

Ideals of Love Awakening

The Message, The Model, The Movement

Jas Smith

For more info go to our website:

IdealsofLove.com

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Introduction

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



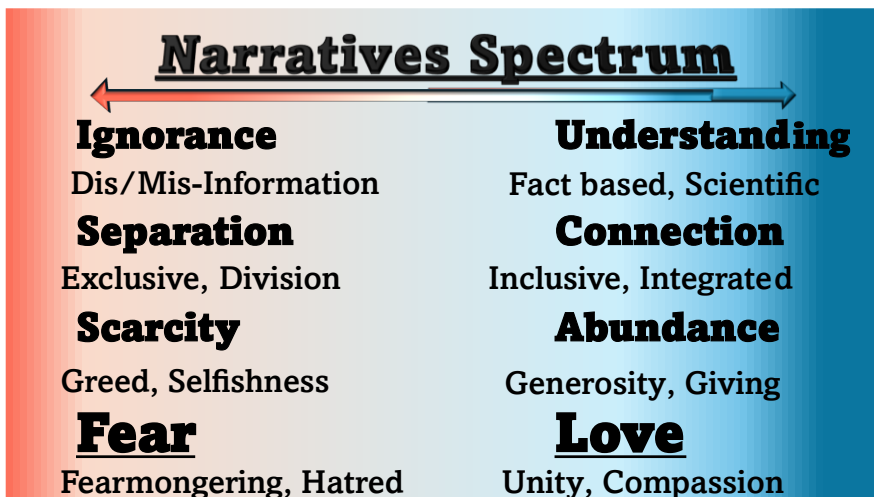
1. The Time We Live:

We are living in a very critical time, where we are either going to figure out how to realize lasting peace in the world, once and for all, or we are going to continue down a trajectory of self-destruction and misery which could potentially lead to the very extinction of our species. We are at a tipping point, when the seismic shifts of consciousness collide, an existential struggle between the narrative of scarcity and fear verses the narrative of abundance and love. We need to find a way to breakthrough to peace for all time.



2. Plan:

I hold that peace is not just our desired destiny, it is planted within the very design of our being. It is inner peace that we all long to attain, it is peaceful relationships that we all hope to build and it is peace amongst each other and all things that we intuitively are striving to realize. And when we consider the advances that humanity has made, there has never been a time when peace was as attainable as it is now. We have the resources, we have the technology, we can see the world as one and all people as our fellow citizens longing and striving for the same things we want.



But can we believe that securing a lasting peace is possible? It has never been sustained, and consequently, many have come to believe that it is not meant to be. These beliefs have even become embedded in our central belief systems. When we consider the power of our beliefs, it isn't hard to suggest that these very beliefs have become self-fulfilling, and are therefore a part of the problem.

What we are missing is a concrete plan for peace that people can believe in, that will give them internal clarity and conviction of peace, starting within the individual and expanding out to our personal relationships and our societies.

This plan would take the best practices, the best of our collective consciousness, and leave the rest for the archives of history. It would be universal- applicable for every person on the planet, while at the same time completely personal, tailoring each person's life choices in the spirit of freedom and responsibility. This framework would be comprehensive- giving a deep explanation of the phenomenon of our behavior and the constructs of our belief systems. At the same time, it would be sublimely simple, easy enough for a fifth grader to understand. Finally, this framework must be logical, backed up by objective truth, while also intuitive, tapping into the deepest self of each person in what they know to be true. And it is that very

plan that I
will share
with you now!

This is it!

3. Consciousness:

Before we dive into this plan for peace, we need to give it the context in which we are living. Let us imagine the flow of all human history; the rise and fall of empires and where that has put us in the time we are living.

At the center of all civilization has been their ideas. These ideas are shaped from religion, politics, economics, culture and science. When all these disciplines are taken together, they shape the ‘collective consciousness’ of the people. What is collective consciousness? It is that which binds a people, their identity and their outlook on the world. It is all around us, we are surrounded by it and partake in it every day of our life.

Individual Consciousness is the basic unit of Collective Consciousness. Our Individual Consciousness reciprocates with CC- deriving it's input and identity, while at the same time impacting and shaping it. In an ideal world, there would be perfect harmony between the collective and the individual. It can be compared to the way the human body functions, with each cell autonomous in its functioning, supporting the health of the whole and the whole working towards the health of all the individual cells. However, we do not live in an ideal world, until we break from the separation of the fear consciousness, we cannot fully realize the interconnectedness of the Love consciousness.

So where are we now? There is a model of consciousness from which this teaching has been greatly informed, Spiral Dynamics. This model sets forth the theory that we are spiraling upwards towards the highest level of consciousness- complete integration, as in my example of the human body.

4. Flawed

As much as Spiral Dynamics has informed me of what I believe in the conversation around consciousness, it frustrates me in its failure to demonstrate how humanity can actually achieve and integrated level of consciousness, and secure world of lasting peace.

For that matter, is there any model, and belief system, and paradigm of ideas that can stand as the ultimate plan for peace? Can any of our existing religious paradigms? Or political ideologies? Or economic models? I have not found it. On the contrary, it seems to me that our existing paradigms are riddled with limiting, antiquated, confusing, magical beliefs.

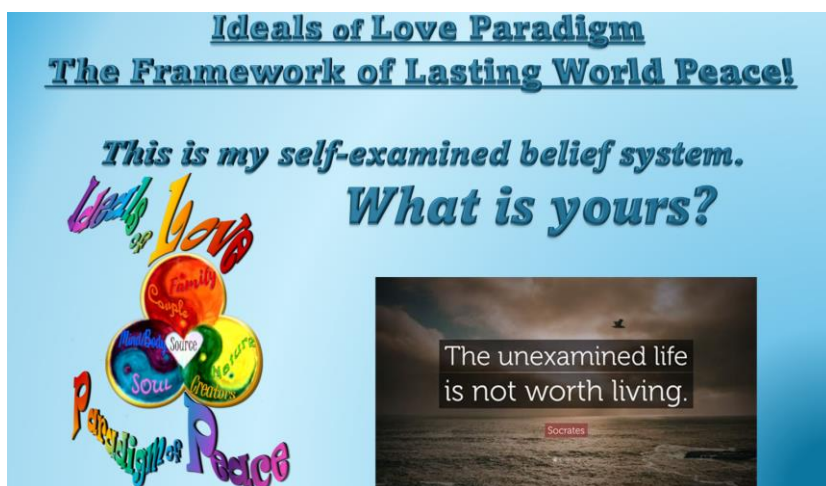
The evidence of this reality is all around us; in the perpetual wars and regression of progress that we thought had been secured. Perhaps in our youth we held on to a vision of peace, our ideals of what could be, yet over time, became disillusioned and cynical. What we thought could change the world turned out to be nothing more than a triage hospital on a battlefield. Or worse, the guise of

hope, only to expose itself as rooted in the same behavior that created the problems.

5. Ideals of Love Awakening:

It was under such disillusionment that I determined to create a plan for peace. Committing my life to any other cause felt to me mundane and futile. It was going to drive me crazy if I did not find my voice to make a difference. This message is that framework of peace. I have dedicated my life in understanding the deeper truths of life. I have always been a seeker of truth. My life experiences informed me that there is nothing more significant to pursue than a thorough understanding of the deepest meaning and purpose of life. It is from this place that I dedicated myself to building this teaching which I have named The Ideals of Love Awakening.

There are seven points that serve as the foundation for a model of consciousness. From them, we can extrapolate what it takes to develop a healthy, mature consciousness. This model of health exposes the malignancies that have sickened the human consciousness for all time. Knowing the sickness allows us to apply the cure, which are the seven practices. The Ideals of Love Awakening is therefore a model of consciousness as well as a methodology for healing.



6. Ideals of Love Awakening:

It is not enough to have personal transformation. We need to bring it out into the world. That is the cause for securing a world of lasting peace, the movement of the Ideals of Love Awakening.

Now that we have established the framework for realizing peace within the individual, we can apply that same framework for securing peace in the collective consciousness. The seven causes show us the way to stand up and speak out for Love's purpose. We become drivers of Love's Narrative, exposing the narratives of scarcity, hatred and fear. We use the ILA Symbol to anchor our integrated consciousness. We hold ourselves and others capable of examining the consequences of beliefs, laying the foundation for applying the SIVVM practice, which is the Ultimate Relationship Program. It all culminates in igniting a revolution from the Heart, bringing people together organized on the purpose of realizing a world of lasting peace. Together we can make it happen!

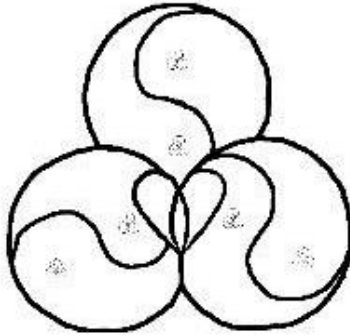
**Stand Up!
Speak Out!**

7. Audacity:

I recognize that this is an audacious claim. It is actually a challenge of your conviction. We all hold our beliefs and opinions about the nature of life and the world. These beliefs have a very real impact, and we are ultimately responsible for the consequences of our beliefs. As such, it makes sense that each person be held accountable to examine exactly what it is they believe. I have striven for years to identify beliefs that would lead me to the full expression of Love that I am. As I share this simplified introduction, I hope that it informs you of your own expression of Love that you are.

