled with delicate flowers. Like a flower, Love is tender and precious and to be cherished. We experience this in the purity of a newborn and the innocence of a child, or the courtship of someone who has captured our Heart. The best version of ourselves is experienced while we are living from this place of sensitivity, showing gentleness and kindness towards everything we encounter.

Authority of our life:

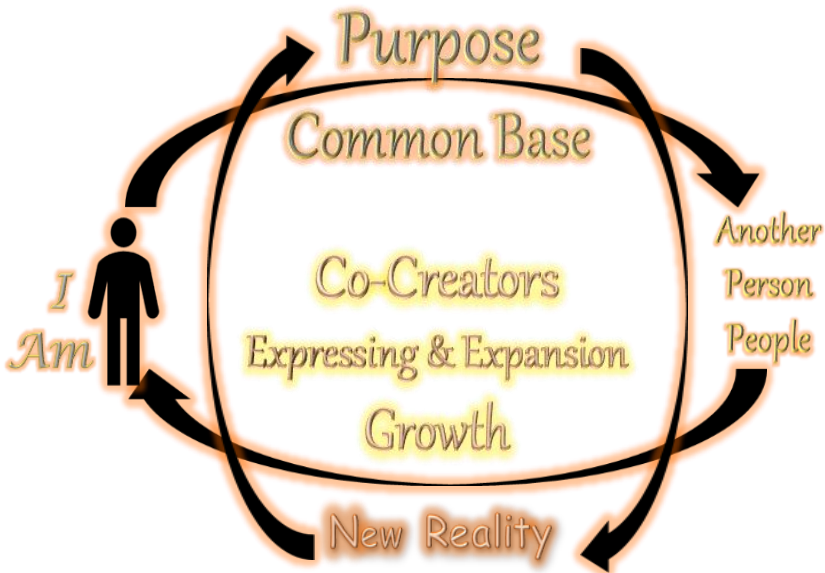
People are like rubber bands, always springing back to their original position, no matter how much they were stretched. To grasp this awareness, we have to make it a daily experience, we have to build a relationship. Loving people have a way that they stay in touch with this. When we build that relationship, we trust our heart to be our guide our authority. Outside authorities become points of reference and inspiration, we can discern between those connected to heart and those not connected. this is the end of religion, the end of patriarchal systems and authoritarian political movements. No more imposing your idea of morality on me. This is why Jesus pissed people off so much, he said it was within, not the whitewashed religious people- they were disconnected from Heart, couldn't recognize him.

2nd Core Fundamental

Purpose



All Hearts are connected as One through Love's standard of truth, beauty and goodness revealed from the Heart as the Unifying purpose on which we can realize Peace.



The Practice of Purpose: The greater the purpose that a relationship is centered on, the more powerful is the oneness of heart, the nobility of actions, the authenticity of character and the longevity of connection for which that relationship exists. Therefore, if we are to realize a world of lasting peace, we must find a purpose that is big enough that it would be universally agreed upon, that people would come to of their own accord. Heart inspires us to what is possible. We are driven to become self-actualized, to experience life in the greatest capacity we are able. These possibilities well up from within us as our ***highest Ideals***. These Ideals are realized by being in relationship. Relationships happen on every level, within the design of energy and matter, within the design between people and between all things. Everything is longing for and in pursuit of the same thing; the experience of expression and expansion that comes through being connected with one another, best described as the word ***Love***. Our lives and the whole Universe are inextricably driven towards realizing our highest Ideals of Love, realized through truth, beauty and goodness.

Truth, Beauty & Goodness of our Ideals of Love: Our Ideals of Love reveal the Truth, Beauty and Goodness of Love. These core elements of consciousness are rooted in philosophical, mythological and religious teachings. Where there is intellect, emotion and will, so too is there truth, beauty and goodness. Triads and trinities that correlate to truth, beauty and goodness are Logos and Pathos and

Ethos, Thinking, Feeling and Doing, Mind, Spirit and Body. They show up in our stories as the scarecrow, tinman and lion, the three fairy godmothers, the three pigs. There are represented as science, art and religion, as the archangels Lucifer, Gabriel and Michael, and the three wise men. The Waldorf school (where my children attended) the curriculum is designed centered on Rudolf Steiner's teaching on truth, beauty and goodness. In the early grades it is taught as the fundamental goodness of life through religious and mythological stories. Beauty is incorporated through an emphasis on the arts, music, dance and handwork, focused on developing critical thinking and discernment of truth in science and literature.

If the truth, beauty and goodness of our Ideals of Love is indeed Love's highest standard for building beliefs of Love, that same standard has the power to conversely expose beliefs that are the antithesis of Truth, Beauty and Goodness. The opposite of truth are the lies that are believed by a deluded consciousness. The opposite of beauty is the repulsion we feel when we are consumed by ego. And the opposite of goodness is malice, scarcity and fear that is the plague of humanity.

The Truth of Love

Universal laws and principles



Truth throughout the Universe

My favorite place on earth is the Grand Canyon. Sitting still, taking in its immensity, unfolded over the eons of time; it is a mind-blowing testimony of the realization of Love that comes out from a total investment of Cosmic Heart. It demonstrates that all things manifest through the truth, beauty and goodness of The Force of Ideals of Love. It is at once unfathomable to us while at the same time deeply familiar, a recognizable presence that we have always known from within.

This recognition validates that everything originates from the same principles. The Force of Ideals of Love is the beginning, the middle and the end, from the smallest particles to the Galaxies, culminating in the magnificent workings of the human form, our mind, body and spirit. Our need to grasp intelligent design is reflected in our drive to master our understanding of mathematics, astronomy, physics and all the sciences. Our ultimate quest: a metaphysical understanding that will bring it all together. The Truth, Beauty and Goodness of Ideals of Love is the Grand, Unifying Framework!

Truth for realizing our purpose of Love

If our purpose is Love, and Love is realized through truth, then each of us intuitively knows that aligning our life with the truth of Love is how to yield the best results for realizing our purpose. We seek out wisdom and understanding because we want to have a solid foundation for our life, to have the core fundamentals for successful living.

Like the physical laws, the principles we need to live by for realizing Love are unchanging. As such, we can study the teaching of Love throughout the ages and become educated in how to live by Love and build healthy relationships. The fact that relationship is something that can be learned and mastered should be reflected in our educational systems. We should be teaching the principles of healthy relating from a young age.

Life cannot be understood through the reason of our mind alone. The principles of Love are not bound by the physical world or the laws of man. When we are grounded in the awareness of our Ideals of Love that come from our Heart, we function from the logic of Love. This is the best definition of TRUE LOVE!

Virtues related to the Truth of Love:

Integrity, Honesty, Trustworthiness, Studiousness, Intentional, Faithfulness, Loyalty, Dignity, Wisdom, Understanding, Justice

The Beauty of Love
Unique expressions, infinitely expanding



Beauty throughout the Universe

Love flows through us like light travels through a prism; we all see the world as the same while at the same time seeing it uniquely through our point of reference. We are also able to see it through other's reflection, expressing and expanding love in infinite, ever expanding varieties. Beauty is attractive, and we can certainly see that the forces of energy behind the matter throughout the Universe are inextricably attracted to each other. This is expressed through positive and negative charges, with the proton and the electron as the basis, building molecules, all the way through the kingdoms of plants and animals. This law of attraction manifests itself in the breathtaking beauty on every level of existence.

A rainbow is the refraction of light through water particles, a gem is the compaction of molecules over time, a butterfly is a caterpillar's means of transportation, a puppy is the progeny of a species. These descriptions are scientifically accurate, yet it would be quite absurd to not also observe how breathtakingly stunning and adorable they all are. Our experience of beauty is an experience of Love.

Beauty for realizing our purpose of Love

The vast array of beauty in the Universe gives us certainty that we are each uniquely beautiful. We are a gift to the world, sharing Love like only we can. In our becoming of Love, we have a choice in how to expand our unique expression of beauty. And as we expand beauty, we contribute to the infinite dynamics of human potential. How wonderful that each person is an ever- expanding Universe of Love unto themselves. Such an awareness helps us appreciate how precious it is that we can encounter so many people throughout our life. Surely this is why we have an eternity to enjoy each other's company!

In the animal kingdom, beauty is often a means of sexual attraction. Considering the central role that sex plays in our lives, we may ask, 'what makes a person attractive?' We already know the answer: beauty is commensurate to how connected we are with our Heart, not physical appearance. Yet in the absence of such an awareness, we go to great lengths to be attractive. When we truly love someone, they become beautiful to us.

Virtues related to the Beauty of Love:

Humility, Humor, Cleanliness, Compassion, Creativity, Sexual attraction, Enthusiasm, Forgiveness, Gentleness, Harmony, Gratitude, Visionary, Wonder, Imagination

The Goodness of Love *Unifying benefit of all*



Goodness throughout the Universe

The Universe is interconnected energy, a coordinated web of matter that is magnificent on every level, from birth to death, a circle of miraculous harmony. The workings of energy can be described as the Unifying Goodness of Love!

A design that produces an outcome as spectacular as this Cosmos can only exist by functioning from the premise of being Universally beneficial. From the smallest units of energy to the computing power of the brain, everything is driven towards expressing and expanding the glory of Love.

It's perplexing to hear someone say, 'God is Good', as if that were ever in doubt. Yet, when observing how the workings of the Universe are often violent and destructive, from its inception to its explosive extinction, and the vicious fight to survive in the plant and animal kingdom, it isn't hard to see why someone might doubt the goodness of God. However, the overwhelming evidence of a Universe that is conspiring to bring about Love, any other perception is soon vanquished as a mist of empty vapor.

Goodness for realizing our purpose of Love

What does it mean to say someone is a good person, or to say that we have a good feeling about them? In our Blessings Journey, every point leads to behavior that supports the common good, benefiting all people and all things. Goodness as a Unifying force is how we confirm with certainty that we are grounded in Love's purpose; we are being a 'good person!' We thought about our loved one during the Blessings Journey. Now ask this: 'Do I also want these blessings for every person in the world?' This is the Heart every parent has for their children, and when we come from the Parental Heart, it is what we want for every child in the world.

Goodness is also restored justice, whose counterpart is karma and 'going meta'. Karma is a force generated by our actions that produces consequences. Going Meta is to consider the impact of our actions before we do them. Unifying balancing mechanisms maintain goodness, though not always as we understand it. Goodness result from our actions and the actions of our families/ancestors, communities and nation. As such, none of us have the luxury of being passive observers.

Virtues related to the Goodness of Love: *Patience, Kindness, Confidence, Courage, Generosity, Friendliness, Moderation, Perseverance, Tenacity, Tolerance, Responsibility, Agency*

Belief System of Love

Our Heart communicates to us through inspirations and visions of what is possible for life. These are our Ideals of Love, the same Ideals of Love that have been made manifest throughout The Universe through Universal Truth, Unique Beauty and Unifying Goodness. Based upon this premise, the standard of Truth, Beauty & Goodness that manifested Ideals of Love in the Universe, can be used to manifest Ideals of Love for our own lives. This is our belief system of Love.

To identify and own your beliefs, take of each Ideals of Love/ Blessing point, and engage your intellect, emotion and will to capture what is true about that point, how that truth manifests itself in a beautiful way, and how it leads to the common good for realizing Love. As remarkable as it sounds, the answers you come up with are your new beliefs of Love!

In one respect, you have already held these beliefs throughout your life, which is to say that your Heart has been constantly guiding you in its wisdom of truth, beauty and goodness. Until now, you were lacking a framework that would allow you to clearly identify and articulate them. By centering yourself on a Parental Heart, as you did in the Blessings Journey, you can articulate your beliefs in a whole new way. This gives us the discernment of whether any belief brings integration or dis-integration.

Force of Ideals of Love in our lives, history, throughout Universe:



The Blessings Journey revealed that every person is driven to fulfill their potential for Love. Likewise, everything that we are in relationship with is also longing for and striving towards experiencing Love. Ergo, the force that is driving each of us is the same force this is driving all energy throughout the whole Universe. This is what the framers of the constitution called 'Natural Laws'.

We can empirically prove this is the case through our observation of the natural world. As our scientific horizons peer deeper into the workings of the Universe, the design of Love becomes undeniable. We are without excuse in grasping this reality, for throughout the eons of time, everything in the Universe is imbued with

and manifests the divine value of Love, the visions of Love and the purpose of Love. This is made possible through the supreme standard of truth, beauty, goodness!

This phenomenon can be described as ‘The Force of Ideals of Love’. It is inherent on every level of life, from the atoms and molecules and elements, all the way through minerals and plants and animals. It is inherent in the duality of positivity and negativity, masculine and feminine, the yin and the yang- everything is drawn together by an irresistible desire to be connected, to be in relationship- to be ‘in Love’! And in that Love, there are unfathomable expressions, infinitely expanding for the highest good of all.

If the ultimate objective of The Force of Ideals of Love is to drive everything towards relationship, then the Original Cause that created this effect must also long for relationship. It may be difficult for the religiously indoctrinated to imagine a God that is longing for something. How can the Source of All lack anything? Yet the one thing Source cannot give itself is Love that is reciprocated freely from within a relationship. It is said that ‘God is Love’, but more accurately, ‘God is the driving force that longs to be in relationships of Love’.

On this premise, the path to fulfilling our potential for Love can be realized in the same way that The Universe is the fulfillment of Love. We need only observe the immutable laws and principles that are behind the infinite varieties of beauty, all building upon each other in a

harmonious expansion of the highest good. This is our Heart revealing the standard of Love, manifested as the majestic Universe! By aligning our beliefs with this same standard of truth, beauty and goodness, we can reach our highest expression of being, the enlightened consciousness.

Force of Life:

We can witness this in our own life. In spite of ourselves, Heart is guiding us, is always conspiring in our favor. We can look back on life and see this guiding force. Force of Ideals of Love stories. We can say it is in our design to strive in realizing our Ideals of Love, to make the world a better place. Like birds flying south, bears hibernate. It is our conscience, our higher self. We pursue the integrated Truth, Beauty and Goodness.

Force in History:

We can testify to this force throughout history. Look at the advancement of civilization, in terms of technology, governance, global connection. Our Ideals of Love have been advancing in all areas of life: spirituality, personal growth, healthcare, understanding relationships, caring for the planet, building a just and prosperous civilization for all. This force has been referred to as the invisible hand of providence, always seeking justice, freedom and goodness.

-Force of Universe:

If in our design, in Universe design, we are the pinnacle of creation, so everything is driving us to realize Ideals of Love. The Universe is a grand, unifying system that is constantly driven by the forces of truth, beauty and goodness.

-Purpose of Life:

We can say that Heart is guiding us towards fulfilling the purpose of life, which is to strive in realizing the TBG of our Ideals of Love. Deep within the design of our being, within the very fabric of our lives, each of us knows that our glorious purpose of life is Love. We know that at our journeys end, only the Love that we nurtured, grew and experienced will have mattered. We know that Love defies reason, that it compels us to give with no thought of receiving. We know that the essence of who we are is not our brain or our body, but the ever-expanding expression of our unique, transcendent self of Love.

We know that we long to actualize joyful and meaningful relationships with every encounter. We are passionate beings who desire oneness of mind, spirit & body, the complete union of Love with another. We know that everything in the natural world is longing to connect to us, that we are endowed with the power to co-create, expanding Love infinitely throughout the Universe.

We know that Love is the metaphysical web of radiating energy, the vitality behind all matter. Such an awareness gives us a deep sense of gratitude in our encounters with every person and everything; be it chatting with a friend, watching a sunset, petting a cat, listening to music or hugging a child. Love is relationship! Everything in the Universe is organized around the principles of connectedness, always seeking out higher expressions of Love.

Life is a journey filled with infinite opportunities to expand the expression of Love that we are. Love is our eternal self, brought into existence through the connection of Heart we make with others along the way. It is our growing in understanding, our curiosity and hunger for learning. It is the freedom of choice, the power to create our own way, to realize our potential and our dreams. It is the dance of romance, the ecstasy of sexuality, the miracle of bringing new life into the world. It is what binds us to everything around us and throughout The Universe. It is our shared vision of building a world that blesses the lives of all.

Centered on Purpose:

This might be a big pill to swallow, but just as with Heart, look at how powerful it is when we anchor this certainty of purpose.

Individual: Undeniable, purpose is center of our individual life, Value of Self, Visions of future, Missions of Love. This is the point of reference our relationship always must turn to.

Relationships: our relationships as the higher purpose on which we can work towards. Value of each other, Visions for building life together, Mission to commit to each other.

World: This purpose can serve as the unifying purpose for all of humanity, transcending all barriers, bringing us together to usher in a world of lasting peace.

Begs the Question:

Acknowledging the design of our lives and the Universe as the truth, beauty and goodness of our highest Ideals of Love begs an important question; why is humanity so screwed up? Why has there always existed the antithesis of this purpose- conflict, suffering, madness, war and the worst forms of deprivation and violation of Heart? The only way to answer that properly is to examine the process of how we bring our Ideals of Love out from the realm of possibility and into the realm of reality.

3rd Core Fundamental

Integrity



Our awareness of Love as the shared purpose of the Universal system of Integration in which we are a part is the key to an integrated consciousness. Being intentional to realize Ideals of Love in all relationships is the definition of the word 'Integrity'

World Peace is a System of Integration, working together to realize our shared Ideals of Love:

- Everything works together harmoniously
- Health of Individual = Health of Whole
- Health of Whole = Health of Individual
- What happens to one impacts all
- The Intention is always for the best
- Everything plays its unique role

Integrity is an intention: By definition, an Integrated Consciousness means that we consider the impact on everyone and everything. Those who strive, who have the constant intention to realize Love in all areas of life are people of integrity. A civilization that has the collective intention of realizing Love in all areas of life is a world of integrity.

TBGIL Integrates all areas of life, all relationships. We realize that we are indeed creator, in the center, but are there together with all the other creators, and a part of this integrated system, harmonizing in this system, each playing our own role because we have a unique vantage point, a unique point of reference. All others are also creator, so we are co-creators. We have our unique place, like in a system of integration. Heart=Parent, We are children, siblings, one family. we say all one, but just conceptually. One World of Heart is what we are trying to create. A person who grasps that they are part of a whole has an integrated consciousness- is a person of integrity. It is because of a higher purpose that we can know this is where the needs of individual are met with needs of whole.

In our Blessings Journey everything is connected by the same purpose of realizing Love. This means that how we behave in one area of life has an impact on all other areas. It also means that even when we feel good about how things are going in our life, if other people are suffering, we can't really say that our life is complete.

Naming our Relationships: To create an integrated model, the framework for building healthy relationships, we need to name exactly what we are in relationship with. Only then can we become intentional in our striving towards realizing Love. An example of this is our breathing. In a guided meditation, we are told to pay attention to our breathing, in through the nose, out from the mouth. Even though we breathe all the time, it is only when we name it and become intentional in our relationship do we fully realize how nurturing, relaxing and valuable it is. As we will explore, many of our relationships have suffered because we didn't connect with how much we valued it. Examining our Blessings list, we can identify seven areas of relationships. Each area overlaps and is interconnected with the other. I have identified each Ideal of Love point with its respective relationship. They may be interpreted differently, based upon the motivation, which can even cover multiple relationships.

The Seven Integrated Relationships

- 1st Source, First Cause, Higher Power as we understand it.**
- 2nd Soul, the essence of our being.**
- 3rd 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**

1st Relationship Area
Source: Parental Heart

*Contemplating Love, Heart, faith beliefs, spiritual community,
commune with nature, gratitude consciousness,*

We ourselves are not the origin of our lives, just as we did not create The Universe. The design comes from a Source, which can best be described by its primary quality: Parental Heart. Our capacity to experience this same Heart implies that we are in a relationship with Source, whether we choose to be or not.

This makes us children of the Divine- an incomprehensible concept until you realize that we share the same purpose. If we truly come from Source, and we obviously do because we exist, then our motivation for living comes from Source's motivation for Creating us. What we long for the most is exactly what Source is longing for: LOVE!

Theology has little comprehension of a God that needs something, yet this is exactly what is driving the whole Universe. Everything, from the atoms to galaxies to the Heart of every person is longing to be in, needs to be in relationships of Love. It is said that 'God is Love.' What is more accurate is 'God is the driving force that longs to realize and experience relationships of Love.' As such, God is self-actualizing as we self-actualize.

2nd Relationship Area

Soul: I am Love

Affirmation techniques, journaling, nature walks, meditation, inspirational teachings, music, retreats, hobbies, sharing from the Heart, contemplating our eternal existence.

Soul is birthed from Parental Heart, the essence of being a ‘child of God.’ Our eternal divine value is our unique reflection of the Source Love, capable of expanding that essence, which expands Love throughout The Universe. This magnificent potential is our true self-worth, allowing us to see ourselves and others as ever becoming embodiments of Love.

IDEALS OF LOVE is a remembrance of our inner child, re-connecting us to our pure, transparent essence. Like children at play, joy in their laughter and relishing in the freedom of being alive. Such consciousness is the bedrock to a wholesome and happy personality. As Jesus said: ‘Let the children come to me, for such belongs the kingdom of Heaven.’

The existence of life after death is an unproven faith belief. What we know for certain is when we evoke the memories of those who have died, our connection remains strong, as though no amount of time can separate us. And though we feel grief for our loss, what is grief if not Love persevering? The more Love we expand, the more our presence of Love exists. If even intuitively, we know Love lives on. It’s proof enough for me!

3rd Relationship Area

Mind & Body: Physical Care

Education, experiential learning, brain exercises, character building, healthy diet, active lifestyle, stress reducing activities, exercise, accepting our bodies, healing practices.

Our physical self is the vehicle for our Love, allowing us to think about others, feel others, and do actions that bring joy to others. As such, how we relate to our own mind/brain and body is of equal importance to all our other relationships. Self-care is an obvious pillar of life for us to have the vitality to give to others.

We cannot say for certain what becomes of our soul, but we know for certain that our physical self is bound to this plain, ultimately returning to the elements from whence it came. This reality is a constant reminder for us to cherish every moment we spend in the miraculous workings of our mind and our body.

Our self-care reflects our inner priorities. Likewise, an extension of our physical self is the environment we create around us. Healthy self-care is reflected in a clean, organized lifestyle. Yet even if our physical and mental health is superb, and we have an immaculate living space, if our words and actions are not centered on and resulting in Love, our physique and our lifestyle is nothing more than vanity. The full measure of our lives is ultimately judged on how we expand our Love to others.

4th Relationship Area

Couple: Lifelong commitment

Healthy sexuality, dating, courtship, Marriage prep, singles meet-ups, wedding vows- ceremonies, intimacy education, mentoring, Heart, family planning, couple's groups.

Love's design is to journey through together with a mate for our soul. When Hearts are joined as one, the bounds for experiencing Love are expanded far beyond anything we are capable of on our own. Becoming a committed couple greatly expands our potential for growing the unique expression of Love that we are. Marriage is a bonanza for personal growth!

Our desire to experience intimacy occurs as we physically mature. Yet the emotional maturity needed to engage in such a relationship happens on the foundation of a healthy childhood, which is created through mature parenting. As such, the 4th and 5th relationship are a chicken or egg dilemma. The yin/yang circles of the IDEALS OF LOVE symbol reflect this crucial interplay of our relationships.

The principles for creating healthy intimacy are as true for gay couples as they are for straight couples. Religions that are unable to reconcile gay marriage end up demonizing it, which runs contrary to their message of Love. Imposing faith beliefs on others never works. Instead, we can support every person's journey of growth, which is found through our purpose of Love.

5th Relationship Area
Family: One Heart Connection

Parenting programs, healthy home life, inter-generational living, community building, international diplomacy, social service aid and universal health care, civil rights organizations, equality of sexes, relationship education.

Family is a sanctuary of peace and joy. It is a safe space with healthy boundaries to grow and learn. As one world Family, everyone we meet is our relative. We can experience this in homogenous cultures, who are literally like one big family. Every encounter would be like reconnecting to a family member, treating others as siblings, aunts, uncles, parents, grandparents.

The dynamics of relationships found within the family are the model for communities and nations. In this world, everywhere we went would be home, a place of our belonging, where the past, present and future generations would come together. In such a harmonious environment, harming another person would be unconscionable. One Heart creates the culture of Heart, which shall eradicate the constructs of the master/servant mentality and the vulgar myth of the self-made man. It will bring real equality in the workplace and the litigious culture of distrust and greed shall fade away. Our leaders shall be chosen for their maturity, behaving towards their constituents as a parent does towards their children.

