# Ideals of Love

## A New Relationship Paradigm

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**Idealsoflove.com**






**I'm so grateful for your engaging this new paradigm! Whatever challenges you are facing, you are about to encounter an understanding that can help you break through in all areas of life.**

**This booklet is an artistic expression, images that have served to keep me inspired throughout the many years of development. I look forward to hearing any input you may have to make this teaching even more spectacular!**

**Sincerely, Jas Smith**


Ideals of Love Paradigm
Message Model Movement

# The Message

# 1 It's All About Relationship!

There are so many uncertainties, yet whatever the future holds, the best way forward for our personal lives, for humanity and for everything on this planet is to build meaningful, joyful, lasting relationships.



# 1. Peace is the Result

Peace is the word that embodies the result we want to achieve in our relationships.
Be it our inner relationship of mind/body, relationships with our partner, family and coworkers, or the relationships between communities, nations and the natural world.

Inner Peace

Harmonious Relationships

World Peace



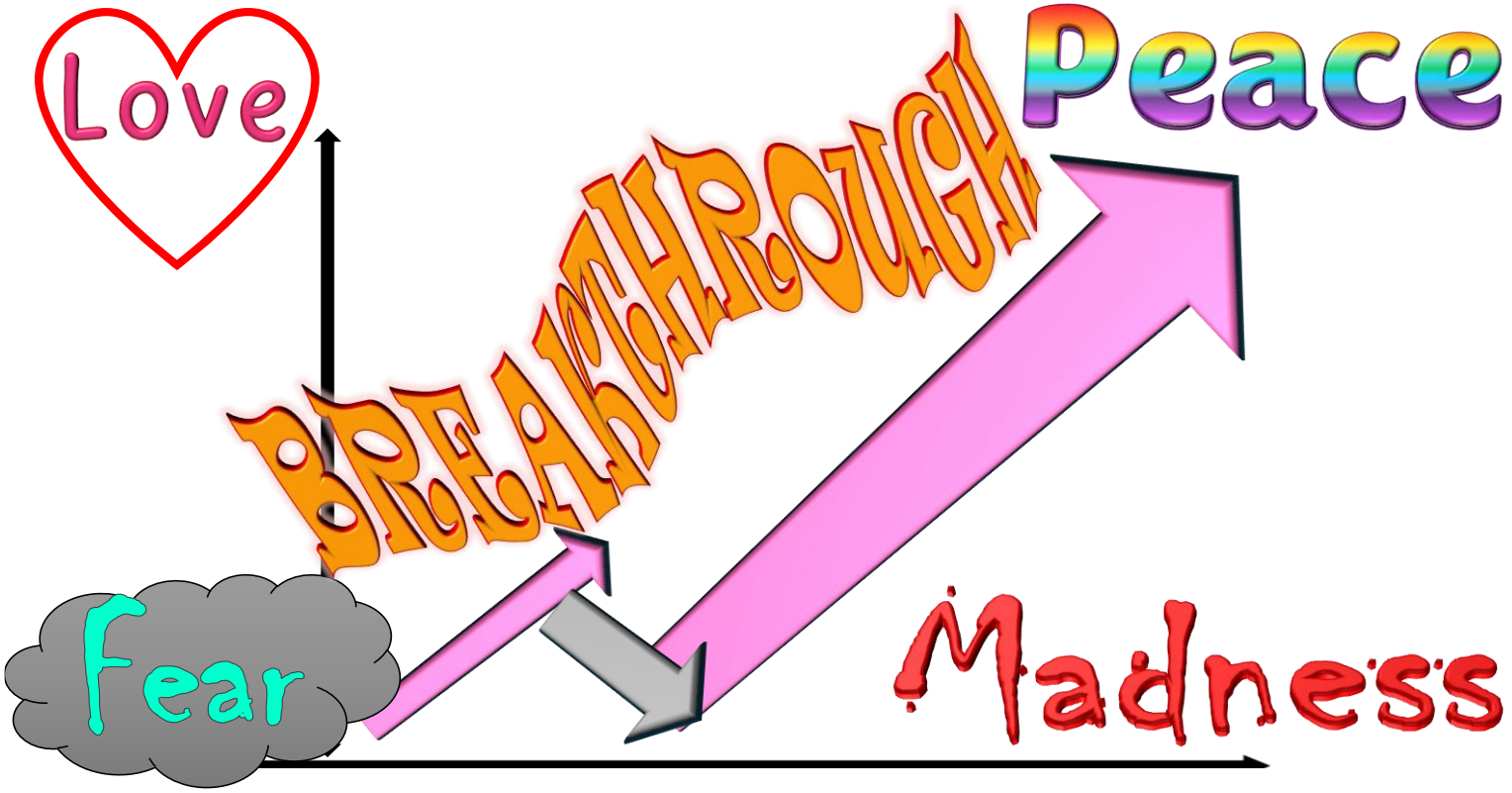
# 2. Our Actual Reality

Even though we all want to experience peace, we are constantly dragged back down into madness. At this critical tipping point, it is imperative that we break through into a world of peace, lest we plunge into a madness the likes of which humanity will never return.



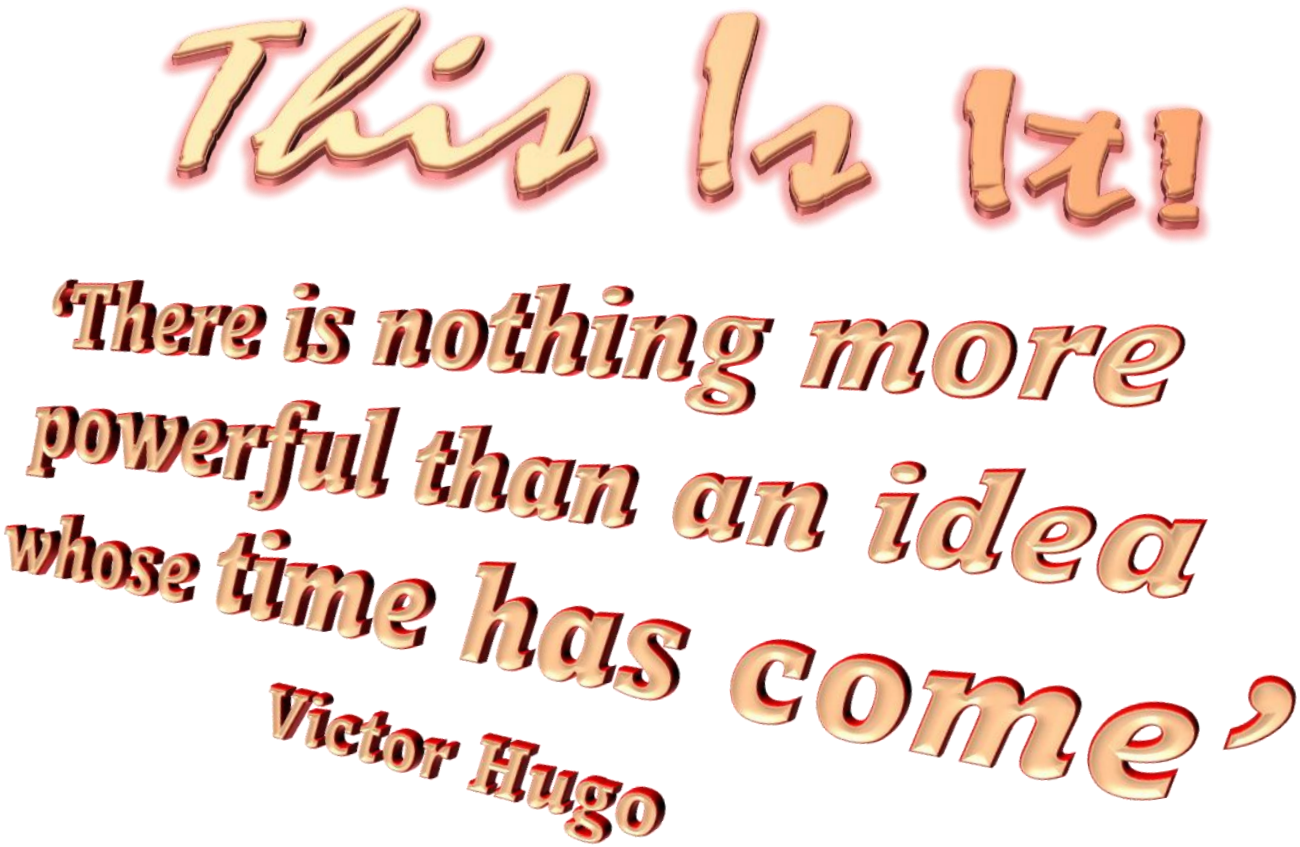
# 3. Breakthrough Framework

- Steps for becoming a healthy individual of peace who can build peaceful relationships
- A diagnosis of malignancies that plague the human condition,
- Reveal practices for personal healing and causes that transcend our current, limiting ideas.



# *5. A New Paradigm*

The Ideals of Love Paradigm takes the best ideas that humanity has to offer and discards the rest. It is a model for individual enlightenment and a framework for building healthy relationships. And the Ideals of Love symbol is the most powerful anchor for us to strive towards peace.



# 6 Taking Ownership

*How do I have the audacity to declare Ideals of Love as the teaching that can break through to lasting peace?*

The Audacity!



## 1st- Owning our story

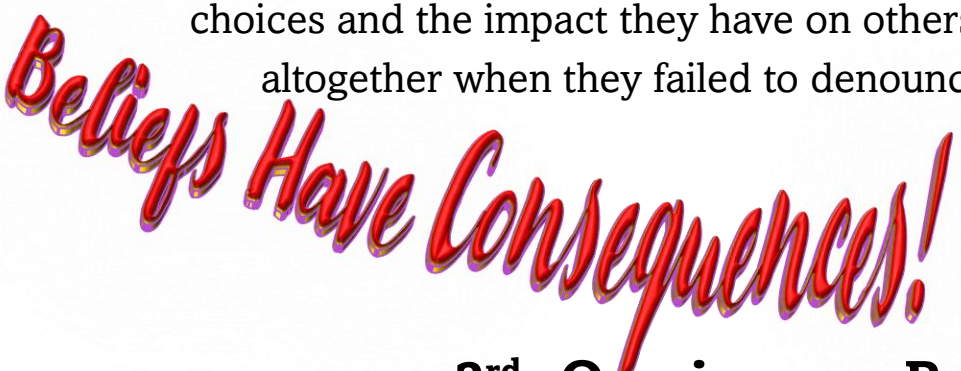
I have no fame, no fortune, no academic accolades. What I do have is my story of experiences that have driven me to understand my deepest calling.