Ideals of Love Awakening

The Message
The Model
The Movement



I

The Breakthrough

1. Our Trajectory

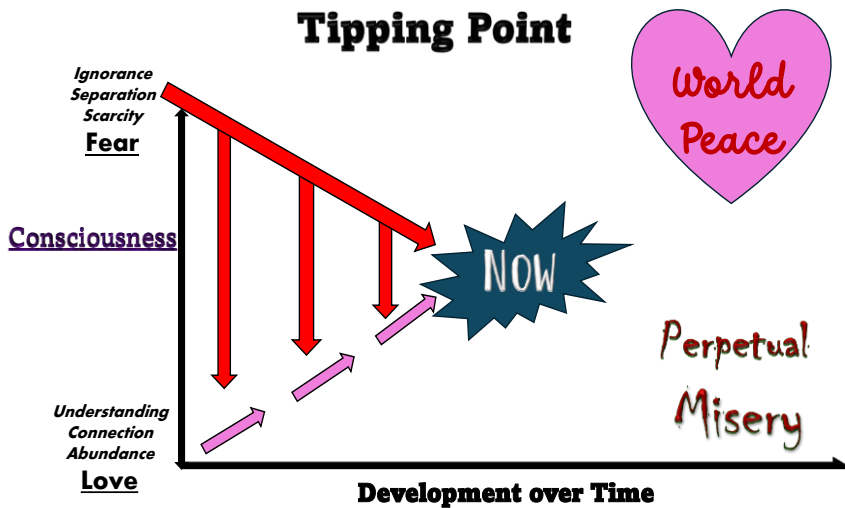
a- Tipping Point:

- **Best/Worst**

“It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of light, it was the season of darkness, it was the spring of hope, it was the winter of despair.”

These are crazy times we live, yet it is certainly not the first. Charles Dickens started his novel, tale of two cities in 1859, a story of the chaos surrounding the years of the French revolution. These inflection points of history are defined by the convergence of conflicting forces of ideas.

- **Illustration**



This tipping point diagram illustrates this phenomenon. It is built on the premise that human history began in a state of fear, yet eventually evolved through understanding, connection, abundance and Love, on a trajectory towards lasting world peace.

- **Existential**

What makes our present tipping point exceptional is that the very survival of civilization and our planet is at risk. This existential crisis will either end in establishing a world of peace or will go down a path of suffering the likes of which we can barely imagine. We already know the degree of brutality that humans are capable of and with a global population of eight billion, the amount of suffering that could be inflicted is horrific.

a- Future:

- **Uncomfortable**

I recognize that contemplating the possible horrors is not a fun conversation to have. When we are faced with ‘inconvenient truths’ the hardest part of it is the feeling of helplessness to do anything about it.

- **Magical Thinking**

The natural escape hatch for this emotion is to respond with magical thinking, that somehow it will resolve itself. I am a firm believer in the ‘moral arc of the universe’, but there is no question that well-meaning people use this logic as a form of escapism or ‘spiritual bypass’ and become complacent instead of being part of the solution.

- **Cynical**

Another way of dealing with the realities of suffering is to become nihilistic. This is a state of cynicism and resignation, embracing beliefs that humanity will never achieve peace, that we are creatures of conflict and we are going to self-destruct by our own hands, by that of a natural calamity or even by Artificial Intelligence. The popularity of dystopic movies reflects this sentiment. We delve at length into the consequences of such beliefs later in the message.

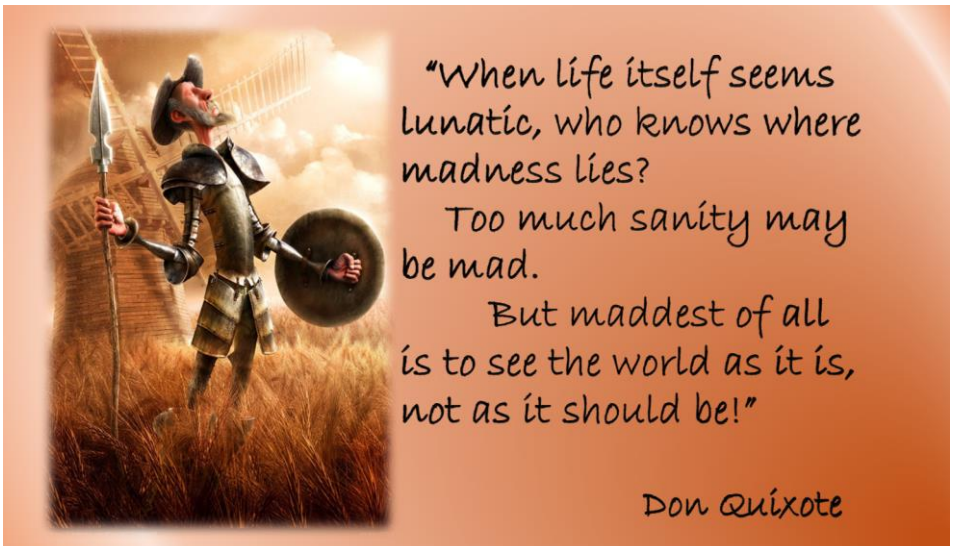
b- Quixotic:

- **Believe In**

I have concluded that the best way to resolve this predicament of uncertainty is to present a realistic plan of peace that people can actually believe in. One that is Universal/Specific, Logical/Intuitive, Comprehensive/Simple.

- **Quixote**

I am obviously a big believer in peace. I visualize a world where every child can develop their fullest potential, living our lives of happiness and love. What spectacular possibilities are waiting to be realized. Some view this as naïve, foolhardy, a quixotic dreamer. I take that as a complement, for I am in good company. One of my most inspirational quotes comes from ‘Don Quixote’, the quintessential dreamer;



“When life itself seems
lunatic, who knows where
madness lies?

Too much sanity may
be mad.

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

Don Quixote

- **Prerequisite**

It is the dreamer that hold the dream of peace. Without their vision, we would all perish. Think of the great spiritual and civic leaders throughout time. They understood that there is indeed a more arc of the universe, but they also knew it wasn't going to happen through magical thinking and without a lot of conviction. These people were passionate, and it was because of their passion that others could believe and eventually make it a reality.

2. Agency

a- My Role:

- **Ask Myself**

So this begs us to ask the question about ourselves; where am I in all this? What am I bringing to the conversation? What energy am I'm I channeling, what's my vibrational frequency? What narrative am I actively advancing or unconsciously driving?

- **Fear?**

At the end of the day, it is only one of two things; Love or Fear. Fear is ignorance of our connection. It is to see ourselves separated, creating a mindset of scarcity, which is indeed a fearful place to be. Fear is a dis-empowering emotion, preventing us from expressing ourselves and giving of ourselves to others.

- **Love?**

On the other end is Love, which is a knowingness of connection, leading to a mindset of abundance and expansion. Love is an empowering emotion, giving us the agency to reach out and give of ourselves. We like to think of ourselves as a loving person.

b- Interconnected

- **Personal**

At this point, some may be asking, ‘I thought this was a personal growth and relationship program, why are we talking about world peace’? The simple answer is that the best path to growth and healthy relationships is to have a global mindset.

- **All connected**

The first step in creating this mindset is the recognition that all relationships are connected. What is happening in the world has an impact on our lives and what is happening in our lives has an impact upon the world. At any moment, your life could be turned upon its head by a random act of madness committed by someone whose life has imploded. Likewise, a kind word or action shown by a stranger may change the trajectory of our life. Even if we could shut everything out, what kind of existence would that be. Joy comes from our connection to others.



- **Symbol**

This is the meaning of the Ideals of Love symbol, the interconnectedness of all relationships.



c- Big Picture

- **Expanded Outlook**

We seek out a global outlook first is because it expands our horizons, allowing us to better grasp our life and relationships.

- **‘Forrest for Trees’**

A great way to visualize this is through the old adage ‘ You cannot see the forest for the trees’. The trees represent our personal problems, and when we are focusing only on them, we cannot see the big picture of our lives.

- **Watchtower**

Imagine being lost in a forest, then coming across a watchtower. Once you rise above the forest ceiling, you have a new



point of view for orienting yourself. This new vantagepoint puts our problems into perspective. As such, the best way to find answers to our personal problems is to seek out the biggest outlook possible.

3. Certainty

a- Our Calling

- **Seeker**

I have been seeking out this big picture my whole life. And I have met many other seekers on my journey, those who could not settle on the status quo, restless to find a watchtower in which they could see the biggest picture possible and know exactly what needs to be done to impact the world towards lasting peace.

- **Deck of Titanic**

When one dedicates themselves to such a quest, everything else pales in comparison. A great analogy for this is the image of people re-arranging the deck furniture on the Titanic.



- **Attraction**

It is my experience that once one commits to this path of enlightenment, they attract the expansive people and ideas that further their journey of discovery. They develop an awareness of a force working in their everyday life to advance this important work.

b- Free At Last!

- **Stand Up/Speak Out**

When we experience something that has enriched our lives, the natural impulse is to share it with those we love. To find our voice and what we stand for in the world is the most compelling share we will ever have. It gives us the sense of empowerment like nothing else can.

- **#MeToo**

'I have been freed from the burden of being silenced!'

This sentiment was captured by an organizer of the MeToo movement, when she expressed that finally sharing her experience of sexual harassment was liberating.

- **Found It!**

You are reading these words because I have finally found my voice. After years of study, contemplation and countless iterations, I am presenting to the world my paradigm of peace!

THIS IS IT!

c- This is it!

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

- **Message**

What you are about to engage is a message that declares peace as our destiny. Based upon this premise of peace, this message brings us through the conversations necessary to grasp what it is we need to do to make peace a reality.