6th Relationship Area

Nature: Universe of Love

Heart of stewardship, nature walks/hiking, care of house pets, gardening/farming/ranching. Outdoor activities, hobbies. Taking in oxygen, sunshine, water, food. Our waste management, recycling, energy sources. Our parks and zoos, wildlife refuges and natural wonders. Environmental protection, exploring the Universe.

Nature encompasses the infinite manifestations of Love throughout the Universe. Just as electricity flows through a conduit, nature channels the truth, beauty and goodness of Love. It removes all complication and ambiguity, which is why some of us would rather be amongst the trees and animals than other people.

Some believe that animals hold an equal cosmic value as human beings. A way to look at this is to observe how nature is an indirect reflection of The Divine, while humans are a direct incarnation of The Divine. A pet may love you, and you love your pet, but a pet will never be able to love you like a person can, nor should we love our pets more than we love other people.

All matter, animate and inanimate, is longing to be in relationship with us. This is because our physical self is made from the stuff of stars and our spirit self is made from the Love of Heaven. We are microcosm of The Universe, making us mediums for all things with its Creator.

7th Relationship Area
Peace: Cocreating Love

Career and skills development, mentoring and internships, corporate responsibility, renewable/regenerative resources, business bureau/networking, financial serenity education, political activism, Public works, social institutions, the arts, space program, fostering peace/diplomacy, trade, tourism.

Our contributions towards realizing the dream of peace are by bringing our unique skills and talents that serve the highest good. We are like cells in a body, working together for the health of the whole. We are endowed with the power of word, the force for bringing a creative possibility into existence, co-creating our civilization, by centering our co-creative collaboration on realizing our Ideals of Love we shall unleash unimagined possibilities. The culture of heart is where people trust each other in our shared motivation to realize Love. It shall be a world where people are tripping over each other to perform acts of kindness and generosity. Realizing this potential needs to happen in a realm where people have freedom to be responsible, suggesting that the government of the Ideal World will be a Democracy.

When people of Love exercise their creativity, they bring everything into a higher expression of truth, beauty and goodness. We can incorporate this awareness in all endeavors: eco-friendly architecture, sustainable energy, regenerative agriculture, etc.

4th Core Fundamental Beliefs



Now that we have the foundational fundamentals of connecting to our Heart, recognizing Love's Purpose and the interconnectedness of all within Love's System of Integration, we can differentiate our Unique self through our Beliefs. Beliefs inform our freedom to respond to choices, shaping our consciousness in our becoming of Love

*'Whether we believe we can or believe we cannot,
either way we are right'*

Realm of Potentiality: The Universe is aligned with the truth, beauty and goodness of Ideals of Love that comes from Heart. This is the realm of ideas and the realm of energy, shaped in the infinite manifestation of the Universe.

Smart Monkeys: There is only one creature that is not- us. Why is that? Some would say it is a product of evolution, and that we have now become plagues upon the earth, ruining it all for everything else. That we should be overtaken by AI.

Endowed with a Spirit: That spirit was breathed into us. Here for punishment, realm of suffering to transcend, disobeyed- this is realm of hell. Fell asleep, need to wake up from the dream. All teachings are stories, you don't have to believe anything. When you look at these two divergent stories, which one would you rather support? What is the outcome of these teachings? What is the narrative you drive into the world? We can't know for certain, as with the existence of Heart and purpose, but we can decide which narrative we would rather support.

Unique Incarnation of Divine: This is the IDEALS OF LOVE Story: We were evolved animals that were bestowed with a Unique Incarnation of the Divine. As for me, the way a newborn is pure consciousness is proof enough. And the way we cherish the life of those we love, knowing they are unique in all the universe. We feel like we are the center of the universe. We are children of God, we have the power of choice, the power to create. We are eternal vessels of Love. We are the winners; this is enough in and of itself. Eternity- imagine it. Astrology and all the myths about our eternal self and unique character. We have free will to choose love- to bring it to the next level.

Consciousness: We go with Consciousness. We interact with the realm of potentiality with our consciousness - our Intellect, Emotion and Will, engaging the TBG of our IL. This is where we arrive at our beliefs. - Knowing of Purpose, knowing the potentiality of Love, which means we have faith in space and time that our life will result in Love.

Beliefs: Erich Fromm said we need faith in Love, ideally it would be a knowing, but now we call them ‘beliefs’. To achieve this level of certainty and conviction, we need to go to the root of our beliefs. We need to expunge all the confusion and uncertainty that comes from flawed beliefs, discerning from those beliefs that do not advance the purpose of Love. The only way to do that is to take a deep dive into understanding how our beliefs work.

Nothing More Powerful: Beliefs are how we make decisions that ensure our choices lead us to our desired outcome. We take on beliefs that inform us of how to fulfill our highest potential for happiness. As such, believing in Love’s purpose is the prerequisite for realizing Love’s purpose. To say you don’t believe in something is a belief unto itself and choosing to remain ignorant about what you believe is a belief in ignorance. The clearer we believe that an outcome is possible, the more likely the chance it will be realized. In this regard, our life is only as large and as powerful as our strongest beliefs.

Building Beliefs: The forming of beliefs into who we become is a function that encompasses our whole being- our consciousness. Believing does not just engage our intellect, but also our emotion and our will. Consciousness is what we believe to be true on an intellectual level, what we emotionally believe to be beautiful by that which attracts us, and what we willfully believe to be good by that which we stand up for as right.

To Believe

Shaping our Consciousness
and the Person we Become

Intellect- What we understand, our **truth**

Emotion- What attracts us as **beautiful**

Will- What we stand for as **goodness**

Beliefs start forming from the moment we come into the world, becoming the driver behind our attitudes, our behavior and our habits. Over time and with constant repetition, our beliefs affect the very chemistry of our being, mutating our mind and body, substantially shaping the person we become. Young people are malleable, always seeking out and incorporating new beliefs. Yet for many, it becomes more challenging to embrace new ideas as we grow old. We literally become hardened by the years, living out the self-fulfilling destiny of the beliefs we have settled for.

Standards: Where do we take on our beliefs? Beliefs are taught to us, by word and by example. We trust that the people who teach us our beliefs want the best for us, which naturally includes giving us beliefs that will serve us in making good choices throughout our lives.

However, when we examine these beliefs, we see that they originate from different standards of what is understood to be true, beautiful and good. Some standards are radically different, even contradicting each

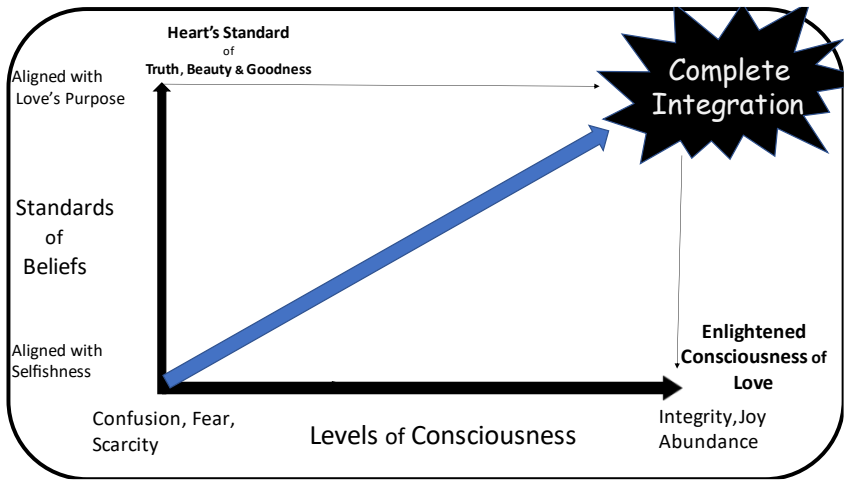
other. Is it any wonder that there is so much conflict within and around us if our relationships are built upon and functioning out of completely different standards?

We experience these underlying contradictions in the shock we feel when we think we know someone, only to have them say or do something that betrays the person we thought they were. It creates an unpredictability in relationships that can be unsettling, if not outright disturbing. Still worse is when our own words and actions expose underlying standards that cause us to behave contrary to who we are striving to become, resulting in pangs of conscience, which stirs up internal grief and emotional turmoil.

Stating the obvious; some beliefs limit our life experiences while others enhance our life and are much more effective at actualizing Love. This acknowledgement is the starting point of discernment. Most of our beliefs were imposed upon us, and we must find a bold willingness to dissociate from the beliefs that were taught to us so that we may examine the standards they come from, discard the ones that don't serve our purpose of Love, and build our own belief system, for which we can be responsible.

Integrated Consciousness: Levels of belief directly correspond with levels of maturity of our consciousness. Until now, many belief systems can be compared to the level of maturity of a child, needing rules to follow and authorities to dictate their behavior, lest immature impulses get the best of them.

As humanity has evolved, an adult consciousness becomes available to us. We understand we are response-able for the consequences of our choices and no longer need draconian laws and religious doctrines to tell between right and wrong. A mature consciousness understands that behaving in a loving way is in our best interest, so we naturally treat everyone with respect and kindness. Such collective maturity will ultimately give us the ability to cooperate and coordinate the realization of our shared purpose of Love. It will bring the complete integration of Love.



A paradox in the standards of beliefs are those that run directly counter to realizing Love. If Love is our design, these destructive beliefs shouldn't logically exist. Why would we be taught beliefs that did not serve us, that diminish our capacity for experiencing joy? The only explanation is that these flawed beliefs are founded in lies and half-truths. They repel Love, invariably leading to a life of selfishness. Instead of developing a consciousness of Love and abundance, these beliefs have shaped a consciousness of scarcity and fear.

History has played out as a struggle between these extremes of consciousness. These opposing worldviews boil down to the contribution made by each person's consciousness. Humanities' development would suggest that our collective consciousness is moving inextricably towards fulfilling Love's purpose. Some may argue that survival depends on caring for self above others- a survival consciousness. This may be true when you live in a culture where everyone only thinks of themselves. Hence, history has been the story of breaking free from the bondage of our selfishness into a world of living of serving others.

At a time when levels of consciousness are exposed, we may find ourselves at odds with those whom we had shared similar views until now. I find myself arguing with members of my faith community for supporting Trumpism- which exhibits a cringe worthy level of consciousness. It has been a tremendous wake up call, giving me the

clarity that our Hearts will never be united based upon external constructs, such as religious doctrine, social status or political ideology.

Truth, Beauty and Goodness from Heart

Teachers of Love told us where we must search for finding our deepest understanding of truth, beauty and goodness, for it is where they themselves found it. By connecting it with our deepest knowing of Love, we can align our beliefs towards realizing Love's purpose. We do the right thing because we desire nothing more than to experience life's greatest potential for Love. By originating our beliefs from our own Heart, we can own them, owning the relationships we build and the person we become.

This is not a starry-eyed, impractical view of what is possible for our lives. Anywhere you go in the world, everyone wants this same thing. Every person is driven towards fulfilling this ultimate eventuality of Love. It comes from within our design, it is our original purpose in life. This recognition is the paradigm of Love. It is the foremost path to inner peace, which itself is the decisive key for realizing a world of lasting peace.

A Standard for Complete Integration: Humanity has been searching for a standard of truth, beauty, goodness for building beliefs aligned with our knowing of Love, allowing us to realize an integrated consciousness, fulfilling our original purpose.

The degree to which we are able to embody Love is wholly dependent on the standards of our beliefs and the inspiration we derive from believing in them. We are only limited by our beliefs. Our capacity for self-expression depends upon the expansiveness of our beliefs - they can hold us back or they can set free to do great things. If we want to reach the highest potential for our lives while also developing the discernment to flush out the lies of malevolent manipulators, we need a standard of truth, beauty and goodness for building our own beliefs of Love.

Does such a supreme standard exist? The real question is; 'how has the Universe evolved through billions of years to manifest the miracle of my mind, my spirit and my body?' Whatever is behind the mechanism of life, surely it is guided by a standard of truth, beauty and goodness that is both unfathomable yet completely familiar. The supreme standard is within us and all around us! The standard of a Love consciousness shall also bring with it a framework of complete integration.

Philosophers have been seeking out the foundation of knowledge, one that we can be certain of beyond all doubt. What if our knowing of Love IS that certainty? Certainty in Love's purpose will reveal the supreme standard, calling us to our highest potential, driving us to experience genuine relationships. It is only through establishing a supreme standard that we can recreate the framework of Love that

every person can unify upon, allowing us to fulfill the world of lasting peace once and for all.

Some people are repulsed by the proposition of a supreme standard because they equate it with the idea of being perfect. ‘Self-perfection’ suggests that there is a uniform way of thinking and behavior that is superior to others. It insinuates that our idiosyncrasies are character flaws rather than unique trademarks that should be celebrated. Perfection is indeed a myth because it implies, we can reach a point where we no longer need to grow and expand. However, striving to perfect our Love is a natural extension of becoming aware of our divine value.

Whenever a claim of supreme truth has been made, it did not end well. Absolutism leads to theocratic authoritarianism and dystopic communist societies. Yet the reality remains; some standards for building beliefs lead to terrible outcomes, while other standards are more effective at producing Love. As is revealed in the next chapter, the supreme standard can come from only one place, the part of our self that is connected to the Source of all Truth, Beauty and Goodness.

Zenith of Consciousness:

Parapsychology suggests that energy is consciousness, expressed as a spectrum of vibrations, physical reality as a slower vibration and mind/psyche a higher vibration. Our psyche can transcend our physical body, allowing us to resonate/communicate

directly with another person's psyche. The spectrum of energy, be it physical, psychic, or spiritual, comes from a unified Source, the Original Consciousness. It is the Oneness of everything, an interconnected web of all relationships- otherwise known as Love. If the highest expression of Love is One Heart, the zenith of consciousness that a human can attain is that of One Heart.

‘Unconditional’ does not imply we condone any behavior. In our immaturity, we make mistakes. Sometimes we learn, other times we remain ‘ignor’ant. A parent guides their child to; 1- connect with the wisdom of their Heart to seek out a lesson instead of compounding the hurt by repeating the mistake, 2- imagine ways to choose better when the chance arises, 3- take responsibility for harm caused from the mistake, expressed as ‘Tough Love’ guidance.

Unconditional Love from One Heart understands that we are all on a journey of growth and maturity. We can embrace everyone for exactly where they are on their journey. We should even find parental Love towards ourselves in our own journey of growth. When we fully believe that the driving force of The Universe is this profound depth of Love, we can perceive how it works in our life, in our relationships and indeed, throughout all human history!

5th Core Fundamental

Meaning



We all have the freedom to find our place in the world by identifying what is meaningful to us. This is done through internalizing our values, visions and missions of Love.

*I engage my Intellect, Emotion & Will
My Logos, Pathos & Ethos for building
integrative beliefs based upon Love's
Standard of Truth, Beauty & Goodness
revealed within my Ideals of Love that
come from connecting with Parental
Love, allowing me to find meaning
in life through my Values, Visions
& Missions towards Building Loving
Relationships, that in my Thinking,
Feeling & Doing, I am becoming
Love in Mind, Spirit & Body*

As we go about our day, we do not stop and examine our beliefs before we or do we have interactions. Not do we give someone a checklist of beliefs before we are willing to interact with them. In fact, with many of our relationships we already know they have different beliefs than us, yet we still enjoy each other's company. What determines whether we are attracted or repelled to engage in a relationship?

When we are deciding who and what to relate to, we are unconsciously asking ourselves; 'is this relationship valuable to me, what visions do I have for experiencing Love in this relationship, and by acting, will it serve to fulfill my mission of Love?' The other party is making the same calculation, thus being in a relationship is all about values, visions and missions.

Conversely, if we find ourselves in unhealthy relationships or sabotage relationships that are important to us, we need only look to the clarity in our values, visions and missions. SIVVM practice is about asking these three questions of any relationship; why is this relationship valuable to me, what visions of Love do I have for this relationship, what am I ready and willing to commit to in realizing this potential of Love?

SIVVM: Now we align our Unique Incarnation/integrated consciousness with TBGIL knowing/beliefs to figure out our place in the integrated design. This is where we are figuring out our unique self by asking what is valuable to us, corresponding to Truth, what we envision, corresponding to Beauty, what we commit to as our mission, corresponding to Goodness.

How wonderful to be intentional. It is to be well resourced for our lives, to be well regulated, to be grounded. Isn't that the way we want to go about life, the way we want to show up in the world, the person we want to associate with?

Remarkably, once we transcend the flawed beliefs that result in dis-integration, we recognize that alignment is the only path forward, a monumental shift of perception. Such consciousness creates in us a continuity of behavior that can best be described as living with integrity. There needs to be alignment on every level, in our social systems, in our politics, in all aspects of culture. We should expect it of our leaders and teachers to always stand in their integrity, for where there is integrity, there is the truth, beauty and goodness of Ideals of Love.

6th Core Fundamental

Co-Creators



***Now comes the point of unleashing our power to create
and to co-create with others by Engaging, Expressing,
Experimenting, Experiencing and Expanding Love***

Imagine a natural setting- like this image of the Grand Canyon. The sheer magnitude of the cliffs across the horizon, the layers of color and texture, the depth of beauty within the details. A scientist would tell us that it took billions of years for such a magnificent scenario to evolve.

Then along comes a painter to capture this scene on his canvas. He uses rich colors to exaggerate the light and intensity of what he observes, making for a painting that can be even more grandiose than the actual nature. Consider that the painter is also a manifestation of billions of years of evolution. As such, it can be said that the creation is painting itself- creation is recognizing its own truth, beauty and goodness through us, experiencing Ideals of Love through us!

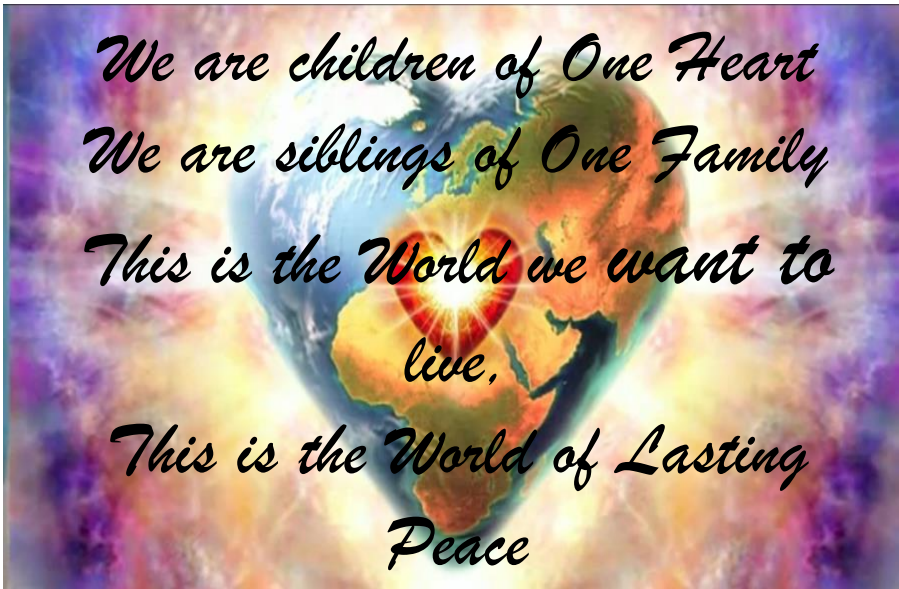
By bringing consciousness to our role for expanding the Ideals of Love System of Integration, we bring recognition to this

phenomenon. It is an experience we can enjoy at any time- when loving our pets, caring for our plants, appreciating creation in all its wonder. I would go so far to claim that even inanimate objects respond to Love (which is why I greet my car each time I enter it by giving it a loving and encouraging pat on the dashboard).

Created Becomes Creator: But there is even more to the story in this painting analogy. The creator has also become a creator, meaning that the Creator has created a creator. Recall when someone compelled you to support them in whatever way you could, when you gave of your time, energy, wisdom or finances, wanting for them the very best in realizing their potential. How does it feel? Gratifying yes, but even more, sharing our Love in the service of others goes to the very core of our purpose in life. I propose that this experience of giving ourselves to lift up the life of another is the very heartbeat of The Universe, that the Creator expands through the created, becoming actualized through this experience. Which would mean that The Creator is not omnipotent- all powerful, nor omniscient- all knowing, but like us is perpetually growing in the experience of Love. How could it be otherwise? If this impulse to give is our highest, how could it be any less with the Source of Love?

7th Core Fundamental

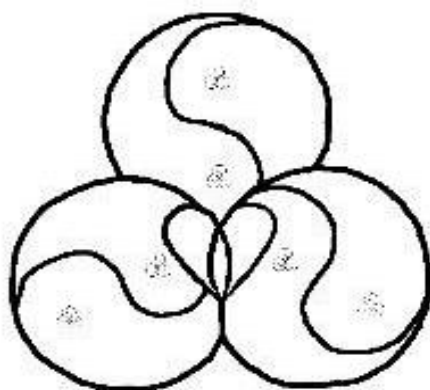
Becoming



Once we realize that the Universe is conceived from the longing to experience joy that comes out of relationships, we understand that Heart is our Source as a child comes from its parents. We are one family in Source. This is our unique Becoming of Love.

Motivation of Creation: Could it be that the creator wanted this. It had to be given freely, our free will is to choose freely. This longing is the answer to the question of the motivation behind the universe.

One Heart, One Family: Where do we find evidence of this? It is everywhere around us. Higher Purpose is imbued in all the creation, it is within us and who we are at our essence, it is the majesty of our body, it is the magic of romance, and the warmth of family and community. It is the vision of a world of peace and harmony, declared in our nation's constitution and in the charter of the United Nations. It is spoken in the vows at a wedding, during graduation commencement ceremonies and in the eulogies of a funeral. The construct of stories is one of the victories of Love, the power of perseverance, the redemption of forgiveness and the power of believing in one's dreams. This purpose resides within each of our Hearts and is at the core of the messages of the great teachers and spiritual leaders throughout human history.




7 Malignancies of an Unhealthy Consciousness

‘Slowly the days turned sour and the watchful nights closed in. Thror’s love of gold had grown too fierce. A sickness had begun to grow within him. It was a sickness of the mind. And where sickness thrives, bad things will follow’. The Hobbit

Once we embrace the Seven Core Fundamentals for developing our Integrated Consciousness, we spontaneously understand all that has ailed our consciousness until now. The Seven Malignancies directly correspond to the Core Fundamentals, creating a framework of ideas that expose exactly the root causes of humanities perpetual sick consciousness.

1st Malignancy

Estranged from Heart



*Unable to receive Heart's Love, wisdom and guidance is
the root of all discontent and dis-ease of the soul,
leading us to have a sick consciousness.*

Heartlessness: Living from the Heart, we understand that the gravest sins of humanity are those that have wrought damage upon the Heart. It is heart wrenching to even imagine all the atrocious violations that we have inflicted upon each other and the deep scars it has left. To this day, Heart is being violated in the most cruel and violent ways imaginable.

If Heart is real, then there is only one logical explanation for this behavior is a disconnect from Heart. When we are not connected to our Heart, we are dead to our Heart and behave in ways that is best described as Heartlessness. Once we know our purpose of Love, it is inconceivable that a person can go through life in such a state of confusion, and yet here we are with evidence all around.

Lacking a clear connection to Heart and the meaning of life is analogous to confusing a wood instrument as kindling for a fire. Imagine if a person came across a guitar for the first time, and being

clueless to its purpose, he sees that it is made of wood, and because wood burns and because he is cold, he uses it for firewood. Like the guitar, when people are confused about the purpose of their life, they do not realize their precious value and the potential that life holds for them. Such a confused and ignorant person runs the risk of throwing their life away, which unfortunately happens all the time.

When we get clear about this undeniable reality, it galvanizes us to do something about it, becoming the deepest source of passion and conviction to act, to expose and call out the perpetrators. We will no longer stand by and allow for the blatant violation of Heart, committed by those who are confused, ignorant or acting out of their own self-interest.

Authority from Without; How is it that the institutions that grew out from teachings of Love came to believe that only their religion holds the supreme standard? They give lip service to ‘finding the kingdom from within’ yet make it an Practice to devoutly obey their Holy Book as the indisputable ‘Word of God’. The inconvenient reality is that these books were written and curated by fallible people. The various interpretations of these texts are sometimes literal and other times figurative, creating contrary teachings that have always been a source of conflict and suffering.

Then there’s the question of an infallible intercessor. People’s faith beliefs are their prerogative, but the belief that professes an

anointing power to absolve sins is taken as a license to behave with impunity. This repugnant attitude creates negative consequences for us all. It is the epitome of acquiescing personal responsibility. Yet, as the good book says, ‘God will not be mocked’. If we reach the end of our journey and have regrets from the damage caused by acting on flawed beliefs, the blame is ultimately our own. No outside authority will take responsibility for screwing up our life, that much I can guarantee.