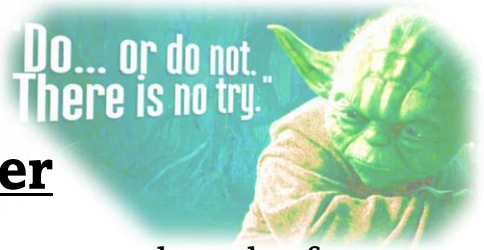


I was born the tenth of twelve, I had a very idealistic sense of the world. My older brothers high school place introduced me to Man of La Mancha, where I determined to dream the impossible dream. At 22, I became a follower of Father Moon. His messianic mission was to marry people from different races/nations/cultures to bring peace. He matched me to my wife and we were married three days later. We had five children and faced challenges that nearly broke us. We created a marriage program called Ideals of Love,

## 2nd - Owning our Beliefs

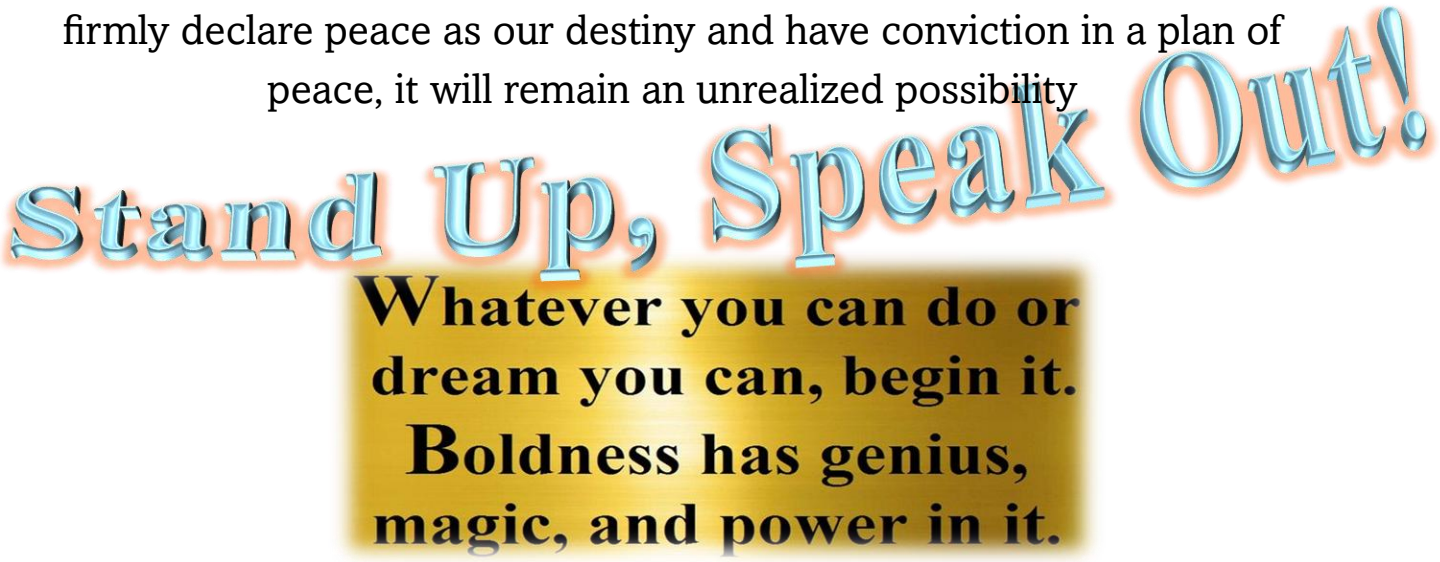
When the church we married into became wracked with scandals, we realized all the beliefs we had acquiesced to. Deconstructing our belief system helped us take ownership of the consequences of our choices and the impact they have on others. We left the church altogether when they failed to denounce MAGA cruelty.




## 3rd- Owning our Power

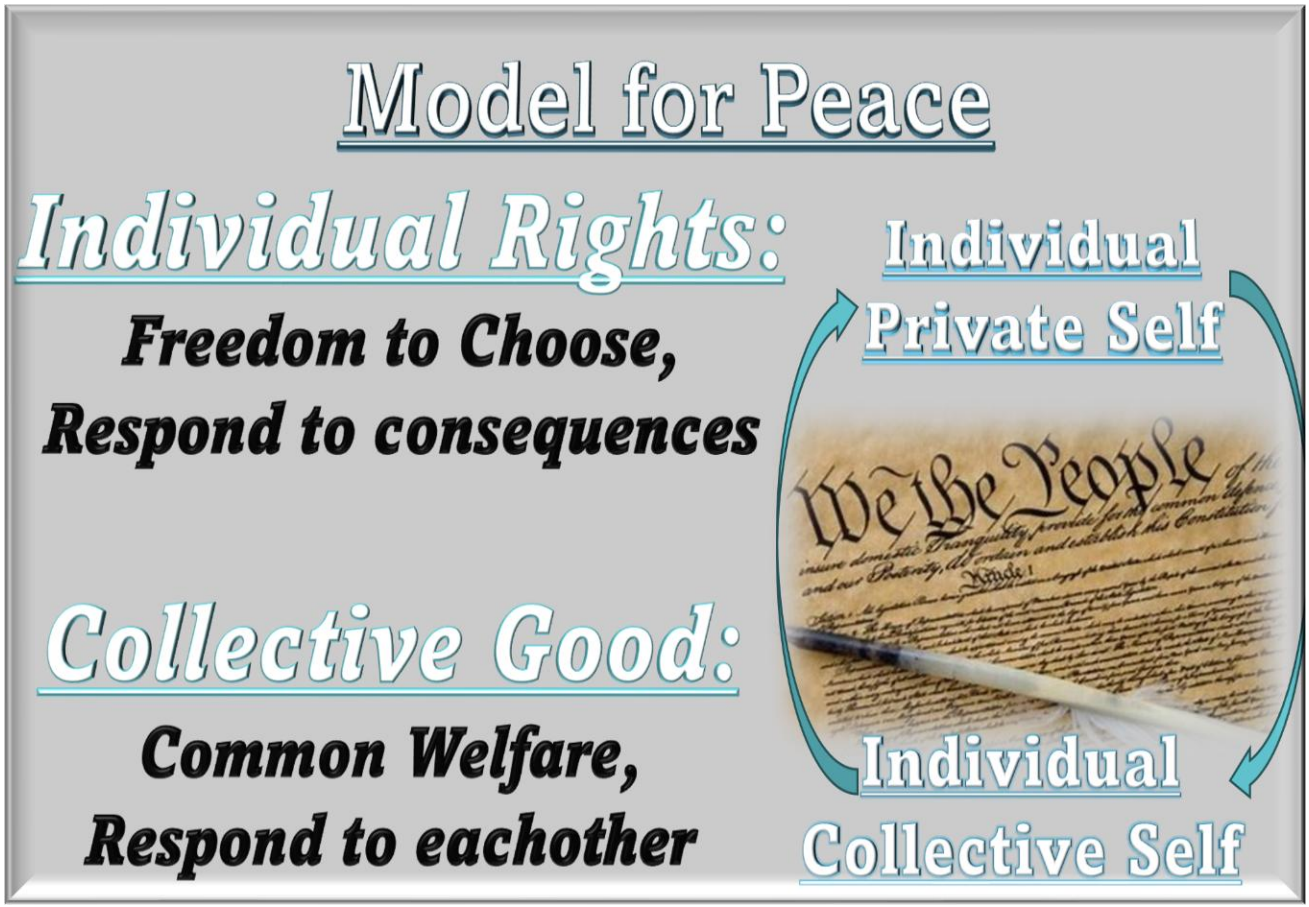
Quantum physics tells us that matter remains a wavelength of possibility, becoming a particle only upon observation. Until we firmly declare peace as our destiny and have conviction in a plan of peace, it will remain an unrealized possibility



# The Model

# 1. Paradigm of Peace

A world of lasting peace is built upon harmonious interpersonal relationships, which in turn are built upon individuals of peace. A model for Inner Peace can be expanded to becoming agents for Collective Peace.



# 2. Building a Framework

Individual Peace of Mind, Spirit and Body is a product of the expansion caused by the give and take of Thoughts, Words and Actions, which in turn originate in what we find meaningful; our Values, Visions and Missions.



# 3.Beliefs Shape Consciousness

Values, Visions and Missions are sourced from our Beliefs, which are developed by our Intellects perception of what is True, our Emotions feeling of what is Beauty, and our Wills determination of what is Good. This is the shaping of our consciousness and the person we become.



# 4. Truth, Beauty, Goodness

Wisdom from ancient traditions recognize truth, beauty and goodness as objective, observable phenomena in our lives and across the Universe




Peace

Truth, Beauty, Goodness

Intellect, Emotion, Will

Values, Visions, Missions

Thoughts, Words, Actions

Mind, Spirit, Body

# 5. A Universe of Peace

Universal Truth, Beauty and Goodness is at the genesis of the ineffable, magnificence  of our lives and the Universe,  expressed as harmonious Peace.