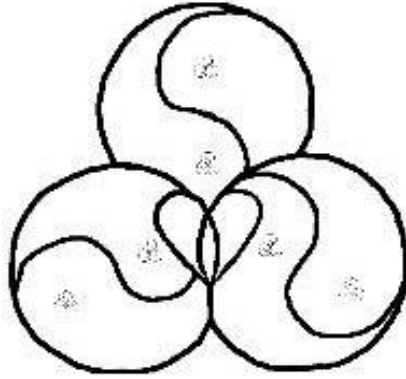
- **Model/Method**

From the message is revealed a model that explains in the simplest of terms where we come from, where we currently are at and how to get to where we want to go, leading us to a practical methodology that we can implement in our lives.

- **Movement**

A movement will organically develop from these ideas, uniting people in our common purpose of realizing inner peace, peaceful relationships and the world of lasting peace.





II

The Key

4. Ideals of Love

a- Ideas

- **Origination**

Let's start at where it all begins- ideas. It could be said that everything that has and will transpire in our life originated from an idea. Most holy teachings describe the very creation process being initiated by an idea, 'the word'.

- **Institutions**

Across the world there are great institutions of learning, dedicated to the study of ideas. Libraries are filled with countless books of ideas, think tanks ponder ideas, pundits, professors and priests pontificate on their ideas.

- **Wisdom**

You are reading these words with the hope of finding even a single idea, a nugget of wisdom that will inform your life choices.

b- Everyone

- **To What End?**

There are ideas for everything. On the surface, we can judge ideas for their utilitarian value, teaching us the nature of things. It begs the question, to what end? What is it all about? What are we really trying to accomplish through our ideas?

- **Hopes and Dreams**

I have had the good fortune of traveling the world, living in many different places and meeting countless people. My overriding impression is that regardless of the culture or personal background, everyone is striving to realize a combination of the same things in life. I have compiled a list of these hopes and dreams.

***Our Shared
Hopes
and
Wishes
for
Life***

- *A knowingness the Universe conspires to our highest good*
- *A 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 our unique value*
- *To develop within ourselves the virtues of Love.*
- *A strong will to persevere in what we set out to accomplish*
- *A hunger and Love for learning*
- *A home life that is nurturing and safe.*
- *A great school community for developing our full character*
- *A healthy sense and respect of sexuality*
- *Experience an intimate relationship that lasts for life.*

Our Hopes and Wishes for Our Lives

- *A loving circle of relationships we can call 'Family'*
- *That we develop the maturity of a parental love towards others.*
- *We 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*
- *Travel the world and experience what a wonderful place it is.*
- *A deep appreciation for food and cooking.*
- *Hobbies that put us in touch with our creativity*
- *A Fulfilling career that makes a positive impact on others*
- *That we enjoy the fruits of our labor*
- *The joy and comradery of working with others as a team -*
- *The satisfaction that our lives made the world a better place*
- *Enjoy their golden years. surrounded by Love.*
- *To know the eternalness of the Love we have become.*

- **Objective Truth**

Anyone considering the items on this list would surely find the hopes and dreams they have for their own life and the lives of those they love. That every person who has lived shares these points reveals an objective truth as opposed to a personal truth about the nature of the human being.

c- Name It

- **Big Deal!**

These shared hopes and dreams may be an obvious observation, but it is no small thing that we have found a universal commonality between all people. It is truly the basis for finding agreement on realizing these points for every person's life, which can only happen by securing a world of lasting peace.

- **Ideals**

As obvious as this observation is, it has never fully been named. What can we call this invaluable phenomena? The first word we can use is that of Ideals. Our Ideals are that which aspire us to strive towards realizing our greatest potential.

They are our personal affirmations, our commencement addresses, our wedding vows, our national constitutions, our UN Charter of nations.



- **Love**

However, the word ‘Ideal’ needs qualified, as it is also used to describe standards that have negative implications, such as an ideal body or an ideal race. The Ideals of our deepest hopes and dreams u lead to relationships that bless the lives of all. The best word for that is Love. We are striving to realize our highest Ideals of Love!

Ideals of Love

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

5. Peace

a- Universe

- **Driving Force**

It's not just us that is striving to realize our highest expression of Love. We need only observe the great expanse of the Universe to see that Ideals of Love is a force that drives animate and inanimate energy alike.

- **Truth, Beauty, Goodness**

Everything works through the principles of Love's Truth, manifesting in infinite varieties of Love's Beauty, working together towards the common benefit of Love's Goodness.



- **Longing**

The longing for to experience Ideals of Love is evident all around us. We observe it in the Love we give to plants and to our pets. It can be said that our inanimate possessions, as in our car or keepsakes can experience Love on a metaphysical level. We can even imagine this longing to experience ever greater expressions of Love as the motivating drive for the creation of the Universe!

b- Purpose

- **Shared by All**

The age old question of the purpose of life can finally be answered; the purpose of life and the Universe is to striven in realizing our highest Ideals of Love!



- **System of Integration**

Any sustain relationship shares a common purpose. Once that purpose is removed, the relationship quickly disintegrates. By firmly declaring our shared purpose of Ideals of Love, we can grasp that everything is connected in that purpose, creating a harmonious system of integration, uniting each individual unit into a whole.

- **Cooperation**

Through this logical observation, we see all relationships as one of cooperation as opposed to conflict. Even Darwin conceded that ‘survival of the fittest’ was but one stage of development, with the complex web of cooperation playing a much greater part.

c- Peace

- **= Peace!**

There is a word to describe an environment where everything is working together, harmoniously serving the needs of the individual that then serves the needs of the whole. That word is peace!

- **Design**

Ergo, peace is not only possible, it is within our design. It is our destiny to become people of peace, build peaceful relationships and a world of peace.

- **Utopia**

What would the world be like had all the resources that had gone into making war been dedicated towards peace instead?

At this point in time we would be living in a world of abundance and blessing beyond our wildest imaginings. It's not too late.



6. Premise

a- Declare

- **Audacity**

Countless teachers have given us a visions for peace, however, because of their circumstances and the prevailing consciousness of their time that they were limited in presenting a comprehensive plan could be utilized by all humanity. By declaring Ideals of Love the paradigm of peace, I have simply captured the merit of living in this age to develop my teaching of peace.

- **Plant the Flag**

As such, on behalf of the efforts of peace from all the countless people who have lived, I boldly plant the flag of peace, declaring to the world that peace is our design and our destiny!

- **Foundational**

The construct of ideas that follow are built upon the foundation of this powerful premise of peace.

b- Shift

- **Individual**

Upon embracing this premise of peace, an individual can experience immediate personal transformation, gaining a sense of hope that they may have lacked, and a commitment to their own growth towards dwelling in a place of peace of mind.

- **Relationship**

Likewise, any relationship that comes together centered upon the premise of peace will automatically seek out communication and collaboration and cooperation of peace.

- **World**

A world filled with such individuals, couples, families and communities can't help but become a world of lasting peace. As Gandhi told us, 'be the change we want to see in the world'.

c- Ideals of Love Awakening

- **Solid Framework**

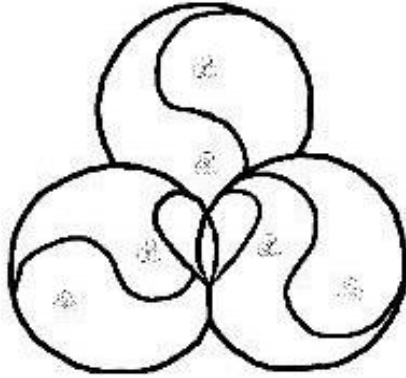
Realizing peace requires a framework that all can readily intuit and unite upon. It must be able to develop each person into a mature, loving individual, providing the foundation for building healthy relationships.

- **New Paradigm**

This framework must be universal, having the power of ideas to transcend the limitations of current world views, otherwise known as paradigms. To realize and secure a new world of peace requires a new paradigm.

- **Welcome to ILA**

I present to you the Ideals of Love Awakening, the framework for realizing the world of lasting peace !



III

Our Reality

7. Misery

a- State of World

- **Not Reality**

At this point, if you are a critical thinker, which I encourage you to be, you are thinking to yourself, ‘this all sounds great, but it does not match up with what is happening in our reality.

- **Contrary**

In fact, not only do we not live in a world of peace, filled with peace loving peace, we live in a world filled with suffering people who are in a state of conflict and pain.

- **Unimaginable**

There are atrocities taking place in this world at this very moment which are so far removed from any trace of human decency that it makes the proposition of peace unimaginable.

b- History

- **Every Age**

There has not been a chapter in all of history when peace was maintained. This holds true for on every continent and every corner of the world.

- **Matter of Time**

If the past is any predicator of the future, it is only a matter of time before conflict and war breaks out. This is not theoretical but is reflected in our current state of affairs.

- **Expectations**

I have been told that it is cruel to give a person an expectation in any area of life when the possibility of realizing such expectation is little to none. That it is best to keep expectations low, and if something good happens, all the better. It a compelling argument, but is it the best advice?

c- By Design?

- **Violent Universe**

Even the case that the Universe is a place that strives to express itself in the truth, beauty and goodness of Love comes into question.

- **Extinctions**

Consider the mass extinctions that our planet has already suffered. It is conceivable to imagine that somewhere in the galaxy an advanced civilization was mercilessly wiped out in a moment by a giant asteroid or a nearby explosion of a super nova. In this respect, if we apply any consciousness of design to the Universe, it would have to be that of psychopathic.

- **Real Design**

Ergo, perhaps the actual design of life and the Universe is indeed one of suffering and pain, that we must accept that our lives are relegated to a meaningless existence that will ultimately become dust in the wind.