It was under the watch of outside authorities that history has experienced constant madness and war. They blame it on others, as the devil’s work, which is literally demonizing everyone who is not them. The abysmal track record of outside authorities to foster peace in the world is testament enough that external teachings are incapable of bringing a standard that can unite humanity in Love.

Can’t trust your own heart: You can hear the preacher freaking out now- ‘wait one minute mister, you can’t go tellin people that they can just listen to any voice that pops into their head- that’s ripe for the devil’s deception’. ‘Well, Mr. preacher, if folks can’t learn to discern the voices from within, how will they ever take responsibility for what they believe?’ Religion telling people they cannot trust their own inner teacher is the exact reason we see so much hypocrisy in their ranks. Religion is the most pathetic violation of heart because they do it in the name of God. Morality and ethics must come from the Heart for us to realize a world of lasting peace.


With that said, it's not all about feelings. How does someone know for sure that the voice they are hearing from within is coming from Heart's wisdom and not just unhinged mind chatter, the dreaded ego, or perhaps other entities of consciousness?

We need structure in our lives, healthy boundaries based on a clear purpose. People who just go by feelings end up becoming self-absorbed, just doing whatever feels good, which more often than not means physical comforts in the name of 'self-care'.

This has been the difficulty throughout all time. Because of the lie of not enough Love, which disconnected us from our own Heart and the Source of Love, it has opened the flood gates of flawed and confused beliefs, leading to an existence where our survival depends upon creating a pseudo-self, what some call the 'ego' and others call our 'fallen persona'. Any voices coming from such a space as this is not our inner wisdom.

2nd Malignancy

Perplexed of Purpose



*‘We do not grow old by our number of years;
we grow old by deserting our Ideals’ Samuel Ullman*

When we don’t know our purpose of Love, we travel the earth aimless, clueless of our own value and the potential that life offers us. In such a world, whatever certainty we may have about Love’s purpose can quickly be eroded away. This leaves us with an underlying sense of self-inflicted uncertainty, a confusion of purpose that is truly unsettling. From such uncertainty, we tend to unleash unnecessary, unhinged drama upon our lives, which is surely our primary source of suffering. Uncertainty makes for unpredictable behavior, which grips us with helplessness, a foreboding for what the future holds. It gives us a gnawing sense of dread, a total lack of control, as though the ground beneath our feet is shaking.

Confused: Considering the heartache and pain that has been inflicted over the course of history, is it any wonder that some have a hard time believing that Love is our purpose? Indeed, the dominant belief systems are rationalizations for why the world is cruel and filled with suffering. These teachings justify the self-sabotage of our contradictory behavior. They help us to cope with our miserable existence. They make excuses for our endless struggles and our complete ineptitude in uniting to realize lasting peace.

The simplest of these beliefs is the default for those who believe in nothing but themselves. It is the nihilistic view that The Universe is empty and void of all meaning, that there is no underlying purpose, it is all random and chaotic. As such, we are the masters of our own interpretation. It is the belief system of the brutal dictator, the psychopathic business tycoon, the self-absorbed influencer, the heartless narcissist- those who care less about the consequences they create for others, as long as it makes them powerful and rich and famous.

Then there's the belief that The Universe is an illusion of our own making, that our physical reality is a nightmare that we have manifested in our separation from Source, that we must wake up and merge back into a ball of light, of egoless oneness. Talk about throwing the baby out with the bathwater! Or the belief that suffering IS the purpose, that all of life is a grand test of the soul to determine our worthiness in the

afterlife. Or even worse, that life is designed as a perpetual state of suffering, punishment because of our disobedience.

Still others believe that to even presume to know life's purpose is irreverent. We can never know the 'mind of God', we must accept suffering as a mystery of faith. The most insidious belief is that we are incapable of realizing our purpose, that humans are nothing more than smart mammals that invariably place personal survival above all else. Hence the rise and fall of civilizations, which will surely repeat itself as a matter of time. Humanity cannot sustain another cycle of rise and fall; the planet is in peril and our weapons of destruction are too fatal to unleash. We do not have the luxury of tolerating this complete disregard of what we know is meant to be. As for me, I am exhausted with the hedonistic stupidity and nonsensical limbo that is inherent in the absence of meaningful purpose. Yet, if you hold any of these beliefs, you may feel the cognitive dissonance of your believing and impulsively come to their defense.

Think of beliefs in terms of maturity; there was a time when these teachings were relevant, but in our maturity, we have transcended them. If we hope to align our beliefs with our knowing of Love, we must examine and purge any that lead to selfishness, hypocrisy, exclusivity and blind faith. Limiting beliefs become self-fulfilling prophecies. They are the basis of dystopian worldviews, conspiracy theories, apocalyptic cults and religious fanaticism. Can we accept any

of these rationales as an excuse for our lack of peace? Is life really that abstract and opaque that we are unable and unwilling to come together centered on our deepest knowing of Love? Can we solve the problems in our world using the same beliefs that created them?

Disunited: The ultimate casualty of not believing in Love's purpose is our relationships. When we do not share the purpose of fulfilling Love, we resign ourselves to transient purposes, like belonging to a club, cheering for the same sports team, identifying with others on race or nationality, or hooking up for a one-night stand. While our motivation may not be inherently wrong, it lacks the deep connection that is truly possible for our relationships. This is why we see so much loneliness, disconnect and alienation.

Lasting peace will only be realized when we have unified on fulfilling our shared purpose of Love. Imagine if throughout the course of history, we did not have the setbacks of war and destruction, but instead had continually progressed in all our expansive possibilities. We would have built a civilization of such splendor, astonishing beyond our wildest dreams. On the contrary, we live in a world of chaos and destruction.

It's analogous to traffic lights; what if there were disagreement on which color of light meant stop and which meant go. It would be mayhem. We couldn't go through an intersection without the fear of being hit. Eventually, it would devolve into every man for himself

mindset, where the brutes and careless drivers win out. Isn't this exactly what we have right now? Regardless of the progress we make, our lack of unity wipes it all away in a flash, as has happened countless times throughout history. When we are not unified on our purpose of Love, we lack meaning and the vitality of growth that allows for Love to be expressed and expanded in our relationships.

Uncertainty: Disunity in our relationships contradicts our beliefs in Love, compromising any conviction we may have had. Good people lose their will to act, becoming indifferent to the problems of the world, undermining our pursuit of peace. Consequently, humanity is held hostage by the lowest common denominator, where madmen reign and self-serving people control the rules. Lacking certainty in the meaning of life is analogous to confusing a wood instrument as kindling for a fire. Imagine if a person came across a guitar for the first time. Being clueless to its purpose, he sees that the guitar is made of wood, and because wood burns and because he is cold, he uses it for firewood. Like the guitar, when people are confused about the purpose of their life, they do not realize their own precious, divine value. Such a confused person runs the risk of throwing their life away, which happens all the time.

Purpose is often thought of as our career or a personal pursuit. Yet even those who have fulfilling careers invariably question whether the life they have is the life they are supposed to be living. It is a feeling

that they are leaving something left unfinished, are missing out, that life is passing them by. No one wants to live their life in vain or dwell in a hell of regrets.

These complex sensations of loss are difficult to articulate. The German word *Sehnsucht* [ˈzān, zōoKHt] is defined as; ‘the inconsolable longing in the heart for we know not what, an intense desire for something whose attainment is uncertain, a wistful yearning for travels that have been and travels yet to come, a yearning for a far-off land one can identify as Home’. The Welsh word *Hiraeth* combines elements of homesickness and nostalgia, interlaced with the acknowledgment of an irretrievable loss from time gone by, a place and people that can never be recreated. Some of our melancholy emotions are part of our passage through time, moving inextricably towards our death. Others are shadows cast by Love, the unavoidable heartache of loss, or the struggle through challenges and change. But the dark emotions of loneliness, depression and suicidal thoughts are the antithesis of Love. Feelings of alienation and despair cannot simultaneously exist with feelings of connection and hope. Yet this is the human condition, and it is not as it should be. Our uncertainty of Love’s purpose has robbed us of the deep joy that our divine value bestows upon being alive.

3rd Malignancy

Dis-Integration



Our confused beliefs of Love's purpose manifest 'dis'-integrated' Consciousness is one of separation, which is a fearful place to be, leading to scarcity and greed. It is the manifestation of confused beliefs.

We see disintegrated relationships all around us; the mafia hitman who attends church, the smoking parent who forbids it of his child, the porn star who's against objectifying people, the corrupt politician who stands for law and order. It is uncomfortable to look at how much damage has been inflicted upon humanity and the world because of our separation from Heart and the disintegration of our relationships.

Relation	Integration	Disintegration
1 st : Source of Love	One Heart, compassion, Spiritual practices, Inter-faith cooperation, harmony of physical/spiritual.	Religious doctrine of exclusivity, hypocrisy, intolerance, patriarchal master God of judgement, atheism,
2 nd : Soul, I am 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, Nihilistic philosophies, suicide, alienation, ignorance of spiritual value, seeing self and others only from external.
3 rd : Mind/Body of Love	Health and exercise, diet programs, sports, recreation, education, arts, communication skills, public, mindfulness, yoga	conceit, self-mutilation, obesity, anorexia, hedonistic lifestyle, intellectual dishonesty, willful ignorance, unloving words, actions.
4 th : Committed Couple	Relationship education, meeting and dating, prep, sex ed., weddings, committed gay couples, mentoring, programs supporting healthy marriage	No model for building lasting relationships, divorce, loveless marriages, infidelity, sexual abuse, objectification, porn, loneliness, sexism, homophobia, domestic abuse
5 th : One Family of Love	healing historical enmity, connecting generations, building community/connection, support those raising children- teachers, coaches, parents, promote peace organizations.	Racism, sexism, ageism, xenophobia, alt-right politics, white supremist, hook-up culture, unwanted pregnancies, broken homes, individualist culture.
6 th : Nature Creation of 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 th , World of Love	Heart centered governance, equality, human rights, freedom, unleashing creative potential, building for the future.	Alt-right, poverty, starvation, military industrial complex, corruption, fascism, materialistic communism, authoritarianism, consumerism

Ego and Sin: The contrasting results between integration and dis-integration provides for extraordinary insights into a multitude of life issues. I would go so far to say that we have exposed the exact line of demarcation between experiencing a life in constant heaven verses experiencing an existence of perpetual hell. It brings clarity to two core concepts: ego and sin. These two ideas may seem unrelated, but they are virtually one in the same. ‘Ego’ is an evasive word. Psychology defines it as the way a person looks at themselves. In spiritual vernacular, ‘ego’ has the connotation of being self-absorbed, even a kind of entity of darkness that invades our mind, creating a ‘fallen’ persona. I propose that ego is a survival mechanism that comes into being when we recognize that we live in a world of separation, where relationships are unnaturally dis-integrated. Likewise, ‘sin’ is a Latin word that means ‘without’, which perfectly corresponds to the idea of living without integration in our relationships, causing us to act from a place that results in dis-integration. Ego and sin begin with the same lie; ‘there is not enough Love for me’. This is a message that most of us receive at some point in our developmental years. Such confusion immediately creates a crisis of identity- ‘if I am not lovable, what am I?’ This follows with the belief that by latching on to external things will give us value, leading to the need to be in control, to have power over other people. This in turns leads to justifying our abnormal state of being by normalizing it, perpetuating confusion unto others.

4th Malignancy

Rationalizations and Lies



Beliefs that rationalize the current human condition are sourced from our confusion of purpose because of our separation from Heart. Flawed and limiting, they are riddled with confusion. Beliefs that result in the disintegration of our relationships are often guised as promises for Love; religions that teach exclusivity doctrines, substances that give us a false sense of wellbeing, pornography that mimics intimacy, exceptionalism that leads to racism, entitlement that justifies our greed, consumerism that masks our feelings of emptiness. They are lies that we have come to believe are true.

Epitome of confusion: Our paradigms have been corrupted with confusing, flawed and limiting beliefs. Many of these beliefs originated out from human ignorance of consciousness of Love and of the natural

world. The paradigms that perpetuate these beliefs are not a part of the solution in realizing peace but have become part of the problem.

Freedom and Responsibility: We are all longing to be free from dwelling in a state of ego, of sin, of dis-integration. To truly free ourselves from these states, we need to seek out complete integration. This means becoming a person who is consistent in thoughts, words and actions towards all, otherwise known as integrity. The only way to do that is to dwell within the realm of our Parental Heart, where we are constantly aligned with Heart's guidance, our Ideals of Love.

'Freedom' is often used as a rallying cry by people who believe it means being able to do whatever they want. This translates into avoiding their share of taxes, owning military grade guns, driving noisy vehicles that excessively pollute, owning houses that have absurd carbon footprints, among other things. It's not hard to see how dis-integrated this view of freedom is. The way to stay free is when our responses lead to integration.

Freedom is our ability to respond to choices. Because we live in a world where beliefs exist that result in dis-integration, we are required to have a response to everything that exists, regardless of being integrated or disintegrated. This reality is poignantly made in the writing of Elie Wiesel, a holocaust survivor, who explained that 'the opposite of Love is not hate, it is indifference'. When we do not have a

response for dis-integrated beliefs, we commit the sin of omission, as did millions of good people who stood by in the face of evil. Not responding to dis-integration is a Faustian pact we make with our ego, choosing comfort and cowardice over conviction of Love's purpose. To maintain a free spirit of Love, then no response in the face of disintegration is not an option.

The question of morality has dwelt mostly in the realm of religion. Consequently, those who reject the moral authority of religion tend to also reject the moral values of their teachings. IDEALS OF LOVE states a very clear position on the question of morality; to be moral is to act in ways that result in integration, and to be immoral is to act in ways that cause disintegration. This distinction exposes the raw confusion and blatant hypocrisy in both conservative religious and liberal, secular worldviews.


The Original Big Lie: Speaking from experience, unexamined beliefs diminish our objectivity to perceive consciousness, even in the face of behavior that violates our principles. We question our own judgement-gaslighting, resulting in cognitive dissonance- angst from our conscience when we know something is off. It can only be appeased through more deception, justifying actions that defy what we know is false. Those who practice self-deception are deluded and deranged. Those who spread delusions are liars and 'win us with honest trifles to betray us in deepest consequence'?

The root of all deception began with a single rationale; ‘there is not enough Love for me’. Originating from the shadow of Love-jealousy, this immature, flawed belief led us to the lie that we are victims, separating us from others, from The Source of abundant Love, and ultimately from our own Heart. Alienation leads to a scarcity outlook- that we are all alone, which is truly a fearful place to be. This convoluted mindset powers the forces of evil, as with the resentful villain who is full of vengeance. The mythology of the fall of man implies as much; ‘Not enough Love for me’ was Lucifer’s reaction towards our first ancestors. Infecting us with this falsehood made it the genesis of all lies.

Those who find a lie useful know it will be believed if it is big enough and shared often enough. With no sense of irony at their hypocrisy, big lies are amplified, as was demonstrated in the lie that the election was stolen. These malevolent manipulators have an arsenal of little lies to support their big lie and will continue to use them for as long as it serves their objectives

5th Malignancy

Maligned Relationships



Disconnected from Source, not knowing our purpose, dis-integrating all aspects of life and holding beliefs that are unloving result in a life that is filled with conflict, drama and grief. Why do we repeat the same, foolish Bon maligned values, visions and missions, setting the trajectory of perpetual misery.

Unloving Beliefs = Maligned Relationships: Our beliefs have a direct and immediate impact on our motivation for pursuing relationship and the object with whom we choose to be in relationships with. I have taken the central belief systems that people hold to demonstrate this correlation.

1. Social Darwinism and the survival of the fittest

Beliefs that are unloving lead to maligned values, visions and missions. The first of these are survival of the fittest. In this understanding,

human beings are nothing more than advanced animals that function from our animal instincts for survival. These instincts for food, sex and shelter are the driving force of human behavior, and those who are the fittest are the ones that survive. This interpretation was crystalized by Darwin and brought with it a breakthrough in our understanding of the connectedness of life through the evolutionary process of our universe. It was also applied in philosophy and psychology to explain observable phenomena of the human condition. This understanding is at the core of the ideologies of Soviet and Maoist Communism, as well as Nazi Fascism.

The implications and trajectory of how people see themselves and others are immense. Ideologies that treated human life as disposable if not of service to the state. They ruthlessly murdered anyone who was not aligned with the purpose of the leader or the cause, or who was perceived as racially inferior, like a weaker species of man. The legacy of this insidious ideology is still with us, particularly as embodied by the nation of North Korea.

When this view is taken in someone's personal life, they objectify others for the type of body that they have, or justify ruthless, greedy behavior in the name of survival of the fittest. Whereas seeing the value of oneself, and each person as an eternal being of Love fosters kindness and compassion. Based solely on this contrasting outcome, I for one am going to be a strong advocate for the spirit argument!

2. Duality of forces

A pervasive obstacle for peace is familiar to anyone who understands the premise of the iconic story of Star Wars. In it, the whole universe is caught in a perpetual struggle between the force of darkness, championed by the dark lords, and the good force, the Jedi knights. This narrative of the dialectic struggle of universal forces is rooted in ancient teachings as a way for them to make sense of the world. In the absence of scientific understanding of the elements, the external ‘conflict’ they saw in nature was projected into man’s own internal struggle. Ergo, just as nature is in a constant struggle, so too is the heart of man.

The perceived conflict in nature has a singular difference than the conflict within the hearts of men; Nature produces an outcome that expands the expression of Love, whereas human conflict produces heartache and pain. Some would point out that hashing out differences, be it in a marriage or in politics, is a form of conflict that can yield positive results. The distinction is in the motivation of Heart. If the argument is done with a heart to come into a new agreement that benefits both parties, then this ‘conflict’ is a healthy conversation. If the motivation is to break down, humiliate and subjugate the other party, then it is a destructive conflict that yields nothing positive. This theory is effectively saying that ‘God’ is schizophrenic. Even worse, God is a sociopath who entices us with a promise of Love and peace while at the same time unleashing the forces of hatred and war into our hearts.

3. It's all a Dream of illusion

This belief follows a similar logic as that of duality except that the separation is between the reality of oneness, that is our original state of being, and the reality that is our physical world, which is one of separation from Oneness. Our task is to 'wake up' from the dream of our separation.

The unfortunate result of this explanation is that not only is our suffering an illusion, but everything else is too. And everything means all the beauty and goodness of life, all the preciousness that Life has to offer. Ultimately, every encounter of Love that we experience with others is effectively an illusion that will vanish as quickly as when we awake from our dreams. Talk about throwing the baby out with the bath water. Granted, none of us wants to dwell on the pain and suffering of our lives, and how wonderful to think that all the painful experiences of our own lives and of humanity will be forgotten as completely as though they were only a dream.

Think about it -- what is our journey about if it is not the collection of experiencing and sharing of Love? Who have we become if not unique expressions of Love that can go on expanding through all eternity? I have a good feeling that when we all arrive back at our oneness, we will not be sitting about talking about our bad experiences, instead we will be giving praise to the glory of Love that was our life.

4, Abundance gospel and possibility thinking

It's important to make the distinction between the possibility thinking that is a part of connecting to and striving towards the higher purpose of Love with that of the possibility thinking that has come out of the abundance gospel. In the tele-evangelical version, God blesses His faithful, made manifest as good fortune of all types. In the new thought and spiritual psychology teachings, it is described as a blank field of possibility that is waiting for us to express our words of creativity and manifest great things through the law of attraction. These teachings tell us that with a sufficient amount of belief and faith, anything is possible. It is most often evoked with the promise of manifesting great financial success. So, what could possibly be flawed about that, you may ask?

The first flaw is a lack of understanding of our journey through life in the physical world. This realm is ever changing, by design. We all are faced with circumstances throughout life that are not in our control. What we are in control of is the response we have towards these circumstances. If a woman wants a child but is barren, it would be cruel to tell her that with enough belief she can have a child. If she did not have that child, did she not believe enough? If a person works towards financial abundance, but settles for a simple lifestyle, was he a failure?

Secondly, life is NOT a blank field of possibility, or an empty canvas, but instead it is a very deliberate canvas is Love. Our Purpose is found by connecting to our highest Ideals that come from our Hearts.

We do not live in a bubble but are intricately connected to each other in a divine plan of Love. We are not the originator of the canvas; we are participants in creating a picture of Love. The original design by the Creator of Love was to do all things with the purpose of realizing and expanding Love through relationship. This factor should be placed at the very center of our intentions for creating, not as a footnote or an optional suggestion.

We choose to act on experiences that reinforce the essence of who we become and the reality we create. We do indeed have the power of belief to affect our reality, but we are in a co-creative process within a physical dimension of time and space. All experiences are ultimately about growing our capacity to Love. We may have constraints that demand of us to live life on life's terms. A poem I recall ends with ' I got nothing that I asked for, but everything I hoped for, and despite myself, my unspoken prayers were answered. Amongst all men, I am most richly blessed'.

In an analogy of a parent and child baking a cake, the parent wants to create something together with the child, that they may share in the joy of the experience of creating. The parent gathers the ingredients, pre-heats the oven and together, they make the cake. The parent did 95% of the work, though they will gladly give the child 100% credit, because that is the parent's heart. When the child becomes an adult, they begin to recognize the incredible contribution that the parent made behind everything that happened in their life.

5. Absolute Predestination

We all need to make sense of the misfortunes that happen in our lives, and one of the age-old beliefs that helped us do this is that of predestination. By calling it ‘God’s will’ we can more readily accept it and move forward with a sense of hope. You can hardly blame a person for this rationale, and perhaps for this reason alone it has a useful purpose, but that doesn’t make it true. The various beliefs that suggest that God knows everything and has predestined everything from the beginning of time is a deeply flawed belief because it negates the essential truth that we have our portion of responsibility in what happens in life. To abdicate this responsibility in the guise of spiritual piety would be to nullify the whole purpose of our journey to grow in Love through making choices of our free will. When bad things do happen it’s not because God predestined it.

We can always use those experiences to learn from, and in that regard, good comes of all things for those who strive in Love. But God wants us to grow up in our relationship with Him/Her. We will never come into the maturity of this relationship by believing in predestination. We all have our responsibility to make choices. The reciprocation between people is initiated from our own free will. We choose, and our choices produce an outcome, something changes because we made a choice. Hence, Love requires an environment of change. This environment is the physical universe of time and space, our

physical lives. Life allows us opportunities for Love to expand. Ultimately, Love transcends the physical, which gives meaning to everything that has transpired in our journey of Becoming Love.

We all know that learning from our choices, good and bad, is how we become mature individuals. Our free will is what sets us apart from all other living things, and it is the reason we can know what Love is in the first place. But by no means should that imply that life, by design, is a journey through which we must struggle. Challenge occurs during the changingness that is this physical world. The circumstances and factors which we must work with are specific to each person, but in the end, have the same effect of demanding of us to make a choice. It is a process that requires intention and effort, sometimes resulting in something other than what we set out to achieve, what might be called Failure. It requires that we try again, and persevere, resulting in growth and expansion - hence the challenge.

Suffering, on the other hand, is a result of the fact that we do not dwell in the original Ideal of Love but instead in a world where Love has been violated and people have been wounded. We can also choose in our suffering, but that does not mean that suffering is by design. What parent would have their children kill one another in the name of growing in Love. In making this distinction we can begin to believe that the world of Love is the design, and our task is to eliminate the world of suffering.

The more insidious consequences of this doctrine are bigotry, prejudice, zealous radicalism and a screwed up political agenda. It begins with the belief that God has predestined a select few for eternal life and the rest of us will either disappear, total nonexistence, or burn in the fires of eternal damnation. This belief makes God into a sociopath, one that has already determined our fate, but still relishes in putting us through the test of a suffering life. On the day of judgement, the chosen are whisked away to Heaven while the rest of mankind fights a war called Armageddon which lasts for 10,000 years, after which we may be granted a second chance. What earthly parent would design such a plan for their children? The Ideals of Love expose these flawed beliefs for the inherent hypocrisy and confusion they are.

Is there any credence in fate? Are we ‘destined’ for becoming a certain way or being born with good fortune or a curse on our head? Does our zodiac sign or Chinese calendar year have any real bearing upon our future? Perhaps there is something to the numerological order of the universe that we are intricately connected to, or perhaps we are tied to an ancestral propensity towards a certain lifestyle or behavior. But at the end of the day, it is our response to choices that shape our lives and our destiny.

