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# **Preface**

This book is a placeholder of ideas. It is a work in progress, always open to insights that serve to enhance its overall impact. And for that, I welcome any input and inspirations you have for me.

There have been countless iterations of this teaching, when I felt confident I had captured the full message, only to gain deeper understandings that sent me back to the drawing board. As such, I have, for now, foregone the editing process that would give it a professional polish. I ask ahead of time that you forgive any typos, grammatical and formatting errors.

The content is structured as an outline of the presentations given live and available online. The first section- '7-point talk', is a short, one-on-one or small group introduction. The '7 Premises' is a one-hour program. The '7 Pillars, Problems, Practices' are the core teaching, given in a one-day workshop. In the '7 Possibilities', I share my vision of how ILP- Ideals of Love Paradigm, can impact the world. I finish the book by sharing the origin story of ILP.

That '7' became the organizing number was not my original intent. Throughout the iterations, it always came back to seven, which is actually very confirming. '7' represents the combination of the number 4-the process of bringing Ideals into reality, and the number 3- the stages of growth that are required of us in our becoming of Love. I am so grateful you have chosen to engage this message. I hope it enriches every area of your life.

Truly, Jas Smith

# 7 Points Intro Talk

## 1. What's going on?:

- What is going on in our world today? Depending on your outlook, it is either a very hopeful time or a very dangerous time we are living. The reality is that it is both. There is much promise for the future, while at the same time, we are on the brink of planetary destruction and the collapse of civilization.



- To compound the problem, living with so much uncertainty is the source of great anxiety, especially when that uncertainty is coupled with feeling powerless to do something about it.
- We all want to feel empowered, to have agency to make a difference. I would like to share with you a world view that has empowered my own life. It has allowed me to find my voice and take a stand, which is why I stand here, sharing with you now!

## 2. Tipping Point:

- -We are at a threshold of history, illustrated in the tipping point theory. When we consider the overall human condition, it could be said that we are moving in an upward trajectory, climbing closer towards realizing a world we want to live in and build for the future.
- It is a place of happiness, prosperity, peace, where everything is working together towards mutual benefit. A world where everyone lives together with utmost consideration for the well-being of their fellow people and all things.

-What this describes is a system of integration, where the health of the whole is contingent on the health of the individual. Where our institutions function towards the benefit of all, starting with that very inward condition of wholeness within each person. It is a world of Integrated Consciousness.



## 3. Broken Paradigms

- The other variable of the tipping point theory is that we are on the threshold of having a breakthrough. If we are striving to realize the world of oneness, of an integrated consciousness, we are thus overcoming a world of separation, a dis-integrated consciousness. It would contain the exact opposite of everything integrated: separation, selfishness, scarcity and fear. It is the world of hatred, suffering and strife.
- Looking back at where we were to where we are now, we have come a long way. We can credit the great teachers, who are at the center of our religions, philosophies, ideologies and culture.
- -However, these teachings do not have the power of ideas to give us our breakthrough. On the contrary, they have become part of the problem. They are like a computer that has been infected with a virus, rendering it dysfunctional and useless.



## 4. Dis-empowered

- The solution would be for people of an integrated consciousness to become the leaders of our age, for them to stand up and speak out for a world of Love.
- -People on conscience want to make a difference. Yet, many of the causes they invest in are not addressing the core of the problem. It can be compared to the triage hospital on a battlefield; regardless of how valiant the staff labors to save lives, the wounded soldiers will keep arriving until the war is put to a stop. They are using the very ideas that created the problems to try and fix them.
- -Our motivation for making a difference is neutralized by our lack of clarity. we become resigned, cynical, even nihilistic in our thinking. We make justifications, escaping to teachings that tell us it's all an illusion anyway. We become distracted, placated and complacent. We lose our Ideals, seeing the world as it is, not as it should be. We have no power to stand up and speak out.

### 5. A New Paradigm

- -There are central, seminal ideas for realizing lasting peace that we already know. The task at hand is to discern between beliefs that are holding us back and those that can move us forward. We must re-examine these our teachings and construct a new paradigm.
- -This paradigm with be free from flawed, limiting, confusing beliefs, that are rooted in magical thinking and obsolete doctrines.
- The veracity of this new paradigm will be its ability to secure an integrated consciousness, that is centered on a belief system constructed from our shared longing to realize a world of love and peace. One that originates from within each person, that they can own their becoming of Love, becoming an integrated person, a person who strives to live with integrity.

## 6. The Ideals of Love Paradigm

- This is it! ILP is built upon the premise that Love is our purpose that can be realized when people connect to the Source of Love within, their Heart. Heart reveals to us our highest Ideals of Love, the force within our very design that drives our lives. This purpose is fulfilled throughout through Unchanging Truths, Unique Beauty and Universal Goodness, our point of reference for building a Loving belief system, giving us a consciousness of Integration.
- The process for developing the ideas of ILP is the scientific method, where we establish premises, then seek out the empirical experiences that substantiate our premise. There are seven premises shared in the next presentation. It will provide the full explanation of the seven pillars, seven problems and seven practices that serve as the framework for a new paradigm.

-For some people, these ideas are completely intuitive, allowing them to grasp the immense power of the seven practices, implementing them immediately. At the center of everything is the imperative to anchor the integrated consciousness. This mindset is a result of loving thoughts that come from our knowing of purpose, revealed from the Heart. It is the foundation for our lives and relationships, making it the central pillar of this new paradigm.

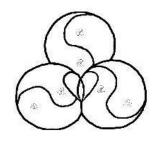
It is supported by the easy to grasp, attractive to observe Ideals of Love Symbol. This symbol is an anchor, a trigger that reminds us of our striving to be maintain an integrated consciousness, to be a person of integrity!



### 7. The Revolution

- This new paradigm will transcend old paradigms. When we reach a critical mass of people who have connected to their Heart, discerned beliefs of Love to develop and integrated consciousness, we will be emancipated once and for all from the dis-integrated consciousness, rendering those flawed and limiting beliefs obsolete and irrelevant. We will be empowered, we will find our voice and empower other people. We will become a force of nature.
- This shift in individual consciousness will have the effect of overthrowing existing paradigms and the power structures that perpetuate them. This overthrow will be resisted by those invested in maintaining the status quo and by those who feel threatened by any kind of change. By virtue of our new consciousness, our lives and relationships will be disrupted.
- If we truly want to be an agent of change, we must accept the reality that a revolution is needed to break us through into a new age. It shall be a revolution, not of guns but from the Heart.





# 7 Premises

for a Radical, New Paradigm

This presentation sets out to demonstrate why we need a new paradigm and how we can go about creating one that will have the power to bring about a world of lasting peace.

# I <u>Our Shared, Unifying Purpose</u>

## 1. What Everyone Wants

I've traveled the nation and world, have lived in many places and met people from all walks of life. I can say from this personal observation that everyone wants a variation of the same things.

### -Personal:

Everyone wants to realize their fullest potential, avoid making costly mistakes, find their voice, live a life filled with purpose, develop themselves through education and skills to be on a trajectory that guarantees the highest chance for success. Everyone wants to be thought of as a person of integrity, they want to be lovable, to be loved by many. They want to be happy, to have peace of mind and health of body. Everyone wants to feel, when they reach the end of their journey, that they have lived a meaningful and joyful life.

### -Relationships:

Everyone wants to be in healthy relationships, experience lasting passion for another, , having a voice and agency in the world, a knowingness in their convictions, that what they are doing is in the best interest of life. Ultimately, if all people were able to achieve this, we would live in a world of lasting.

#### -World:

Everyone wants to be successful in their endeavors, wants to have prosperity and to bless the lives of others. They want to experience the beauty and wonder of nature, to preserve the planet for future generations. Everyone wants to live in a healthy environment, a caring culture, and ultimately a world of lasting peace.