8. Ignorance

a- Right Ideas

- **Line of Thinking**

What can possibly be my comeback on such a scathing rebuke of my paradigm of Peace? My first response would be to consider the line of thinking I presented in the introduction.

- **Good Ideas**

We seek out ideas to inform us on how to realize our fullest potential for living. People who are better informed in any area of life are more capable of making choices that optimize their success and happiness. By extension, these ‘good’ ideas allow us to avoid misery and suffering.

- **Bad Ideas**

Conversely, when we act out from ideas that are poorly informed and do not represent our highest good, we tend to experience consequences that are less than optimal.

b- External

- **Science**

We can name a few areas of life where good ideas have alleviated misery in our external, material existence. In the

advancement of scientific ideas, our improved understanding the principles that effect our lives has made an incalculable difference.

- **Medicine**

We have come light years in our understanding of the human body, which has allowed us to eliminate some of the most miserable experiences of our existence.

- **Economics**

As we develop better ways to distribute abundance, we alleviate poverty and live more satisfactory lives.

c- Internal

- **Philosophy/Religion**

Any ideas that compel people to be kind towards others and towards the things of creation has made a marked improvement upon the human condition.

- **Psychology/Relationship Ed.**

In a single generation, we have a greater understanding of the mind. Our newfound insights serve to take care of the development of our children. In the relationship arena, we understand more about healthy communication than ever before, allowing for more fulfilling connections and the stability of the family and society.

- **Ideology/Sociology**

Good governance is an indispensable element for realizing a world of lasting peace. Although it sometimes seems we are taking one step forward and two steps back, we are definitely better off than our ancestors were.

9. Insidious

a- Core

- **Estranged**

Regardless of the advances we make in our understandings, there is something more insidious at work. Ancient mythologies tell stories of an event that severed our connection from our essence. We became estranged from our Heart and from the Source of Love within. What these stories point to is that separation is a state of fear, robbing us of connection, our state of Love.

- **Confused**

Estrangement causes inner discord, not knowing our purpose and the value of our life. It can be compared to a person who did not know the purpose of a guitar, and being cold, they set it ablaze.



- **Dis-integrated**

When we are estranged from ourselves, confused to our own purpose of Love, it is impossible to grasp our interconnectedness with others. This state inherently leads to the dis-integration of our relationships.

b- Developmental

- **Dissonance**

Originally, these foundational elements of Heart, Purpose and Integration are what allow for our healthy development. Without them we are at a complete loss of what to believe about our lives and the world.

- **Maligned**

When we have dissonance in our beliefs, we are vulnerable to maligning with what we hold as valuable, creating visions for our lives that are purely self-serving, resulting in manifesting into the world that which does not serve our highest good.

- **Banality**

The life we create and person we become happens through the repetition of our thoughts, words and actions. When we come from a place that is completely unhinged from the core fundamentals of healthy development, our thoughts, words and actions create a life of banality- a vain, self-serving, unexamined and meaningless existence.

c- Madness

- **Misery**

This progression of malignancies compounds, resulting in the reality we know today. Once we started on this trajectory, the world of misery became a foregone conclusion.

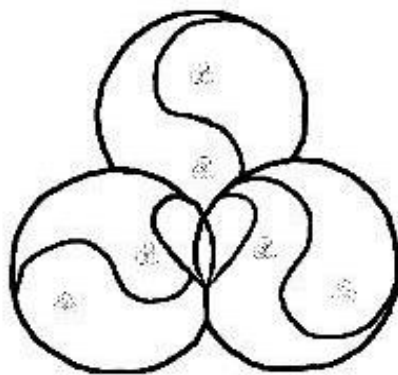
- **Normalized**

This state of misery has become so normalized, on both the individual and collective level, that we don't even realize how pathological our condition has become.



- **Invested**

Unfortunately, most of us have become invested in maintaining this status quo because our survival depends upon it. Being complicit is truly maddening.



IV

The Root

10. Disbelief

a- Educate

- **Epiphany**

Blindness to our true state of Love is the genesis that cascaded into our confusion and misery. And the solution is obvious; wake up to the true reality that life is all about our striving in becoming Love. I felt convinced that sharing this sublime truth of our Ideals of Love would banish all confusion and re-unite us with our Heart. Alas, after years of working through what I knew in my heart to be a very significant message, it was upon reaching this point that I had the undeniable epiphany that I was ready to boldly bring it out into the world. That day was July 21, 2024.

In Plato's cave allegory, people see only shadows, cast manipulators, when the true reality is so much more brilliant. It is no different than our current political and religious reality



- **Capable**

When I first embarked on my calling to share a message of Love, I believed it would be self-apparent for all who heard it, that people were prepared to transcend limiting beliefs and embrace a plan for lasting peace. I imagined that the multitudes who dwell in a realm of elevated consciousness, knowing that now is the time to cross the threshold of lasting world peace.

- **Healing**

Furthermore, I imagined that this message could bring spontaneous healing by virtue of its powerful vision of hope and possibility. And who doesn't want to experience healing through a message of hope and possibility?

b- Underlying

- **Resistance**

Indeed, those who attended my events were inspired and supportive. However, there was an underlying barrier that was blocking them, some idea that was deeply embedded in their belief system was preventing them from grasping the potential of this message of peace.

- **Not Possible**

It took me a long time to understand what it was- most people, do not believe that peace is possible nor ever meant to be.

- **Dis-belief Everywhere**

I would hear things like ‘war is a necessary evil to control population’, ‘conflict is necessary for growth’, or ‘accept that life is suffering’. I realized that dis-belief in peace was prevalent across all areas of life. Before I could move forward, I had to identify these elements of belief that permeated every teaching and culture.

c- Embedded

- **Humanistic**

These are examples of the counter beliefs to peace:

- Survival of Fittest- Humans are animals and will always devolve into conflict to secure our self-interest.
- Suffering is growth- That to grow means to suffer.
- Eugenics, that certain races are inherently better than others
- Atheism- There is no way a god would allow for atrocities, therefore, there can be no God, no peace.

- **Mainstream**

- Life is suffering, rooted in Buddhist thought
- Salvation plans, Judeo-Christian thought
- Duality of forces, Hindu thought

- **New Thought**

- All an illusion,
- Empty and Meaningless
- Relativism/ conspiracies

11. Consequences

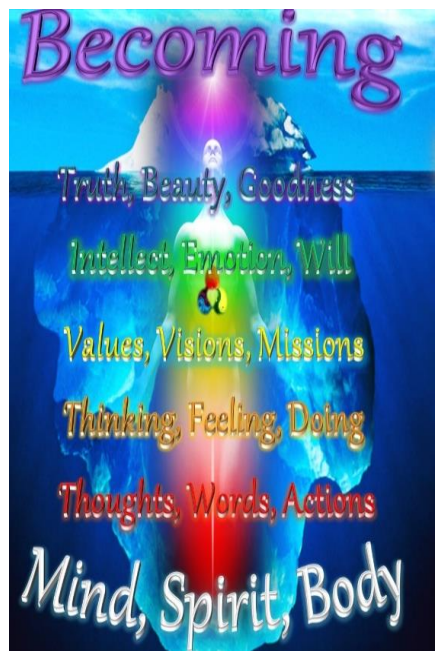
a- Beliefs

- **Choices**

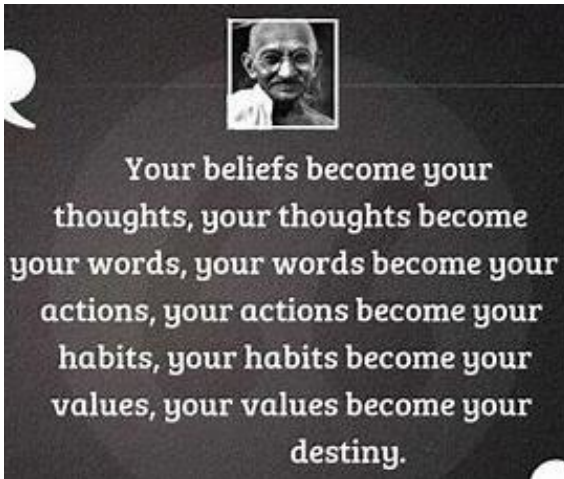
These are all just beliefs, and we are certainly entitled to have our own beliefs. What exactly are beliefs? In the simplest of terms, beliefs are derived from our freedom to respond to choices. Acting upon a belief produces an outcome, which informs us as to the efficacy of the belief.

- **IEW/TB**

To believe is to take ideas into our self, our consciousness by means of our Intellect, Emotion and Will, which function to interpret what we believe to be true, beautiful and good. Once we incorporate our beliefs, they shape our values, visions, missions, which informs our thinking, feeling and doing, driving our thoughts, words and actions, shaping our mind, spirit and body and the person we become.



- **Gandhi Quote**



Based upon this explanation of beliefs, we can conclude that our beliefs shape our destiny. This idea was powerfully expressed in a popular Mahatma Gandhi quote.

b- Self-Fulfilling

- **Power- Good/Bad**

The inescapable conclusion is that every one of us has a frightening amount of power to shape the world around us, regardless of the impact it may have on others. Through our beliefs, we manifest into reality great and terrible things.

- **Prophecies**

Based upon this reasoning, our beliefs become our self-fulfilling prophecy. This is a difficult concept because it put the responsibility for our lives squarely upon ourselves, regardless of the circumstances that seem beyond our control.