# 6. Our Power to Choose

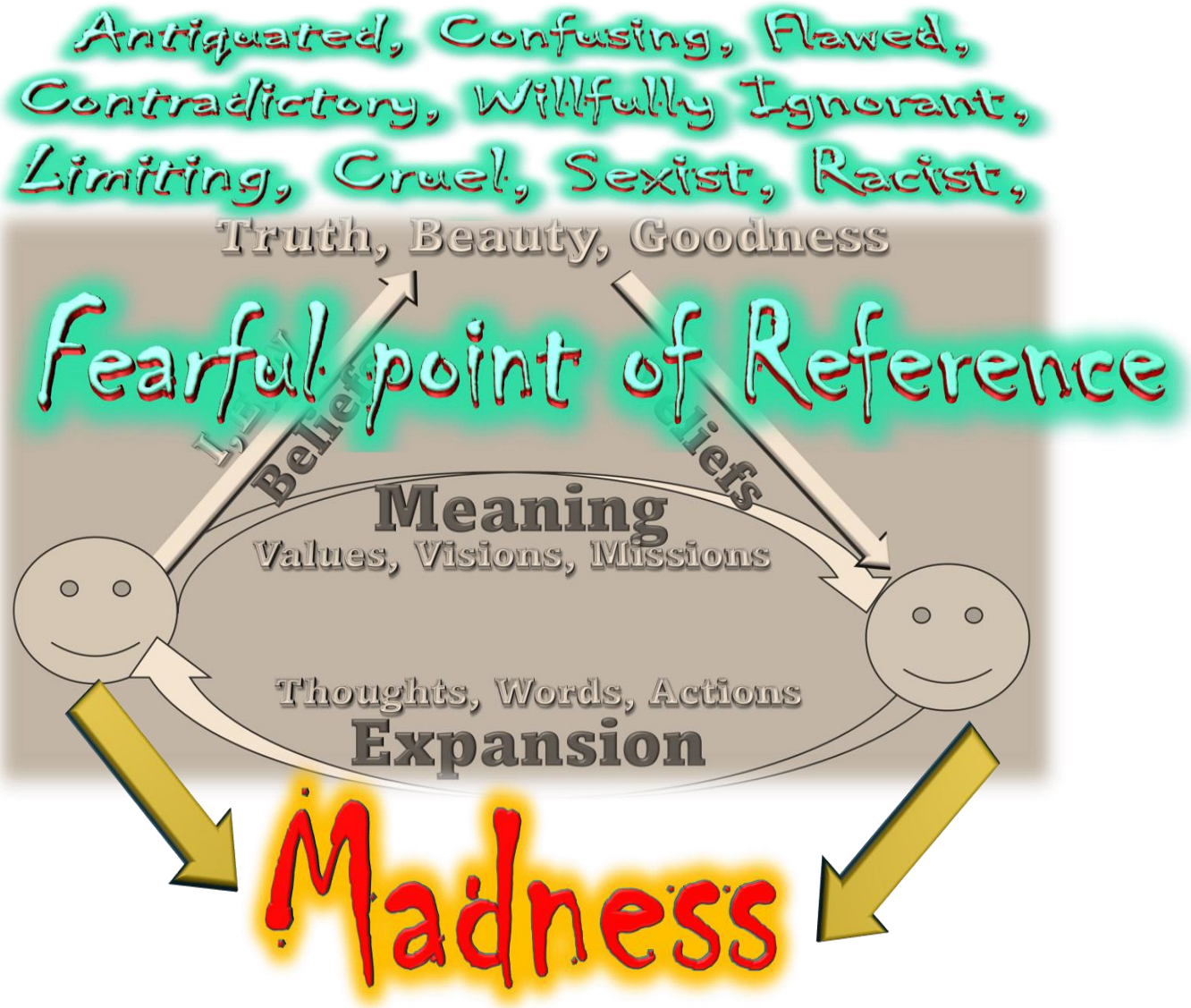
## Then Along Comes Homo Sapiens!

Our ability to respond to the consequences of our choices is a spectacular development of Consciousness. Through our Reasoning, Intuition and Free Will- Beliefs, we have the individuated subjectivity to interpret Truth, Beauty and Goodness, leading to the expansions of Peace.



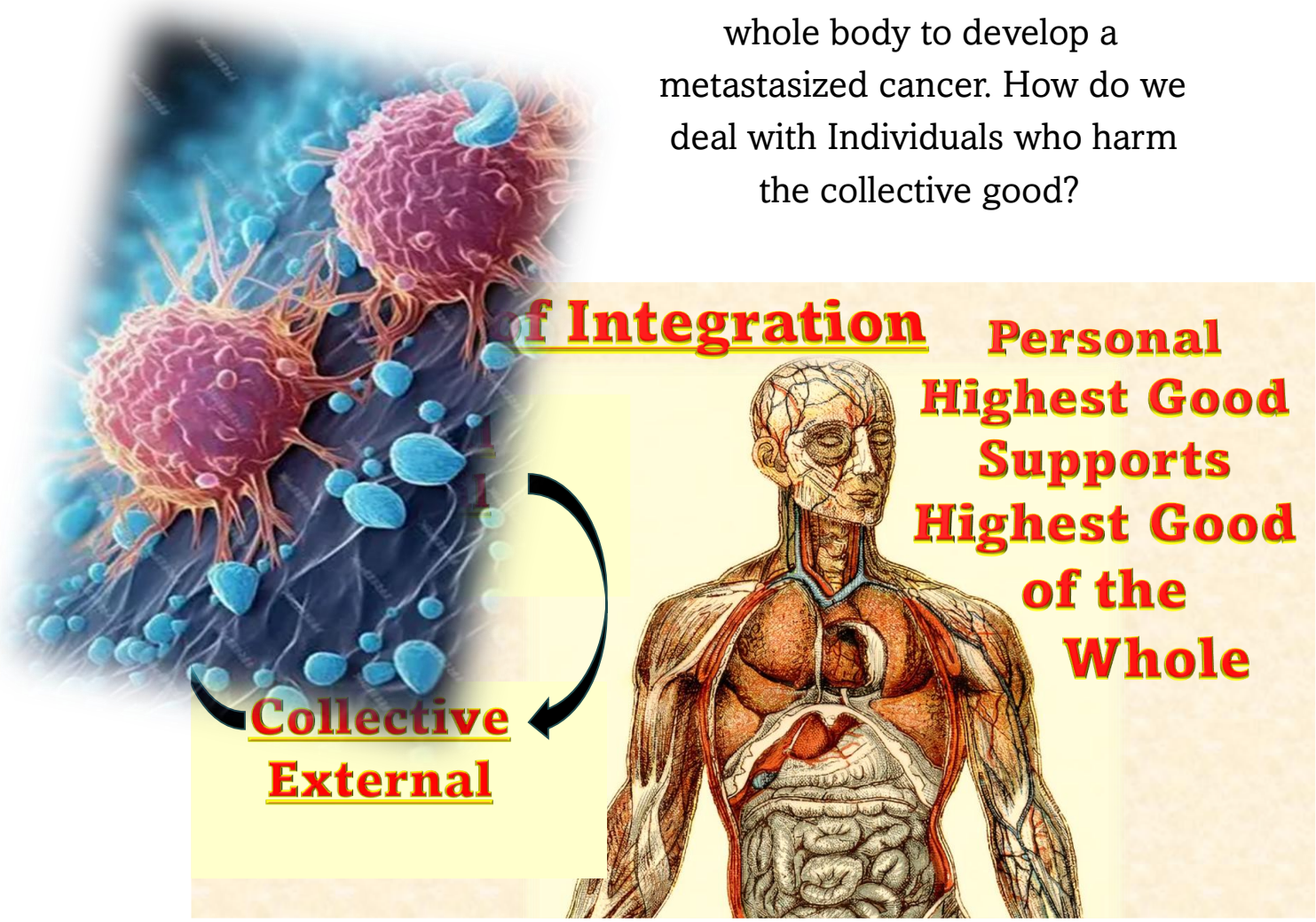
# 7. Fearful Point of Reference

However, if our subjective interpretation of truth, beauty and goodness comes out from a place of fear, it leads to unloving beliefs that result is madness.



# 8. The Human Paradox

Our conundrum is that individual choice can become detrimental for the wellbeing of the whole. Using the analogy of the human body, it only takes one cell to go rogue for the whole body to develop a metastasized cancer. How do we deal with Individuals who harm the collective good?



# 9. Universal Agreement

Peace is only possible by reconciling individual freedom while holding all people accountable to making choices that support the common good of all. To secure a peace beyond all war, humanity must establish a mutually agreed upon point of reference of truth, beauty and goodness.



# 10. A Supreme Authority

Where do we find it? Freedom to choose and respond to the consequences of our choices is integral for our development. To acquiesce our beliefs to an outside authority defies our development and the essence for living.




**Teachers of peace demonstrated that the supreme point of reference must come from within.**



# 11. Our Deepest Knowing

We need to travel within to connect to our deepest knowing, our innate, Universal wisdom. If truth, beauty and goodness are the ‘How’ of realizing Peace, what is the ‘Why’ of existence? Why are we here? Why do we strive to live? ‘What’ was the original impulse of all energy and matter?

**What is the Prime Motivator of the Universe?**



# 12. The Caring Exercise

When first developing an inner journey experience, participants were asked to imagine their deepest motivators for living. However, they got stuck on the would of, should of and could ofs in their lives. So instead of focusing on the 'Me' we switched our 100% focus on someone we care about.

Let us embark upon a journey into the landscape of our souls



# Caring Exercise

- ***A knowingness the Universe conspires to their highest good***
- ***A peaceful and calm mind, seeing through eyes of Love***
- ***A deep self-Love and knowing self worth/ unique value***
- ***That they develop virtues of Love, a wholesome character***
- ***A strong will to persevere in what they set out to accomplish***
- ***A nurturing and safe home life.***
- ***A hunger for learning.***
- ***A great school community***
- ***A healthy sense and respect of sexuality***
- ***Experience connection and intimacy that lasts a lifetime.***
- *They have a loving circle they call 'Family'.*
- *That they develop a parental Heart and the joy of parenting.*
- *Know the abundance of life, a Love for all things*
- *Travel the world/ experience civilization and natural wonders*
- *A deep appreciation for food and cooking, healthy diet*
- *Hobbies that put them in touch with our creativity*
- *A Fulfilling career and the comradery of loving coworkers*
- *That they enjoy the fruits of their labor,, make an impact*
- *They enjoy their golden years. surrounded by Love.*
- *That they know the eternalness of the Love they have become.*

# 1st Lesson
# Highest Version of Self

Why does it feel good to care for someone else? It reflects our best self, our virtuose self. Can we care about more than our loved ones? Yes, we do it all the time. We have the capacity to expand our caring, to all people and all things, which allows us to be an even greater version of ourselves.