## 2. Hope for Peace

## - Extraordinary:

It is truly amazing that we can identify that everyone shares the same hopes and desires for life. Why is that a big deal? A shared purpose is the prerequisite for building relationships, both on a personal level and amongst nations. That we have a unifying purpose means the prospect of actually achieving lasting peace is not just a dream but can be an actual reality.

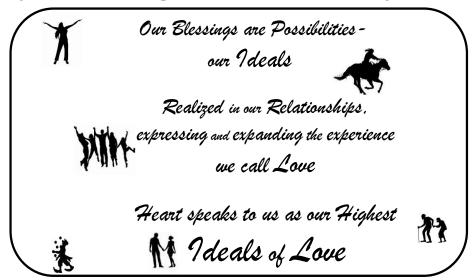
### 3. Name It

#### -Ideals:

What do we call this shared purpose? These are the possibility thinking we have in our youth, when we are idealistic. They are the declaration of peace of our governments. The commencement speeches at our graduation, the vows at our weddings, the affirmations of for live, the things we aspire to, our highest possibilities for living, our Ideals.

### - Our Becoming of Love:

All of these Ideals ultimately are about relationship, they are about connection and harmony and joy. It's all about learning how to give and receive the person that we are, our becoming of Love.



## -Our Life Purpose, Purpose of Civilization:

It can be said that our Ideals of Love are the purpose of life and the purpose of the whole of civilization- to create a world where everyone has the ability to realize their highest Ideals of Love.

## II <u>Broken Paradigms</u>

### 1. The Human Condition:

### - Perpetual Suffering:

For some, this premise is absurd. They point at the intense suffering and misery that contradicts every one of these hopes and wishes. People are suffering, they feel separated and lonely, even committing suicide, much of it from self-inflicted wounds. Relationships are fighting and breaking down all the time, destroying families and compounding trauma into future generations. All of this is collectively experienced by the environment and the destruction of our planet.

### -Meant to Be:

People would argue that in the history of humanity, we have never achieved lasting peace, meaning that there must be something else at play regarding our purpose and the human condition. Our Ideals of Love have always been out of reach, so they cannot be our purpose.

### -If I can't have it...

Some people feel that since they are not able to experience these Ideals of Love for their own lives so nobody should be able to. Such resentment renders this all useless. They would say it is setting people up for false expectations, which can be even worse than having hope.

### 2. Beliefs

### -Who we Become:

If we were to get to the bottom of this dichotomy, what would it be? That human beings have the capacity to make choices. The way we choose in every choice that comes our way has the power to affect totally different outcomes. The force that drives our choices are our beliefs. We all know from personal experience the power of our beliefs. They shape our everyday activities, shaping the person we become, the relationships we build and the destiny of our lives.

### -How they are Made:

We create beliefs by engaging our intellect, emotion and will- our consciousness. Most of our beliefs are taught to us by others, through word and example. Because beliefs are the function of individual consciousness, we all have a unique construct of our belief systems, our paradigm of life. At the same time, we are all part of a social contract and derive our beliefs from collective paradigms, as in our religions and ideologies.

### 3. Part of the Problem

### -Mixed Results:

Clearly, we all have varying degrees of success in fulfilling our Ideals of Love, which we can conclude is because of the degree that our beliefs either serve us and do not serve us. Is there anyone who has an optimal construct of beliefs that they are able to live their best life? Perhaps there are, yet the crucial question is whether there exists a collective paradigm that is able to bring humanity into a world of lasting peace?

As I see it, the vast majority of individuals are suffering from paradigms that are littered with limiting, flawed and confusing beliefs, exposed in the self-sabotaging nature of their own behavior. Furthermore, all of humanities existing paradigms have failed to bring peace and have actually become part of the problem.

## -Computer Virus:

Our personal and collective paradigms are broken. Like a computer infected with a virus, embedded in current paradigms are beliefs that corrupt the effectiveness of the whole system. There is no existing paradigm has the power of beliefs to bring world peace.

# III <u>Create a Paradigm of Peace</u>

## 1. We Need a new Paradigm

### -A New Urp:

The solution is a new paradigm. An analogy for constructing this teaching is to imagine colonizing a new planet, and you are assigned to design the foundational principles for building a civilization. What criteria would you use for seeking out the best practices we have learned thus far while leaving the worst?

## - Organized on Love's Purpose:

For this paradigm to truly deliver lasting peace, it must have powerful ideas that can transcend all the limitations of our current paradigms. It would not be platitudes strung together, but a concrete construct that was 100% organized on beliefs to realize our shared purpose of Ideals of Love.

## -System of Integration:

Like the human body, the organization of individual units that are organized on fulfilling a common purpose can't help but to be mutually beneficial to everyone involved. Every cell is independently healthy and fulfilling its function towards the health of the whole. This model is the answer to all our political and cultural issues, where the purpose of the individual and the purpose of the whole are one.

## -Unanimous Agreement:

Yet to reach such a result would mean that every single person would need to be in agreement with fulfilling this purpose of Ideals of Love. This is where all other paradigms have failed.

## 2. Wisdom from Within

### - Not from Without:

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



### - Blessings Exercise:

How do we bring people into the knowledge that the purpose of life is Ideals of Love? If it really exists, it will be what we feel for others, for those we Love. in the Blessings Exercise, we Imagine your hopes and wishes for those you Love.

(Check out the Blessings Exercise on page 38).

## - Blessings are our Ideals of Love:

We see that the Blessings list is the Same list we created on what everyone wants, our Ideals of Love! This means that by considering our Love for others, we tapped into the very purpose of our life.

### 3. The Seat of Love

### - Parental Love:

The first takeaway we can share is that when putting our focus on the well-being of another, we access the deepest place of caring within. In the human experience, we can agree that there is no greater experience of Love than that of a parent towards their child. This transcends biological relationships- it is a condition of caring for another, the capacity of parental Love.

### -Heart:

The space within that allows us to express such depth of Love has gone by many names, but the most universal name that transcends all barriers is the name Heart. On many levels, Heart captures this place within more that all others. Heart is so powerful is in the vernacular which we use it to describe our lives and relationships. And so it is that Heart is the first pillar of our new paradigm.

# IV <u>Ideals of Love by Design</u>

### 1. Oneness

### - Designed to Love:

If the premise is that every person is compelled to strive towards their highest Ideals of Love, then that drive must be coming from within our very design. As birds fly south and bears hibernate, humans long to realize their Ideals of Love.

### -Source of Love:

We are not the Source, the designer of Love. We have to choose to be connected to the source of Love. The Blessings Practice shows our capacity to Love. We have that wisdom. This has been recognized throughout the ages. But by the very nature of Love, it is a relationship that we must choose to be in What we recognize when we connect with that place, we know we have a unique place, our divine being, while at the same time are connected to the Source of Love and connected to all. In this respect, we can say that even the Source of Love is striving for and longing to realize Ideals of Love.

### -Oneness of Heart:

When we recognize our connection to Source, it is as a child's connection to their parent, meaning that we are all siblings in one family. Thus, we recognize all things are connected to one Heart and share the same purpose of Ideals of Love. Since it is within our design, it is in the design of all things in the Universe.

### 2. Ideals of Love Manifested

### -Purpose of Universe:

This is powerful because the Universe is a manifestation of the Ideals of Love we want to realize through our beliefs in its purpose. Ergo, we can see that all things are realized from the purpose of Love.

### -Truth, Beauty and Goodness:

We can observe the Unchanging Truths, The infinite variety of Unique expressions of Beauty, and the harmonious expansion of the higher Goodness of everything working together.

### 3. Beliefs of Love

### -Building Beliefs:

Now we have the TBG that manifested IL throughout the Universe as our reference so we can engage the list of Ideals of Love using our Intellect, Emotion, Will to ask ourselves what about them are True, are Beautiful and are Good.