- **Trajectory**

Many of the beliefs we act upon are completely unexamined as to whether they will result in Love. And once acted upon, our beliefs set our life on a trajectory in which there may be no coming back from. It begs the question; why would anyone consciously choose a belief that would lead to anything other than Love?

c- Consequences

- **Secular**

We can expose the unloving nature of beliefs that run counter to our purpose of peace by looking at their consequences;

- Survival of fittest relegates life to the value of life to dirt.
- Make stupid mistakes- make stupid choices
- Eugenics- racism, exceptionalism
-

- **Mainstream**

- Life is suffering- is not!
- Salvation- Exclusivism
- Duality- Retarded

- **New Thought**

- Illusion- bs
- Meaningless- stupid
- Make Stupid Mistakes is growth

12. Corrupted

a- Defense

- **Complicated/Mystery**

If we prescribe to any of these teachings, we will want to come to their defense. The first one will be is that these doctrines are not loving, they are just complicated or beyond our comprehension- a mystery we are not meant to understand.

- **Mis-construed/bad practices**

Secondly, that it is not a flawed doctrine, it is the way it is taught and has been mis-construed and malpracticed.

- **Pick & Choose**

That they don't actually believe certain parts of the doctrine that are flawed, only the good things.

b- Virus

- **Call it out!**

What we can determine is that unloving beliefs produce unloving results. Let us call them out for what they are. These beliefs are flawed, limiting, confusing and incomplete.

*Flawed, Limiting,
Confusing, Antiquated*

- **Infected Computer**

A great metaphor is that of a computer. Imagine a top of the line desktop computer with every modern feature available. Then one day a screen pops up that the user has been hacked. Even though the vast majority of the system works fine, it has been compromised, with a man in a Moscow watching your every move.



- **Wipe Clean**

What is the owner of this system to do? They either have to wipe clean all the information in the computer or throw it out and buy a new one. Such is our predicament with the belief systems that have been infected by flawed, limiting and confusing beliefs.

c- Perpetuation

- **Perpetuate Problem**

The computer analogy is a perfect illustration of how our belief systems perpetuate the same problems that have been plaguing humanity from time immemorial.

- **Unscrupulous**

When we allow broken teachings to persist, it is only a matter of time before an unscrupulous individual or group comes along and exploits the flawed teaching for its own benefit. There are countless examples of this in our current reality- think project 2025.

- **Render Irrelevant**

Our Current belief systems/paradigms, do not have the power of their ideas to bring about a world of lasting peace. They have become part of the problem. The only real solution is that these broken paradigms must be rendered irrelevant, their teachings relegated to the archives of history.

Our Paradigms are Broken

Intellect/Mind/Truth

Ideology/Politics

Academia



Emotion/Heart/Beauty

Religion/Philosophy

Art/Culture

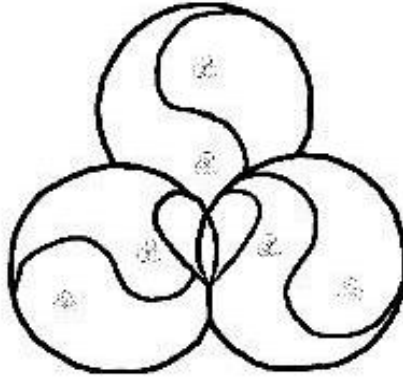


Will/Body/Goodness

Science/Technology

Economics/Material





V

The Journey

13. Disruption

a- Revolution

- **Overthrow**

The only way to forge a new path forward is to rid the world from the teachings that are holding us back. I am proposing nothing short of an overthrow of the status quo.

- **Not of guns**

We need a revolution, not of guns and violence, but a revolution from the heart!

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

Einstein

- **Radical Ideas**

We need a radically new set of ideas that have the power to practically realize the world of lasting peace.

b- Existential

- **Threatened**

A call to tear down the very paradigms that prop up our civilization sounds radical for even the most progressive activist. Yet, for those who are invested in the status quo, it feels like an existential crisis, a threat to their survival.

- **Hardened**

To understand why people feel threatened by this revolutionary declaration, we need to go back to our conversation on beliefs. When we embrace and repetitively practice a belief, over time it becomes part of our consciousness. Our beliefs calcify into our very being, shaping the person we become. This is illustrated in the movie ‘What the bleep do we know?’



- **Clergy**

The proof of this phenomenon is in the reality that it is all but impossible for a person who has dedicated their life to a certain teaching, be it a clergy, a scholar or a politician, to change their outlook in any significant way. It is futile to even try.

c- Breaking Point

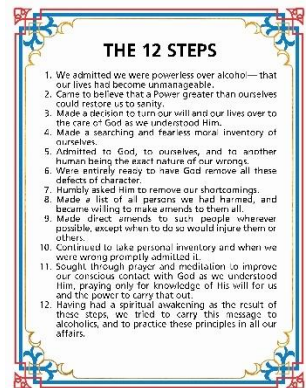
- **Wake-up Call**

Examining and changing our beliefs means we are fundamentally changing ourselves. We are stepping out into the unknown, leaving our comfort zone. When unloving beliefs that lead to conflict and misery make our life unbearable, we can stay in denial or use it as a wake-up call.

- **Individual**

In our individual lives, that wake-up is often experienced as a bottoming out. The first step in the 12 step program says it all;

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



- **Collective**

In our collective experience, this wake-up call manifests itself as a self-inflicted disaster, as in the Chernobyl meltdown, which was viewed as the breaking point, the beginning of the end for the Soviet Union. Or when a video of police brutality leads to a call for national reform, as with the ‘Black Lives Matter’ movement.

14. Story

a- Testimony

- **Do Not Disturb**

I recognize that challenging people on their core beliefs can be the catalyst for upsetting a delicate balance in how they have organized their life. I do not take this disruption lightly and am confident to do it only because I have been there myself and have found a way forward.

- **UC/Father Moon**

My personal experience began when I joined the Unification Church when I was 22 years old. The core teaching was centered on the belief that Father Moon was the returning messiah, the second coming of Christ.

- **Dedication**

I organized my whole life to the church, living in a communal center, fundraising and witnessing, living in different cities coast to coast. _ Four years after joining, single members from across the globe were called to attend a matching ceremony in Korea. Out of three thousand candidates, Rev. Moon chose for me a bride who happened to also be from Colorado. We had five children, and after 35 years, I am more in Love with her than ever.



b- Hit Bottom

- **Gaslighting**

There were countless wonderful things that came out from my years of dedication, yet the objective of saving the world became untenable as the church was swimming in scandals. After Father Moon's death, the dynamics of money, sex and power created a schism between Mrs. Moon and her children over the control of the church. In classic gaslighting fashion, members were told not to believe their eyes, not to look behind the curtain.

- **2nd Gen**

Children of the early membership were having none of it. They saw through the hypocrisy and cognitive dissonance and voted with their feet. My own children took me to task on a number of occasions, which I am now grateful for.

- **Trump**

My breaking point was the churches unwavering support for Trump. I was able to hold my nose for a time, but when Trump separated mothers from their children, I demanded that the church leadership take a position- to no avail. The final straw was when our organization invited him to speak at a conference shortly after the Jan. 6 insurrection. I gave the leader a piece of my mind, walked out and have never returned.

c- Ownership

- **Acquiesced**

After decades of aligning my belief system with that of an organization, I realized how much I had acquiesced. I was fully engaged in a world of magical thinking, where if I but follow the tenets of the church, everything would be good, and if I veered from those teachings, my life would be cursed.

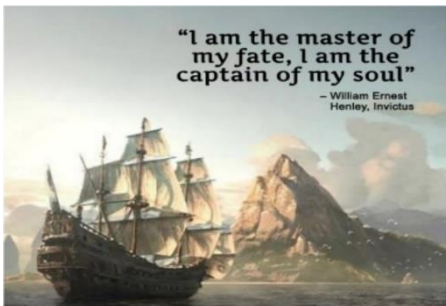
If Authoritarian powers take control of our world, we have only ourselves to blame for acquiescing our authority to them. This is what George Orwell described in '1984' as the obliteration of the individual.



- **My Responsibility**

Only I am responsible for the person I become- not my parents, not my society, and certainly not my church. If I develop into a loving person or become a massive jerk, it is all on me. We fool no one but ourselves by believing that unloving thoughts, words and actions won't have an impact on the person we become.

- **Owning my Becoming**



The awesome gift of life is that we can take full ownership for the person we become. Owning our becoming is how we secure freedom of conscience and nurture self-Love.

15. Plan

a- Triage

- **Where to Turn?**

Where to go from here? I had already established that existing paradigms were broken and contributed to our problems instead of resolving them. My perception was that they were stuck in a level of consciousness that I was not willing to participate in.

- **Do Gooder**



I considered the efforts of those promoting the common good and determined that they were dealing with the symptoms instead of the cause. It can be equated to a triage hospital; the staff works

valiantly only to have more wounded soldiers brought in. The answer is to stop the war.

- **Up to Me**

If I was to continue on my quest, it was up to me to forge my own way forward.

b- Ark

- **Perfect Plan**

My passion was nothing short of finding the perfect plan for realizing a world of lasting peace. It is a vision of a new world free from war, misery and strife.



- **New World**

In an imaginary scenario, you have been chosen to develop a plan for a new civilization on a new planet. In the spaceship ark would be people from all walks of life. The first inclination is to take capture humanities best practices and leave the rest.

- **Who Enforces?**

The question becomes, who will enforce even the best plan? Does our new world contain morality police? Will it be a authoritarian theocracy?

c- Authority Within

- **Freedom/Responsibility**

What everyone wants is to be free. The only for the individual to be completely free is when the individual is also completely responsible for the consequences of their choices. Once we commit to the proposition that our greatest fulfillment is found in striving towards realizing our Ideals of Love, we truly become the authority of our own morality.