6. Willful ignorance through cognitive dissonance

Cognitive dissonance is a term which describes the confusion caused when what we believe and what our senses are telling us do not match. The political climate of our time is a perfect example of this problem. It is no secret that Mr. Trump says things that are either grossly misleading or blatantly false. Yet to his loyal base, they embrace these falsehoods, going so far to say that Mr. Trump never lies. What is happening here? A person in touch with their Heart know they are being lied to and that something isn't right, but those who are invested in the story find a cognitive justification that will relieve their dis-ease of emotion, even though it's a blatant lie.

This is also how certain people practice their religion. There are those who proclaim that every word of their holy scriptures is meant to be taken literally, though to do so would be a clear violation of principle and common sense. This willful ignorance is affecting all of us, as people make choices based on their cognitive dissonance worldview. Ultimately, we are all vulnerable to the extremists who are willing to kill innocent people in the name of their faith, their politics and their racism and nationalism. Breaking free from this unhealthy relationship is difficult but can be done by examining one's own heart to discover what is true, what is really beautiful and what is really good.

7. Afterlife, Aliens, Tarot cards, Horoscopes and Reincarnation

These words may appear an odd grouping, but they all have the same thing in common; we don't really know. In this program we will establish, based on our empirical experience of life, that Love transcends time and space, and therefore can exist in some other dimension. Therefore, we can stand firm in the truth of an existence beyond our physical life. But what that existence will be like and in what form we shall take as a being of Love is not something we can state with absolute certainty. To speak of other realms of consciousness and existence as though we know for certain what they are like is an extension of a faith belief system, not the universal truth of Love.

We may have beliefs of faith that to us are unquestionable truth, but if they exist in the realm of speculation, they are our truth and not universal truth. Are there aliens amongst us? Are we the reincarnations of past lives? Can we tell the future from reading cards or the stars? Do we exist in the same form in the spirit realm? Beliefs around planetary evolution, extraterrestrial life, past alien civilizations, past life experiences, etc. are fascinating possibilities, and may enhance a person's life experience, but the ultimate criteria for these faith beliefs is whether they support us in expanding ourselves as unique expressions of Love, support us in building lasting relationships of Love, and support us in the realization of a world of Love. Otherwise, they are nothing more than a novelty, or worse, as escape from reality and a distraction from doing the work of Love.

6th Malignancy

Corrupted



When we are estranged from our Heart, perplexed of purpose, presented a world of dis-integration, all rationalized by confusing and flawed beliefs, maligning our relationships, it invariably corrupts our thoughts, words and actions, resulting in a world of misery and conflict.

Malignant to the Core:

When our power to create has been corrupted, there is that which we create that is so vile, so absent from humanity, that the best word it is evil. Perpetrators of evil have no regard for the wisdom of the Heart are whitewashed tombs and walking shadows. Superhero movies have become an extremely popular genre. The plot is nearly identical for each of them; an evil force threatens humanity but is ultimately defeated by the good guys in a last-ditch effort of heroics. The evil villain is filled with hate, seeking absolute domination and destruction. Our heroes are well-intended despite their shortcomings and are able to rise up to the occasion to save the world. We are attracted to these narratives because of the clear

distinction between good and evil. We find this idea comforting because it simplifies the world for us. It is much easier to view life through this black and white interpretation rather than through the many shades of grey that reality actually is. This leads to the temptation to project this view into our actual approach with people and issues. We are looking to personify the problems of the world and of our own lives by labeling a person or group as 'evil'. This temptation is particularly on display with religious people because they actually hold a belief in a personification of evil, the devil, Satan. When they perceive people's behavior as bad or against Gods will, they feel justified to label them as agents of the devil. This position is literally demonizing people, which is obviously a very slippery slope.

Is there any credence in such a belief? Does there exist an actual force that can possess the minds and hearts of people, compelling them to act out in ways that can best be described as 'evil'? When we examine the theology of evil, we see that it was not by the design of Source, but the disobedience of a being that was originally meant for goodness and light. Lucifer was one of three main archangels. As the angel representing intellect, he was considered to have the best understanding of the Divine plan of Love. Yet just as with our movie villains, his downfall was triggered by resentment from a perception of being denied of what was rightfully his.

The story goes that the advent of God's children supplanted Lucifer's exclusive relationship with God. This view of receiving less Love began to fester until it reached a boiling point of anger and hatred, at which point he devised a plan to right the injustice while also punishing man and the Creator. This 'rebellion' ultimately resulted in the fall of man and the transformation of Lucifer to Satan, who was cast down to reign in a realm called hell. Whether this is an actual account of events or a mythology, the lesson is the same. The departure from Love originates with a perception of scarcity, which leads to experiences of separation and division. This victim mindset is a lonely and fearful place to be, and fear begets an all-about-me, self-centered thinking. This results in a justification for treating other people and all things with total disregard of their wellbeing, the very definition of evil.

As to whether a person can actually be possessed by a resentful spiritual being, we need but consider this relationship in earthly terms. Throughout our lives we attract those who share in common what we think, say and do. If we like to party, we hang out with people who like to party. If we like to talk about sports, we hang out with people who are interested in sports. If we believe in a certain ideology, we attract likeminded friends. We gravitate to the 'realms' of relationships that validate who we have chosen to become. Hence, if our words and actions do not realize Love, it

may certainly be influenced by others, but it is not the responsibility of others. If we have been ‘possessed’, or corrupted in our thinking and feeling, the root can be found in our ignorance of Love’s purpose and the flawed beliefs that hold us in the place of these activities and relationships.

Demonizing our own character or other people is hardly the solution, as it feeds the same thinking as what caused ‘evil’ in the first place. The solution lies in a greater understanding of the purpose of Heart. When we are aligned with our Ideals of Love we practice discernment in our thoughts, words and actions, which guides us in our choices and relationships. When we are true to our Ideals of Love, we will be true to ourselves and to others. It is then that we have the proper heart to speak out and stand up to the ‘evil’ in the world.

There is no belief system, no political ideology, no social construct, that states unequivocally that realizing lives, relationships and a world of Love is our single, unifying purpose that we agree to strive in realizing. The world in which we live is deeply polarized, existing between the knowingness of our Ideals of Love and the reality of fear, scarcity, divisiveness and self-centeredness. Instead of promoting peace, our leaders advocate for military build-up and economic growth regardless of negative impacts. Businesses promote an ‘us first’ attitude, fueling

corporate and personal greed over the well-being of the whole while jeopardizing the environment at a time when changing our old paradigm of consumption must shift.

When we analyze the doctrines and ideologies throughout time, we see that there has never existed a belief system which advocated for the absolute design of Love. This means that there has never been a unified standard of how to treat each other and how to strive together in building a world of Love. Instead, the existing belief systems are being exposed as fractured, incomplete and divisive; they are constructs of antiquated doctrines locked into static books that believers use to justify supremacy and exclusiveness, among other things. These teachings are no longer facilitating a world of Love, but instead serve to reinforce the historic animosity between people, blocking the way forward to realizing peace.

7th Malignancy

Perpetuation of Misery



*We have strayed so far from what the world should be
that madness has become our normal.*

*Humanity struggles, managing the fallout of
broken paradigms, exploited by those who activate
fear, experiencing self-inflicted misery
throughout the ages until this day.*

Normalization of living in the shadows: Let us use the analogy of the sunlight and its shadow. The sun is the Source of Love; the sunlight is the purpose of Love, radiating with light and warmth, the very energy that powers life. This vitality of life that comes out of the sunlight is always expansive, expressing itself in an incredible array of beauty and color. The warmth that we feel can be associated with the experience of Love we have in our relationships, which is how we grow and become Love.

The shadow is a natural and inseparable by-product of light. In this metaphor, the shadow represents the physical realm and our bodily experience while in this realm. Our interactions with each

other and all things are the essential driving engine of our spiritual growth. Shadows bring dimension and texture to light. And life, like the shading of shadow, is rich and interesting because of the many changing shades of experiences we can have while in this realm of the physical.

Imagine meeting someone who had become confused about their shadow and believed that it was itself the original purpose? And this confused belief became the prevailing understanding, establishing the disconnect and ignorance of the light as the normal state of our being. This would be crazy, yet isn't this what happens when someone thinks that the only purpose for life is to seek out the gratification of their own needs, constantly looking for the next physical stimulation? Isn't this the madness that we witness in people's choices towards life? Let's examine the beliefs that come from this flawed interpretation of reality. Based upon the confusion of this 'shadow thinking' this is what the world looks like:

First: Because their attachment in believing that the shadow is real, they lose the viewpoint of the sunlight, the true reality of Love, and instead see only from their own view of life, the belief in shadow. Life invariably becomes empty and meaningless, and the only way to turn is towards blame. They blame everything and everybody for their emptiness, but most of all, they blame the light. The self-inflicted hurt and pain are not their fault, so they turn to being angry at the light, seeing themselves as a victim.

Second: Because of their flawed belief in the shadow, they have lost touch with their own precious value and the value of others. They have left their position as a child of the Light in exchange for a life that has become a walking shadow. They seek meaning in physical things, an endless quest for the next stimulus, the next physical pleasure. They disregard the wellbeing of others and do whatever is necessary to satisfy their own desire, even at the cost of others.

Third: Physical experiences, which they confuse as being the actual purpose of life, are in a state of continual change. And because they cling to their experience as the source of their purpose, this changingness would be confusing and fearful. This leads them to hoard everything that comes their way, be it material possessions or power or physical pleasures. They are disconnected from the truth, beauty and goodness that the light creates abundantly, and in the darkness of the shadow they see only scarcity and want.

Fourth: They need to justify this pseudo reality if they are to keep believing and justifying that they are right. Therefore, they must convince others of their viewpoint, multiplying their delusion and confusion to the point of utter madness. They will do anything to protect their illusion, as can be witnessed in the despotic leaders throughout history until today. Our current reality and the culture that reinforces it is steeped in the confusion of this flawed belief system of the shadow. We all must share in the consequences of this pseudo reality, this insidious ignorance of our purpose of love.

How was it possible to become so confused into believing in the shadow of life as the real purpose for existence? When we consider our growth into spirit through the vehicle of physical experiences, we see that it is filled with many volatile and vulnerable thresholds, such that confusion and misinterpretation of our experiences could very well lead us into believing them to be the ultimate purpose of life. On the surface, exposing ourselves to questionable experiences may sound like a good way to grow, but ask yourself this -- do you know a single parent who would willingly wish upon their child the experience of being betrayed in Love? Good parents instinctively guide their children in wisdom and discernment, giving them healthy boundaries so that they may make good choices in the experiences that become available to them. When our children find themselves in a situation that may compromise their own values, or the visions of beauty they have for their lives, as well as the goodness they want to stand for, we would never want them to exchange that certainty in the name of experimentation. When we lose sight of the Ideals it leads to unnecessary confusion that can result in a reality that we didn't intend, someone who gets lost in the pursuit of physical experiences will have a hard time comprehending and pursuing a life committed to fulfilling the purpose of Love, no matter how much it is explained to them.

Perpetual Misery of the 1st Relationship

Being cut off from our own Heart because of flawed and confused beliefs has cut us off from having a relationship with our Source of Love. The disintegration of this relationship is at the core of all other breakdowns. If the motivation for creation was to experience relationship, what a travesty it is to be oblivious to the unbounded experience of Love we can know in our relationship with Source.

Even those who profess their relationship with Source are often more bound to their doctrines of faith and the tribalism of their religion than they are to building a genuine communion with Source. Consider the religious strife throughout history, even to this day, and the horrors that have been committed in the name of God. Such hypocrisy is on full display in religious people's support for fearmongering politicians who espouse racist, xenophobic, hate filled views- embodied in the grotesque MAGA cult. Blatant hypocrisies like this have historically given rise to counter ideologies that expose their lies and manipulations, ultimately choosing to totally reject the existence of Source. In the absence of a belief in spirit, Communism committed unspeakable atrocities and mass murders. Other forms of atheistic materialism disregard all moral values, giving way to the philosophies of Hedonism- the sole pursuit is pleasure and self-indulgence, Nihilism- the rejection of all moral principles in the belief that life is meaningless, to name a few.

Perpetual Misery of the 2nd Relationship

When we are separated from Heart, we lose sense of our own divine value. This results in all forms of self-abuse and the sabotage of Love. Being alienated from our Heart is a lonely place, causing depression and addiction. We take on a victim mindset that leads to projecting our pain and anger out to others, justifying all sorts of perverse selfishness expressed as wanting to commit emotional, even physical murder. The disintegrated soul has been a part of humanity for so long that it has become imbedded in our psychology. This dis-ease has much to do with the epidemic of mental health disorders. Sociopathy, narcissism, bi-polar, schizophrenia, anorexia, phobias, self-mutilation, multiple personalities. Could it be that these manifestations stem from our disconnect from Heart? We are confused about our own potential, preventing our self-actualization. When we doubt our own greatness, we lose confidence and self-sabotage our work. Thus, we are unable to support and acknowledge other people's greatness, even leading us to resent their success. The Jonah complex, as in Jonah and the whale, is when we run from our calling to do amazing things with our life. Disintegration of not knowing our divine value makes physical death one of fear instead of celebration. While grief is the perseverance of Love, when we are ignorant of our eternal self as the continuum of that Love, death becomes a hopeless sense of loss, a perception that causes inconsolable heartache and pain.

Perpetual Misery of the 3rd Relationship

The disintegration of mind/body occurs when people do not understand the value of their physical lives. Heart connects us to the life-giving vitality of Love. On a cellular level, we disintegrate when we are separated from this Source of Love. In its absence we fell diseased, making us vulnerable to physical and mental health problems, moving into realm of death. When this agitation becomes our constant state of existence, we tend to give up and let ourselves go, abandoning any hope of change. This leads to careless lifestyles that waste away the mind/body and alienate us from nurturing relationships. Drugs, alcohol, smoking, over-eating, slothful inactivity. It is at this level of disintegration that our mind and body enter the realm of death. To live more abundantly, we must seek to reintegrate our relationships through reconnecting to our Heart. When we confuse our value in terms of physical appearance or intellectual prowess, we objectify people, leading to sexism, racism, ageism, and discrimination against handicap people. Vanity and conceit are the result of those whose are ignorant that their physical self is a vehicle for Love. A culture that fails to teach our intrinsic value of Love views aging as a bad thing, sending a message to youth that old people are irrelevant and waiting to die. Hence, disintegration has even poisoned the golden years of life. What should be a sacred time to convey memories and lessons of Love to others has become a dreaded endgame of mortal death.

Perpetual Misery of the 4th relationship

The couple is central to integrating all our relationships. Yet, this most stabilizing relationship became the most unstable. The disintegration of intimacy devolved into the worst vices, Symptoms, sexual predators, rape. Pathologies like incest, child sex and domestic abuse. Our disconnect from Heart makes us unable to see from Heart's viewpoint. It is only too easy to slip into a carnal mindset of seeing others as a means of gratification. Sexual objectification has been optimized by the porn industry, which is intricately connected with sex trafficking and sex slavery. The self-pleasure industry is so normalized, it has become a central part of our culture.

Young people, who are at vulnerable age in their sexual maturity, are often modeled unhealthy intimacy. Media and advertisers leverage this market with total disregard for its impact. To suggest that it is benign, or they don't know better is totally dishonest- marketers are parents too. It leads to massive problems for all areas of life: promiscuousness, the hook-up culture, sexual fetishes, porn addiction, unwanted pregnancies, abortions, STDs, confusion on how to build healthy relationships, deep heartbreak from breakups, disillusionment, loneliness, depression, suicide.

We fail to grasp the gravity that this relationship has on our life. The lack of prioritizing our partner's wellbeing leads to emotional neglect, the cause of extra-marital affairs. Such an insult to this fragile relationship often results in divorce. Family breakdown leads to a slew of other problems, ultimately impacting all of society. The costs are incalculable.

Perpetual Misery of the 5th relationship

The disintegration of the family is devastating. Imagine all our missed opportunities for Love. Instead of treating each other like brothers and sisters, we are afraid of strangers and treat each other with suspect. We have rampant, endless wars, a lack of feeling safe. Murder, famine, slavery, poverty, homelessness, racism and exploitation are a result of our disconnect from Heart.

In the absence of the light of Love, the darkness of hatred consumes us, expressed as racism, national exceptionalism, and religious exclusivity. Instead of Heart, we have a culture of master over servant, a virtual and literal slavery that exists in our workplaces and our class structures. The poor are disenfranchised and manipulated by slimy politicians who do the bidding of the entitled wealthy class.

The abundance of Love that comes from Our connecting to Heart brings us a constant state of abundance. Instead, we witness abject poverty, homelessness or living in squalor. There as even people dying of starvation. This scarcity of disintegration is expressed in our alienation from each other, resulting in heartbreaking loneliness, aging populations whom their culture has deemed irrelevant, sending them off to nursing homes.

Even in countries that have a culture of family, it is abused by their leaders to exploit people's loyalty. This is embodied in North Korea, that has engineered a dictatorship based on the Confucius idea of absolute obedience to the parental figure. Heaven on earth will never be built on the arbitrary, external construct of a 'royal family'. It can only come from the Heart.

Perpetual Misery of the 6th relationship

The disconnect from our relationship with nature has resulted in environmental exploitation, pollution, cruelty towards animals, poaching and the extinction of wildlife. Those who interpret our dominion as a license for polluting the land and sea by burning dirty energy. Corporations that rape the land of natural resources, leaving in their wake toxic waste. These are the same people who believe in deforestation, destroying habitats that rob indigenous peoples of their livelihood and lifestyle.

Unsustainable farming techniques that ruin our soils, pollute the air and poison the land with pesticides, killing off vital ecosystems like bees. When we genetically modify our foods, and manipulate the growth of livestock with hormones, we are disrupting the balance of nature on a molecular level, setting us up for consequences we have yet to imagine. Epidemics and pandemics are caused because we are screwing with nature.

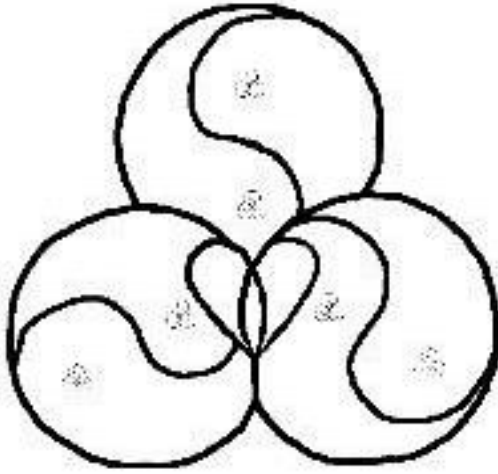
Denial and lies about global warming are held by those who are either stuck in magical thinking, have religious misconceptions or are scientifically challenged. This willful ignorance, selfishness and neglect has resulted in our continuing to leave a damaging carbon footprint, which disrupts weather patterns that lead to disastrous storms and natural disasters like draught and fires. This in turn leads to desertification and the destruction of wildlife habituate. We see the extinction of species, the death of coral reefs, the choking of nature on all levels from our pollution. There is no other relationship we must tend to immediately, lest we suffer irreparable damage for generations to come.

Perpetual Misery of the 7th relationship

The disintegration of relationships for realizing lasting peace has resulted in a history of perpetual injustice, warfare, and the collapse of empires. Brutal leaders and national ideologies have ruthlessly murdered, raped and pillaged innocent people. Unthinkable atrocities have been committed in the name of global dominance. Even in our current times, men of selfish ambitions are driven by fascist, authoritarian ideas. They have mobilized the masses through fear mongering, tapping into toxic nationalism, demonizing opposition, scapegoating minorities and weaponizing white grievances. The most nefarious aspect is wrapped in religious fervor.

Behind them are the interests of the military industrial complex, in all its waste and terrible products. Weapons of mass destruction are driving us towards their self-fulfilling prophecy of nuclear annihilation. Many must live with the legacy of landmines, poisonous gases and lethal weapons, made by these companies, displacement of people, and the war crimes committed by monsters. In the final analysis, it is all state sponsored terrorism.

The list of disintegrated relationships that prevent us from realizing peace are practically endless: industries that exploit vice, institutional corruption, greed driven capitalism, wall street speculation that adds no value, tax avoidance of 1%, political lobbying of wealthy, voter suppression, lack of equality, lack of healthcare, lack of government accountability, toxic work environments, artificial intelligence used in nefarious ways, the dark web, conspiracy theories of doomsday, authoritarianism, etc.



7 Practices

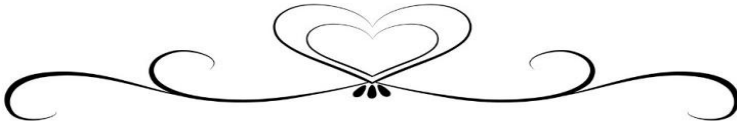
for Healing Consciousness

The 7 Fundamentals of a Healthy Consciousness exposed the 7 Malignancies revealing the Healing Practices that will allow us to continue to develop a healthy, enlightened consciousness. This is the framework of a new paradigm that we can organize our life upon.

1st Practice

for Healing Consciousness

See through the eyes of Parental Love,



The Blessings Exercise connects us to our Heart, giving us wisdom of life's purpose as Love. It is the gateway to see ourselves and others with compassion and caring.

Real Self-Awareness: Incorporating an awareness of the Heart into our daily lives is essential for securing a peaceful state of mind. The key that unlocked our purpose in the Blessings exercise was when the participants put their thoughts upon someone they loved. Contemplating the wellbeing of others is how we accessed this sacred place of the Heart.

The heart's purpose is always other centered, considering the welfare of others before self. This inner voice is motivated by a force that is leading us out from a place of hopelessness and into a place of hope, a place where we can believe again that tomorrow will reveal to us new possibilities for Love, joy and happiness. It is a

voice that drives away the fear of our scarcity and replaces it with the hope to connect with the Universe's abundance of Love.

When we look back upon our lives, we have ample evidence of the progression of good things that come when we choose to persevere in the hopes of our dreams. We never have to question whether our inner voice wants the best for us. As the Indian proverb says, 'everything turns out well in the end, and if it is not yet well, it is not the end'. How reassuring it is that this source of guidance is that speaks to us through our heart will persevere in Love until we are on track towards fulfilling our potential for happiness and connection.



The story begins with Love's inherent longing for relationship, the very motivation for Creation. The physical Universe is the external expression of Love, and human beings are the pinnacle of that expression, so much so that we are said to be made in the image of the Creator. We are bestowed with our free will, the prerequisite for choosing relationships of Love.

And though all that remains true, the complete fulfillment of love has never been realized. In our process of growing to maturity, love was lost. The very foundation of Love was disrupted, resulting in a world filled with underdeveloped souls, disconnected from the abundance of Love and instead living lives of utter desperation and scarcity, taking love wherever we can find it, manifesting in greed, pride, lust, gluttony, vanity, wrath and despair.

The purpose of Love had been thwarted but not deterred. When a child has lost his way, what does a parent do? The answer to this, one that we all can readily know, is to guide that child back to Love. This is the best way to grasp the idea of an invisible hand guiding the course of human history. We are that child, and we are designed to fulfill our potential for Love.

Imagine being a parent in this predicament with a teen son or daughter. Your child is at that age where their emotional, mental and physical development has not quite matured. It is a vulnerable time, a time when they can make poor choices based on misguided input, let's say from a friend who doesn't have the same values on Love. The first

impulse may be to remove the child from that friend, yet the child is becoming an adult, and your intervention of his personal responsibility to make good choices could result in rebellion, which is a natural reaction of the human spirit when our personal freedom is violated. And if not rebellion, it may end up stunting or delaying that child's ability to take personal responsibility, which may result in making even more damaging choice at an older age.

The best course of action is to appeal to that child's heart, to touch the child's awareness of his original value, his original potential of becoming a person of Love. Once the child is awoken to his higher purpose, it will be easy for him to distinguish the level of heart in which his friend is acting from and remove himself from this relationship.

But that's not the end of it. Whatever behavior the child acted out while with his companion has created something within the child, and it may still have a hold on him. Perhaps he experienced a drug and continues to long for that high. Or had a sexual experience that has awoken his physical desires. Now the parent needs to support him in breaking the bonds that hold him tethered to unhealthy behavior or thinking. The parent must provide opportunities for that child to choose differently, thereby re-enforcing the choices that will set him on a trajectory of becoming a man of True Love. This scenario sums up the driving force behind the events of human history.