### -Point of Reference:

for the first time ever, we recognize that the Universe is our external point of reference of the manifestation of Love that we can intentionally build a belief system that is 100% centered on fulfilling our purpose of Love. These are our beliefs of Love.

### -Litmus Test:

How do we know when we have built a belief system of Love? Beliefs of Love want nothing more than to see the happiness of others. In a world of the paradigm of Love, people will be tripping over each other to perform acts of kindness.

### $\boldsymbol{V}$

## ILP Transforms Consciousness

## 1.Integration

### -System of Integration:

What we see when we in the truth, beauty and goodness of our Ideals of Love is that they apply to all areas of life, all relationships. TBGIL reveals that Ideals of Love is a system of integration, working together in perfect harmony.

#### -Seven Areas:

To become intentional in our relationships, we need to name what they are. We can divide our Ideals of Love into seven relationship areas: Source, Mind, Body, Couple, Family, Creators, Nature.

## 2. Integrated Consciousness

TBGIL has transformed our consciousness. Like an alchemist, we have experienced a mind treatment. It has lifted our thinking to the highest realms, the highest standard of Love. This is what it means to have an Integrated Consciousness. It is the very essence of all spiritual and life teachings. Spiral dynamics, oneness of all, in the name of God. Yet have they been able to do it? How do they get us there and maintain it? They have clearly failed us.

## -Integrity Defined

With these beliefs of Love, we are compelled to show up in every relationship with the intention of bringing Love. With an integrated consciousness, we want to show up as an integrated person, the very definition of having integrity. Everyone wants to be thought of as a person of integrity, but now we understand the real definition of this. Individuals, Relationships, Organizations, Governments should all be held to integrity.

### 3. ILP Symbol

### -Anchored

We will always be faced with choices, some of them not so clear, but if we are always striving to have integrity, it is our best chance of living a life of peace and harmony within ourselves and all relationships. We must anchor ourselves, using a symbol that represents all we have shared.



## **VI**

## **Ideals Become Reality**

## 1. Values, Visions, Missions:

Once we recognize that our becoming of Love is contingent on our connection to everything else, we long to understand what our unique contribution to the whole will be. This is our calling, our genius, our divine expression. We find from the alignment of our beliefs with TBGIL by asking ourselves what we hold as Valuable, what Visions we have and what we are willing to commit to as our Mission. 'Alignment' is the 5<sup>th</sup> Pillar. Now we can be intentional in our engagement with others, connecting to those who share in our Values, Visions and Missions.



### 2. Creators

Our freedom to choose unleashes our power to create. As cocreators, bringing together our unique genius, there is no end to what we can do! By acting, we express, experiment, experience and expand- the essence of growing into the person we are becoming. Centered on Love's Purpose, we can't help but to become a greater and greater embodiment of Love that we are.

## 3. Family

The sum total of our results is the essence of relationship, that we experience each other as one family. When we strive to realize our Ideals of Love, we live as an integrated world. It is the ultimate vanguard of peace, we will never be able to hurt another or wage war again.

### VII

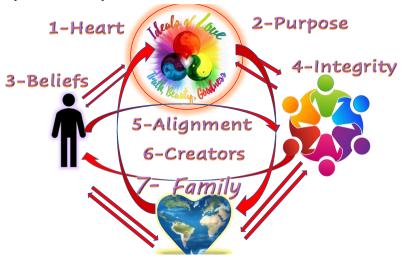
## Ideals of Love Paradigm is the Model of Health

## 1. Seven Pillars, Model of Health

The culmination of the previous six premises is that we have identified a model for realizing our purpose of life. It is a model of perfect health, like the human body, centered on heart, centered on our purpose of Ideals of Love. These are the seven pillars of a new paradigm.

We can illustrate how these seven points work together as sequential process of the model of Health diagram. Heart and Purpose are our Source, Beliefs are our choice to engage Ideals of Love, Integrity is our awareness of interconnectedness, Alignment

our intentional engagement with others, Creators our power of creativity, and Family, the result of Ideals of Love.

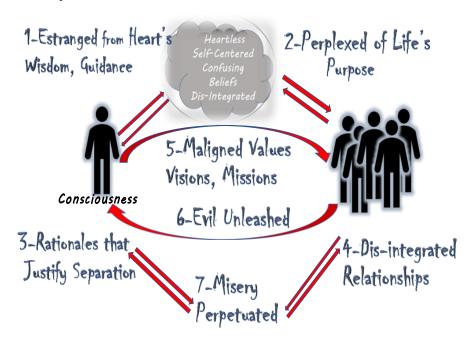


## 2. Seven Problems, Exposing our Sickness

If The Seven Pillars are the model of perfect health, then the misery that has plagued humanity for all time is the inverted opposite of the Pillars- the Seven Problems. Indeed, the 1<sup>st</sup> Problem- 'Estranged', is a life that is separated from their own Heart. Considering every problem, be it person, relationship or global they all share this common denominator- an insufficient about of compassion. The 2<sup>nd</sup> Problem is an obvious extension of the first- Perplexed of purpose. When we are not clear of our purpose, the default is to place ourselves as the center of purpose. The consequence is that our beliefs, lacking the standard of the truth, beauty and goodness of our Ideals of Love, become 'Rationales'- the 3<sup>rd</sup> Problem. We seek to justify our separation

from Heart and our self-centered existence. These beliefs are confused, flawed and limiting, leading to a consciousness of 'Disintegration', the 4<sup>th</sup> Problem. This is a state of alienation from our Source of Love, from our authentic self and from others, which is a fearful place to be, leading us to a scarcity/survival mindset where it's all about 'me'- what some refer to as our 'Ego'.

The Values, Visions and Missions of someone who has become so distanced from their original purpose can be described as 'Maligned'-the 5<sup>th</sup> Problem. Like the dial of a radio, these people are tuned into one consideration in their relationships- 'what is in it for me?' 'Evil'- the 6<sup>th</sup> Problem, refers to the worst of what people act upon in seeking out their desires, leading to a world of perpetual 'Misery', the 7<sup>th</sup> Problem.



## 3. 7 Practices, Cure for Healing

On the premise of our model of health and diagnosis of what ails us, we can imagine the treatment, the practices that will be the cure for healing. Our 1<sup>st</sup>, Practice, Getting into our Heart, can be accomplished by 'Blessings' the lives of others, as a way to access the deepest place of Heart, Loving like a parent. Finding certainty in the Purpose of life as our Ideals of Love requires of us to drive out the current stories of fear, separation and selfishness by telling the stories of Love's purpose fulfilled. The evidence is all around us and throughout our lives, we just need to own these stories and become drivers of the narrative of Love! The 3<sup>rd</sup> Practice is to reexamine all we have been told and dismiss that which insults our soul. This is a process of 'Discernment', making our Heart the authority and Source of all our beliefs through the use of TBGIL.

The 4<sup>th</sup> Practice is to 'Anchor' our integrated consciousness in the Ideals of Love Symbol. This powerful symbol is a constant trigger for us to consider whether our thoughts, words and actions are coming from a place of integration - known as Integrity.

On the foundation of the first four practices, we can engage our relationships with the utmost intentionality. This can be accomplished through a radical, new approach for developing our values, visions and missions, called 'The Seven Integrated Values, Visions, Missions- 'SIVVM' our 5<sup>th</sup> Practice. Now our relationships are able to unleash their fullest potential for creating a life and world of Love by each person and each organization bringing 'Mastery' to their offering. This 6<sup>th</sup> Practice is the mastery of expressing and expanding our becoming of Love.



### -Leadership

The final, 7<sup>th</sup> Practice- 'Leadership', is a to stand up and speak out for Love. Those who find their voice and the courage to speak it are the leaders of a new world. They are the people who shall ignite the long awaited revolution.