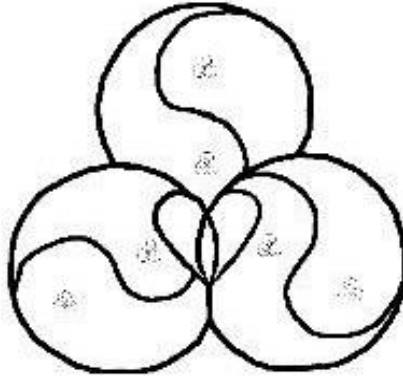
- **Integrated**

Individual actions are not dictated by someone telling them what is right or wrong, but because they want to achieve an outcome of Love in everything they do, which serves the purpose of the whole. This is the true path to an integrated, peaceful world.

- **Model of Peace**

Ergo, the best model for realizing peace originates in a model for how an individual achieves their highest capacity for becoming a loving person. Such a person is able to build a healthy couple, who create healthy families and communities, which are the basic units of a world of lasting peace!





VI The Model

16. Consciousness

a- Growth

- **Definition**

How does one develop the capacity to be the authority of their own thoughts, words and actions? They become the master of their own inner world. They develop self-aware of the growth of their consciousness and the person they are becoming.

Consciousness:

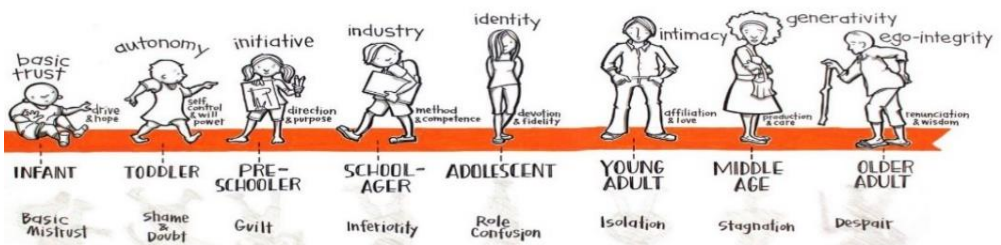
Our ability to respond to choices, capacity to form beliefs about choices, maturity to own consequences of choices, freedom to make better choices.

- **Physical Self**

Our physical body develops through a healthy maturation process, designed to grow into a healthy form that can allow us to live out our days in joy. So too, our consciousness is designed to develop into a person who can enjoy life to the fullest.

- **Mature/Healthy**

A person's behavior is appropriate for their age. Hence, we understand the vital importance of the formative years and provide the guidance, education and relationship interactions that will optimize the forming of a well-adjusted, happy human being.

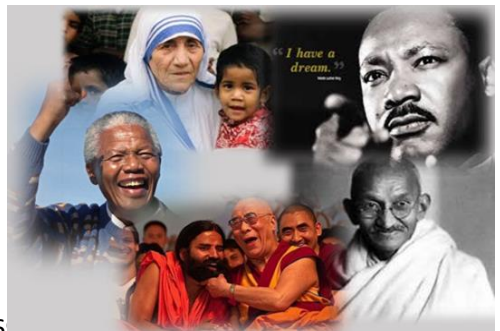


b- Spectrum

- **Imagine Health**



Consider those who embody the best qualities of character, who possess an internal wisdom of what is truly important in life.



They have developed the most noble of virtues; compassion, caring, patience, trustworthiness, wisdom, courage, thoughtfulness, kindness. They are people who we think of in terms of that all-encompassing word, 'Love'.

- **Immature**

For various reasons, not everyone develops their consciousness as they age. Some remain in a perpetual stage of immaturity. We expect a five-year-old to act out in a selfish and sometimes destructive manners. Yet, when that same behavior is exhibited by a thirty-year-old man, it is a display of immaturity.

- **Malignant**

Immaturity in an adult can harm the development of consciousness, resulting in a reversal of health. When our body experiences a growth that works against the health of the whole, we call it malignancy. Those who suffer a malignant consciousness have acted out in ways that were horrific and monstrous. We have many such examples of these types of people.

Fear ← **Malignancies**
Immature / UnHealthy





'Crime of the Century' is a documentary about the Sackler family's exploitation of the opioid epidemic.

This heart-wrenching image is of a boy found buckled into a car seat as his parents overdosed in the front seat.

c- Eulogy

- **Where Am I?**

If the spectrum in this consciousness model represents all behavior, it begs the question; 'Where am I in my level of consciousness'? Most people would put themselves on the higher end of the spectrum, which is actually a hopeful sign. If growing in Love is inherent in our design, so even if we are blind to our actual maturity, the fact that we know the direction we should be going will be progress towards the prospect of peace.

- **The Eulogy**

A powerful illustration of this is witnessed at a funeral when listening to a person's life being eulogized by their loved ones. It is as though they are



providing a character witness for how well this person progressed in their capacity to love others and leave a positive impact upon humanity. It also accounts for why we put up resistance towards our impending death, feeling incomplete, knowing we have so much unrealized Love.

- **Legacy**

Who doesn't want to be remembered as a loving person? The fact that we are driven to better ourselves throughout life and to leave a legacy of love is the last, great hope for humanity.

17. Self-Awareness

a- Portal

- **Impact on Others**

As we grow into adulthood, one of the best indicators of our maturity is how self-aware we have become of the consequences our thoughts, words and actions have upon others. Good parenting teaches us this awareness; 'be nice to your sister', 'say please, thank you', 'be gentle to animals', 'clean up after yourself', 'share with others', 'be slow to anger, quick to forgive', 'be kind to stranger', etc....

*** Joy of Serving**

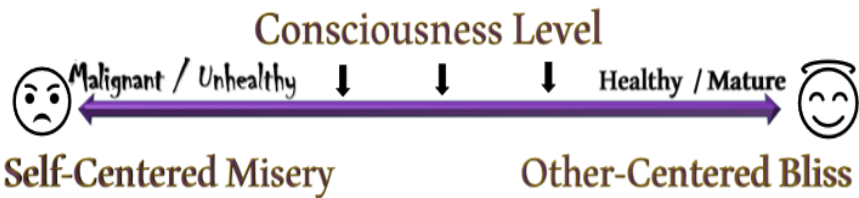
The underlying result of developing a mature consciousness is our own happiness. As we mature, we come to understand that life's greatest



source of satisfaction is by bringing joy to others. Once experienced, it becomes the organizing principle of our life. Ergo, I myself, cannot be the judge of where I am at in the spectrum of growth, it can only be judged by those whose lives have been positively impacted because I was in it.



- ILA Model**



Thus, it can be said that the Ideals of Love Awakening model of consciousness is all about self-awareness. It is the portal for understanding how to develop into the happy, loving individual, which is the cornerstone for building a world of lasting peace.

b- 7 Fundamentals

- **Foundational**

Self-Awareness is the portal for developing our consciousness because it reveals the initial, most crucial fundamental; Heart. When we live centered on the joy of service, we are connected to Heart. This connection reveals our Purpose of Love, which spontaneously shows the Integration of all, the essence of Integrity.



- **Intentional**

Love is an action that must be chosen. Hence, we exists in a field of changeability, otherwise known as the physical realm. We make choices through our beliefs, informing our intention and what we find meaningful.

- **Actual**

Aligning our beliefs and meaning with Love is the catalyst for engaging in our relationships, the creative process of expansion. It all results in our becoming a person of Peace, This process, as depicted in the diagram, is call the four-position foundation.

7 Core Fundamentals of a Healthy Consciousness



1. Heart:

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

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



2. Purpose:

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



3. Integrity:

*Peace is Harmony,
integrated in truth,
manifested as beauty,*

for the highest good of all

System of Integration

Health of Whole = Health of Individual

Health of Individual = Health of Whole

*I am in the universe and
the universe is in me*

4. Beliefs:

Our Beliefs

Intellect-What we understand to be true

Emotion-What attracts us as beautiful

Will-What we are ready to stand for as good

Shaping our Consciousness and the Person we Become



Building our

personal beliefs system to be aligned with Love, discarding any belief that does not resonate with the truth, beauty and goodness of Love.

Erich Fromm, author of 'The Art of Loving', describes beliefs as our faith in Love;

5. Meaning:

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

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

whereas

'Meaning' is that which we find meaningful for our own lives.

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

To you I am nothing more than a fox like a hundred thousand other foxes. But if you tame me, then we shall need each other. To me, you will be unique in all the world. To you, I shall be unique in all the world

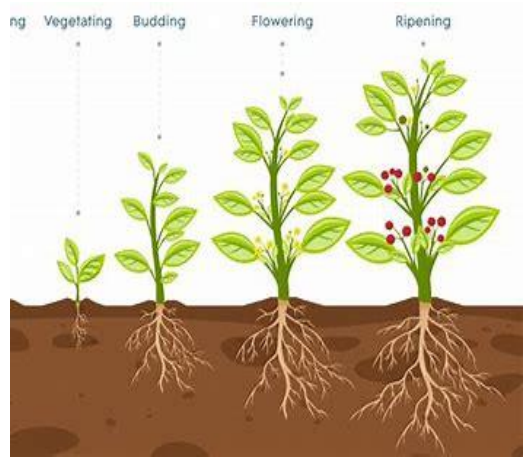


'The Little Prince'

6. Expansion:

An person who is empowered in their thoughts words and actions are able to respond to the consequences of their choices according to the internal alignment of their values, visions and missions

and missions of fulfilling their Ideals of Love, always growing in their wisdom to make better choices.