The Story of Love is one of a Parent who has been guided us back into our knowingness of love, little by little over time. And it is our

inner voice who speaks to us through our Ideals of Love, as revealed in the messages of wise men and women, the words of the prophets, the lives of the saints. And now the Story of Love stands on this threshold of at last realizing the original purpose of a world of peace and Love. But the battle is not done. We should stand resolved to complete this journey of Love, to do our part in banishing the darkness of ignorance by bringing the light of awareness that are our Ideals of Love.

The Story of Love reveals the highest dimension of Heart that can be known to us in our human experience, the Heart of a Parent. It is a heart that is available to all people and can be applied to any of our relationships. We do not need to be a parent to have a parental heart towards others. This insight provides us with a valuable tool that we can use, a litmus test for what is true, beautiful and good about any belief, behavior or motivation. When we need to evaluate a choice to determine whether it is coming from a place of Love, we need but ask ourselves, ‘is this what a parent would want for their child?’

The parent always wants what’s best for their child. Would a parent intentionally inflict struggle into the life of their child in the name of growth? I am the father of five children, and my parental heart would prevent me from ever doing such a thing. Perhaps there was a time when people thought that inflicting intentional struggle was a form of character development, but fortunately we have learned from our mistakes, and in this day and age we would promptly report that parent to social services. Good parenting wants to teach our child about

responsibility, about understanding that their actions have consequences. We want them to learn the value of hard work, of pushing through challenges, of growing thick skin in the face of adversity. And all the while, we want them to develop the virtues of compassion and kindness towards others, we want them to thrive in a constant sense of progress and expansion. We want to give them a childhood that is full of growth, not full of struggle.

For some, this may come across as a faith-based belief. I do not want to impose any ideas that are not experiential, so I hesitated to use this language. Yet, as I came closer to the final construct of the flow of ideas for this program, I had an epiphany that showed me that not only was it important to refer to the parental Heart, but it was also the most central and transformational insight of all.

This epiphany came on a day when I was exploring my ‘whys’, the passion points that triggered a sense of urgency and boldness to act on bringing this teaching to the world. My list was extensive; save marriages, prevent children from the suffering from a broken marriage, give direction and hope to people looking for love, help young people make good choices, build a sustainable career, for myself and others who want to facilitate this teaching, feel vindicated for people who ridiculed and were ‘haters’, give my children and all people the permission and courage to follow their calling, empower people to stand up and speak out to all the confusion, lies and ignorance of our

time, give people who have lost faith a new sense of purpose, reward my precious wife for her believing in me, fulfill my spiritual calling, etc....

On this occasion, none of these ‘whys’ were doing it for me. Then, as luck would have it, I came across an essay written by a philosopher that was speaking to the void of meaning that exists for many people, and how it was leading to the worship of false idols in the form of political figures and humanistic causes. He went on to conclude that the only solution to this phenomenon, and indeed the salvation of our species, was to find a meaning that would penetrate the core of our soul, provide us with a meaning so powerful that it would awaken in us a transformational awareness of transcendent value. This author did not have the answer to what that awakening would be (he established that it wasn’t going to come from current beliefs- can’t solve the problem with the same level of thinking that caused it) It would have to come from a greater insight. And with this, I knew that the greatest insight that our Ideals of Love give us, through the blessings exercise, is the Supreme Heart, the parental heart of Love.

I knew it to be so, and I knew that if a person took only one thing from engaging Ideals of Love, it is that this Divine relationship was at the core to realizing the fullness of their lives. In fact, this very epiphany took me to a deeper place in my own relationship with Source. Until now, I had referred to Source as, well, Source, and as

God, and Universe, and Heavenly Parent, Heavenly Mother and Father. But all that fell short of moving my Heart to the true nature of this relationship. There was only one pronoun that did it for me- Mom and Dad. Yes, I am now referring to my Higher Power as ‘Loving Mom and Dad’. It will certainly not sound venerable enough for most people, but that’s nonsense. My veneration for the Source of Love does not change one iota by referring to it by a name that awakens the deepest sense of Love for our relationship.

And There you have it, my declaration that the deepest understanding one can grasp from this program that will make the most lasting and powerful impact upon their life is the awareness of this sacred relationship. It will not come automatically just because I said it, it is experiential, as with all our Ideals, we are striving to bring into the realm of reality.

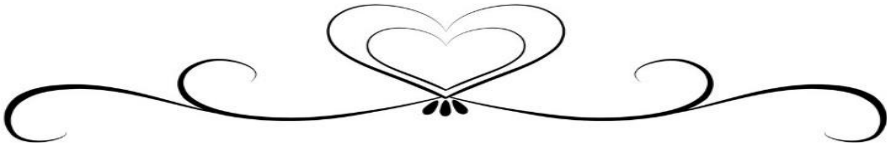
2nd Practice

for Healing Consciousness

‘ In spite of everything, I still believe that people are really good at heart.’

Anne Frank

Articulate Love’s Purpose by sharing stories and experiences.



*Telling the stories of the Force of the truth, beauty
and goodness of Ideals of Love drives the narrative
of our shared purpose of life,*

Power of Certainty: The world is broken because we do not have the clarity to believe that our purpose in life is Love. It is a vicious cycle; our doubt of believing in Love’s purpose erodes the common ground for building purpose centered relationships, making us uncertain of what is true, beautiful and good. This confusion results in unloving choices, which create consequences that only exacerbate problems, leading us back to doubting Love’s purpose.

If the uncertainty caused by our disbelief in Love’s purpose is the root of all our problems, restoring that certainty is the most powerful thing to do. Becoming absolutely certain in our purpose of

Love is the foundation for creating a happy and fulfilling life. Connecting with this truth creates in us a constant belonging, that in Love, we are home. We would experience contentment in our everyday striving towards our purpose of Love. Each moment would be an expression of Love, and each encounter an expansion of Love. Our lives would leave a trail of cherished memories, filled with tenderness, joy, laughter and meaning.

If our certainty of Love has the power to resolve all the core problems that exist in our world, imagine how inspired and empowered we would feel in bringing this solution to others. Consider the change that was unleashed through the passion people felt for causes like civil rights, liberty, justice, standing up to brutality and corruption, eradicating diseases, ending wars and saving the planet. Yet here you have the ultimate cause; giving certainty to others that the purpose of their life is Love!

Galvanizing Points: In a world of paradigms whose realities are diametrically opposite to what we are striving to create, it is a major challenge from one day to the next to maintain conviction of purpose. However, if we are truly striving to live from our Heart, we must constantly remind ourselves that none are free until all are free, that what is being done towards one of us is being done towards all of us.

A tool that I have developed are my passion points, listed below. Imagine for yourself things that are disturbing for you and give you a sense of urgency to act. Free yourself from the burden of silence, speak your mind and champion the story of Love's Purpose.

- Narratives that foster cruelty and hate
- Heartless religion/hypocrisy
- Intellectual dishonesty/willful ignorance
- mis-information warfare/ lies.
- Authoritarian leaders/rise of Trumpism.
- Master-servant culture
- Blind obedience/gaslighting
- Missed opportunities of Love
- Entitlement-1st world problems
- Hedonism/Nihilism
- Complacency/indifference
- Exclusivity/Inequality
- Self-serving exploitation

The Force of Ideals of Love Story: We can look back on the different chapters of our life and spot where the truth, beauty and goodness of Love has propelled us forward. It was at work despite our follies and best laid intentions. This examination also serves to reflect on how the degree of our alignment with Love's purpose either accelerated or impeded this force in our life, revealing the beliefs that gave us strength to persevere towards our dreams or flawed beliefs that set a trajectory which did not result in Love.

The force of Ideals of Love is the voice we hear, whispering to us ‘there must be more to life than this’. It consistently leads us out from hopelessness and into hope, regardless of how dark our circumstances may be. It gives us the strength to carry on, to believe again that tomorrow will reveal new possibilities for Love, joy and happiness. It is a voice that drives away the fear of our scarcity and replaces it with the hope of our abundance.

When we look back upon our lives, we have ample evidence of the progression of good things that come when we choose to listen to this voice and persevere towards Love. We never have to question whether it wants the best for us. As the Indian proverb says, ‘everything turns out well in the end, and if it is not yet well, it is not the end’. How reassuring it is that this source of guidance perseveres in Love until we are on track towards fulfilling our potential for happiness.

Force of Ideals of Love Story



The force of Ideals of Love has been with you all throughout your life. It is revealed in everyday encounters, as dramatic life events, or have unfolded over the course of years. On a separate page or in a journal, reflect back on your journey and recount a ‘Force of Ideals of Love’ story.

Jas' Example

Our Force of Ideals of Love Story

My wife and I were introduced to each other by our spiritual teacher and married three days later. We had five children in five years. Our arranged marriage was severely tested when in 2008, my career as a mortgage broker crashed and burned. Our home was foreclosed on, and we had to move in with my parents, the home I grew up in. This move coincided with their failing health. Our original plan was to stay a year, but when my father fell, it became clear that a bigger picture was unfolding.

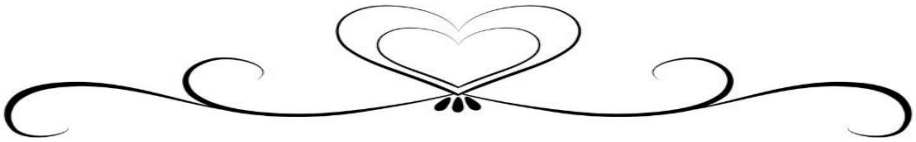
Over the next eight years, we became caregivers (together with my eleven siblings- talk about karma!). Old family dynamics and unresolved patterns that lay dormant came to the surface in need of healing. My father's passing was just as he had hoped for; at home and surrounded by family. There was a feeling amongst us that we had done right by my parents and by each other.

Our children gained a deep awareness of the heart by living in a three-generation household, caring for their grandparents. And the sibling worked through our childhood issues. Perhaps the greatest breakthrough was gained for our marriage. Megan's dedication to my parents' care won my heart to the core. The sacrifices she made endeared her to me like nothing else could have. I came to cherish her more than I knew was possible. After thirty-two years, we are more connected now than ever. It has confirmed how the Ideals that we planted through our commitment to Love's purpose had become the guiding force of our marriage. We knew that we were on to something special- the force of our Ideals of Love. We wanted to share it with other couples and approached our next chapter with this in mind- developing Ideals of Love.

3rd Practice

for Healing Consciousness

*Anchor your Striving with Integrity
using the Ideals of Love Symbol*



*We need a tangible symbol of the life, relationships and
world we are striving to create while surviving in a
broken world of the disintegrated consciousness*

Symbols have been used throughout history to be substantial representations of an idea. When we genuinely believe in the idea, the symbol serves to anchor our lives towards its fulfillment. And when the symbol is shared in our relationships, it fosters a powerful bond. You would be hard pressed to find a more spectacular symbol that represents the integration of relationships!

The ILP symbol is a Venn diagram, whose sacred geometry is used for representing integrated dynamic of relationships. It incorporates the yin-yang, which is the ancient symbol to represent opposite yet complementary relationships. The yin/yang circles are perfectly aligned to flow into each other centered upon the Heart

symbol, which represents the Source of all other relationships, completed with the full spectrum of color,

Realm of Possibility: The Truth, Beauty and Goodness of Ideals of Love are the design of the Universe. All that comes from that design is integrated with the original purpose of life. All that is not in the realm of disintegration. I envision a time when the ILP Symbol will represent for all people a world of lasting peace. Artists will render amazing expressions of the symbol through all types of mediums.



Three Great Blessings: The three circles in the ILP symbol originate from and correspond to The Three Great Blessings; a teaching I received over thirty years ago from my teacher Sun Myung Moon. Found in the Creation story following the substantiation of the physical Universe, it exists as a single verse of God speaking to our first ancestors, telling them to ‘be fruitful, multiply and replenish the earth. These blessings were also given to Noah after the flood.

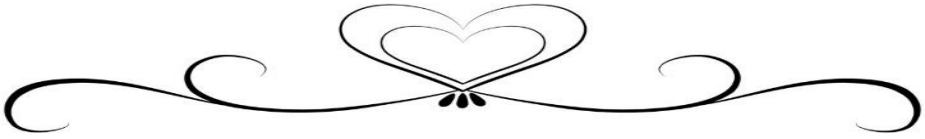
You need not believe in this mythological story to appreciate that it points to our original purpose and design of life as Love. The Three Great Blessings are the Creator’s Manifesto; 1- that we grow into our fullness of Love, be fruitful, 2- expand our Love out to others, multiply, 3-Cocreate a world filled with Love, replenish the earth. As such, I made my bold declaration in the introduction based upon the authority of this ancient proclamation.

Believers in Abrahamic faiths have not been taught of the significance of these blessings because their core doctrines do not square with the proposition that the original, sole purpose of creation is Love. Rather, these faiths focus on their restoration narratives, with Judaism placing their emphasis on being God’s only chosen people, Christianity, the redemption of the cross, (Jesus’ salvation IS the original plan) and Islam’s benevolent Master-God, whose sole purpose is to be glorified by His servants. These deeply limiting beliefs will never lead us to the complete integration of Love.

4th Practice

for Healing Consciousness

*Discern Beliefs using Standard of
Truth, Beauty, Goodness of Ideals of Love*



‘Examine all you’ve been told, dismiss that which insults your soul.’

Walt Witman

*Reckoning our Beliefs, taking a fearless moral inventory of
unloving beliefs we may hold, exposed by centering upon
our TBGIL Purpose of Life*

Because of the vast spectrum of beliefs that exist in the world and the mixed results they have caused; it behooves us to re-examine all we have been told. This Healing Treatment gives us a framework to do so. Prepare for the eventuality that some of your deepest held beliefs may be flawed at their core. Discernment demands that we take a fearless inventory by owning our beliefs. This is an opportunity for a new beginning, where we can all move forward, healed from the past, living according to our beliefs of Love without inflicting any more wounds of ignorance and confusion. Until we resolve the quagmire of confusion that exists in our world, no flawed beliefs shall be spared.

Loving and unloving beliefs cannot co-exist in the same space, as sure as light drives away the darkness. Flushing out and exposing unloving beliefs allows us to build a belief for our becoming of Love.

Our newfound clarity, we can become brutally honest towards everything we have been taught and critique it from the truth, beauty and goodness of Love. We revisit the example our parents set for us, appreciating their intentions while perceiving beliefs that resulted in a less than optimal experience for our childhood. We can look at the influence our friends and community had on us, for better and for worse. We can scrutinize all we were told throughout our formal education, discerning between fact and fiction, exploring the standards of beliefs held by our instructors and the prejudices they were teaching too. We can question our culture, the premises of our economics, the laws of our governments and see the world not as it is, but as it should be!

Scrutinize, Clarify, Purge: Be it from our faith beliefs, political beliefs, economic beliefs, philosophical beliefs or cultural beliefs, the criteria of Love's Standard of truth, beauty and goodness allows us to examine whether a belief is based on principles- Universal Truths, whether it fosters expression of unique beauty, and whether it results in Unifying Goodness for all.

As an example, take the belief in free market economics. In an integrated world, economics would be the practice of creative

expression that adds value to all relationships, which is the essence of creating wealth. If that expression failed to add value, it would fall into irrelevance, as is the natural evolution of our economy. Dis-integrated market economic policy is when someone seeks to create wealth for themselves without adding value to all relationships, which results in greed, exploitation and depletion of resources, inequality and corruption. The beliefs behind dis-integrated economics are rooted in justifications that allow it to continue, as in the belief of the self-made man, creating entitlement that leads to conspicuous consumption.

Another example would be the belief in social welfare. When grounded in Love's standard, this belief manifests itself as a system within society that assures that all people are cared for in the same fashion that we would care for our own family member. If a recipient abdicates their freedom to be responsible for their life, this support becomes an enabling force that stunts their personal growth.

Faith Beliefs/End of religion: These beliefs are completely subjective, with no basis of empirical veracity other than the experience of the individual. They are perhaps the most powerful beliefs, as demonstrated by the disproportionate impact they have had on human history. As such, it is important that faith beliefs become transparent in how they foster either integration or dis-integration.

Christianity provides the perfect example. Jesus brought a new dimension of Love, ultimately demonstrated by forgiving those who

sent him to the cross. This integrative message has driven Christianity's influence, serving to champion the narrative of a Loving Creator. Paradoxically, at the core of Christianity is the teaching of the Creator conceiving salvation of the cross as a means to judge worthiness, believers spending eternity in Heaven, non-believers condemned to hell.

This doctrine explains the hypocrisy and violence of Christian history. An exclusivity mindset justifies the worst expressions of disintegration: entitlement, racism, sexism, classism, homophobia, xenophobia, acrimony, divisions, war. Conservative Christians are so vindictive in demonizing others that they have become the voice of fascist rhetoric. The Alignment Practice exposes these critical fault lines of dis-integration in all religions. The only question is whether the religious minded person is brave enough to see beyond the gaslighting of their religions and get in touch with the cognitive dissonance of their faith beliefs.

Ideals of Love beliefs ground us in the wisdom from our Heart. As such, the need to follow a religion becomes obsolete. As we cross into the consciousness of Love, religion will have accomplished its purpose; to 'relig'-to reconnect us to our Heart. Like the child who has grown into an adult, they appreciate what their parents did for them but no longer need their supervision. As we relate to our parents differently as adults, by taking our teachers off the mythical pedestal of religion,

we embrace their humanity, recognizing we share the same journey of growing our Love.

Mythology and religion attempt to make sense of the forces that are at play in our lives. We can celebrate the rituals and traditions that serve to enrich our connection with each other and with Source. Yet, when these teachings are untethered to reason, they become the basis of ‘magical thinking’, justifying all sorts of transgressions. A prime example is the ‘I’m saved’ doctrine, where salvation is presented as membership into a country club. This exclusivity mindset is the basis of hatred and fear. As for me, I would rather practice a faith where people have committed themselves to embodying Love rather than spend eternity with condescending religious people who are riddled with hypocrisy.

It will be a joyful day when religions are rendered irrelevant, their doctrines relegated to the archives of history, their places of worship becoming community centers and performance halls. The ridiculous conflict created by religion will cease, allowing for us to finally see each other as children of the same Parent. In the world of Love, the place we go to worship shall be within the sanctuary of each other’s Hearts.

These moments of reckoning are a process of radical honesty. Sometimes they are intentional and other times brought on by drastic change. It may sound daunting, but truly it is a healthy process of

getting honest with ourselves, taking a fearless inventory of the life we have created and the person we have become. If we lack or resist such introspection, we may end up living a lie. We can reflect upon the trajectory that our choices took us, grasping the power of our free will by the awesome and terrifying consequences that our choices unleashed. It demands of us to take a hard look at the driving force behind those choices.

These soul-searching seasons of life play out differently for each of us. In developing IDEALS OF LOVE, the process of sorting out my beliefs has been inordinately complicated. My efforts in exploring and dismantling my belief systems have been met with strong internal resistance. It has made this journey much more arduous and time-consuming than I could have imagined when I first started. This is especially the case when it came to examining my faith beliefs, which have been a large part of my life. I have concluded that amongst all beliefs that we hold, there are none more deeply embedded in our psyche than our faith beliefs.

We order our lives around faith beliefs, and indeed, the whole world is centered on cultures that have arisen out from religious teachings- not a bad thing until a shift of higher consciousness comes along. Challenging faith beliefs is tantamount to desecrating a sacred object. Certain Islamic nations have even made it a crime to speak against the faith. As such, suspending those beliefs long enough to

question their veracity is a testament to our integrity. My faith belief journey began when I was twenty-two. I became a disciple of Sun Myung Moon, derogatorily referred to as ‘the Moonies’.

Many are unfamiliar with Father Moon, but if you were around in the seventies/eighties, you might recall the controversy that enveloped his Unification Church. Some of the negativity was cruel persecution, but a lot of it was deserved. Becoming a member meant that you gave up your belongings, moved into a church center, renounced your relationships, even cut connections with family (parents hired deprogrammers to kidnap their child until they recanted the faith). Most controversial was members had to accept being matched by Father Moon, sometimes marrying only days later, as was the case with my marriage.

Thousands of singles from across the globe traveled to Korea to participate in the matching ceremony. Father Moon unknowingly (and miraculously) matched two native Coloradans, my wife and me. Other matches faced challenges like needing a translator. Church leaders were pressured to fill quotas, sending unqualified men who were there to ‘get a wife’. These matches ended badly or became a lifetime of loveless commitment. I will confirm the worst of the church’s offenses, and there are many discrepancies I want no part of, as with their repulsive support for Trumpism or their pursuit of creating a new ‘royal family’. They are called ‘true parents’, but to truly be a parent means to own up

to your mistakes in parenting. They never modeled that for us. That does not make me a disgruntled, toxic, ex-member who has an ax to grind. I am equally prepared to defend the best of what the church brought into my life and the world, which outweighs the negatives.

It took a long time for me to discern my experiences and dissociate myself from aspects I no longer supported. I am convinced that this is the course each of us needs to travel; to fearlessly examine our beliefs and discard those that lend themselves to hypocrisy, cruelty, exclusivity thinking and blind obedience. We need also be ready to challenge the power structures that rose up around them, be it our religion, political party, or social circles. Only by denouncing that which is not of Love are we free to move into our own beliefs of Love and find our own community of Love. Deeply held beliefs can be very persnickety to sort out. Yet until every person can do so, flawed, confused and limiting beliefs will continue to be a source of conflict and suffering. We can salvage the best of our beliefs, which is effectively what Ideals of Love are all about. This allows us to move beyond the worst of our beliefs, which will render them obsolete. There shall come a day when all that remains are beliefs in Love!

The TBGIL Exercise:

Love's Standard of Truth, Beauty and Goodness

Engage your Intellect, Emotion and Will in asking of each Ideal of Love how it is universally true, uniquely beautiful and unifies through goodness. This is your belief system of Love!

(Jaz' Examples)

The Universe is conspiring to support us.

Truth: We are in a relationship with The Source of Parental Heart that always wants the best for us.

Beauty: See everything as a gift, with gratitude of being cared for.

Goodness: Confidence that all will all work , a positive outlook.

We know the joy of serving others

Truth: Our deepest joy comes from making others happy.

Beauty: A serving Heart brings joy into the world

Goodness: Harmony is everyone is serving everyone.

We have the discipline to master a skill

Truth: We can do great things, character to see it through

Beauty: Bringing mastery expresses & expands Love

Goodness: Elevating our potential is a gift to everyone

That we are blessed with lifelong intimacy

Truth: Intimacy is within the design of every person

Beauty: Intimacy is a powerful expression of Love

Goodness: Sex strengthens our commitment, enhances our joy together and is good for our health

A home life that is nurturing and safe

Truth: Knowing our self-worth of Love starts at home

Beauty: A happy home life is what all people are attracted towards

Goodness: Healthy homes are the foundation for healthy societies

We know life's abundance thru nature

Truth: Nature is abundant, teaching us that we too can live abundantly

Beauty: Abundance feels nurturing, cared for

Goodness: Abundance mindset makes us generous

Experience satisfaction of our labor

Truth: we have the power to bring Ideals into reality

Beauty: Being satisfied with our work is a joyful feeling

Goodness: Our labor adds value and creates wealth for the benefit of all people and for posterity.

The TBGIL Exercise

Your Belief System of Love from the Heart

Ideal of Love:

Truth:

Beauty:

Goodness:

Ideal of Love:

Truth:

Beauty:

Goodness:

Ideal of Love:

Truth:

Beauty:

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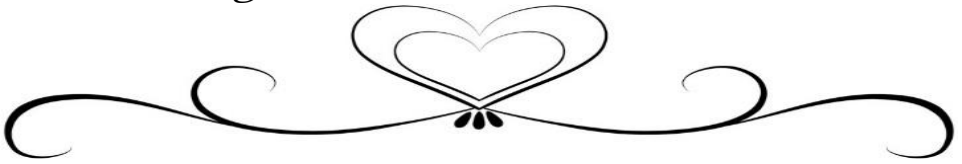
Beauty:

Goodness:

5th Practice

for Healing Consciousness

Build Relationships Centered on Seven Integrated Values, Visions, Missions



*Aligning our Unique incarnation of Love with the Truth,
Beauty Goodness of Ideals of Love awakens us to our
internal Values, Visions and Missions*

Seven Integrated Values, Visions, Missions- SIVVM: This relationship methodology is radically different that any values, visions & mission statements you've done before. ILP provides a framework, an external point of reference for striving towards the purpose of integrating our lives and relationships for realizing peace and Love for all people and all things. As such, our values are based upon what we value in our relationships, our visions are all creating Loving experiences in relationship, and our missions are grounded in our purpose of realizing Love's fullest potential. We can compare it to other models:

Self-Centered: Most values, visions and mission models are self-centered. Not to say that they are selfish, disregarding other needs, but that they lend themselves to developing a selfish lifestyle by placing the individual at the center. Their methods would have us list values using no point of reference other than our own personal preference. When we create vision boards based upon such values, they become a juxtaposition of self-serving desires mixed with altruistic aspirations. And no matter how grandiose our missions, when driven by self-centered values and confusing visions, they too will ultimately manifest a life centered on self. These techniques are embedded in the self-help and coaching industry. Even in new thought teachings, the focus is on self-care above all else, making the most ‘spiritually minded’ person in the room also the most self-serving.