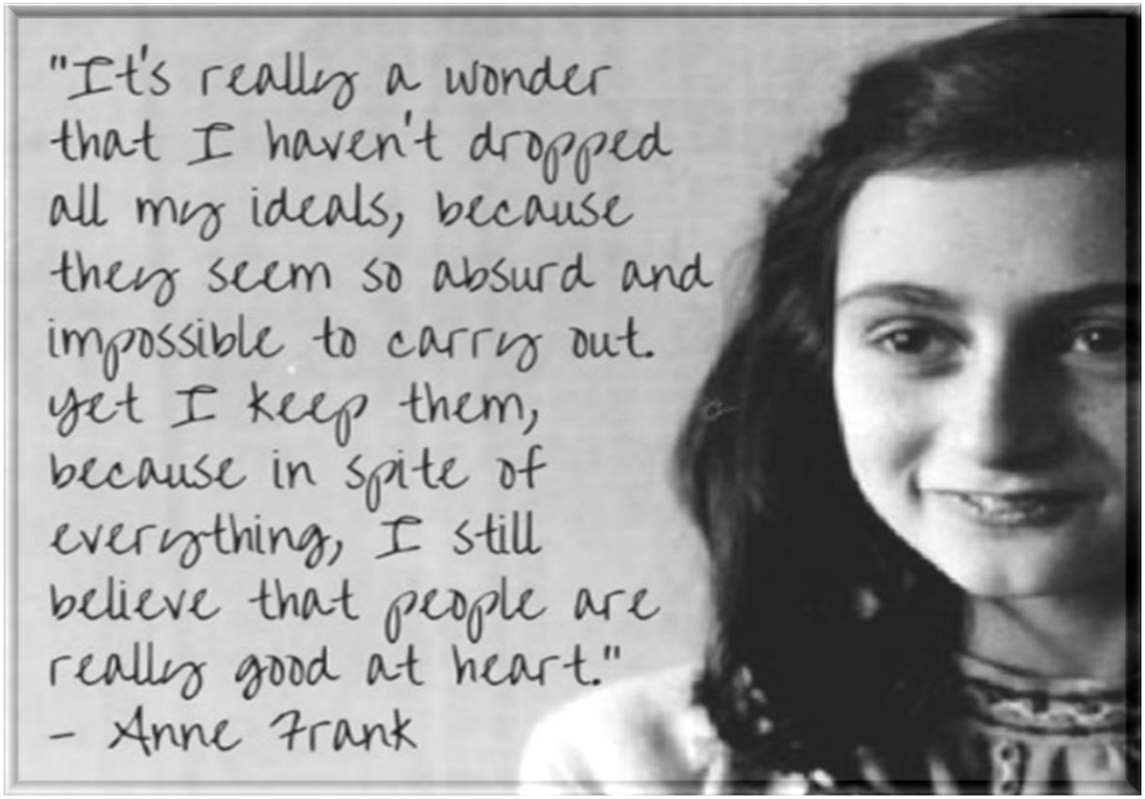


# *Eulogies of Love*

*Great people throughout history are remembered for their capacity to care and the peace it brought to others. A poignant testimony of this can be experienced at any funeral. Above any other life accomplishment, we want to be remembered and to remember our loved ones for how their caring for others made in positive impact and how it defined the best version of who they became.*

# 2nd Lesson
# Hold Others Capable

Does everyone have this capacity to cultivate their caring for others? To think otherwise is to doubt the potential of their own lives. Every person is born into this world with the capacity to become a spiritual giant of caring.



# 3rd Lesson

# Our Highest Hopes and Wishes

What do these caring points have in common? They are our highest potentials and possibilities- **IDEALS**
for caring, kindness, compassion, service- **LOVE**



# 14. TBGIL

The Caring Exercise revealed our Inner Wisdom of the Universal Truth, Beauty and Goodness, manifested as our highest Ideals of Love:

**Truth, Beauty, Goodness Ideals Love**



# Inner Connection to Universal Truth Reveals Our Shared Knowing of Purpose

**Just as Universal Truth guides matter through laws and principles, so too is life driven by the Truth of our shared Purpose of Ideals of Love.**



# Inner Connection to Universal Beauty Reveals Our Shared Knowing of Heart

**Just as Universal Beauty is expressed in infinite variety, so too our lives express the Beauty of our shared Heart of Ideals of Love.**

# One Heart



# Inner Connection to Universal Goodness Reveals Our Shared Knowing of Integrity

**Just as Universal Goodness is theintegration of all relationships, so too is the shared Integrity of our Ideals of Love!**



# Our Shared Knowing

**This core proposition, if deeply grasped and genuinely applied, will inarguably result in inner peace, harmonious relationships and a world of lasting peace!!!**



# 15. Supreme Point of Reference

Universal TBGIL Aligns Personal Beliefs with Collective Knowing, Serving as the Supreme Point of Reference we can Unite Upon for Realizing Peace.




Universal, Objective

*Truth, Beauty, Goodness*

Individuated, Subjective

*Truth, Beauty, Goodness*

Peace

Grow to Embody Peace

# 16. The Great Reconciliation

These breakthrough ideas resolve the intractable problem between individual choice and the common good.
It is the power to shift consciousness towards peace once and for all!

## Oneness of Individuals with the Whole is Peace!




***My Private Self***





***My Public Self***

# Revolution of Consciousness

# 17. Naming Our Why

If our Ideals of Love come out from our capacity to care, it stands to reason that the driving force of the Universe is also to realize greater and greater expressions of Peace. Ergo, the First motivation, the Cosmic Potential, the big bang blast of creation comes out from a deep longing to care. Our Collective Knowing has many names. In this teaching-

## The Prime Source of Life is the Impulse to Care



# 18. Ideals of Love Symbol

**To solidify our breakthrough, we can use this powerful symbol, which represents the Purpose, Heart and Integrity of all Relationships.**









# 19. Core Fundamentals

Having identified our beliefs, we can now find meaning in our relationships, reciprocate with others, creating the give and take expansion that results in peace.

## 7 Fundamentals for Developing a Person of Peace

1. Heart
2. Purpose
3. Integrity
4. Beliefs
5. Meaning
6. Expansion
7. Peace



# 20. Process of Growth

None of this happens automatically. Just as our external maturity goes through stages of growth, so too does our internal state. The seven fundamentals are therefore a model for healthy development.



# 21. Reality of Madness

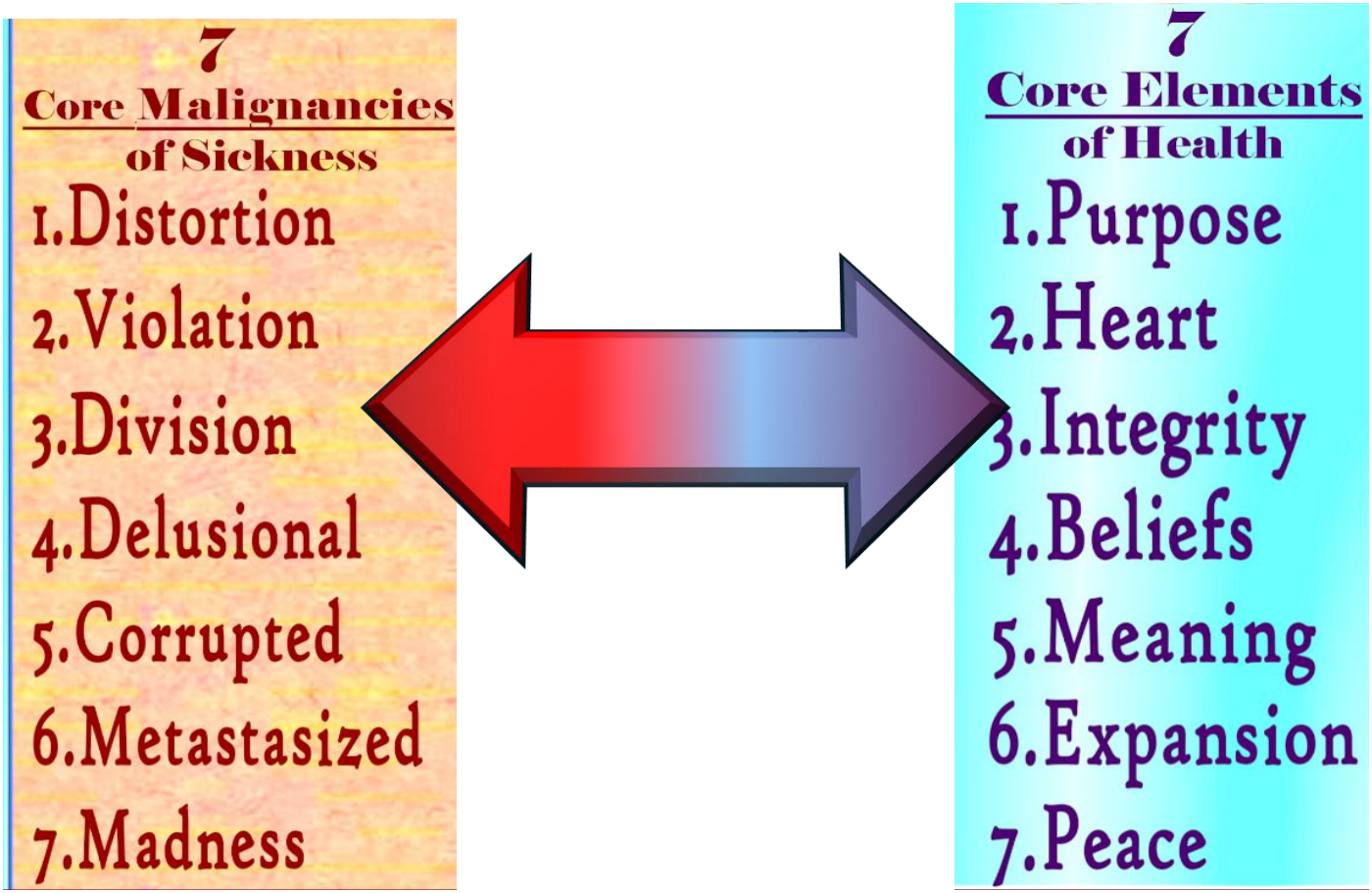
When our development is hindered by woundedness, we can get stuck in our growth, enter into a state of stagnation. Instead of striving in our Ideals of Love, we find ourselves languishing in the depravity of Fear.