7. Peace:



Life is the experience of expanding the expression of Love that we are, embodied as mind, spirit and body.

c- 7 Malignancies

- **Model of health**

The Seven Core Fundamentals for developing a healthy, mature consciousness are a model of health that we can utilize in a very significant way.

- **Exposing our Sickness**

As in the medical arena, it is an imperative to know what a model of health looks like in order to identify what is unhealthy and a diagnosis of what is causing this disease. We do this by simply inverting the seven fundamentals, exposing the seven malignancies.

- **Malignancies**

As with the seven fundamentals, there are the foundational malignancies, developmental and becoming malignancies.

Seven Malignancies of a Sick Consciousness

1. **Separated:**

When we are estranged from our heart, we are not able to cultivate our capacity for empathy and compassion, even for oneself.



2. Confused:



Estrangement from Heart prevents us from grasping our purpose of love. In our perplexity of purpose, we fail to grasp the precious value that life holds for us, running the risk of throwing our life away.

3. Dis-integrated:

Lacking awareness of the interconnectedness of all, thereby ignorantly disintegrating all areas of our lives and relationships. The breakdown in relationships is rooted in being estranged from our own Heart, clouding our ability to properly grasp our shared purpose of love.



4. Dissonance:

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

'They win us with honest trifles to
betray us in gravest consequences'

Shakespeare

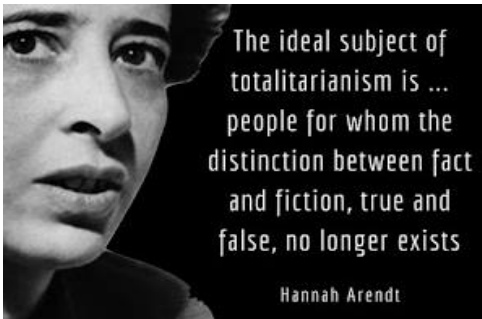
5. Maligned:

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



6. Metastasized:

Hannah Arendt identified the banality of a life unhinged from the fundamentals that shape us into becoming loving people. Instead of growth, there is contraction,



metastasizing that which is malinged.

It is a meaningless existence that can be exploited by the worst elements of our malignancy.

7. Misery:

Loss of hope and spirit, devolving to our worst impulses. This is the result of living our life with a sick consciousness that never develops caring for others. Our depiction of scary, deranged spirits is a manifestation of this phenomenon; deprived, malignant souls who languish in self-inflicted misery, metastasizing their misery like a cancer. This is to be a diminished human being.



18. Practices

a- Diagnosis

- **Impacted**

We have established that we are all on the spectrum of developing our consciousness, defined by the fundamentals and the malignancies. Because this has been the human condition, none of us have been spared of the effects they have on our personal lives and our relationships.

- **Striving**

Therefore, we are in a state of constant striving. Striving is the functional word for all of our lives, and as long as there is self-awareness in our striving, we can embrace a person exactly where they are at in their journey

- **Cure**

We can begin in earnest our path to full healing. The ILA Model of consciousness has provided us with the exact diagnosis on which we can apply the cure.

b- Methodology

- **Paths of Enlightenment**

There has been countless explanations of the human condition and remedies for how to cure our ails. Paths to enlightenment were developed, and the efficacy to any of these paths was largely contingent on the level of consciousness on which they arose.

- **Specific Formula**

The ILA Model is unlike no other in that sources its methodology/practice from both a logical analysis of the development of consciousness and well as being informed by the intuition.

- **Borrow from Others**

However, the ILA methodology is very conducive to borrowing from other mindfulness, prayer/meditation, self-improvement practices. Welcome to the Seven Practices, a methodology for restoring our consciousness back to health.

7 Practices

For Healing Love in the Individual Consciousness



1. Blessings Practice:

The Blessings Practice



When we bless the lives of others with our highest hopes and wishes, it connects us to our Heart, giving us Love's wisdom, cultivating a deep parental heart, which is the essence in being in relationship with the Source of all Love.

*When we see through the eyes of Love,
others feel scene, opening to gate that leads to
the sanctuary of each other's heart.*



Contemplate your blessings on someone you Love

The Blessings Exercise

***Our
Hopes
and
Wishes
for
Those
We Love***

- A knowingness the Universe conspires to their highest good
- A 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 our unique value
- To develop 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.
- A great school community for developing their full character
- A healthy sense and respect of sexuality
- Experience an intimate relationship that lasts for life.

***Our
Hopes
and
Wishes
for
Those
We Love***

- A loving circle of relationships they can call 'Family'
- They develop the maturity of a parental love towards others.
- They experience the joy of parenting.
- They know the abundance of life, the abundance of Creation
- A deep Love for nature and for all living things
- Experience the Love of creation through outdoor activities
- Travel the world and experience what a wonderful place it is.
- A deep appreciation for food and cooking.
- Hobbies that put them in touch with our creativity
- A Fulfilling career that makes a positive impact on others
- That they enjoy the fruits of their labor
- They experience comradery of working with others
- The satisfaction that their lives made the world a better place
- They enjoy their golden years. surrounded by Love.
- They know the eternalness of the Love they have become.

These Blessings are our highest Ideals of Love.

Lessons:

We want these blessings for those we love. In fact, we want it so much for them that we are willing to sacrifice for them, like a parent is willing to do whatever it takes to help their loved one. Do we have that same capacity with strangers? Absolutely! Teachers feel it for their students, medical workers feel it for their patients, soldiers feel it for their comrades. People become family to us. This is the key; to see everyone as family. Imagine if people were in this place all the time. This is new rule; not the golden rule but the Heart rule: ‘ I Do unto others as I do unto my own family.’

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!



All shall be Healed

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.

As such, getting in touch with the deepest place of Heart is the source of true healing. Whatever the heartbreak, whatever the loss, we can take solace that Love is the essence of all and shall prevail over all. This is the sacred heart that the great teachers touched; the knowledge of the deepest place of Heart, that our sense of suffering and loss is actually embraced with the highest compassion and care, and that everything is healed by love.

2. Loving Stories Practice:



Ideals of Love Stories



The driving force of Ideals of Love goes with us throughout life. It is revealed in everyday encounters, as dramatic life events, or unfolds over the course of years. It is redemption that completes all good stories. A mature consciousness interprets all life events as stories of Love. Even when we have been treated unlovingly, we can still own the story we choose to tell ourselves.

3 Integrity Practice:

Integrity

Everyone wants to be thought of as someone who has it, but few understand that a person of integrity is one who strives to be loving in all areas of life.

Seven Integrated Relationships

- 1st Source, 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 Creators- Cocreating a world of Love

Ideals of Love Symbol

Anchor of Integrity

Token of Wisdom

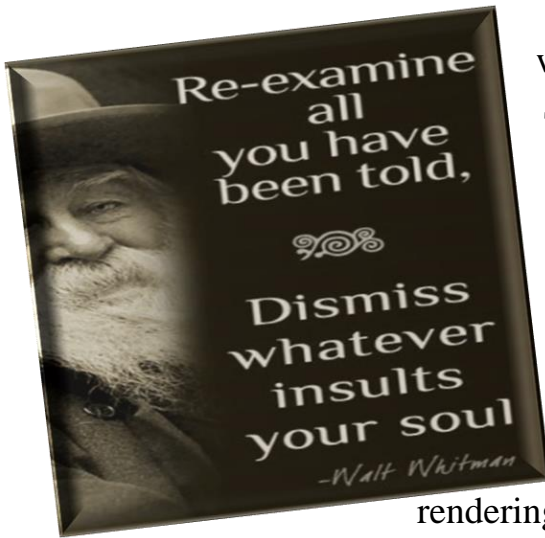
Talisman of Peace

Charm of Joy

Amulet of Devotion



4. Discernment Practice:



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

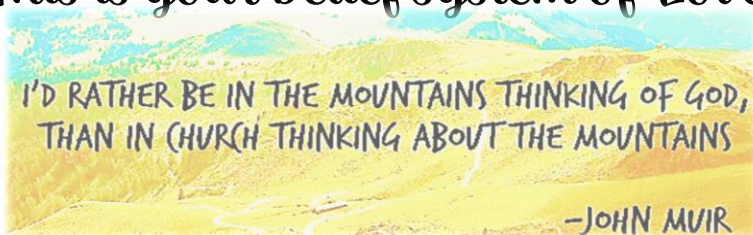
rendering unloving
beliefs irrelevant and obsolete.



The TBGIL Practice

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

This is your belief system of Love!



5 SIVVM Practice:

Alignment *To Live with Intention is to Choose Love.*

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

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

Values, Visions, Missions

Seven Integrated Values, Visions, Missions -SIVVM

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

6 Becoming Practice:

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



Whatever you do, do it in the spirit of mastering Love, expanding Love's purpose and the unique expression of Love that you are!

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

We are an infinite work in progress,
growing through the choices we make. We
us our **Thinking-** centered on our **Values**,
our **Feelings-** centered on our **Visions**, and
our **Doing-** centered on our **Missions** to
become **Masters** of our
Thoughts, Words and Actions.

7 Reflection Practice:

'Reflection is the Harvest of Experience'

Krista Wiggan

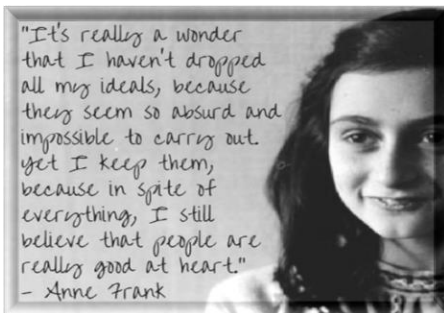
Every human is a manifestation of the sum total of their thoughts, words and actions. It is only through reflection that we can know how we want to choose differently. This practice is taking ownership of who we become in mind, body, spirit.