We vs. Them Centered: This is the tribal mindset that views the world as a zero-sum game- winner takes all. Because it nurtures a sense of belonging, the individual can move beyond their self-interests and consider the wellbeing of the whole. This may seem noble, yet it rarely translates into helping develop people into becoming more loving. On the contrary, it demands that the individual acquiesce their personal values, visions and missions for the sake of the group, making them useful stooges for someone else’s agenda. When there is minimal personal buy-in, the statements produced from these methodologies hang on the wall, collecting dust, seldom read by the people for whom they are meant to inspire and motivate.

Other-Centered: Other-centeredness asks the question ‘why is this relationship valuable to me for realizing Love?’- value being placed squarely on the relationship. The implications of this are tremendous. For example, consider the marriages that were deeply wounded from acts of infidelity. This damaging lapse of judgement could have been avoided had the spouse firmly established why the relationship was so incredibly valuable to their lives. Likewise, the visions we nurture from our values will not be for ourselves but always about our relationships. Gone from our vision board are pictures of mansions, luxury travel, BMWs, replaced by images of service and enlightened connection, organically aligning our missions to Love.

Values + Visions = Missions

Once we clarify our values and develop our visions, we can solidify our missions. Think about how people get inspired to act; they connect with some purpose and get inspired and then they make it. Once we develop our mission, we can bring it into actualization, which is the practice of engaging our thinking feeling and doing to substantiate a plan of action. Finally, we have in place a reflection practice in which we consider the results of our actions and how they have shaped who we have become.

SIVVM Practice- Jas' Example

Why is this person/place/thing valuable to me?

What Love do I envision for this relationship?

What am I willing to do for this relationship?

1st Source:

Values: I value knowing that 'The Universe' is the originator of Love and conspires to always support me. This awareness fills me with gratitude, which is incredibly valuable. I deeply value my spiritual practice. I value the universal messages of Source as Love.

Visions: I see how Love can grow when I feel grateful for the Parental Heart. I want people to be attracted to the divine within me. I see the communion of all humanity, One Heart with Source. I am passionate to share in and reveal to others a relationship with a Higher Power.

Mission: I am committed to being a man after the Heart of God.

2nd Soul:

Values: Connecting with others from the Heart allows me to see their divinity on a soul level. I value the awareness that death is not the end. I value others who are seekers of enlightenment. I value the awareness that life is a journey of growing in becoming Love.

Visions: I envision Ideals of Love being a catalyst for relationships to grow through deep sharing. I experience a joyful freedom when I am connected to my Heart. Belief in spirit opens me up to awareness of serendipitous encounters of Love. I visualize my spirit being a bright light of Love. When I see myself in the light of Spirit, so too do I see it in others.

Mission: I will seek everyone I encounter; Heart to Heart.

3rd Mind & Body:

Values: I value lifestyles that seek acts of Love. I value that service to others is the greatest source of joy. The power of work is so valuable. I value the vitality of a healthy mind/body.

Visions: I see each day for all its possibilities to perform random acts of Love and kindness. I imagine a day when our senses will be open and aware of people's state of mind/body and soul. I envision having a spring in my step at an old age.

Mission: I commit to making as many Heart connections in my physical life as possible.

4th Couple:

Values: I value building a life together with Megan. I value that our couple is striving to embody the Parental Heart of Source. The sanctity of sex as a force for bonding our couple is supremely valuable. I value the different ways my wife and I see the world and show it to each other. I value the vows our couple made before Heaven and Earth. The couple is indispensable for the peace of the family, community and world. I value all the relationship education programs.

Visions: I envision the day when my couple will be an inspiration of this program. The vision my couple growing old together, cherishing our memories and the Love we created. I can imagine countless more experiences of Love in my marriage. I envision retreats where couples share their deepest heart and help each other grow. I envision supporting my children and grandchildren in creating great relationships.

Mission: I commit to embodying the Ideals of Love in my couple.

5th Family:

Values: I value the critical role of parenting and the paradigm of true parentism. It is valuable to believe that humanity is one family. I know that the values of Love will someday permeate throughout the world. I value my ancestors. Ideals of Love is invaluable as a framework for peace.

Visions: I envision young parents using IDEALS OF LOVE as the foundation for raising incredible children. I envision my own family one day united by IDEALS OF LOVE. I have clear images of all people uniting centered on Heart.

Mission: I am committed to creating one world family.

6th Nature:

Values: It is critical that humanity takes responsibility for our impact on the planet and all living things. I value the lessons nature teaches us for our lives. It is phenomenal that my mind/body is a microcosm of the planet and the whole Universe. I value the reciprocal relationship of Love I experience with all things. Knowing that everything is part of the design of Love is extremely valuable. I value that nature shows us unlimited abundance. I value good time and energy management.

Visions: I envision a day when humanity's Love for creation will secure it for all time. The amazing variety of life and plants and foods is so beautiful. I hope to visit as many places on the planet as I am able. I envision going to space in my lifetime. I envision living in a world where we all live in harmony with the natural environment.

Mission: I am committed to supporting those who have made it their life's work to save the planet.

7th C0-creators:

Values: The work of peacemaking and diplomacy is indispensable if we are to fulfill our purpose of love. I value those who add value and create wealth. The creative potential of our youth will surely be our salvation. I value the regenerative solutions made by caring people.

Visions: The future will be one of harmony, if we can believe. I envision a time where everyone lives without want, which is financial serenity.

Mission: I will advance IDEALS OF LOVE as a vehicle for adding value, creating wealth for everyone.

SIVVM Practice



Why is this person/place/thing valuable to me?

What Love do I envision for this relationship?

What am I willing to do for this relationship?

1st Source

Values:

Visions:

Mission:

2nd Soul

Values:

Visions:

Mission:

3rd Mind/Body

Values:

Visions:

Mission:

4th Couple

Values:

Visions:

Mission:

5th Family

Values:

Visions:

Mission:

6th Natural world

Values:

Visions:

Mission:

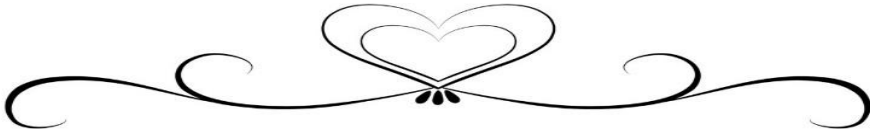
7th Cocreators

Values:

Visions:

Mission:

6th Practice
for Healing Consciousness
Master Co-Creating
World of Lasting Peace



Own the Results of our Freedom to Respond.
Master our Power for Creating, Growing in Love.
Our newfound understanding is the
foundation for practicing Love, our becoming through
thinking, feeling, doing- thoughts, words and actions.

Had we been born into a world of Love, would our state of Being be one of Love? In an Ideal world, there would be no need to re-examine our beliefs because we would be connected to Heart, our beliefs would originate from the Heart, all teachings would come from Heart. With that said, life is a journey of maturing into becoming response-able for the person we become, taking responsibility for the consequences of our choices. Growth is Practice for maintaining our free will. As such, ‘mistakes’ are choices whose consequences did not result in Love, informing us to choose differently the next time an opportunity arises. We are all an infinite work in progress! In the

Actualization Practice, take each relationships mission from the SIVVM Practice and create an action. We do this in our **thinking**- brainstorming ideas. Next, we use our **feelings**- get in touch with how those ideas inspire us, fill us with passion, Finally the **doing**, which is to strategize and create action plans.

Jaz' Examples of Actualization Practice

Mission of 1st Relationship:

'I am committed to being a man who is after the Heart of God'

Thinking:

- *Be true to all impulses to share with anybody about the design of Love.*
- *Challenge any limiting and flawed concept of God as a master, a tormentor, a patriarch, an impersonal puff of gas.*
- *Keep my Heart channel to Source open.*
- *Avoid giving in to 'monkey mind' thinking and behavior.*
- *Contemplate the eternalness of Love.*
- *Engage in the most noble of teachings.*

Feeling:

- *I feel passionate to ease the Heart of God when I see the suffering and confusion in the world.*
- *I am filled with utter determination when the design of Love undeniably reveals itself to me.*
- *When I experience myself and others as divine children of God, I become a force of Love.*

Doing:

- *Have every encounter be centered on talking about ILP*
- *Hold a monthly Intro program.*
- *Put this book in as many people's hands as possible.*
- *Keep my daily practice of journaling and reflection.*
- *Read/listen to inspiring teachers.*

Growth

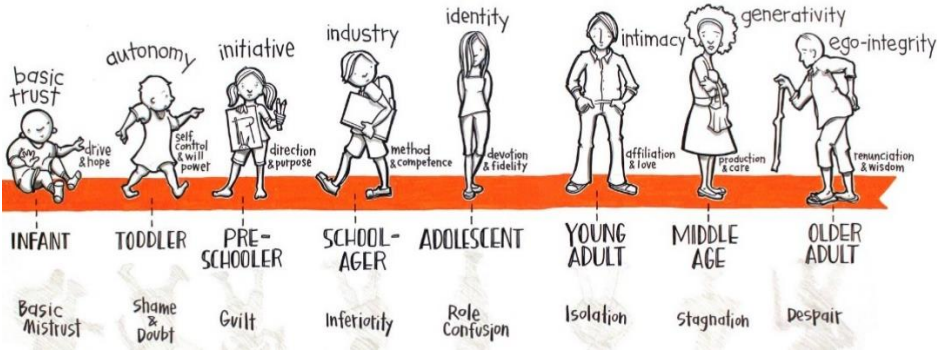
Everyone hopes to live a successful life. Success, above all else, is when we are growing our fullest expression of Love by expanding it out to others. The Actualization practice is designed to ground us in this constant pursuit, to develop the habit of asking of each choice we make; ‘does this thought, word or action serve in bringing Love into the world, allowing me to become a more Loving person?’ The consequences of this practice will lead us to more joyful, meaningful, nurturing relationships.

Does the destination of our becoming end at death? The continuum of Love into an incorporeal realm is a faith belief, yet how we believe makes an impact on how we think about our personal growth. Many beliefs are magical thinking, that at our death we transcend into a state of pure bliss, regardless of the life we led. This is the belief of the terrorist who is expecting to wake up in heaven the second after he detonates a suicide bomb, or the criminal who believes all will be forgiven on his deathbed by uttering Jesus’ name. Then there’s re-incarnation, that lulls people into thinking they can fix their mistakes next time around. Still others believe that striving in Love is futile, and instead embrace their vices as being ‘self-accepting’, that remaining a crude, drinking, perverted old man is somehow eccentric and colorful.

Regardless of our beliefs, the law of cause and effect demands that we own the consequences of our choices. The good news is that

within our essence, we are already committed to becoming Love. It is an Practice that we will inevitably be realized, whether it is fulfilled in this life or in another dimension.

Stating the obvious, growth does not happen all at once. Yet many of the missteps in life are a result of lacking understanding and appreciation of the importance of growth stages. The powerful insights of the psychologist Eric Erickson are illustrated in this diagram:



Stages of psychological development

Having a strong grasp of these critical stages helps us in our relationships, be it parent/child, sibling, friend or partner. It gives us the awareness that our words and actions need to be considered from an age-appropriate viewpoint.

Society is set up to protect us during vulnerable stages of growth, especially for our youth. Above all other considerations is how to create a healthy environment of growth for them to develop their

self-esteem, particularly regarding boundaries around sexuality. Yet some adults advocate for adolescents to experience sexuality and explore sexual orientation. These perceptions are why we need a firm grasp of the growth process.

Managing Love in Time and Space

Love must be freely chosen, giving us the response-ability to constantly make choices. As such, if we are going to maximize our potential for realizing Love, we need to have effective systems for managing our choices.

Our co-creative potential happens through stages of growth, and though we may be moving towards our desired outcome, there exists a natural effect of unintended by-products, some that are wonderful and others that are messy. It makes for a lot of unpredictability, which is easier to manage when we have the right tools, such as our calendars, action plans, to do lists, schedules and management systems. Most likely you have already figured out your preferred systems for managing time, space and resources.

As an artist and entrepreneur, I always resisted following someone else's schedule. This was coming from my desire to prioritize the needs of my relationships, which often occurs serendipitously. There is a cultural shift in the workplace that recognizes how important it is for people's overall productivity to be flexible in allowing for relationship integration. A life management program that complements

integration is called ‘Getting Things Done’. It organizes/prioritizes based on what is most important in the time and space you are currently in. It plans for an optimal future by living in the moment.

Reflection

Mind, Spirit, Body

Actualization is the ultimate path of becoming Love, for the individual, our relationships and the world. Reflection keeps us striving towards that eventuality. We examine our experiences and reflect on how we were and how we want to be. Each moment shapes the person we become. When we are aligned with the purpose of Love, we become the magnificent embodiment of Love that we are, moving towards our fullest potential. Conversely, when we live on autopilot, putting no intention in our personal growth and relationship development, we become stagnant. Worse still is to act upon choices which have an adverse effect on our becoming of Love. we have through our actions , experienced as the constant joy of expressing our unique Love.

This explains why people can be old in years yet still immature, never cultivating their character of Love. It takes intention. We are all products of conflict, confusion and fear, inextricably tied to the collective trauma of humanity. We must put intention into our growth by developing self-awareness around our lessons and growth experiences. We are at once building newfound beliefs of Love while breaking bonds with limiting and flawed behavior and thinking.

Finding our Center: A practice of introspection prevents us from becoming bogged down or stuck. Internal reflection comes naturally, taking stock of experiences, learning from our lessons, celebrating our successes. It can be achieved through journaling, walks in nature, or simply allowing for personal reflection- a time to harvest the wisdom that our experiences hold. We gain a Celestial vantagepoint when living from Heart. When dealing with transgressions of Love, we long for redemption, to be reconnected to the Heart. Religion teaches the need for repentance, yet a parent has no desire to shame their child, to make them agonize over a poor choice. The Parental Heart only yearns for the child to learn from their mistake and restore their determination to move confidently forward towards Love. What we need is to reconcile the insult we have inflicted upon our Heart, the Heart of others.

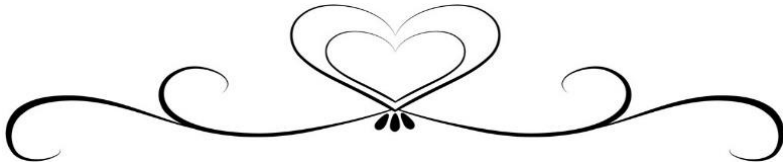
Guilt devalues our self-worth, which drives us back to repeating the same transgression. Instead, we can reconnect to our Heart-reconnect to Source, by acknowledging our mistake, take responsibility for the pain it has caused, and seek to make amends to whomever we have hurt. It becomes a question of personal accountability. The twelve-step program is a great example of this approach. It has proven its efficacy in helping people conquer destructive addictions. This is the genuine path to forgiveness, the way to own our beliefs and who we are becoming through our words and actions. As we forgive ourselves, we forgive others, demonstrating maturity of spirit, advancing the narrative of Love while diminishing the narrative of fear.

7th Practice

for Healing Consciousness

Ownership of Peace

*Raise Up Others through Sharing ILP, Leading the
World to a Collective, Integrated Consciousness*



*A healed consciousness has the complete awareness
of our transcendent value as a unique expression
of Love that expands for all time.*

*This recognition organically compels us to bring this
transformative awareness to every person, giving us a
deep sense of gratitude and celebration for every
Being we connect with.*



The One Heart we tapped into during the Blessings Journey showed that we cannot achieve complete integration for ourselves, until we achieve it for all. ILP is the framework for bringing us together, harmoniously uniting us as One Heart. When our Hearts become One, we channel Love to the fullest. We become conduits of Love, and with any current, to keep it flowing through us, we seek out Love generating interactions. Such give and take sharing with others charge us with enthusiasm-filled with Theos, and inspiration- filled with Spirit. This is the essence of Conversations of Love, that we want nothing more than to share words of Love with others that may enrich their lives.

Speaking corresponds with feeling, which is why people whose being resonates out from their words are such powerful orators. When others hear in our voice that we have been transformed, they will want to experience for themselves. Every person can be impacted through their encounter with IDEALS OF LOVE. We are not responsible for their response, but that we cared enough to make a difference in their lives is what really matters.

Becoming Love

The Seventh Practice corresponds with the seventh core fundamental; Becoming. What does taking leadership in healing the world have to do with our becoming of Love? The story of the Maitraya Buddha tells us that upon receiving enlightenment and breaking the cycle of reincarnation, instead of remaining in Nirvana, the buddha

immediately returns to help others on their journey of enlightenment. The Integrated Consciousness will spontaneously know that it is not complete, not free from suffering until all are free.

Furthermore, it is in the Speaking words that we articulate and become clear about our beliefs, which are the functioning elements of consciousness. Coming from a place of Love and sharing with others about Love is the Namaste of our oneness.

The Ideals of Love Uprising- To advance the Ideals of Love Paradigm, people who are committed to realizing the collective, integrated consciousness must become organized into a movement. It is a revolutionary movement that is driven by the organization 'ILP Uprising'.

The basis of this movement is that Ideals of Love Paradigm is a model of health, exposing the sickness of consciousness. The cure is to render the seven corrosive Symptoms irrelevant and obsolete. The only way to do that is to overthrow the paradigms that perpetuate them. It is a call for a revolution from the Heart.

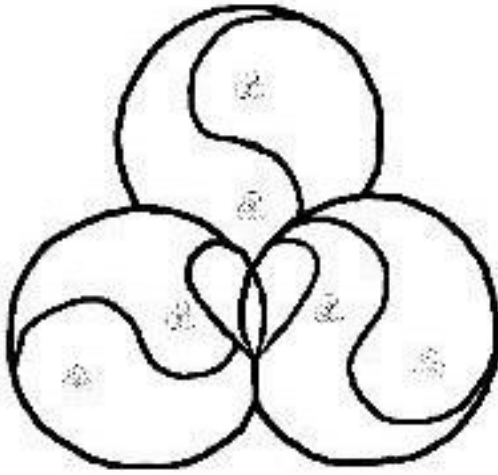
To become a champion of Love's narrative, we must call out the dis-integrated consciousness that perpetuates our sickness. To take a stand and speak out, one needs to be prepared. ILU will provide this training, creating activists out of every person, that we may take advantage of every opportunity we have to expose the ignorance and lies for what

they are. The framework of ideas in the Ideals of Love Paradigm empowers us to articulate clearly a vision of what is possible, which organically exposes that which is the source of our sickness. Those who wish to be free from the burden of being silenced will be given the training and tools to go out and actively address the injustices and violations of the core fundamentals of our Integrated Consciousness.

The Prepared Ones: There are those who have a listening to these powerful ideas because they understand that the current paradigms are incapable of bringing complete integration . We can identify these them by using the three yin/yang relationship circles of the IL symbol:

1st circle- soul/mind-body: They are looking for deep spiritual connection and personal growth, for true north and to secure the certainty of knowing their divine value and supreme purpose of Love. Who want to feel better about themselves, need to shed the burden of guilt, want to set their trajectory towards Love.

2nd circle- couple/family: Those who want to have healthy, meaningful and joyful relationships, who are looking for True Love, or to strengthen the relationship they have. It is for the couple who wants to create a family in Love, who want to be the best parents, giving their children a solid foundation, anchored in the core principles of Love. Who wants to be intentional in their extended relationships, their community and their nation.



7 Causes

of The Ideals of Love Uprising

for Healing Consciousness

Ideals of Love Paradigm restores the health of each individual's consciousness, securing for them a path of enlightenment, our becoming of Love. However, the world is dominated by paradigms that perpetuate the malignancies that have plagued humanity. The only way to secure a lasting peace is to unite upon a movement that is dedicated to restoring the health of our collective consciousness.

1st Cause

for Healing Consciousness

Expose Heartlessness and Hold all as Capable of Compassion



The Blessings Exercise connects us to our Heart, giving us wisdom of life's purpose as Love. It is the gateway to see ourselves and others with compassion and caring.

Real Self-Awareness: Incorporating an awareness of the Heart into our daily lives is essential for securing a peaceful state of mind. The key that unlocked our purpose in the Blessings exercise was when the participants put their thoughts upon someone they loved. Contemplating the wellbeing of others is how we accessed this sacred place of the Heart.

The heart's purpose is always other centered, considering the welfare of others before self. This inner voice is motivated by a force that is leading us out from a place of hopelessness and into a place of hope, a place where we can believe again that tomorrow will

reveal to us new possibilities for Love, joy and happiness. It is a voice that drives away the fear of our scarcity and replaces it with the hope to connect with the Universe's abundance of Love.

When we look back upon our lives, we have ample evidence of the progression of good things that come when we choose to persevere in the hopes of our dreams. We never have to question whether our inner voice wants the best for us. As the Indian proverb says, 'everything turns out well in the end, and if it is not yet well, it is not the end'. How reassuring it is that this source of guidance is that speaks to us through our heart will persevere in Love until we are on track towards fulfilling our potential for happiness and connection.



Urgency for the Future: The only real solution for saving humanity is reconnecting every person with their Heart. Our destiny and the survival of the planet is completely predicated on whether we are able to lead from the Heart. A perfect example of this is AI- Artificial Intelligence. Science fiction has depicted the two possible futures of AI, one that accelerates humanities exploration to the stars and the other an apocalyptic landscape of hell. Both are possible, and the determining factor is whether we can come together, centered upon Heart, developing and using our technology for the purpose of Love rather than the purpose of war. The heart is the ultimate solution to all our problems. Be it solving world hunger, international conflicts, inequality, exploitation of people and resources, global warming. Only by raising up a generation of leaders who are connected to their Hearts can we find lasting solutions that will usher in a world of lasting peace.

Touch People's Heart- 1-5 Minute Impact: Transformational experiences can happen in a five-minute conversation. Given one on one from PP on website/phone, as power point presentation to group, whiteboard or a napkin presentation.

Engaging material online is more conducive to certain types of content than others, and in the case of Ideals of Love, it is not the optimal way to engage the program. But it certainly is better than nothing, and to have the greatest outreach, it is an invaluable medium for this material.

As ILI matures, our online presence will undoubtedly become the forefront venue for making a powerful impact across the globe.

Products, material: The ILP Symbol is central in teaching and anchoring people in their integrated consciousness. This is the time to introduce the power of the symbol for anchoring integrity. This includes swag, written material and this book. A product kit will be offered that has the symbol on it.

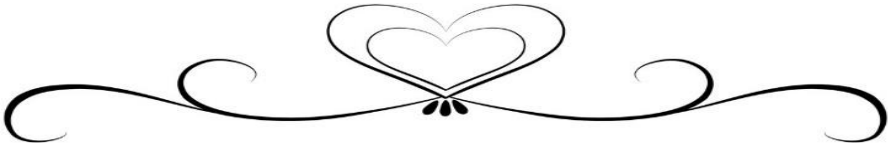
2nd Cause

for Healing Consciousness

‘ In spite of everything, I still believe that people are really good at heart.’

Anne Frank

Articulate Love’s Purpose by sharing stories and experiences.



*Telling the stories of the Force of the truth, beauty
and goodness of Ideals of Love drives the narrative
of our shared purpose of life,*

Power of Certainty: The world is broken because we do not have the clarity to believe that our purpose in life is Love. It is a vicious cycle; our doubt of believing in Love’s purpose erodes the common ground for building purpose centered relationships, making us uncertain of what is true, beautiful and good. This confusion results in unloving choices, which create consequences that only exacerbate problems, leading us back to doubting Love’s purpose.

If the uncertainty caused by our disbelief in Love’s purpose is the root of all our problems, restoring that certainty is the most powerful thing to do. Becoming absolutely certain in our purpose of

Love is the foundation for creating a happy and fulfilling life. Connecting with this truth creates in us a constant belonging, that in Love, we are home. We would experience contentment in our everyday striving towards our purpose of Love. Each moment would be an expression of Love, and each encounter an expansion of Love. Our lives would leave a trail of cherished memories, filled with tenderness, joy, laughter and meaning.