This Victor Hugo believed that ideas have the power to shift our perceptions, allowing us to break through to a higher level of consciousness. Great things were accomplished through our existing paradigms, but they do not have the power of their ideas to bring us into the world of lasting peace. Embedded within them are the limiting, flawed and confusing beliefs that are the cause of all dis-integration. ILP tells religion, academia, ideologies, and culture to discard unloving belief and render them irrelevant.

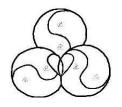
### -Disruptors

As our consciousness rises, it shall overthrow beliefs that do not serve in fulfilling Love's purpose. This is why the mention of a new paradigm suggests a disruption of the status quo, a call to tear down the old ways and erect a new set of ideas.

When change threatens the establishment, the reaction can become insidious. Those who are invested in positions of power and wealth want to maintain the status quo, and therefore feel justified to discourage others from changing. They are the unteachables, those who don't care about truth, those who do and say anything for their own benefit. They will make the right wrong, smearing the message, persecuting the messenger, convoluting the facts, telling outright lies, going so far as to inflict bodily harm through torture and murder. Until Love's purpose is secured, good people do not have the luxury of being passive observers. We need to find within ourselves the readiness to stand up and speak out, to be revolutionaries.

#### -Call to Action:

Creating a world of One Heart shall be the final and most important revolution in all human history. Those who are able to grasp the power of this new paradigm and are passionate to rid the world of suffering will commit to developing the capacity to share with and touch the hearts of all. As such, Ideals of Love is a movement that shall raise up leaders, provide the tools, training and a powerful platform for all who are called to partake. I hope you will join the cause.



# 7 Pillars

# Model of Health

A Paradigm of Peace is built upon the foundational pillars of life and Universe.



# 1<sup>st</sup> Pillar <u>Heart</u>



There is within our design a place of great wisdom for realizing our greatest potential for life. We are connected to each other from this space, the Source of Love we call the Heart

### **Inside Job:**

What is the Core of our happiness? What is at the bottom of our suffering? Finding that will allow us to find the solution to all of life's persistent questions. We are aware on a deep level that it all starts from within. Our connection to the wisdom of Love, our maturity in the virtues of caring and compassion.

The best way to illustrate this is to look at the lives of people throughout history. Those we count as making a valuable contribution to humanity were kind and good. Those who were destructive were cruel and self-serving, to this day.

'What one man can do; another man can do!'-Jules Verne



What Name do we give this place of Love's wisdom that people from all walks of life identify with?



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

# I Love you with All My Heart!

'Ît is only with the Heart that one can see rightly'

Little Prince

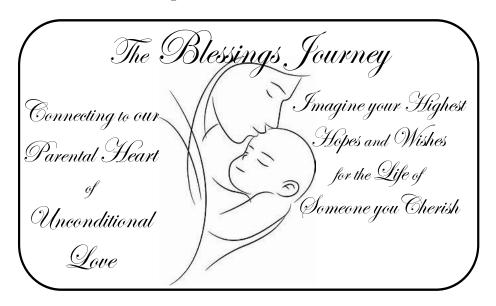
There are numerous words used to describe the place where our Love's standard resides: Inner Teacher, Conscience, Soul, Temple of Spirit, Original Mind, God Consciousness, Divine Light. These are all immaculate descriptions, but there is none as packed with meaning, culture, myth, sentiment, research,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

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

Heart is the source of our knowingness of Love, and because we all share in this knowingness, our Hearts come from the same Source. We are a family with The Source of Love as our Parent. Peace is when there is harmony, starting from within. Lasting world peace can only be realized when there is harmony between all people, realized when our Hearts are one.

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

## **Transformative Experience:**



## **Connecting with our Heart**

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

Welcome to the Blessings Journey, our 'proof of concept'. It has been developed over the years through the contributions of participants to our events. Many wonderful people partook in this guided meditation where they embarked upon a journey into the landscape of their soul. All that is required is to put our full attention upon the life of a child. It can be someone we know or any child in the world. We can focus on an image of a newborn, just coming into this world with their whole life ahead of them. We simply contemplate all the glorious possibilities we hope and wish to come about throughout their whole life.

The Blessings Journey reveals the core of everything that Ideals of Love is built upon. As such, if you truly wish to understand this message, it is imperative that you suspend or let go of any skepticism you may have held up till now, that your Heart may open to the far-reaching implications of these blessings.

Take a moment of stillness, pause your reading and find a peaceful environment, listening to contemplative music. As you read this list of hopes and wishes, contemplate the life of a child or of all the newborn babies coming into this world. Imagine all the ways that you hope for them to experience joy and happiness throughout their life. Pay attention to the Love that wells up from within you. Capture any additional Blessings

## Blessings accumulated from participants

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

- A loving circle of relationships they can call 'Family'
- That they develop their parental heart towards others
- Fig. 12 They experience the incredible joy of parenting
- To know the abundance of life, the abundance of Creation
- A deep Love for nature and for all living things
- To experience the Love of creation through outdoor activities
- Figure 1. That they travel the world to see what a wonderful place it is
- > A deep appreciation for food and cooking.
- They have hobbies that put them in touch with their creativity
- A fulfilling career that makes a positive impact on others
- That they enjoy the fruits of their labor
- The joy and comradery of working with others as a team
- Knowing that their lives have made the world a better place
- That they are able to enjoy their golden years
- Surrounded by Love in the twilight of their journey
- They harvest the Love they experienced along their journey

# Blessings Journey Your Hopes and Wishes for All

#### Lessons:

- 1. The 1<sup>st</sup> Lesson we gain from The Blessings Journey is the deep awareness of One Heart. When we imagine the best for everyone, we come in touch with our greatest compassion. It is the key to solving every tangled problem in the world. Majority of us are able to imagine the best for everyone- this is that sense we have that most people really want the best for everyone in the world. We want peace.
- 2. but in practice, it's another thing. There are those that drive a narrative of hate and division, and they control the news cycle. It's the sickness amongst us that threatens the whole body. They take power with this fear. If it is from enemy nation, wrong race, not saved. So, we can say that 90% of people get it! This is how close we are- It should be this simple, but we are still clouded with doubt and confusion.
- 3. So we need to go deeper. Do we want it for those we love? Yet these are obviously what we want for our own children. With our own family, there is a sacrificial element, like a parent willing to do whatever it takes to help their loved one.
- 4. Do we have that same capacity with strangers? Absolutely we do. Teacher for student, medical workers, soldiers. People become like family to us. So the key is to see everyone as though they were our own family, treating them as family. Imagine if people were in this place all the time. This is new rule; not the golden rule but the Heart rule: 'I Do unto others as I do unto those I love.'

#### **Parental Heart:**

But we need to go deeper. 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!

#### Words

Don't get stuck on 'Parental' It would be understandable if this description came across as a stringing together of platitudes. 'Love' has become cliché, used in so many contexts that it could mean anything or nothing at all. Words are pointers to ideas, like a road sign. We would never confuse a sign as being the actual location. The meaning we give a word and our connection to that meaning is what holds the power. A word can be void of all meaning for us, as though it were a foreign language, or a word can trigger an avalanche of emotions, passion and complexity.

#### Beyond all doubt

Whether or not you agree, it is undeniable that planting the flag of heart is a prerequisite to realizing a world of peace. It is the #1 factor! We would Choose our leaders, set our policies from this place. No more standing by allowing gross violation of Heart. We are capable of being in Heart. Must hold our own behavior accountable and the behavior of others.

When we are deeply in touch with Heart, we understand how fragile a thing it is. Our recognize that Hearts were never meant to be broken, that the sacred space within each of us is like a beautiful garden filled with delicate flowers. Like a flower, Love is tender and precious and to be cherished. We experience this in the purity of a newborn and the innocence of a child, or the courtship of someone who has captured our Heart. The best version of ourselves is experienced while we are living from this place of sensitivity, showing gentleness and kindness towards everything we encounter.