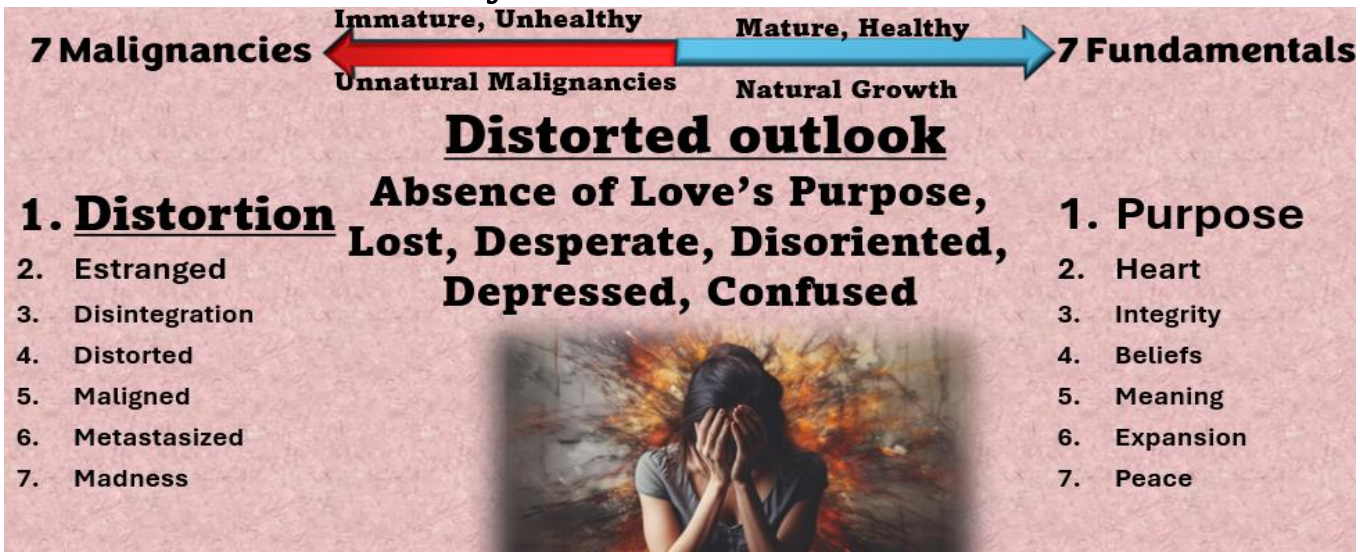

# 22. Opposing Malignancies

The inverted opposite of the seven fundaments
are the seven malignancies



# 1st Malignancy: Distortion

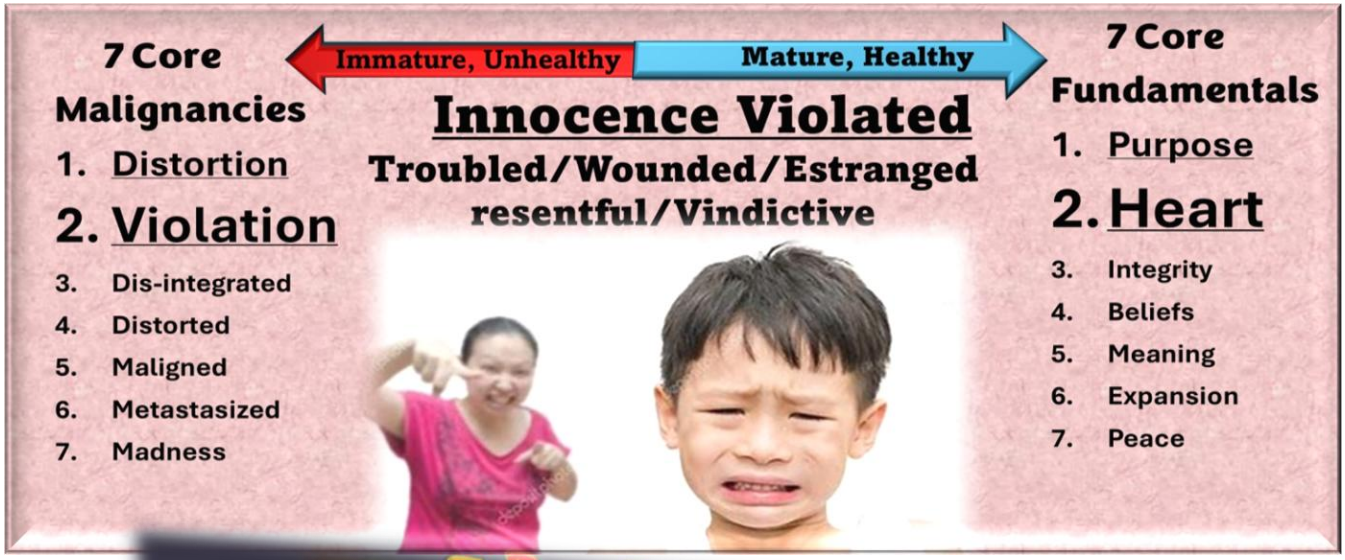
Deprived of knowing our Purpose of Ideals of Love, reality becomes distorted,

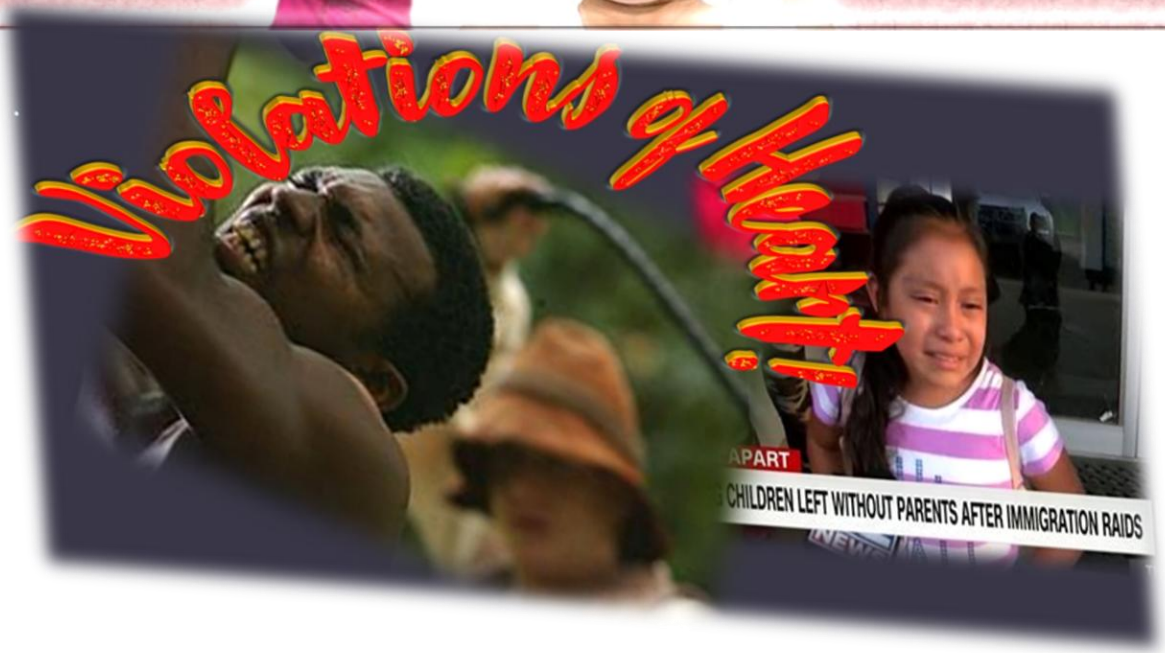





# 2nd Malignancy: Violation

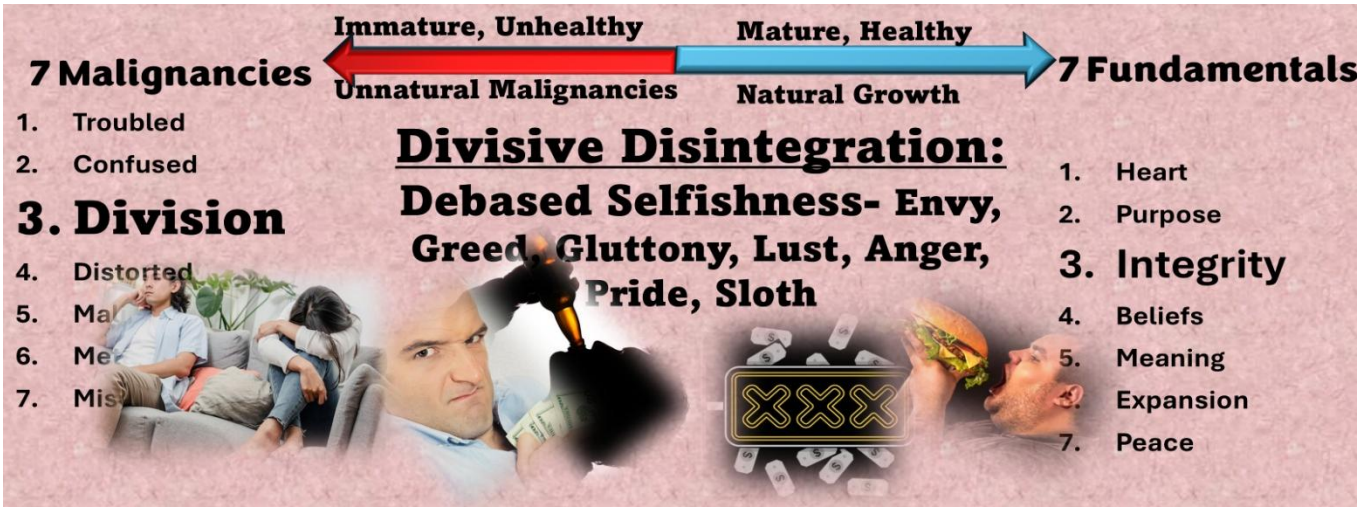
The heart is exposed and easily violated by those who lack a knowing of Love's purpose.