If our certainty of Love has the power to resolve all the core problems that exist in our world, imagine how inspired and empowered we would feel in bringing this solution to others. Consider the change that was unleashed through the passion people felt for causes like civil rights, liberty, justice, standing up to brutality and corruption, eradicating diseases, ending wars and saving the planet. Yet here you have the ultimate cause; giving certainty to others that the purpose of their life is Love!

Galvanizing Points: In a world of paradigms whose realities are diametrically opposite to what we are striving to create, it is a major challenge from one day to the next to maintain conviction of purpose. However, if we are truly striving to live from our Heart, we must constantly remind ourselves that none are free until all are free, that what is being done towards one of us is being done towards all of us.

A tool that I have developed are my passion points, listed below. Imagine for yourself things that are disturbing for you and give you a sense of urgency to act. Free yourself from the burden of silence, speak your mind and champion the story of Love's Purpose.

- Narratives that foster cruelty and hate
- Heartless religion/hypocrisy
- Intellectual dishonesty/willful ignorance
- mis-information warfare/ lies.
- Authoritarian leaders/rise of Trumpism.
- Master-servant culture
- Blind obedience/gaslighting
- Missed opportunities of Love
- Entitlement-1st world problems
- Hedonism/Nihilism
- Complacency/indifference
- Exclusivity/Inequality
- Self-serving exploitation

The Force of Ideals of Love Story: We can look back on the different chapters of our life and spot where the truth, beauty and goodness of Love has propelled us forward. It was at work despite our follies and best laid intentions. This examination also serves to reflect on how the degree of our alignment with Love's purpose either accelerated or impeded this force in our life, revealing the beliefs that gave us strength to persevere towards our dreams or flawed beliefs that set a trajectory which did not result in Love.

The force of Ideals of Love is the voice we hear, whispering to us ‘there must be more to life than this’. It consistently leads us out from hopelessness and into hope, regardless of how dark our circumstances may be. It gives us the strength to carry on, to believe again that tomorrow will reveal new possibilities for Love, joy and happiness. It is a voice that drives away the fear of our scarcity and replaces it with the hope of our abundance.

When we look back upon our lives, we have ample evidence of the progression of good things that come when we choose to listen to this voice and persevere towards Love. We never have to question whether it wants the best for us. As the Indian proverb says, ‘everything turns out well in the end, and if it is not yet well, it is not the end’. How reassuring it is that this source of guidance perseveres in Love until we are on track towards fulfilling our potential for happiness.

Force of Ideals of Love Story



The force of Ideals of Love has been with you all throughout your life. It is revealed in everyday encounters, as dramatic life events, or have unfolded over the course of years. On a separate page or in a journal, reflect back on your journey and recount a ‘Force of Ideals of Love’ story.

Jas' Example

Our Force of Ideals of Love Story

My wife and I were introduced to each other by our spiritual teacher and married three days later. We had five children in five years. Our arranged marriage was severely tested when in 2008, my career as a mortgage broker crashed and burned. Our home was foreclosed on, and we had to move in with my parents, the home I grew up in. This move coincided with their failing health. Our original plan was to stay a year, but when my father fell, it became clear that a bigger picture was unfolding.

Over the next eight years, we became caregivers (together with my eleven siblings- talk about karma!). Old family dynamics and unresolved patterns that lay dormant came to the surface in need of healing. My father's passing was just as he had hoped for; at home and surrounded by family. There was a feeling amongst us that we had done right by my parents and by each other.

Our children gained a deep awareness of the heart by living in a three-generation household, caring for their grandparents. And the sibling worked through our childhood issues. Perhaps the greatest breakthrough was gained for our marriage. Megan's dedication to my parents' care won my heart to the core. The sacrifices she made endeared her to me like nothing else could have. I came to cherish her more than I knew was possible. After thirty-two years, we are more connected now than ever. It has confirmed how the Ideals that we planted through our commitment to Love's purpose had become the guiding force of our marriage. We knew that we were on to something special- the force of our Ideals of Love. We wanted to share it with other couples and approached our next chapter with this in mind- developing Ideals of Love.

3rd Cause

for Healing Consciousness

*Anchor your Striving with Integrity
using the Ideals of Love Paradigm
Symbol*



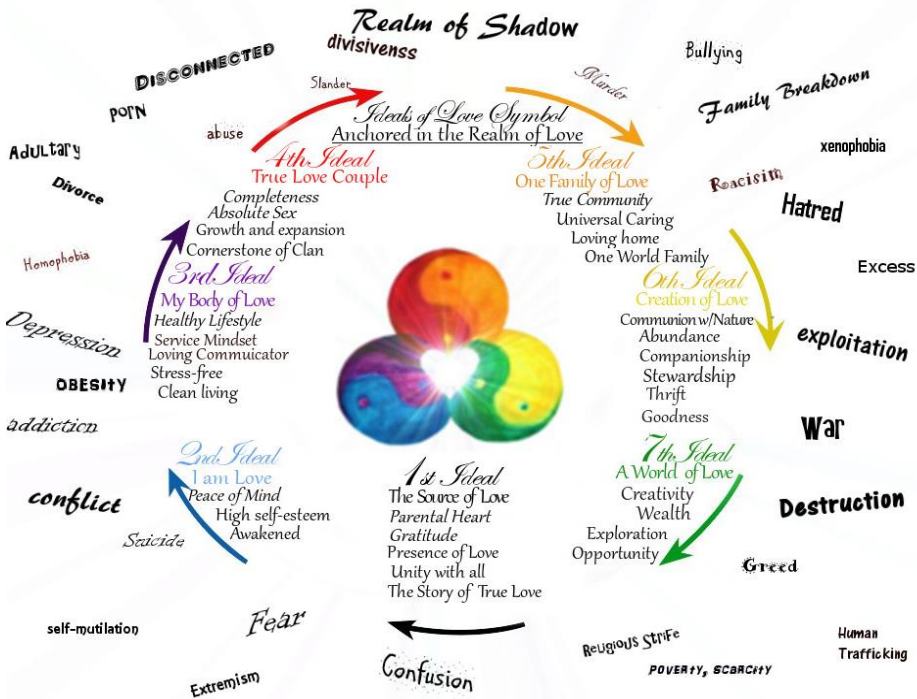
*We need a tangible symbol of the life, relationships and
world we are striving to create while surviving in a
broken world of the disintegrated consciousness*

Symbols have been used throughout history to be substantial representations of an idea. When we genuinely believe in the idea, the symbol serves to anchor our lives towards its fulfillment. And when the symbol is shared in our relationships, it fosters a powerful bond. You would be hard pressed to find a more spectacular symbol that represents the integration of relationships!

The ILP symbol is a Venn diagram, whose sacred geometry is used for representing integrated dynamic of relationships. It incorporates the yin-yang, which is the ancient symbol to represent opposite yet complementary relationships. The yin/yang circles are

perfectly aligned to flow into each other centered upon the Heart symbol, which represents the Source of all other relationships, completed with the full spectrum of color,

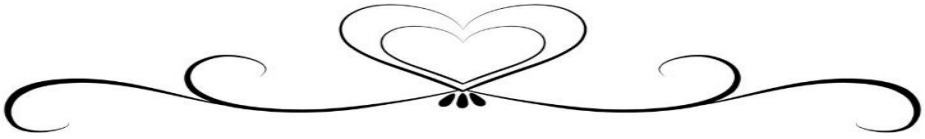
Realm of Possibility: The Truth, Beauty and Goodness of Ideals of Love are the design of the Universe. All that comes from that design is integrated with the original purpose of life. All that is not in the realm of disintegration. I envision a time when the ILP Symbol will represent for all people a world of lasting peace. Artists will render amazing expressions of the symbol through all types of mediums.



4th Cause

for Healing Consciousness

*Discern Beliefs using Standard of
Truth, Beauty, Goodness of Ideals of Love*



‘Examine all you’ve been told, dismiss that which insults your soul.’

Walt Witman

*Reckoning our Beliefs, taking a fearless moral inventory of
unloving beliefs we may hold, exposed by centering upon
our TBGIL Purpose of Life*

Because of the vast spectrum of beliefs that exist in the world and the mixed results they have caused; it behooves us to re-examine all we have been told. This Healing Treatment gives us a framework to do so. Prepare for the eventuality that some of your deepest held beliefs may be flawed at their core. Discernment demands that we take a fearless inventory by owning our beliefs. This is an opportunity for a new beginning, where we can all move forward, healed from the past, living according to our beliefs of Love without inflicting any more wounds of ignorance and confusion. Until we resolve the quagmire of confusion that exists in our world, no flawed beliefs shall be spared.

Loving and unloving beliefs cannot co-exist in the same space, as sure as light drives away the darkness. Flushing out and exposing unloving beliefs allows us to build a belief for our becoming of Love.

Our newfound clarity, we can become brutally honest towards everything we have been taught and critique it from the truth, beauty and goodness of Love. We revisit the example our parents set for us, appreciating their intentions while perceiving beliefs that resulted in a less than optimal experience for our childhood. We can look at the influence our friends and community had on us, for better and for worse. We can scrutinize all we were told throughout our formal education, discerning between fact and fiction, exploring the standards of beliefs held by our instructors and the prejudices they were teaching too. We can question our culture, the premises of our economics, the laws of our governments and see the world not as it is, but as it should be!

Scrutinize, Clarify, Purge: Be it from our faith beliefs, political beliefs, economic beliefs, philosophical beliefs or cultural beliefs, the criteria of Love's Standard of truth, beauty and goodness allows us to examine whether a belief is based on principles- Universal Truths, whether it fosters expression of unique beauty, and whether it results in Unifying Goodness for all.

As an example, take the belief in free market economics. In an integrated world, economics would be the practice of creative

expression that adds value to all relationships, which is the essence of creating wealth. If that expression failed to add value, it would fall into irrelevance, as is the natural evolution of our economy. Dis-integrated market economic policy is when someone seeks to create wealth for themselves without adding value to all relationships, which results in greed, exploitation and depletion of resources, inequality and corruption. The beliefs behind dis-integrated economics are rooted in justifications that allow it to continue, as in the belief of the self-made man, creating entitlement that leads to conspicuous consumption.

Another example would be the belief in social welfare. When grounded in Love's standard, this belief manifests itself as a system within society that assures that all people are cared for in the same fashion that we would care for our own family member. If a recipient abdicates their freedom to be responsible for their life, this support becomes an enabling force that stunts their personal growth.

Faith Beliefs/End of religion: These beliefs are completely subjective, with no basis of empirical veracity other than the experience of the individual. They are perhaps the most powerful beliefs, as demonstrated by the disproportionate impact they have had on human history. As such, it is important that faith beliefs become transparent in how they foster either integration or dis-integration.

Christianity provides the perfect example. Jesus brought a new dimension of Love, ultimately demonstrated by forgiving those who

sent him to the cross. This integrative message has driven Christianity's influence, serving to champion the narrative of a Loving Creator. Paradoxically, at the core of Christianity is the teaching of the Creator conceiving salvation of the cross as a means to judge worthiness, believers spending eternity in Heaven, non-believers condemned to hell.

This doctrine explains the hypocrisy and violence of Christian history. An exclusivity mindset justifies the worst expressions of disintegration: entitlement, racism, sexism, classism, homophobia, xenophobia, acrimony, divisions, war. Conservative Christians are so vindictive in demonizing others that they have become the voice of fascist rhetoric. The Alignment Practice exposes these critical fault lines of dis-integration in all religions. The only question is whether the religious minded person is brave enough to see beyond the gaslighting of their religions and get in touch with the cognitive dissonance of their faith beliefs.

Ideals of Love beliefs ground us in the wisdom from our Heart. As such, the need to follow a religion becomes obsolete. As we cross into the consciousness of Love, religion will have accomplished its purpose; to 'relig'-to reconnect us to our Heart. Like the child who has grown into an adult, they appreciate what their parents did for them but no longer need their supervision. As we relate to our parents differently as adults, by taking our teachers off the mythical pedestal of religion,

we embrace their humanity, recognizing we share the same journey of growing our Love.

Mythology and religion attempt to make sense of the forces that are at play in our lives. We can celebrate the rituals and traditions that serve to enrich our connection with each other and with Source. Yet, when these teachings are untethered to reason, they become the basis of ‘magical thinking’, justifying all sorts of transgressions. A prime example is the ‘I’m saved’ doctrine, where salvation is presented as membership into a country club. This exclusivity mindset is the basis of hatred and fear. As for me, I would rather practice a faith where people have committed themselves to embodying Love rather than spend eternity with condescending religious people who are riddled with hypocrisy.

It will be a joyful day when religions are rendered irrelevant, their doctrines relegated to the archives of history, their places of worship becoming community centers and performance halls. The ridiculous conflict created by religion will cease, allowing for us to finally see each other as children of the same Parent. In the world of Love, the place we go to worship shall be within the sanctuary of each other’s Hearts.

These moments of reckoning are a process of radical honesty. Sometimes they are intentional and other times brought on by drastic change. It may sound daunting, but truly it is a healthy process of

getting honest with ourselves, taking a fearless inventory of the life we have created and the person we have become. If we lack or resist such introspection, we may end up living a lie. We can reflect upon the trajectory that our choices took us, grasping the power of our free will by the awesome and terrifying consequences that our choices unleashed. It demands of us to take a hard look at the driving force behind those choices.

These soul-searching seasons of life play out differently for each of us. In developing IDEALS OF LOVE, the process of sorting out my beliefs has been inordinately complicated. My efforts in exploring and dismantling my belief systems have been met with strong internal resistance. It has made this journey much more arduous and time-consuming than I could have imagined when I first started. This is especially the case when it came to examining my faith beliefs, which have been a large part of my life. I have concluded that amongst all beliefs that we hold, there are none more deeply embedded in our psyche than our faith beliefs.

We order our lives around faith beliefs, and indeed, the whole world is centered on cultures that have arisen out from religious teachings- not a bad thing until a shift of higher consciousness comes along. Challenging faith beliefs is tantamount to desecrating a sacred object. Certain Islamic nations have even made it a crime to speak against the faith. As such, suspending those beliefs long enough to

question their veracity is a testament to our integrity. My faith belief journey began when I was twenty-two. I became a disciple of Sun Myung Moon, derogatorily referred to as ‘the Moonies’.

Many are unfamiliar with Father Moon, but if you were around in the seventies/eighties, you might recall the controversy that enveloped his Unification Church. Some of the negativity was cruel persecution, but a lot of it was deserved. Becoming a member meant that you gave up your belongings, moved into a church center, renounced your relationships, even cut connections with family (parents hired deprogrammers to kidnap their child until they recanted the faith). Most controversial was members had to accept being matched by Father Moon, sometimes marrying only days later, as was the case with my marriage.

Thousands of singles from across the globe traveled to Korea to participate in the matching ceremony. Father Moon unknowingly (and miraculously) matched two native Coloradans, my wife and me. Other matches faced challenges like needing a translator. Church leaders were pressured to fill quotas, sending unqualified men who were there to ‘get a wife’. These matches ended badly or became a lifetime of loveless commitment. I will confirm the worst of the church’s offenses, and there are many discrepancies I want no part of, as with their repulsive support for Trumpism or their pursuit of creating a new ‘royal family’. They are called ‘true parents’, but to truly be a parent means to own up

to your mistakes in parenting. They never modeled that for us. That does not make me a disgruntled, toxic, ex-member who has an ax to grind. I am equally prepared to defend the best of what the church brought into my life and the world, which outweighs the negatives.

It took a long time for me to discern my experiences and dissociate myself from aspects I no longer supported. I am convinced that this is the course each of us needs to travel; to fearlessly examine our beliefs and discard those that lend themselves to hypocrisy, cruelty, exclusivity thinking and blind obedience. We need also be ready to challenge the power structures that rose up around them, be it our religion, political party, or social circles. Only by denouncing that which is not of Love are we free to move into our own beliefs of Love and find our own community of Love. Deeply held beliefs can be very persnickety to sort out. Yet until every person can do so, flawed, confused and limiting beliefs will continue to be a source of conflict and suffering. We can salvage the best of our beliefs, which is effectively what Ideals of Love are all about. This allows us to move beyond the worst of our beliefs, which will render them obsolete. There shall come a day when all that remains are beliefs in Love!

The TBGIL Exercise:

Love's Standard of Truth, Beauty and Goodness

Engage your Intellect, Emotion and Will in asking of each Ideal of Love how it is universally true, uniquely beautiful and unifies through goodness. This is your belief system of Love!

(Jaz' Examples)

The Universe is conspiring to support us.

Truth: We are in a relationship with The Source of Parental Heart that always wants the best for us.

Beauty: See everything as a gift, with gratitude of being cared for.

Goodness: Confidence that all will all work , a positive outlook.

We know the joy of serving others

Truth: Our deepest joy comes from making others happy.

Beauty: A serving Heart brings joy into the world

Goodness: Harmony is everyone is serving everyone.

We have the discipline to master a skill

Truth: We can do great things, character to see it through

Beauty: Bringing mastery expresses & expands Love

Goodness: Elevating our potential is a gift to everyone

That we are blessed with lifelong intimacy

Truth: Intimacy is within the design of every person

Beauty: Intimacy is a powerful expression of Love

Goodness: Sex strengthens our commitment, enhances our joy together and is good for our health

A home life that is nurturing and safe

Truth: Knowing our self-worth of Love starts at home

Beauty: A happy home life is what all people are attracted towards

Goodness: Healthy homes are the foundation for healthy societies

We know life's abundance thru nature

Truth: Nature is abundant, teaching us that we too can live abundantly

Beauty: Abundance feels nurturing, cared for

Goodness: Abundance mindset makes us generous

Experience satisfaction of our labor

Truth: we have the power to bring Ideals into reality

Beauty: Being satisfied with our work is a joyful feeling

Goodness: Our labor adds value and creates wealth for the benefit of all people and for posterity.

The TBGIL Exercise

Your Belief System of Love from the Heart

Ideal of Love:

Truth:

Beauty:

Goodness:

Ideal of Love:

Truth:

Beauty:

Goodness:

Ideal of Love:

Truth:

Beauty:

Goodness:

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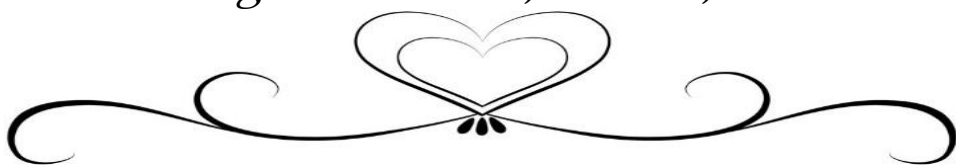
Beauty:

Goodness:

5th Cause

for Healing Consciousness

*Build Relationships Centered on
Seven Integrated Values, Visions, Missions*



*Aligning our Unique incarnation of Love with the Truth,
Beauty Goodness of Ideals of Love awakens us to our
internal Values, Visions and Missions*

Seven Integrated Values, Visions, Missions- SIVVM: This relationship methodology is radically different than any values, visions & mission statements you've done before. ILP provides a framework, an external point of reference for striving towards the purpose of integrating our lives and relationships for realizing peace and Love for all people and all things. As such, our values are based upon what we value in our relationships, our visions are all creating Loving experiences in

relationship, and our missions are grounded in our purpose of realizing Love's fullest potential. We can compare it to other models:

Self-Centered: Most values, visions and mission models are self-centered. Not to say that they are selfish, disregarding other needs, but that they lend themselves to developing a selfish lifestyle by placing the individual at the center. Their methods would have us list values using no point of reference other than our own personal preference. When we create vision boards based upon such values, they become a juxtaposition of self-serving desires mixed with altruistic aspirations. And no matter how grandiose our missions, when driven by self-centered values and confusing visions, they too will ultimately manifest a life centered on self. These techniques are embedded in the self-help and coaching industry. Even in new thought teachings, the focus is on self-care above all else, making the most 'spiritually minded' person in the room also the most self-serving.

We vs. Them Centered: This is the tribal mindset that views the world as a zero-sum game- winner takes all. Because it nurtures a sense of belonging, the individual can move beyond their self-interests and consider the wellbeing of the whole. This may seem noble, yet it rarely translates into helping develop people into becoming more loving. On the contrary, it demands that the individual acquiesce their personal values, visions and missions for the sake of the group, making them useful stooges for someone else's agenda. When there is minimal

personal buy-in, the statements produced from these methodologies hang on the wall, collecting dust, seldom read by the people for whom they are meant to inspire and motivate.

Other-Centered: Other-centeredness asks the question ‘why is this relationship valuable to me for realizing Love?’- value being placed squarely on the relationship. The implications of this are tremendous. For example, consider the marriages that were deeply wounded from acts of infidelity. This damaging lapse of judgement could have been avoided had the spouse firmly established why the relationship was so incredibly valuable to their lives. Likewise, the visions we nurture from our values will not be for ourselves but always about our relationships. Gone from our vision board are pictures of mansions, luxury travel, BMWs, replaced by images of service and enlightened connection, organically aligning our missions to Love.

Values + Visions = Missions

Once we clarify our values and develop our visions, we can solidify our missions. Think about how people get inspired to act; they connect with some purpose and get inspired and then they make it. Once we develop our mission, we can bring it into actualization, which is the practice of engaging our thinking feeling and doing to substantiate a plan of action. Finally, we have in place a reflection practice in which we consider the results of our actions and how they have shaped who we have become.

SIVVM Practice- Jas' Example

Why is this person/place/thing valuable to me?

What Love do I envision for this relationship?

What am I willing to do for this relationship?

1st Source:

Values: I value knowing that 'The Universe' is the originator of Love and conspires to always support me. This awareness fills me with gratitude, which is incredibly valuable. I deeply value my spiritual practice. I value the universal messages of Source as Love.

Visions: I see how Love can grow when I feel grateful for the Parental Heart. I want people to be attracted to the divine within me. I see the communion of all humanity, One Heart with Source. I am passionate to share in and reveal to others a relationship with a Higher Power.

Mission: I am committed to being a man after the Heart of God.

2nd Soul:

Values: Connecting with others from the Heart allows me to see their divinity on a soul level. I value the awareness that death is not the end. I value others who are seekers of enlightenment. I value the awareness that life is a journey of growing in becoming Love.

Visions: I envision Ideals of Love being a catalyst for relationships to grow through deep sharing. I experience a joyful freedom when I am connected to my Heart. Belief in spirit opens me up to awareness of serendipitous encounters of Love. I visualize my spirit being a bright light of Love. When I see myself in the light of Spirit, so too do I see it in others.

Mission: I will seek everyone I encounter; Heart to Heart.

3rd Mind & Body:

Values: I value lifestyles that seek acts of Love. I value that service to others is the greatest source of joy. The power of work is so valuable. I value the vitality of a healthy mind/body.

Visions: I see each day for all its possibilities to perform random acts of Love and kindness. I imagine a day when our senses will be open and aware of people's state of mind/body and soul. I envision having a spring in my step at an old age.

Mission: I commit to making as many Heart connections in my physical life as possible.

4th Couple:

Values: I value building a life together with Megan. I value that our couple is striving to embody the Parental Heart of Source. The sanctity of sex as a force for bonding our couple is supremely valuable. I value the different ways my wife and I see the world and show it to each other. I value the vows our couple made before Heaven and Earth. The couple is indispensable for the peace of the family, community and world. I value all the relationship education programs.

Visions: I envision the day when my couple will be an inspiration of this program. The vision my couple growing old together, cherishing our memories and the Love we created. I can imagine countless more experiences of Love in my marriage. I envision retreats where couples share their deepest heart and help each other grow. I envision supporting my children and grandchildren in creating great relationships.

Mission: I commit to embodying the Ideals of Love in my couple.

5th Family:

Values:. I value the critical role of parenting and the paradigm of true parentism. It is valuable to believe that humanity is one family. I know that the values of Love will someday permeate throughout the world. I value my ancestors. Ideals of Love is invaluable as a framework for peace.

Visions: I envision young parents using IDEALS OF LOVE as the foundation for raising incredible children. I envision my own family one day united by IDEALS OF LOVE. I have clear images of all people uniting centered on Heart.

Mission: I am committed to creating one world family.

6th Nature:

Values: It is critical that humanity takes responsibility for our impact on the planet and all living things. I value the lessons nature teaches us for our lives. It is phenomenal that my mind/body is a microcosm of the planet and the whole Universe. I value the reciprocal relationship of Love I experience with all things. Knowing that everything is part of the design of Love is extremely valuable. I value that nature shows us unlimited abundance. I value good time and energy management.