Freedom

Our freedom to choose is maintained by being responsible for the consequences of our choices. This practice instills the habit of pausing to take stock of what has resulted

through our thoughts, words and actions. In the contemplation of our experiences, we come in touch with gratitude or repentance, both of which give us the determination to Love again, only better.

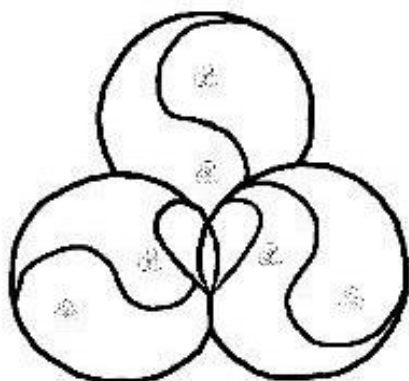
Self-Awareness



Taking time to examine our lives is something that few people feel they have time for. The paradox of this way of thinking is in how much time we waste by not being self-examined. Taking

time to get in touch with our heart heightens our intuition for what we need to be doing that serves what is truly meaningful to us.





VII

The Peace

19. Collective

a- Other Centered

Compelled:

When we experience personal growth, we impulsively want to share it with others. It is through tapping into this natural impulse of Love that we can secure a lasting peace.

12th Step:

A great example of this is the 12th step of the twelve step program, that demonstrates our innate desire to share with others that which has served us in our happiness.



Maitreya Buddha:

Another great example is a story about the buddha who attains enlightenment, and upon entering nirvana, realizes that there is nothing more he wants than to return to the physical form to teach others the way of enlightenment

b- Collective Consciousness:

Defined:

We are talking about the realm of collective consciousness. No one can say with certainty how it works, but we are all impacted, for better and for worse, to the effects of collective consciousness in our lives. Only through becoming self-aware of our own beliefs and what we hold meaningful can we resist assimilation.



Models:

. It could be said that any organized teaching or ideology or cultural norm or company agenda is a form of collective consciousness. All of these models hope to influence the thinking/beliefs of the individual with the intention of impacting the trajectory of the whole. The Ideals of Love Awakening is no exception to that intention.

Spiral Dynamics:

There are various models of how human consciousness has evolved- Spiral Dynamics, Power vs Force, Maslow's hierarchy of needs. It could be said that any teaching on morality and behavior is a type of model of consciousness. The one that impacted this teaching the most was spiral dynamics. This model is informative, but I fail to see how any of them provide a realistic path to secure lasting world peace.



c- Practices Expanded:

The Ideals of Love Awakening intends on impacting the world through its causes, which are an expansion of the ILA Practices.

20. Causes

The Ideals of Love Causes for Securing a World of Lasting Peace



The 7 practices are the internal conditions for restoring our consciousness to health. The 7 causes are the external conditions that each individual must take for the collective consciousness to secure a world of lasting peace.

1. Ignite Revolution:



In the Blessings practice, we cultivate empathy, understanding, kindness and compassion for all by connecting to the deepest place within our consciousness, our Heart. This is the internal practice. In the Revolution of Heart, we radiate that Love out to all, an undeniable testimony of Life's capacity for Love.

It is on this foundation that we can unequivocally plant the flag that it is Heart that connects us all and is the primal criteria for everything we do in the collective consciousness. There is no securing a lasting world peace until we secure this awareness.

Authority Within

As the first Cause of the Ideals of Love Awakening Movement, we hold everyone capable of attaining such wisdom of love within, connecting us all in One Heart. This awareness places Heart as the authority of our life and the organizing principle in our relationships. It will disrupt all authority that is estranged from the heart.

Culture of Heart

Declaring Heart as the center of our relationships is to build a culture centered on Heart. This is the cornerstone to lasting peace.



2. Expose Narratives:

Individual consciousness tells stories about others. Collective consciousness is our shared story, our narratives. Now that we have established the unshakable narrative that at our essence is Heart and we are all connected in One Heart, everything else is either a partial version of that narrative or it runs contrary to that narrative.



We are surrounded by the noise of flawed, confused and obsolete narratives that drown out our true purpose. The best way to counter the chaos is to speak with a clear voice. ILA spontaneously exposes the broken paradigms that are not unloving. We need to grasp the damage that these narratives have caused and learn how to counter them with Love’s narrative.

- *Atheistic materialism*
 - *Authoritarianism*
 - *Master-servant culture*
 - *Hedonism*
 - *Good/Evil by Design*
- *Nihilism*
 - *Religious exclusivity*
 - *Nationalism /Fascism*
 - *Heartless capitalism*
 - *Magical thinking*

3. Reveal Integrity:

Because we live in a world of dis-integrated relationships, we need a symbol that represents our striving towards integrating all relationships. The Ideals of Love Symbol serves to anchor our relationships, and all humanity towards realizing our shared purpose of Love. Use chart to help make a clear distinction



Relation	Integration	Disintegration
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 supremacist, 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 . Creators	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

4. Educate ILA:

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



*Make every conversation an
opportunity to share our Grand
Unifying Purpose of Ideals of Love.*



Caring
by
Sharing

1st Source: Sharing Universal Truth, Beauty, Goodness

2nd Soul: **Sharing Unique becoming of Love**

3rd Mind/Body: **Sharing personal growth, self-acceptance**

4th Couple: **Sharing relationship enrichment ideas**

5th Family: **Sharing parent ed, family cohesion, community**

6th Nature: **Sharing sustainable prosperity, healthy planet**

7th Creators: **Sharing agency to impact the future**

5. Facilitate SIVVM:

Ideals of Love is a powerful framework for building intentional relationships. The unique feature of this model is that it is explicitly centered upon our purpose of realizing our potential for Love.

Couples SIVVM

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

Shared SIVVM

The foundation of a healthy relationship, be it between a spouse/partner, members of family or members of an organization is to share each other's values, visions and missions, as practiced in the methodology, and commit to supporting each other in the relationships.

6. Collaborate Community:

Coordinated Collaboration

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



Acknowledgements,

Celebration

Sharing Experiences and Inspiration

7. Cultivate Leadership:



The passion this teaching evokes in people will logically result in the desire to share it with others, as they will understand that their our own life and relationships hinge on securing the world of lasting peace. Great people of Love acted upon Love. This teaching is designed so that any person who feels inspired to share can utilize the tools and be trained in delivering the material. This duplication is how we can share it to every corner of the world.



21. Activities of ILA

ILA is a message of peace, realized through a model and methodology of consciousness, Centered on the people who have applied the healing practices in their lives, we can build Loving relationships on all levels. The seven causes are the basis of the ultimate consciousness movement, a revolution from the Heart!

1. Ignite Revolution:

Guide Conversations

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

Soundbites

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

Coffee Talk

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

Social Media

IdealsofLove.com. Post short and long information on social media. My most active posting is my Facebook page, **fb@idealsoflove** where you can like and stay informed, as well as watch for viewing an event.

Preface Talk

Short presentation given to individuals and groups as invitation to 7 core concepts intro talk.

2. Expose Narratives:

ILA Introductions

7 Core Concepts Intro Talk

Speak to different groups about the core concepts of ILA, given in a power point or on flip chart.

Internet/ Zoom Intro Talk

Give 7Cs intro talk on zoom, finishing with an invitation to attend an ILA Experience.

Online/Written Material

‘Ideals of Love, Paradigm of Lasting Peace’ by Jas Smith

Sharing this book as a guide for understanding ILA.

A Book of Montages

If you enjoyed the montages I have placed throughout this book, you will like **Ideals of Love Experience, an Overview**

3. Reveal Integrity:

Ideals of Love Symbol Swag and Apparel

At an event you can see for yourself all the swag I have created over the years. This includes artwork, keychains, phone card holders, bumper stickers, window decals, t-shirts and sweatshirts, all serving to anchor our Integrity through the powerful Ideals of Love Symbol.



4. Educate ILA: The 4th Cause is about challenging people on how self-examined they are of their belief system. This challenge comes on the foundation of building agreement to the validity of the first three causes. Following an intro talk, this half-day workshop develops the ideas in the model and methodology, giving participants an experience of applying them to their own life and relationships through a one-day workshop.

5. Facilitate SIVVM:

The SIVVM Workshop

After attending the ILA Experience event, the next invitation is to a SIVVM workshop. This one day event is to deepen participants grasp of the core concepts and to secure their SIVVM, the foundation for all our personal relationships, be it a partner, friend or coworker.

Shared SIVVM Workshop

Bring groups together in this powerful technique for alignment. This includes businesses and organizations. Family is the central unit of connection. Building harmonious relationships in the family is key to a world of lasting peace.



6. Collaborate Community:

Networking/ Activism!

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

Time, Talent and Financial Support

If you would like to support Ideals of Love with your time, talent and energy, I am sure we can find ways to work together, and what a joy that would be. Ideals of Love is a combination of not-for-profit and for-profit endeavors. Like many models of educational/social movements, for-profit programs- relationship workshops, group events, speaking engagements, support the not-for-profit programs- educational programs, community building and activism activities. It is a work in progress, and any support I receive will accelerated bring this into the world.



7. Cultivate Leadership:

ILA Presenter Training

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

Leadership Share

The final piece of the Causes activities brings us full circle; sharing experiences of making connection and sharing ILA with others. These testimony gatherings give us encouragement and ideas on how to be an ever greater advocate for Love's purpose.