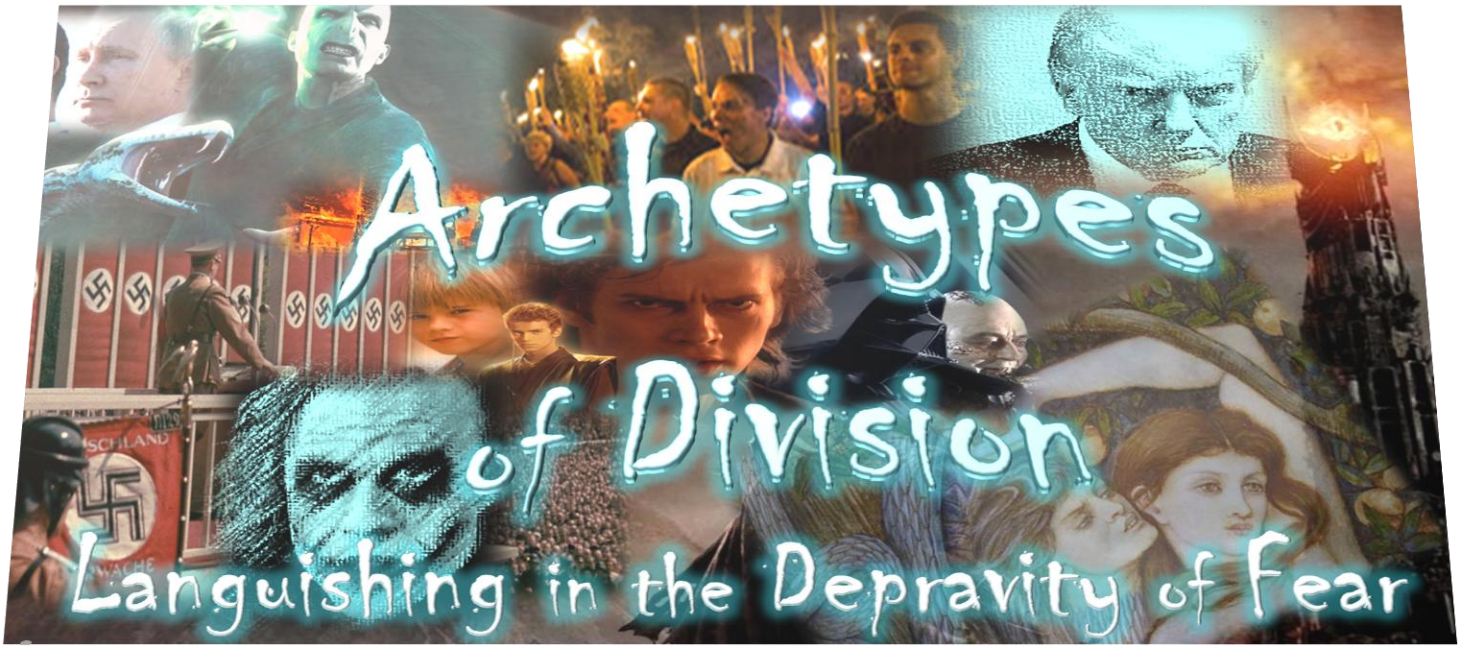


# 3rd Malignancy: Division

Lacking all Integrity, we abandon unity and our relationships dis-integrate, sowing division and ultimately Madness.



# 4th Malignancy: Delusional

A distorted, violated, divisive point of reference leads to a delusional belief system.

**7 Malignancies** ← → **7 Fundamentals**

1. Blocked
2. Confused
3. Dis-integrated
4. **Delusional**
5. Maligned
6. Metastasized
7. Madness

## Delusional:

**Unloving Beliefs- Blame, lies**
**Acquiesce Critical thinking,**
**Willful Ignorance, Unexamined**







**Delusional Beliefs**

**We are Animals:**
Conflict is Inevitable

**Star Wars Theory:**
Conflict is Inherent

**Salvation Doctrines:**
Conflict is Necessary

Antiquated, Confusing, Flawed, Contradictory, Willfully Ignorant, Limiting, Cruel, Sexist, Racist, Unloving

# 5th Malignancy: Corrupted

**Instead of relationships grounded in meaning, our relationships are corrupted, misaligned towards madness**



7 Malignancies

Immature, Unheal

Unnatural Maligna

Fundamentals

**Maligned:**

**Unhealthy, Unexamined Self-Serving**

1. Unexamined
2. Confused
3. Dis-integrated
4. Dissonance
5. **Corrupted**
6. Metastasized
7. Madness









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tegrity

4. Beliefs
5. **Meaning**
6. Expansion
7. Peace

# 6th Malignancy: Metastasized

**Fear mutates us into monsters,**
**hatred spreads like a cancer.**



**7 Malignancies**

1. Troubled
2. Confused
3. Dis-integrated
4. Dissonance
5. Maligned
6. Metastasized
7. Madness

**Immature, Unhealthy** ← **Unnatural Malignancies**

**Mature, Healthy** → **Natural Growth**

**Metastasized:**
**Use of Force to Spread Sickness, 'Flood the Zone'**

**ls**

2. Purpose
3. Integrity
4. Beliefs
5. Meaning
6. Expansion
7. Peace







# 7th Malignancy: Madness

Just as Peace is the result of Ideals of Love, Madness becomes the forgone result of our malignancies.



Immature, Unhealthy — Mature, Healthy

**7 Malignancies** — Unnatural Malignancies — Natural

1. Unexamined
2. Confused
3. Dis-integrated
4. Dissonance
5. Maligned
6. Metastasized
7. Madness

**Madness:**

**Foregone consequences, Self-Inflicted Suffering**

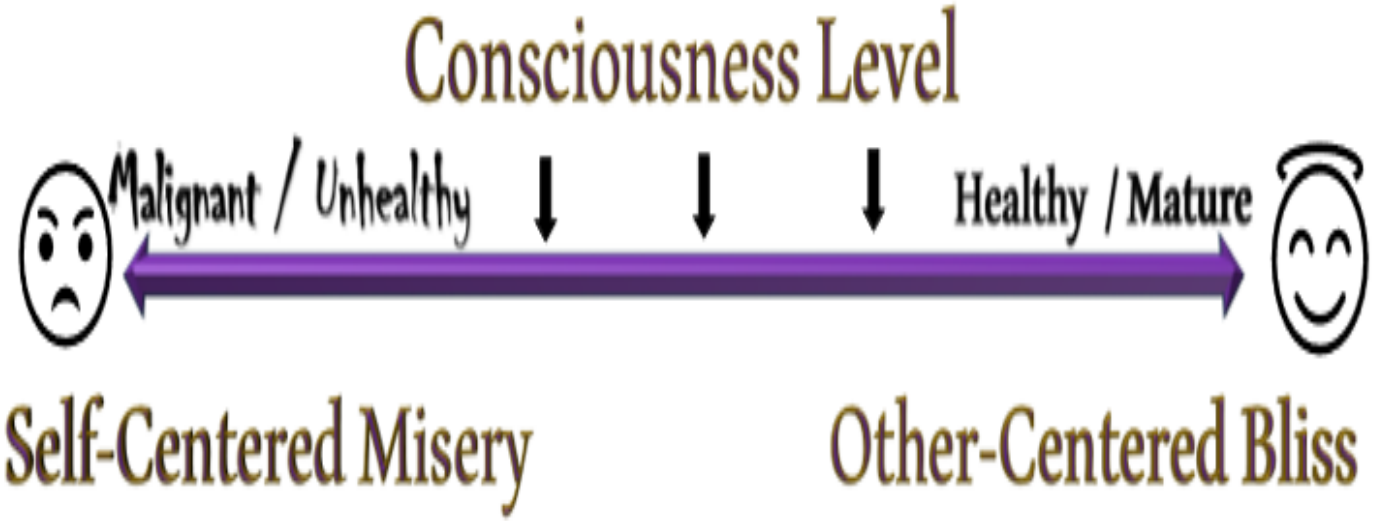





# 21. On the Spectrum

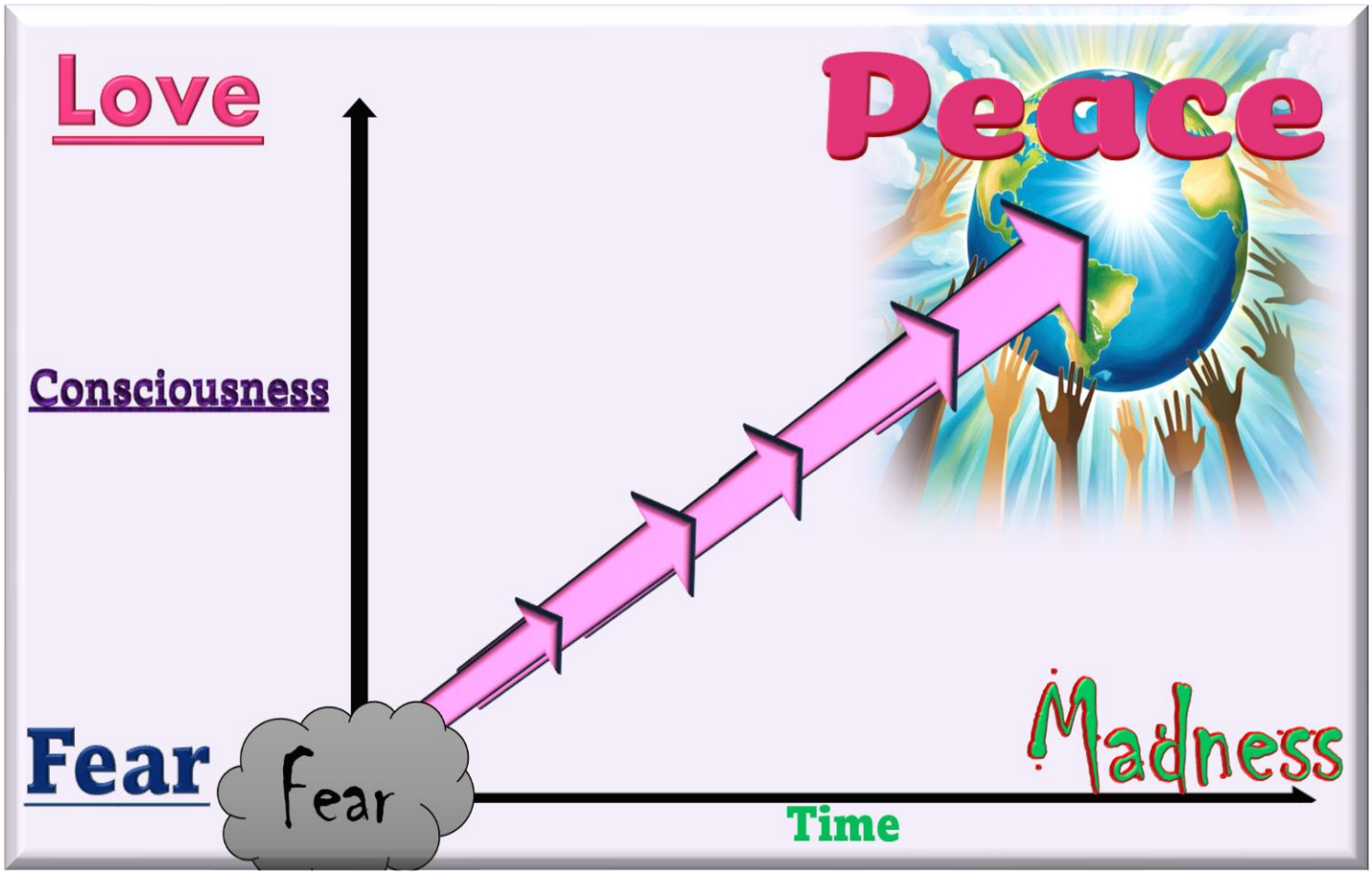
All of us are on this spectrum of health and sickness. The hope for humanity is that we are compelled to seek out a peaceful state of being. We seek to heal ourselves and restore our world to health.