#### Authority of our life:

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

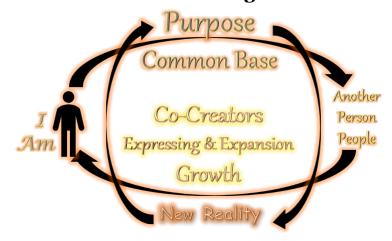
#### Preacher freaks out:

Hear the preacher freaking out; you can't let any voice in your head tell you what to do. They say that you can't trust your heart. My response, how's that working for you? Religion is the most pathetic violation of heart because they do it in the name of God. With that said, it's not all about feelings. We need structure in our lives, healthy boundaries based on a clear purpose. People who just go by feelings end up becoming self-absorbed, just doing whatever feels good, which more often than not means physical comforts in the name of 'self-care'.

## 2<sup>nd</sup> Pillar **Purpose**



Heart connects our relationships towards realizing the highest good. When we live from our Heart, there is nothing more we want than to serve others, rejoicing in the happiness and blessings that are created from our giving. This is the essence of integration. All Hearts are connected as One, therefore, Love standard of truth, beauty and goodness revealed from the Heart will be one that everyone can find a common base for agreement.



#### The Imperative of Purpose:

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

#### Truth, Beauty & Goodness of our Ideals of Love

Our Ideals of Love reveal the Truth, Beauty and Goodness of Love. These core elements of consciousness are rooted in philosophical, mythological and religious teachings. Where there is intellect, emotion and will, so too is there truth, beauty and goodness. Triads and trinities that correlate to truth, beauty and goodness are Logos and Pathos and Ethos, Thinking, Feeling and Doing, Mind, Spirit and Body. They show up in our stories as the scarecrow, tinman and lion, the three fairy godmothers, the three pigs. There are represented as science, art and

religion, as the archangels Lucifer, Gabriel and Michael, and the three wise men. The Waldorf school (where my children attended) the curriculum is designed centered on Rudolf Steiner's teaching on truth, beauty and goodness. In the early grades it is taught as the fundamental goodness of life through religious and mythological stories. Beauty is incorporated through an emphasis on the arts, music, dance and handwork, focused on developing critical thinking and discernment of truth in science and literature.

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

**Truth:** Love's standard of truth always works through Universal Truths. These are the unchanging principles, the virtues of Love that are present between all relationships.

**Beauty:** Love's standard integrates the unique attributes that make up the whole, which is the expansion of Love as Beautiful. Every system is made up of the unique contribution that each individual brings, which is beautiful to behold.

**Goodness:** Love's standard always brings a Unifying Goodness of integration, as the Universe is a manifestation resulting in harmonious, sustainable abundance.

## The Truth of Love

## Universal principles



#### **Truth throughout the Universe**

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

This recognition validates that everything originates from the same principles. The Force of Ideals of Love is the beginning, the middle and the end, from the smallest particles to the Galaxies, culminating in the magnificent workings of the human form, our mind, body and spirit.

Our need to grasp intelligent design is reflected in our drive to master our understanding of mathematics, astronomy, physics and all the sciences. Our ultimate quest: a metaphysical understanding that will bring it all together- I propose that this very framework of The Truth, Beauty and Goodness of Ideals of Love is the Grand, Unifying Framework!

#### Truth for realizing our purpose of Love

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

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

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

#### <u>Virtues related to the Truth of Love:</u>

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

## The Beauty of Love

### Unique expressions, infinitely expanding



#### **Beauty throughout the Universe**

Love flows through us like light travels through a prism; we all see the world as the same while at the same time seeing it uniquely through our point of reference. We are also able to see it through other's reflection, expressing and expanding love in infinite, ever expanding varieties.

Beauty is attractive, and we can certainly see that the forces of energy behind the matter throughout the Universe are inextricably attracted to each other. This is expressed through positive and negative charges, with the proton and the electron as the basis, building molecules, all the way through the kingdoms of plants and animals. This law of attraction manifests itself in the breathtaking beauty on every level of existence.

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

#### Beauty for realizing our purpose of Love

The vast array of beauty in the Universe gives us certainty that we are each uniquely beautiful. We are a gift to the world, sharing Love like only we can. In our becoming of Love, we have a choice in how to expand our unique expression of beauty. And as we expand beauty, we contribute to the infinite dynamics of human potential.

How wonderful that each person is an ever- expanding Universe of Love unto themselves. Such an awareness helps us appreciate how precious it is that we can encounter so many people throughout our life. Surely this is why we have an eternity to enjoy each other's company!

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

#### **Virtues related to the Beauty of Love:**

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

## The Goodness of Love

#### Unifying benefit of all



#### Goodness throughout the Universe

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

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

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

#### Goodness for realizing our purpose of Love

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

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

#### Virtues related to the Goodness of Love:

Patience, Righteousness, Kindness, Confidence, Courage, Generosity, Friendliness, Helpfulness, Moderation, Perseverance, Tenacity, Tolerance, Responsibility, Agency

#### **Belief System of Love**

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

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

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

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



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

We can empirically prove this is the case through our observation of the natural world. As our scientific horizons peer deeper into the workings of the Universe, the design of Love becomes undeniable. We are without excuse in grasping this reality, for throughout the eons of time, everything in the Universe is imbued with and manifests the divine value of Love, the visions of Love and the purpose of Love. This is made possible through the supreme standard of truth, beauty, goodness!

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

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

On this premise, the path to fulfilling our potential for Love can be realized in the same way that The Universe is the fulfillment of Love. We need only observe the immutable laws and principles that are behind the infinite varieties of beauty, all building upon each other in a harmonious expansion of the highest good. This is our Heart revealing the standard of Love, manifested as the majestic Universe! By aligning our beliefs with this same standard of truth, beauty and goodness, we can reach our highest expression of being, the enlightened consciousness.

#### **Force of Life:**

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

#### **Force in History:**

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

#### -Force of Universe:

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

#### -Purpose of Life:

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

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

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

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

#### **Centered on Purpose:**

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

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

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

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

#### **Begs the Question:**

Acknowledging the design of our lives and the Universe as the truth, beauty and goodness of our highest Ideals of Love begs an important question; why is humanity so screwed up? Why has there always existed the antithesis of this purpose- conflict, suffering, misery, war and the worst forms of deprivation and violation of Heart?

The only way to answer that properly is to examine the process of how we bring our Ideals of Love out from the realm of possibility and into the realm of reality. This first two pillars of Heart and Purpose are foundational. Now we will examine the next five pillars which have to do with process.





## Beliefs inform our freedom to respond to choices in our becoming of Love

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

#### **Realm of Potentiality:**

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

#### -Smart Monkeys:

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

#### **Endowed with a Spirit:**

That spirit was breathed into us. Here for punishment, realm of suffering to transcend, disobeyed- this is realm of hell. Fell asleep, need to wake up from the dream.

#### **Our Story:**

I do not wish to impose anything on anyone, as it should come from within your own self. All this teaching is a story, you don't have to believe anything. When you look at these two divergent stories, which one would you rather support? What is the outcome of these teachings? What is the narrative you drive into the world? We can't know for certain, as with the existence of Heart and purpose, but we can decide which narrative we would rather support.

#### **Unique Incarnation of Divine:**

This is the IDEALS OF LOVE Story: We were evolved animals that were bestowed with a Unique Incarnation of the Divine. As for me, the way a newborn is pure consciousness is proof enough. And the way we cherish the life of those we love, knowing they are unique in all the universe. We feel like we are the center of the universe.

We are child of God, we have the power of choice, the power to create. We are eternal vessels of Love. We are the winners, this is enough in and of itself. Eternity- imagine it. Astrology and all the myths about our eternal self and unique character. We have free will to choose love- this is how we bring IL to the next level.