Visions: I envision a day when humanity's Love for creation will secure it for all time. The amazing variety of life and plants and foods is so beautiful. I hope to visit as many places on the planet as I am able. I envision going to space in my lifetime. I envision living in a world where we all live in harmony with the natural environment.

Mission: I am committed to supporting those who have made it their life's work to save the planet.

7th C0-creators:

Values: The work of peacemaking and diplomacy is indispensable if we are to fulfill our purpose of love. I value those who add value and create

wealth. The creative potential of our youth will surely be our salvation. I value the regenerative solutions made by caring people.

Visions: The future will be one of harmony, if we can believe. I envision a time where everyone lives without want, which is financial serenity.

Mission: I will advance IDEALS OF LOVE as a vehicle for adding value, creating wealth for everyone.

SIVVM Practice



Why is this person/place/thing valuable to me?

What Love do I envision for this relationship?

What am I willing to do for this relationship?

1st Source

Values:

Visions:

Mission:

2nd Soul

Values:

Visions:

Mission:

3rd Mind/Body

Values:

Visions:

Mission:

4th Couple

Values:

Visions:

Mission:

5th Family

Values:

Visions:

Mission:

6th Natural world

Values:

Visions:

Mission:

7th Cocreators

Values:

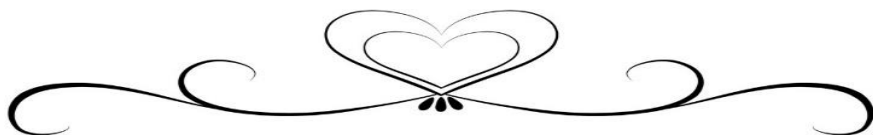
Visions:

Mission:

6th Cause

for Healing Consciousness

*Master Co-Creating
World of Lasting Peace*



*Own the Results of our Freedom to Respond.
Master our Power for Creating, Growing in Love.
Our newfound understanding is the
foundation for practicing Love, our becoming through
thinking, feeling, doing- thoughts, words and actions.*

Had we been born into a world of Love, would our state of Being be one of Love? In an Ideal world, there would be no need to re-examine our beliefs because we would be connected to Heart, our beliefs would originate from the Heart, all teachings would come from Heart. With that said, life is a journey of maturing into becoming

response-able for the person we become, taking responsibility for the consequences of our choices. Growth is Practice for maintaining our free will. As such, ‘mistakes’ are choices whose consequences did not result in Love, informing us to choose differently the next time an opportunity arises. We are all an infinite work in progress! In the Actualization Practice, take each relationships mission from the SIVVM Practice and create an action. We do this in our **thinking**- brainstorming ideas. Next, we use our **feelings**- get in touch with how those ideas inspire us, fill us with passion, Finally the **doing**, which is to strategize and create action plans.

Jaz’ Examples of Actualization Practice

Mission of 1st Relationship:

‘I am committed to being a man who is after the Heart of God’

Thinking:

- *Be true to all impulses to share with anybody about the design of Love.*
- *Challenge any limiting and flawed concept of God as a master, a tormentor, a patriarch, an impersonal puff of gas.*
- *Keep my Heart channel to Source open.*
- *Avoid giving in to ‘monkey mind’ thinking and behavior.*
- *Contemplate the eternalness of Love.*
- *Engage in the most noble of teachings.*

Feeling:

- *I feel passionate to ease the Heart of God when I see the suffering and confusion in the world.*
- *I am filled with utter determination when the design of Love undeniably reveals itself to me.*
- *When I experience myself and others as divine children of God, I become a force of Love.*

Doing:

- Have every encounter be centered on talking about ILP*
- Hold a monthly Intro program.*
- Put this book in as many people's hands as possible.*
- Keep my daily practice of journaling and reflection.*
- Read/listen to inspiring teachers.*

Growth

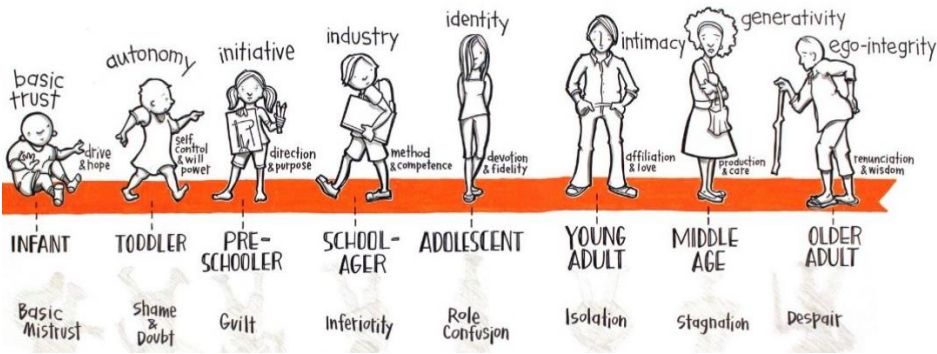
Everyone hopes to live a successful life. Success, above all else, is when we are growing our fullest expression of Love by expanding it out to others. The Actualization practice is designed to ground us in this constant pursuit, to develop the habit of asking of each choice we make; 'does this thought, word or action serve in bringing Love into the world, allowing me to become a more Loving person?' The consequences of this practice will lead us to more joyful, meaningful, nurturing relationships.

Does the destination of our becoming end at death? The continuum of Love into an incorporeal realm is a faith belief, yet how we believe makes an impact on how we think about our personal growth. Many beliefs are magical thinking, that at our death we transcend into a state of pure bliss, regardless of the life we led. This is the belief of the terrorist who is expecting to wake up in heaven the second after he detonates a suicide bomb, or the criminal who believes all will be forgiven on his deathbed by uttering Jesus' name. Then there's re-incarnation, that lulls people into thinking they can fix their mistakes next time around. Still others believe that striving in Love is

futile, and instead embrace their vices as being ‘self-accepting’, that remaining a crude, drinking, perverted old man is somehow eccentric and colorful.

Regardless of our beliefs, the law of cause and effect demands that we own the consequences of our choices. The good news is that within our essence, we are already committed to becoming Love. It is an Practice that we will inevitably be realized, whether it is fulfilled in this life or in another dimension.

Stating the obvious, growth does not happen all at once. Yet many of the missteps in life are a result of lacking understanding and appreciation of the importance of growth stages. The powerful insights of the psychologist Eric Erickson are illustrated in this diagram:



Stages of psychological development

Having a strong grasp of these critical stages helps us in our relationships, be it parent/child, sibling, friend or partner. It gives us the

awareness that our words and actions need to be considered from an age-appropriate viewpoint.

Society is set up to protect us during vulnerable stages of growth, especially for our youth. Above all other considerations is how to create a healthy environment of growth for them to develop their self-esteem, particularly regarding boundaries around sexuality. Yet some adults advocate for adolescents to experience sexuality and explore sexual orientation. These perceptions are why we need a firm grasp of the growth process.

Managing Love in Time and Space

Love must be freely chosen, giving us the response-ability to constantly make choices. As such, if we are going to maximize our potential for realizing Love, we need to have effective systems for managing our choices.

Our co-creative potential happens through stages of growth, and though we may be moving towards our desired outcome, there exists a natural effect of unintended by-products, some that are wonderful and others that are messy. It makes for a lot of unpredictability, which is easier to manage when we have the right tools, such as our calendars, action plans, to do lists, schedules and management systems. Most likely you have already figured out your preferred systems for managing time, space and resources.

As an artist and entrepreneur, I always resisted following someone else's schedule. This was coming from my desire to prioritize the needs of my relationships, which often occurs serendipitously. There is a cultural shift in the workplace that recognizes how important it is for people's overall productivity to be flexible in allowing for relationship integration. A life management program that complements integration is called 'Getting Things Done'. It organizes/prioritizes based on what is most important in the time and space you are currently in. It plans for an optimal future by living in the moment.

Reflection

Mind, Spirit, Body

Actualization is the ultimate path of becoming Love, for the individual, our relationships and the world. Reflection keeps us striving towards that eventuality. We examine our experiences and reflect on how we were and how we want to be. Each moment shapes the person we become. When we are aligned with the purpose of Love, we become the magnificent embodiment of Love that we are, moving towards our fullest potential. Conversely, when we live on autopilot, putting no intention in our personal growth and relationship development, we become stagnant. Worse still is to act upon choices which have an adverse effect on our becoming of Love. we have through our actions , experienced as the constant joy of expressing our unique Love.

This explains why people can be old in years yet still immature, never cultivating their character of Love. It takes intention. We are all products of conflict, confusion and fear, inextricably tied to the collective trauma of humanity. We must put intention into our growth by developing self-awareness around our lessons and growth experiences. We are at once building newfound beliefs of Love while breaking bonds with limiting and flawed behavior and thinking.

Finding our Center: A practice of introspection prevents us from becoming bogged down or stuck. Internal reflection comes naturally, taking stock of experiences, learning from our lessons, celebrating our successes. It can be achieved through journaling, walks in nature, or simply allowing for personal reflection- a time to harvest the wisdom that our experiences hold. We gain a Celestial vantagepoint when living from Heart. When dealing with transgressions of Love, we long for redemption, to be reconnected to the Heart. Religion teaches the need for repentance, yet a parent has no desire to shame their child, to make them agonize over a poor choice. The Parental Heart only yearns for the child to learn from their mistake and restore their determination to move confidently forward towards Love. What we need is to reconcile the insult we have inflicted upon our Heart, the Heart of others.

Guilt devalues our self-worth, which drives us back to repeating the same transgression. Instead, we can reconnect to our Heart- reconnect to Source, by acknowledging our mistake, take responsibility

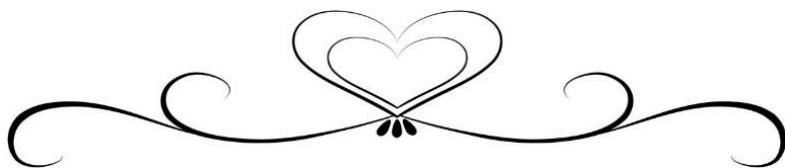
for the pain it has caused, and seek to make amends to whomever we have hurt. It becomes a question of personal accountability. The twelve-step program is a great example of this approach. It has proven its efficacy in helping people conquer destructive addictions. This is the genuine path to forgiveness, the way to own our beliefs and who we are becoming through our words and actions. As we forgive ourselves, we forgive others, demonstrating maturity of spirit, advancing the narrative of Love while diminishing the narrative of fear.

7th Cause

for Healing Consciousness

Leadership

*Raise Up Others through Sharing ILP, Leading the
World to a Collective, Integrated Consciousness*



*A healed consciousness has the complete awareness
of our transcendent value as a unique expression
of Love that expands for all time.*

*This recognition organically compels us to bring this
transformative awareness to every person, giving us a
deep sense of gratitude and celebration for every
Being we connect with.*



The One Heart we tapped into during the Blessings Journey showed that we cannot achieve complete integration for ourselves, until we achieve it for all. ILP is the framework for bringing us together, harmoniously uniting us as One Heart. When our Hearts become One, we channel Love to the fullest. We become conduits of Love, and with any current, to keep it flowing through us, we seek out Love generating interactions. Such give and take sharing with others charge us with enthusiasm-filled with Theos, and inspiration- filled with Spirit. This is the essence of Conversations of Love, that we want nothing more than to share words of Love with others that may enrich their lives.

Speaking corresponds with feeling, which is why people whose being resonates out from their words are such powerful orators. When others hear in our voice that we have been transformed, they will want to experience for themselves. Every person can be impacted through

their encounter with IDEALS OF LOVE. We are not responsible for their response, but that we cared enough to make a difference in their lives is what really matters.

Becoming Love

The Seventh Practice corresponds with the seventh core fundamental; Becoming. What does taking leadership in healing the world have to do with our becoming of Love? The story of the Maitraya Buddha tells us that upon receiving enlightenment and breaking the cycle of reincarnation, instead of remaining in Nirvana, the buddha immediately returns to help others on their journey of enlightenment. The Integrated Consciousness will spontaneously know that it is not complete, not free from suffering until all are free.

Furthermore, it is in the Speaking words that we articulate and become clear about our beliefs, which are the functioning elements of consciousness. Coming from a place of Love and sharing with others about Love is the Namaste of our oneness.

The Ideals of Love Uprising- To advance the Ideals of Love Paradigm, people who are committed to realizing the collective, integrated consciousness must become organized into a movement. It is a revolutionary movement that is driven by the organization 'ILP Uprising'.

The basis of this movement is that Ideals of Love Paradigm is a model of health, exposing the sickness of consciousness. The cure is to render the seven corrosive Symptoms irrelevant and obsolete. The only way to do that is to overthrow the paradigms that perpetuate them. It is a call for a revolution from the Heart.

To become a champion of Love's narrative, we must call out the dis-integrated consciousness that perpetuates our sickness. To take a stand and speak out, one needs to be prepared. ILU will provide this training, creating activists out of every person, that we may take advantage of every opportunity we have to expose the ignorance and lies for what they are. The framework of ideas in the Ideals of Love Paradigm empowers us to articulate clearly a vision of what is possible, which organically exposes that which is the source of our sickness. Those who wish to be free from the burden of being silenced will be given the training and tools to go out and actively address the injustices and violations of the core fundamentals of our Integrated Consciousness.

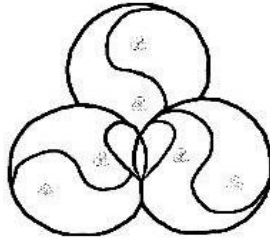
The Prepared Ones: There are those who have a listening to these powerful ideas because they understand that the current paradigms are incapable of bringing complete integration . We can identify these them by using the three yin/yang relationship circles of the IL symbol:

1st circle- soul/mind-body: They are looking for deep spiritual connection and personal growth, for true north and to secure the certainty of knowing their divine value and supreme purpose of Love.

Who want to feel better about themselves, need to shed the burden of guilt, want to set their trajectory towards Love.

2nd circle- couple/family: Those who want to have healthy, meaningful and joyful relationships, who are looking for True Love, or to strengthen the relationship they have. It is for the couple who wants to create a family in Love, who want to be the best parents, giving their children a solid foundation, anchored in the core principles of Love. Who wants to be intentional in their extended relationships, their community and their nation.

3rd circle- nature/cocreators: Those who have a sense of urgency to save humanity from our self-inflicted madness. Those who are passionate about all life, who want to stop the destruction of our planet. Those who want to serve humanity, who want to be an agent of change, be it through transforming our politics, culture, spiritual communities, economics, integrating all relationships towards realizing peace.



Ideals of Love Origin Story

When I first embarked upon this journey, I didn't expect that my premise of 'Love is our Unifying Purpose', would become the axiom of a new paradigm that would hold the power of ideas to bring about the very peace that humanity has been longing to realize for all time. It seems an utterly audacious proposition, incredulous to even imagine. To consider the vast knowledge accumulated over the eons within the countless volumes of books stored in massive libraries and databases across the globe, it becomes outright laughable. How could a reasonable person take seriously the claims I make throughout this teaching? It would be understandable if it was dismissed offhand as the musings of a quixotic, old man who was a legend in his own mind.

Now that you have engaged in understanding this message, I hope you found that the solution presented had been in front of us all along. It was not a magic formula, not a 'secret', not a special technique or an extensive discipline that only a grandmaster could reveal. For your edification I would like to share with you the origin story of the Ideals of Love Paradigm.

Three Great Blessings

Let me take you back to the year 1985, when I was a young man of twenty-two, on a road trip to Los Angeles to explore a possible move from my hometown of Denver. It was on an early summer morning while sitting on Santa Monica beach alone, watching the sunrise, that I was approached by a member of the Unification Church. We chatted for a bit, then she invited me to a dinner program. Being the open-minded person that I was, and with the prospect of a free dinner, I happily accepted her offer. After our meal I listened to an introduction presentation about the teachings of Sun Myung Moon, followed by an invitation to a weekend workshop.

In the very first presentation given at the workshop, I was introduced to the first of many revelations within Father Moon's teachings. This insight is quite self-evident once presented in a logical way. It had to do with God's plan of creation according to the Old Testament. By examining the first two chapters of Genesis, we see that it was all about the creation of the Universe, of the earth, of the creators and of human beings, and that it was good- It was all GOOD!

Then the Creator blesses our first ancestors: *“And God blessed them, and said unto them, be fruitful, and multiply, and replenish the earth, and subdue it.”* Gen. 1:28 These Three Great Blessings reveal that we are all designed to strive in growing into a mature, loving person (fruitful), then engage in our relationships (multiply) and build a world of happiness and harmony for all things (stewardship).

I already know that some readers have been triggered by this story. For any rational person, Creation stories are clearly mythological, yet, because there are teaching that espouse their holy books to be the literal, absolute message from God, we naturally react. When faced any ‘story’, be it in religion, politics, economics, or in our own lives, the criteria I ask myself is if believing in the story serves in becoming a more Loving person.

The reason I needed to share my encounter with this interpretation of the Three Great Blessings is because it was a story that informed the rest of my life choices. It told me that the design and purpose of life is Love, and Love’s purpose was fully realized through the collaboration and care between all relationships. Love is a system of integration, and we are all a part of everything else.

I became a member of Father Moon’s church, even attending his signature matching and mass marriage ceremonies, where out of thousands of participants who gathered in Korea from around the world, he chose for me a bride (whom I would marry three days later). Over the years my wife and I grew apart from the church, disgusted with its many schisms in the Moon family, the financial scandals and the blatant hypocrisy that contradicted everything we thought it stood for. Furthermore, my personal proclivity towards addictive behavior was unaffected by the teachings of the church, leaving me longing for a teaching with the power of ideas to serve my needs. It took a great deal of processing to discern what to carry forward and what to discard. As

with all life experiences, it is ultimately a question of what we learned from our choices and to choose better next time. It is a soul-searching journey that this teaching calls every person to make.

The Integrated Couple

The arranged marriages of the Unification Church were the central strategy in Father Moon's plan for saving humanity. His vision was to bring a new generation of people into the world who were free from historical animosity through interracial and international marriages. Though it was a noble endeavor, it was fraught with real life challenges that only compounded the pain and resentment it was meant to resolve. Couples who spoke different languages needed a translator to communicate. Many of the candidates were Korean men looking for a wife. Faithful women from Japan, Philippines and Thailand who were married off to these farmers were often treated no better than servants by the husband's family.

As it happened, and unbeknownst to Father Moon, my wife and I were both natives of Colorado. Yet when it came to building a life with a complete stranger, it mattered little. Everything about our relationship felt like a challenge and we began to question the wisdom of letting our teacher choose our spouse. Then we were blessed with five children in the span of five years. There was no turning back, we had to figure out how to make it work. Aligned with our beliefs of integration was the understanding that 'Love' is a verb that we must act

upon for it to grow. If there was any chance of saving our marriage, it was going to depend on learning how to Love better. As with many men, I resisted counseling at first, but to my wife's credit, she would not settle for being in an unhappy, loveless marriage.

Not only did we go to counseling, but we also sought out every kind of relationship education program that was available to us. We attended couples' retreats, regardless of the religious or secular group that was hosting them. We did courses, both home study and workshops. We learned so much about relationships that we started to hold our own meetings with fellow Unification couples that shared in many of our same struggles. And it was working! We still had our fights, but we learned how to manage them and prevent them from escalating into irreparable showdowns. We learned how to get through our many hidden issues, how to take time to nurture our relationship, how to pay attention to each other's emotional states, how to be more empathetic towards each other.

We were grateful that our marriage could take advantage of the plethora of new understandings about relationships that no other generation before us had the privilege of knowing. Yet, one crucial aspect that was totally lacking was the in the marriage education industry was about integration; the role the couple plays as an integral center for all other relationships. It is self-evident, but the health of a couple has a powerful impact on all other relationships and ultimately, in the prospect of realizing world peace.

It is a consciousness of integration, one that my wife and I held with clarity and conviction. It was rooted in our knowing that Love is the purpose and design of life, placing it at the center of our relationship as our higher purpose, the unbreakable bond that held us together. We considered how valuable it would be to design our own marriage program that was committed to emphasizing the importance of developing an integrated consciousness. This was the inspiration that is at the core of the origin story of Ideals of Love.

Our Crucible

The creation of this teaching began in earnest only after we crossed over our crucible. A crucible is defined as a situation of severe trial. It is the crescendo of crisis that tests our resolve to the core. Our crucible occurred around year twenty of our marriage, when my mortgage career bottomed out from the financial crisis of '08, losing our home and having to move in with my parents. It was the same country homestead that my eleven siblings and I grew up in. This move coincided with my parents' failing health.

Over the next eight years, we became their caregivers, together with my siblings. Needless to say, old family dynamics and unresolved issues that lay dormant came to the surface in need of healing. It was a challenge beyond measure, abundant opportunities for growth. In the end, we did right by our parents and by each other.

My father's passing was just as he had hoped for; at home and surrounded by family. Through this experience, we all learned how to Love better. Our children developed compassion for others by living in a three-generation household, caring for their grandparents and relating with their aunts, uncles and cousins.

Perhaps the greatest breakthrough was gained for our marriage. Megan's dedication to my parents' care won my heart to the core. The sacrifices she made endeared her to me like nothing else and I came to cherish her more than I knew was possible. It was a powerful confirmation that the ideas we held about the importance of an integrated consciousness in marriage were crucial and valuable for others. We knew that we were on to something special and wanted to share it with the world.

Parting Ways

It was shortly after this chapter in our lives that Megan and I had to take a hard look at our association with Father and Mother Moon. If Integration was the organizing principle of my new teaching, the Unification Church was anything but integrated. Since the time of Father Moon's passing in 2013, the church had already splintered between his children and ambitious Korean leaders. Much of it was driven by money. But the real turning point for us was the organizations' unflinching support for Trump. That they could preach heart-centered leadership and support such a heartless leader was the final straw.

Building the Foundation

When the time came to put our program on paper, the days turned into months, and the work of internally processing our ideas turned into years. My wife gave me her blessing and moved on to other things. I persevered in my countless iterations, trying to crack the code, unlocking toggles one by one. It would have gone quicker had I not struggled with ‘imposter syndrome’, a sense of unworthiness to bring such a powerful teaching to the world. But playing small to my calling served no one and being silent was a burden, knowing the impact this teaching would make for others. I grew bolder in my determination as the message was confirmed for me time and time again.

The First task was to secure the name for my program. It was all built on the premise that the design of life and the Universe is Love, that every person has within their design the drive to maximize the potential of their lives- These are our Ideals. This potential is ultimately realized in the person they become, the quality of their character and the depth of their compassion for others. Therefore, every person is striving to realize their highest Ideals of Love.

Next, I set out to design a symbol that embodied the concept of Ideals of Love. With the help of my artistic daughters, we struck upon the beautiful Venn diagram, geometrically aligned to be three yin-yang symbols that form a heart at the center. This symbol has already served

in giving me a concrete reminder of my mission over all these years. It is my anchor of inspiration and integrity.

Finally, I knew that if Ideals of Love was going to be credible, it had to be sourced from a wide variety of contemporary teachings that confirmed the ideas of Ideals of Love. Father Moon's teaching of the three great blessings was central, as I have shared. The philosopher Rudolf Steiner, founder of Waldorf schools, had a profound impact on our children and the culture of our family. Then, Spiral Dynamics- the study of consciousness, Landmark- a psychology in personal responsibility, Course in Miracles- teachings on forgiveness, AA- the twelve-step program, Eckhart Tolle- living in the moment, Erich Fromm- the art of loving, Victor Frankl- the importance of meaning, to name a few. Once the premise of integrated relationships was established, confirmation showed up everywhere I turned.

As the work progressed, I periodically held programs, giving me immediate feedback on how the ideas were being received. These events invariably sent me back to the drawing board, putting me that much closer to realizing the full potential of this teaching. It was of utmost importance that the logic and methodology of this teaching could be intuitively understood by everyone.

Reflecting back on the journey, it was through the persistent support from family and friends, as well as the epiphanies and inspirations from a legion of saints and angels that ILP has seen the

light of day. It took years of internal processing and countless iterations, like cracking a code, unlocking toggles one by one. It would have been ready sooner had I not struggled with ‘imposter syndrome’. But being silent was a burden, knowing the powerful impact that Ideals of Love Paradigm would make in the world. I grew tired of playing small to my calling, and I grew bolder as the message was confirmed for me time and time again. Ideals of Love Paradigm comes on the foundation of all those who dedicated themselves to the betterment of humanity. Finally, after twenty years from its original conception, the current framework of this teaching revealed itself.

*May it bless your life beyond measure and may we work
together in blessing the lives of all! Truly, Jas*