# 22. A History of Progress

History is a testimony of our longing to return to our intended state of peace. The driving force of our Ideals of Love comes out from our inherent care for others.
We are closer now than we ever have been



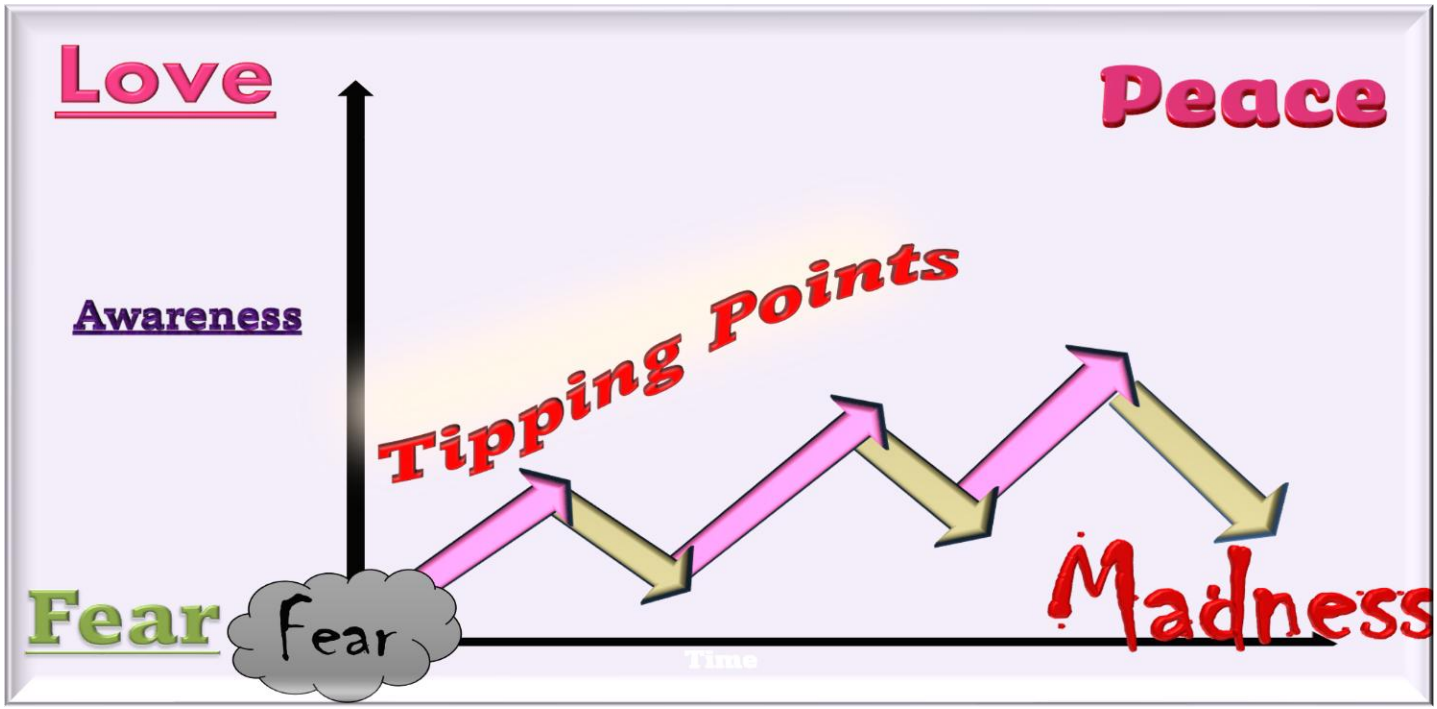
# 23. Perpetuation of Fear

Every time Love rises up, fear is there to meet it. Who and why would anyone want to perpetuate fear and madness?

**1st- Status Quo**- We are all invested in maintaining the status quo and instinctively resist change.

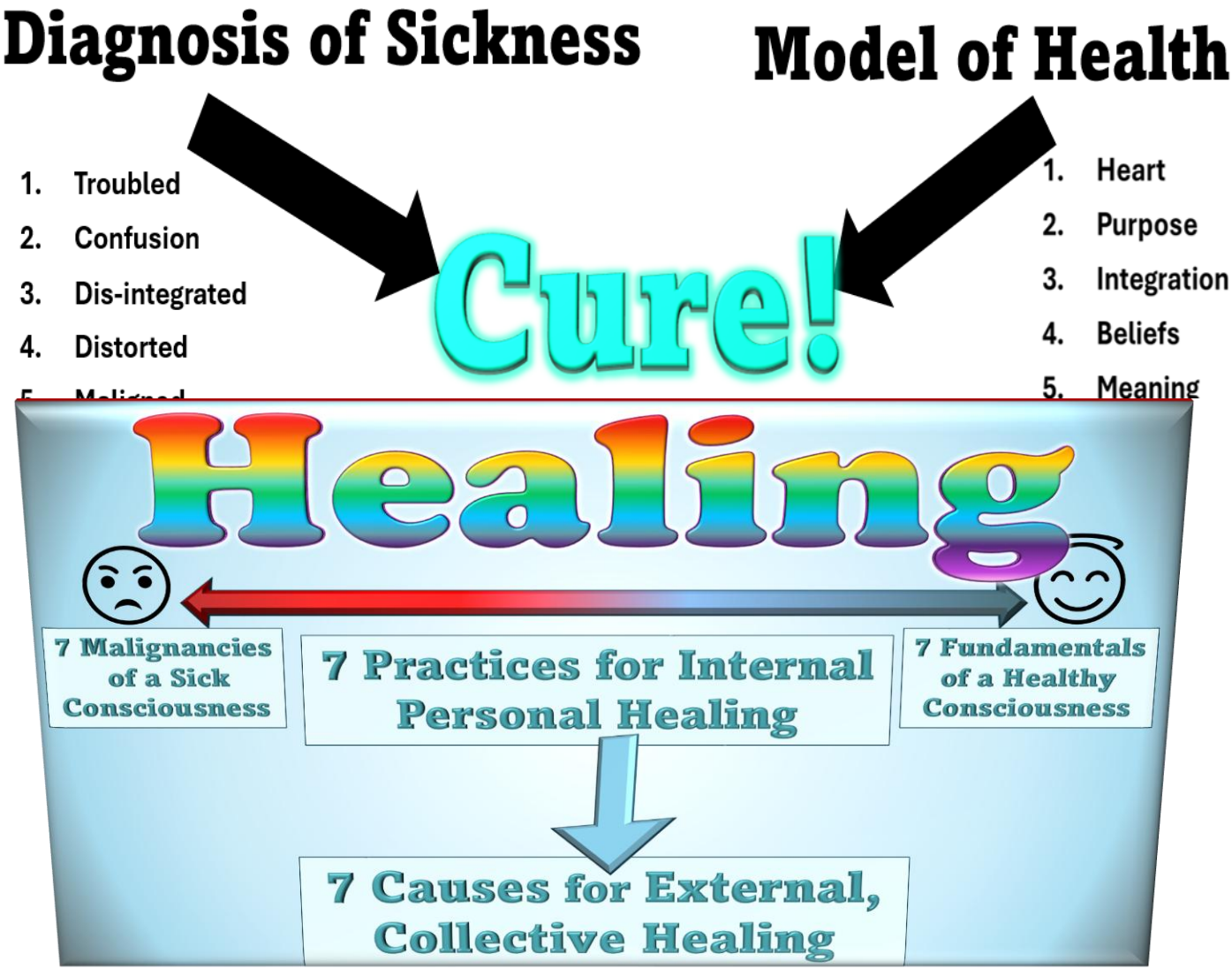
**2nd- Fearmongers**. There are those who exploit fear as a means of power and control.

**3rd- Broken Paradigms**; Our current teachings do not have the power of ideas to break us free from fear.



# 24. The Final Breakthrough

Having a model of health that has diagnosed our malignancies, we can now identify the cures for a maximum impact for realizing Peace.



# The Movement

# Restoring our Peace

Throughout history, in every corner of the world, humanity has sought our healing. The Ideals of Love Paradigm is a platform for the best of those practices.





**My Internal Practices for Healing**

*'None are Free Until All are Free'*
*MLK*

**My External Causes for Impacting Collective**

# Seven Healing Practices

## Ideals of Love Paradigm

| 7 Core Elements of Health | 7 Core Malignancies of Sickness | 7 Healing Practices Internal, Personal Self | 7 Healing Causes External, Collective Self |
|---|---|---|---|
| 1.Purpose | 1.Distortion | 1Pursue Knowledge | 1.Articulate Stories |
| 2.Heart | 2.Violation | 2.Cultivate Caring | 2.Champion Heart |
| 3.Integrity | 3.Division | 3.Embody Goodness | 3.Edify Integrity |
| 4.Beliefs | 4.Delusional | 4.Evolve Beliefs | 4.Facilitate Breakthrough |
| 5.Meaning | 5.Corrupted | 5.Internalize SIVVM | 5.Align Relationships |
| 6.Expansion | 6.Metastasized | 6.Deliberate Interactions | 6.Empower Service |
| 7.Peace | 7.Madness | 7.Cherish Awareness | 7.Celebrate Progress |

# 1st Practice:

# Pursue Knowledge

Knowing Ideals of Love as the Truth of our Shared Purpose
is the Intellectual Foundation in Our Becoming of Peace.



# 2nd Practice: Cultivate Caring

Healing our Estrangement from Heart is accomplished by cultivating our capacity to care, even when it's difficult.






Opioid addicted parents.
Caring for others even when it hurts



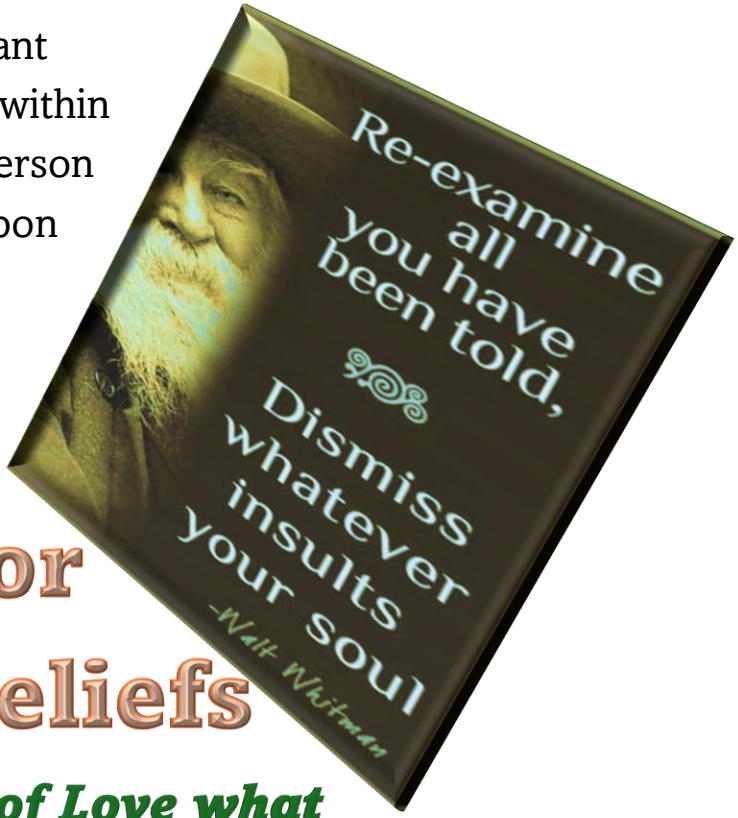
# 3rd Practice: Embody Goodness

Striving to live an integrated life is the embodiment of goodness for all our relationships and the very definition of being a person of integrity.