#### **Consciousness:**

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

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

#### **Nothing More Powerful**

Beliefs are how we make decisions that insure our choices lead us to our desired outcome. We take on beliefs that inform us of how to fulfill our highest potential for happiness. As such, believing in Love's purpose is the prerequisite for realizing Love's purpose. To say you don't believe in something is a belief unto itself and choosing to remain ignorant about what you believe is a belief in ignorance. The clearer we believe that an outcome is possible, the more likely the chance it will be realized. In this regard, our life is only as large and as powerful as our strongest beliefs. **Building Beliefs** 

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

#### To Believe

Shaping our Consciousness and the Person we Become

Intellect - What we understand, our truth

Emotion - What attracts us as beautiful

Will- What we stand for as goodness

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

#### **Standards**

Where do we take on our beliefs? Beliefs are taught to us, by word and by example. We trust that the people who teach us our beliefs want the best for us, which naturally includes giving us beliefs that will serve us in making good choices throughout our lives. However, when we examine these beliefs, we see that they originate from different standards of what is understood to be true, beautiful and good. Some standards are radically different, even contradicting each other. Is it any wonder that there is so much conflict within and around us if our relationships are built upon and functioning out of completely different standards?

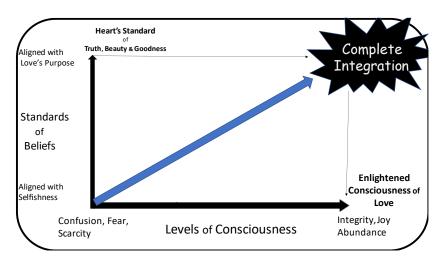
We experience these underlying contradictions in the shock we feel when we think we know someone, only to have them say or do something that betrays the person we thought they were. It creates an unpredictability in relationships that can be unsettling, if not outright disturbing. Still worse is when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

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

#### **Consciousness**

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

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



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

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

At a time when levels of consciousness are exposed, we may find ourselves at odds with those whom we had shared similar views until now. I find myself arguing with members of my faith community for supporting Trumpism- which exhibits a cringe worthy level of consciousness. It has been a tremendous wake up call, giving me the clarity that our Hearts will never be united based upon external constructs, such as religious doctrine, social status or political ideology.

#### **Truth, Beauty and Goodness from Heart**

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

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

## 4th Pillar Integration



## Showing up with an integrated consciousness, always seeking to be a person of integrity

#### **Integrated:**

TBGIL Integrates all areas of life, all relationships. We realize that we are indeed creator, in the center, but are there together with all the other creators, and a part of this integrated system, harmonizing in this system, each playing our own role because we have a unique vantage point, a unique point of reference. All others are also creator, so we are co-creators. We have our unique place, like in a system of integration. Heart=Parent, We are children, siblings, one family, we say all one, but just conceptually. One World of Heart is what we are trying to create, to realize. We are all one happens in results.

A person who grasps that they are part of a whole are integrated. It is because of a higher purpose that we can know this. It is the point of reference for truly having integrity. This is where the needs of individual are met with needs of whole.

## A Standard for Complete Integration

Humanity has been searching for a standard of truth, beauty and goodness for building beliefs that are aligned with the knowing of Love, allowing us to realize a consciousness of complete integration, fulfilling our original purpose.

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

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

around us! The standard of a Love consciousness shall also bring with it a framework of complete integration.

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

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

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

#### **Zenith of Consciousness:**

Parapsychology suggests that energy is consciousness, expressed as a spectrum of vibrations, physical reality as a slower vibration and mind/psyche a higher vibration. Our psyche physical transcend body, allowing can our resonate/communicate directly with another person's psyche. The spectrum of energy, be it physical, psychic, or spiritual, comes from a unified Source, the Original Consciousness. It is the Oneness of everything, an interconnected web of all relationships- otherwise known as Love. If the highest expression of Love is One Heart, the zenith of consciousness that a human can attain is that of One Heart

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

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

how it is working in our life, in our relationships and indeed, throughout all human history!

The points in our Blessings Journey are all connected by the same purpose of realizing Love. This means that how we behave in one area of life has an impact on all other areas. It means that even when we feel good about how things are going in our life, if other people are suffering, we can't really say that our life is complete. It means that we must pay attention to what's happening around us, because invariably, it will have an impact on our lives and the lives of our loved ones.

Integration can be compared to how our body works; everything is in harmony, supporting the health of each individual cell which supports the health of the whole. Yet it only takes one cell that goes against this design for the whole body to become cancerous. If this is the case, then our world is sick because it is full of the cancer of selfishness, which means we have no model of what a healthy world looks like. The model that integrates our relationships is a model of perfect health, preventing the cancer of selfishness while exposing dis-integration. This is IDEALS OF LOVE!

#### **Naming our Relationships**

To create an integrated model, this framework for building healthy relationships, we need to name exactly who and what we are in relationship with. Only then can we become intentional in our striving towards realizing Love. An example of this is our breathing. In a guided meditation, we are told to pay attention to our breathing, in through the nose, out from the mouth. Even though we breath all the time, it is only when we name it and become intentional in our relationship to it do we fully realize how nurturing, relaxing and valuable it is. As we will explore, many of our relationships have suffered because we didn't connect with how much we valued it.

Examining our Blessings list, we can identify seven areas of relationships. Each area overlaps and is interconnected with the other. I have identified each Ideal of Love point with its respective relationship. They may be interpreted differently, based upon the motivation, which can even cover multiple relationships.

#### **The Seven Integrated Relationships**

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

#### 1<sup>st</sup> Relationship Area

#### Source: Parental Heart

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

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

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

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

### 2<sup>nd</sup> Relationship Area

#### Soul: I am Love

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

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

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

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

# 3<sup>rd</sup> Relationship Area **Mind & Body: Physical Care**

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

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

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

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

# 4<sup>th</sup> Relationship Area Couple: Lifelong commitment

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

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

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

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

# 5<sup>th</sup> Relationship Area Family: One Heart Connection

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

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

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

# 6<sup>th</sup> Relationship Area Nature: Universe of Love

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

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

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

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

# 7<sup>th</sup> Relationship Area Peace: Cocreating Love

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

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

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

### 5th Pillar

# <u>Alignment</u>



Figuring out what our role is in the world through our values, visions and missions

I engage my Intellect, Emotion & Will My Logos, Pathos & Ethos for building integrative beliefs based upon Love's Standard of Truth, Beauty & Goodness revealed within my Ideals of Love that come from connecting with Parental Heart, allowing me to align my Values, Visions & Missions towards realizing Loving Relationships, that my Thinking, Feeling & Doing is my becoming Love in Mind, Spirit & Body Building Harmonious relationships, Connecting with others through conversations of Love!

#### **Common Base**

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

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

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

#### **SIVVM**

Now we align our Unique Incarnation/integrated consciousness with TBGIL knowing/beliefs to figure out our place in the integrated design. This is where we are figuring out our unique self by asking what is valuable to us, corresponding to

Truth, what we envision, corresponding to Beauty, what we commit to as our mission, corresponding to Goodness.

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

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



# 6<sup>th</sup> Pillar **Creators**



Now comes the point of unleashing our power to create by Engaging, Expressing, Experimenting, Experiencing and Expanding-



Imagine a natural setting- like this image of the Grand Canyon. The sheer magnitude of the cliffs across the horizon, the layers of color and texture, the depth of beauty within the details. A scientist would tell us that it took billions of years for such a magnificent scenario to evolve. Then along comes a painter to capture this scene on his canvas. He uses rich colors to exaggerate the light and intensity of what he observes, making for a painting that can be even more grandiose than the actual nature.

Consider that the painter is also a manifestation of billions of years of evolution. As such, it can be said that the creation is painting itself- creation is recognizing its own truth, beauty and goodness through us, experiencing Ideals of Love through us! It is a 'self-awareness' experience of nature has been proven in the groundbreaking experiments of researcher Masaru Emoto:

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

#### **Created Becomes Creator**

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

# 7<sup>th</sup> Pillar **Family**



The ultimate motivation is to experience joy, which is realized in its fullest as one family. Once we realize that the Universe is conceived from the longing to experience joy that comes out of relationships, we understand that Heart is our Source as a child comes from its parents.



With Heart as our authority, people will be tripping over each other to perform acts of kindness. We will be as one family.

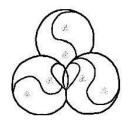


#### **Motivation of Creation**

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

#### One Heart, One Family:

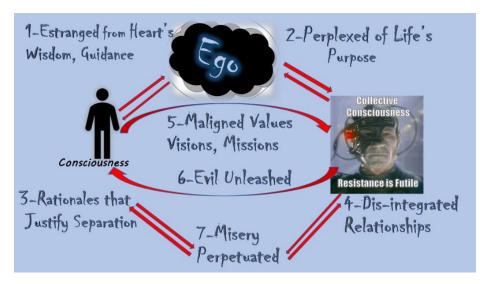
Where do we find evidence of this? It is everywhere around us. Higher Purpose is imbued in all the creation, it is within us and who we are at our essence, it is the majesty of our body, it is the magic of romance, and the warmth of family and community. It is the vision of a world of peace and harmony,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



# 7 Problems

# Diagnosis of Sickness

The model of health exposes the exact areas of sickness that have plagued humanity for all time



# 1st Problem Estranged

To be disconnected from our relationship with Heart, unable to receive it's wisdom and guidance for our lives. This has been the human condition and the genesis of all problems that lead to perpetual misery.

#### Heartlessness

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

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

Lacking a clear connection to Heart and the meaning of life is analogous to confusing a wood instrument as kindling for a fire. Imagine if a person came across a guitar for the first time, and being clueless to its purpose, he sees that it is made of wood, and because wood burns and because he is cold, he uses it for firewood. Like the guitar, when people are confused about the purpose of their life, they do not realize their precious value and the potential that life holds for them. Such a confused and ignorant person runs the risk of throwing their life away, which unfortunately happens all the time.

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

#### **Authority from Without**

How is it that the institutions that grew out from teachings of Love came to believe that only their religion holds the supreme standard? They give lip service to 'finding the kingdom from within' yet make it an imperative to devoutly obey their Holy Book as the indisputable 'Word of God'. The inconvenient reality is that these books were written and curated by fallible people. The various interpretations of these texts are sometimes literal and other times figurative, creating contrary teachings that have always been a source of conflict and suffering.

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

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

#### Can't trust your own heart:

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

With that said, it is fair to ask; How does someone know for sure that the voice they are hearing from within is coming from Heart's wisdom and not just unhinged mind chatter, the dreaded ego, or perhaps other entities of consciousness? This has been the difficulty throughout all time. Because of the lie of not enough Love, which disconnected us from our own Heart and the Source of Love, it has opened the flood gates of flawed and confused beliefs, leading to an existence where our survival depends upon creating a pseudo-self, what some call the 'ego' and others call our 'fallen persona'. Any voices coming from such a space as this is not our inner wisdom.

### 2nd-Problem

# Perplexed

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



#### **Confused**

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

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

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

Still others believe that to even presume to know life's purpose is irreverent. We can never know the 'mind of God', we must accept suffering as a mystery of faith. The most insidious belief is that we are incapable of realizing our purpose, that humans are nothing more than smart mammals that invariably place personal survival above all else. Hence the rise and fall of civilizations, which will surely repeat itself as a matter of time. Humanity cannot sustain another cycle of rise and fall, the planet is in peril and our weapons of destruction are too fatal to unleash.

We do not have the luxury of tolerating this complete disregard of what we know is meant to be. As for me, I am exhausted with the hedonistic stupidity and nonsensical limbo that is inherent in the absence of meaningful purpose. Yet, if you hold any of these beliefs, you may feel the cognitive dissonance of your believing and impulsively come to their defense.

Think of beliefs in terms of maturity; there was a time when these teachings were relevant, but in our maturity, we have transcended them. If we hope to align our beliefs with our knowing of Love, we must examine and purge any that lead to selfishness, hypocrisy, exclusivity and blind faith. Limiting beliefs become self-fulfilling prophecies. They are the basis of dystopian worldviews, conspiracy theories, apocalyptic cults and religious fanaticism. Can we accept any of these rationales as an excuse for our lack of peace? Is life really that abstract and opaque that we are unable and unwilling to come together centered on our deepest knowing of Love? Can we solve the problems in our world using the same beliefs that created them?

#### **Disunited**

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

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

It's analogous to traffic lights; what if there were disagreement on which color of light meant stop and which meant go. It would be mayhem. We couldn't go through an intersection without the fear of being hit. Eventually, it would devolve into an every man for himself mindset, where the brutes and careless drivers win out. Isn't this exactly what we have right now? Regardless of the progress we make, our lack of unity wipes it all away in a flash, as has happened countless times throughout history. When we are not unified on our purpose of Love, we lack meaning and the vitality of growth that allows for Love to be expressed and expanded in our relationships.

#### **Uncertainty**

Disunity in our relationships contradicts our beliefs in Love, compromising any conviction we may have had. Good people lose their will to act, becoming indifferent to the problems of the world, undermining our pursuit of peace. Consequently, humanity is held hostage by the lowest common denominator, where madmen reign and self-serving people control the rules.

Lacking certainty in the meaning of life is analogous to confusing a wood instrument as kindling for a fire. Imagine if a person came across a guitar for the first time. Being clueless to its purpose, he sees that the guitar is made of wood, and because wood burns and because he is cold, he uses it for firewood. Like the guitar, when people are confused about the purpose of their life, they do not realize their own precious, divine value. Such a confused person runs the risk of throwing their life away, which happens all the time.

Purpose is often thought of as our career or a personal pursuit. Yet even those who have fulfilling careers invariably question whether the life they have is the life they are supposed to be living. It is a feeling that they are leaving something left unfinished, are missing out, that life is passing them by. No one wants to live their life in vain or dwell in a hell of regrets.

These complex sensations of loss are difficult to articulate. The German word Sehnsucht [ˈzānˌzooKHt] is defined as; 'the inconsolable longing in the heart for we know not what, an

intense desire for something whose attainment is uncertain, a wistful yearning for travels that have been and travels yet to come, a yearning for a far-off land one can identify as Home'. The Welsh word Hiraeth combines elements of homesickness and nostalgia, interlaced with the acknowledgment of an irretrievable loss from time gone by, a place and people that can never be recreated.

Some of our melancholy emotions are part of our passage through time, moving inextricably towards our death. Others are shadows cast by Love, the unavoidable heartache of loss, or the struggle through challenges and change. But the dark emotions of loneliness, depression and suicidal thoughts are the antithesis of Love. Feelings of alienation and despair cannot simultaneously exist with feelings of connection and hope. Yet this is the human condition, and it is not as it should be. Our uncertainty of Love's purpose has robbed us of the deep joy that our divine value bestows upon being alive.

# 3rd Problem

# Rationales



Beliefs that rationalize the current human condition are the source of our misery. They are riddled with confusion, are flawed and limiting. Beliefs that disintegrate our relationships are often guised as promises for Love; religions that teach exclusivity doctrines, substances that give us a false sense of wellbeing, pornography that mimics intimacy, exceptionalism that leads to racism, entitlement that justifies our greed, consumerism that masks our feelings of emptiness. They are lies that we have come to believe are true.



#### **Epitome of confusion**

Our paradigms have been corrupted with confusing, flawed and limiting beliefs. Many of these beliefs originated out from human ignorance of consciousness of Love and of the natural world. The paradigms that perpetuate these beliefs are not a part of the solution in realizing peace, but have become part of the problem.