# 4th Practice: Evolve Beliefs

Over time and with constant repetition, our beliefs get baked within our consciousness, shaping the person we have become. It is squarely upon each individual to discern their own belief system.



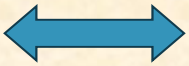

## TBGIL

## A Practice for Evolving our Beliefs

***By asking of each Ideals of Love what is truthful, beautiful and good, we ground our belief system.We are then able to discern any given point of reference of Truth, Beauty, Goodness. By examining consequences of choices made from our beliefs, if it does not result in Peace, we discard said belief and***

## *Choose Again!*

Intellect
Emotion
Will



Truth
Beauty
Goodness

# TBGIL Point of Reference

**Ideal of Love: ' Universe Conspires in my Favor'**

**Truth/what is truthful to me about this Ideal?**

*I have experienced this many times in life.*

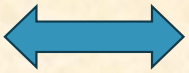
**Beauty/what attracts me to this Ideal?**

*See the Universe as 'My Beloved"*

**Goodness/what compels me to act upon this Ideal?**

*I move boldly forward in direction of my dreams!*

Intellect
Emotion
Will



Truth
Beauty
Goodness

# TBGIL Point of Reference

**Ideal of Love: ' Experience intimacy that lasts a lifetime**

**Truth/what is truthful to me about this Ideal?**

*We are sexual beings throughout our life*

**Beauty/what attracts me to this Ideal?**

*Lifetime intimacy deepens over the years*

**Goodness/what compels me to act upon this Ideal?**

*Mental, physical, spiritual well-being, Stay faithful*

# 5th Practice: Internalize Meaning

**Always be Intentional of Internalizing Your**

**Seven Integrated Values, Visions, Mission**

**– Internalize what is valuable about any person, place or thing for expanding Ideals of Love.**

**– Envision expanding Ideals of Love with a person, place or thing.**

**– Commit to thoughts, words, actions for expanding Ideals of Love**



# *Seven Integrated Values, Visions, Missions*

## Relationship Area- Couple:

**Why do I Value this relationship for Realizing Love?:**

It is the Story of Us, Epicenter of Love for our Family, Intimate knowing of another, Joy of sharing a journey

**What do I Envision for Realizing Love?:**

Being together for rest of life, supporting each other, travel, grandparenting together

**What will I commit to doing to Realize Love?:**

Deepen my capacity to Love, Anticipate her wants/needs-make plans, Support other couples through sharing SIVVM

# 6th Practice: Deliberate Interactions

Becoming deliberate is best served by taking time to anticipate what of our thoughts, words and actions result in peace. This is the definition of Intentional Living.

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

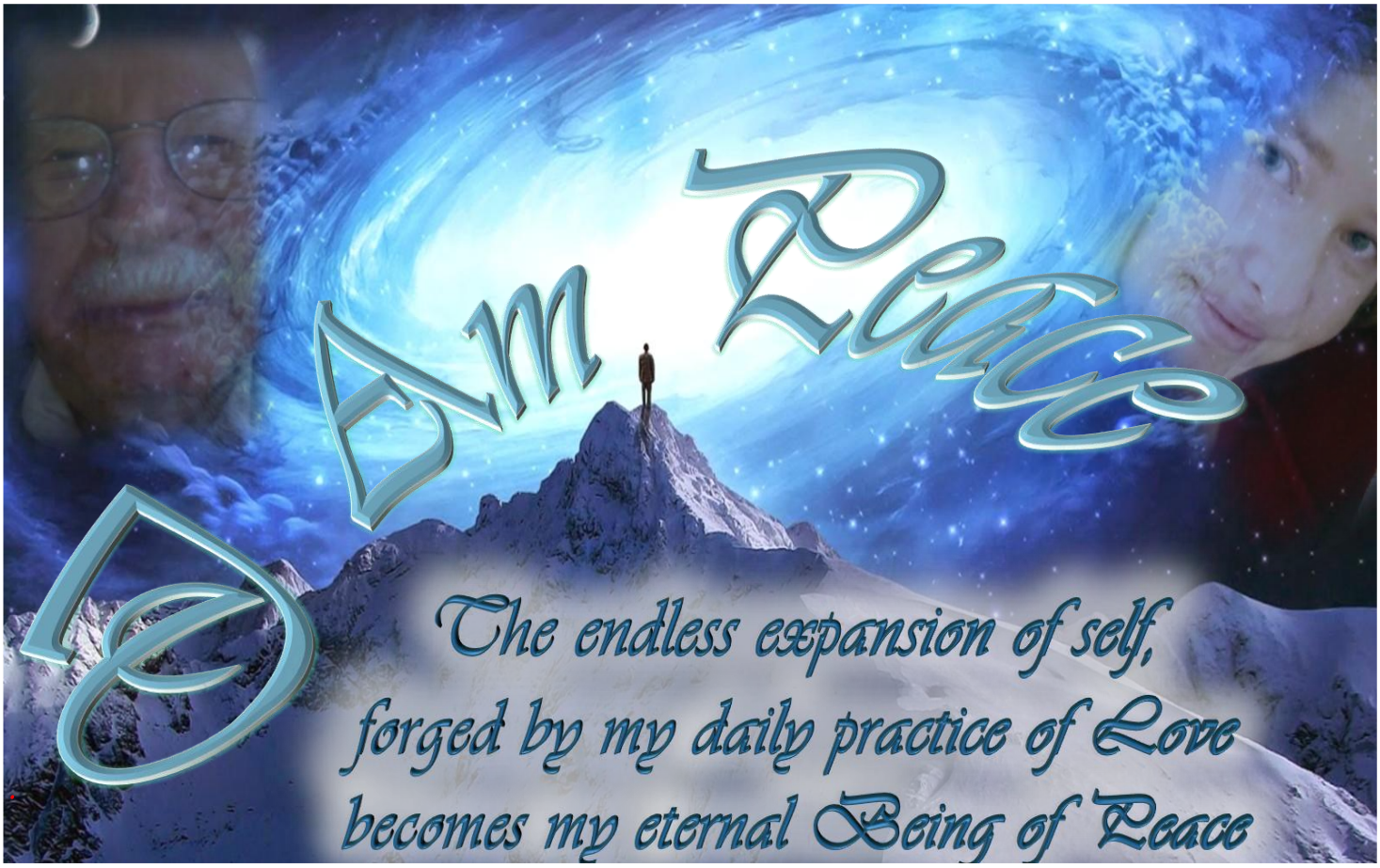


# 7th Practice: Cherish Awareness

Renew and Self-Awareness of the Practice of Reflection, Repentance, Redetermination,



Nourish Our Peace through Mindfulness, Gratitude, Forgiveness, Humor



# Seven Healing Causes

1. Articulate Stories
2. Champion Heart
3. Edify Integrity
4. Facilitate Breakthrough
5. Align Relationships
6. Empower Service
7. Celebrate Progress

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

'I am Freed from the Burden of being Silenced'

# 1st Cause: Articulate Stories

Our Clarity gives us confidence to share Love's purpose, exposing fear as light exposes and drives our darkness!






# 2nd Cause: Champion Heart

The universal capacity to care is our connection to Heart.
Let us never again allow for the violation of Heart.




***In the world of Heart, people will be tripping over each other to preform acts of kindness!***




***Hold others capable of cultivating connection to Heart***

# 3rd Cause: Illuminate Integrity

**Share this sublime symbol as a representation of our Shared Knowing of Purpose, Heart, Integrity**

## Ideals of Love Symbol

Anchor of Integrity

Token of Wisdom

Talisman of Peace

Charm of Joy

Amulet of Devotion

Mandala of Protection



Artwork,
Graphics,
Swag,
Stickers,
Apparel,
Books



## Illuminate Integrity while exposing the divisiveness and breakdown of working out of disintegration

| Relation | Integration | Disintegration |
|---|---|---|
| 1st: 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 |
| 2nd: 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. |
| 3rd : 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. |
| 4th : 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 |
| 5th: 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. |
| 6th: 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 |
| 7th. 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 |

# 4th Cause: Facilitate Breakthroughs

## Share the Ideals of Love Paradigm with others

peaceful disruptor







Be a Catalyst for Change




Share This Teaching!

# 5th Cause: Align Relationships

Alas, we have the foundation and the framework for building lasting, meaningful relationships centered on Ideals of Love













- Dating, Engaged, Marriage Prep
- Married, Partners
- Gay, Straight, Trans








-Family/Community/Organizations

# 6th Cause: Empower Service

People of Heart must claim their power to serve the world




## Empower Service

## Generate Power by Giving and Receiving Loving thoughts, words, actions!

Whatever you can do or dream you can, begin it. Boldness has genius, magic, and power in it.

Johann Wolfgang von Goethe





you. As you let your own light shine, you indirectly give others permission to do the same."

Marrianne Williamson

# 7th Cause: Celebrate Progress

**So many have longed for this day, when lasting world peace was in our reach! Let us rise up in our conviction to finish the work they started!**



Do you hear the people sing?
Singing a song of angry men?
It is the music of a people
Who will not be slaves again!
When the beating of your heart
Echoes the beating of the drums
There is a life about to start
When tomorrow comes!

# May the Circle Be Unbroken

**Join us in the Experience of Peace**






Ideals of Love
Family
Couple
Mind Body
Service
Nature
Soul
Peace
Our Path to Peace

Oh Happy Day!


peace


Since the
Original Impulse of Care
Unleashed Truth, Beauty, Goodness
Universe Strives to Experience
Ideals of Love Peace