#### Freedom and Responsibility

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

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

Freedom is our ability to respond to choices. Because we live in a world where beliefs exist that result in dis-integration, we are required to have a response to everything that exists, regardless of being integrated or disintegrated. This reality is poignantly made in the writing of Elie Wiesel, a holocaust survivor, who explained that 'the opposite of Love is not hate, it is indifference'. When we do not have a response for dis-integrated beliefs, we commit the sin of omission, as did millions of good people who stood by in the face of evil. Not responding to dis-integration is a Faustian pact we make with our ego, choosing comfort and cowardice over conviction of Love's purpose. To maintain a free spirit of Love, then no response in the face of disintegration is not an option.

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

#### The Original Big Lie

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

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

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

# 4th Problem

# Dis-integrated



When we act upon beliefs that run contrary to fulfilling Love's purpose, it does not serve to integrate our relationships, but instead 'dis'-integrates them. A dis-integrated Consciousness is one of separation, which is a fearful place to be, leading to scarcity and greed. It is the manifestation of confused beliefs.

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

Relationship	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,
2 <sup>nd</sup> : 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 <sup>rd</sup> : 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 <sup>th</sup> : 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 <sup>th</sup> : One Family of Love	healing historical enmity, connecting generations, building community/connection, support those raising children- teachers, coaches, parents, promote peace organizations.	Racism, sexism, ageism, xenophobia, alt-right politics, white supremist, hook-up culture, unwanted pregnancies, broken homes, individualist culture.
6 <sup>th</sup> : 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 <sup>th</sup> ; World of Love	Heart centered governance, equality, human rights, freedom, unleashing creative potential, building for the future.	Alt-right, poverty, starvation, military industrial complex, corruption, fascism, materialistic communism, authoritarianism, consumerism

#### Ego and Sin

The contrasting results between integration and dis-integration provides for extraordinary insights into a multitude of life issues. I would go so far to say that we have exposed the exact line of demarcation between experiencing a life in constant heaven verses experiencing an existence of perpetual hell. It brings clarity to two core concepts; ego and sin. These two ideas may seem unrelated, but they are virtually one in the same.

'Ego' is an evasive word. Psychology defines it as the way a person looks at themselves. In spiritual vernacular, 'ego' has the connotation of being self-absorbed, even a kind of entity of darkness that invades our mind, creating a 'fallen' persona. I propose that ego is a survival mechanism that comes into being when we recognize that we live in a world of separation, where relationships are unnaturally dis-integrated. Likewise, 'sin' is a Latin word that means 'without', which perfectly corresponds to the idea of living without integration in our relationships, causing us to act from a place that results in dis-integration.

Ego and sin begin with the same lie; 'there is not enough Love for me'. This is a message that most of us receive at some point in our developmental years. Such confusion immediately creates a crisis of identity- 'if I am not lovable, what am I?' This follows with the belief that by latching on to external things will give us value, leading to the need to be in control, to have power over other people. This in turns leads to justifying our abnormal state of being by normalizing it, perpetuating confusion unto others.

# 5th Problem

# Maligned



The result of being disconnected from Source, not knowing purpose, beliefs that confuse, disintegrated life is that we are maligned.

What perpetuates our self-inflicted foolishness? Why do we keep repeating the same mistakes?

There is one explanation to this willful ignorance and deceit — Maligned

Such is the source of values, visions and missions that set the trajectory of destruction and misery

#### 1. Social Darwinism and the survival of the fittest

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

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

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

#### 2. Duality of forces

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

The perceived conflict in nature has a singular difference than the conflict within the hearts of men; Nature produces an outcome that expands the expression of Love, whereas human conflict produces heartache and pain. Some would point out that hashing out differences, be it in a marriage or in politics, is a form of conflict that can yield positive results. The distinction is in the motivation of Heart. If the argument is done with a heart to come into a new agreement that benefits both parties, then this 'conflict' is a healthy conversation. If the motivation is to break down, humiliate and subjugate the other party, then it is a destructive conflict that yields nothing positive.

This theory is effectively saying that 'God' is schizophrenic. Even worse, God is a sociopath who entices us with a promise of Love and peace while at the same time unleashing the forces of hatred and war into our hearts, our relationships and our world. We can negate this flawed theory simply by considering what any parent wants for their child.

#### 3. It's all a Dream of illusion

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

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

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

#### 4, Abundance gospel and possibility thinking

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

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

Secondly, life is NOT a blank field of possibility, or an empty canvas, but instead it is a very deliberate canvas is Love. Our Purpose is found by connecting to our highest Ideals that come from our Hearts. We do not live in a bubble but are intricately connected to each other in a divine plan of Love. We are not the

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

There is a verse to a song 'you can't always get what you want, but you get what you need'. We choose to act on experiences that reinforce our knowing, which informs our values, visions and missions- our beliefs. This is the essence of who we become and the reality we create. We do indeed have the power of belief to affect our reality, but we are in a co-creative process within a physical dimension of time and space. All experiences are ultimately about growing our capacity to Love. We may have constraints that demand of us to live life on life's terms. An unknown author wrote a poem that ends 'I got nothing that I asked for, but everything I hoped for, and despite myself, my unspoken prayers were answered- I amongst men am most richly blessed'.

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

#### 5. Absolute Predestination

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

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

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

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

The more insidious consequences of this doctrine are bigotry, prejudice, zealous radicalism and a screwed up political agenda. It begins with the belief that God has predestined a select few for eternal life and the rest of us will either disappear, total nonexistence, or burn in the fires of eternal damnation. This belief makes God into a sociopath, one that has already determined our

fate, but still relishes in putting us through the test of a suffering life. On the day of judgement, the chosen are whisked away to Heaven while the rest of mankind fights a war called Armageddon which lasts for 10,000 years, after which we may be granted a second chance. What earthly parent would design such a plan for their children? The Ideals of Love exposes these flawed beliefs for the inherent hypocrisy and utter confusion that they are.

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

#### 6. Willful ignorance through cognitive dissonance

Cognitive dissonance is a term which describes people's confusion about what they feel and what they believe and makes them vulnerable to manipulation. The political climate of our time is a perfect example of this problem. It is no secret that Mr. Trump says things that are either grossly misleading or blatantly false. Yet to his loyal base, they embrace these falsehoods, going so far to say that Mr. Trump never lies. What is happening here? The person experiencing a dissonance of emotion might know they are being lied to and that something isn't right, but because they are heavily invested in the story that this relationship has, they are given a cognitive justification that will relieve their dis-ease even if it's a blatant lie.

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

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

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

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

### 6th Problem

### Evil

We have the power to create. What we create is totally up to us. There is a thing that we create that is so vile, so absent of humanity, that the best word we can use is evil. Perpetrators of evil have no regard to the wisdom of the Heart. whitewashed tombs and walking shadows.



#### The nature of evil

Superhero movies have become an extremely popular genre. The plot is nearly identical for each of them; an evil force threatens humanity but is ultimately defeated by the good guys in a last-ditch effort of heroics. The evil villain is filled with hate, seeking absolute domination and destruction. Our heroes are well-intended in spite of their shortcomings and are able to rise up to the occasion to save the world. We are attracted to these narratives because of the clear distinction between good and evil.

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

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

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

As to whether a person can actually be possessed by a resentful spiritual being, we need but consider this relationship in earthly terms. Throughout our lives we attract those who share in common what we think, say and do. If we like to party, we hang out with people who like to party. If we like to talk about sports, we hang out with people who are interested in sports. If we believe in a certain ideology, we attract likeminded friends. We gravitate to the 'realms' of relationships that validate who we have chosen to become. Hence, if our words and actions do not realize Love, it may certainly be influenced by others, but it is not the responsibility of others. If we have been 'possessed', or corrupted in our thinking and feeling, the root can be found in our ignorance of Love's purpose and the flawed beliefs that hold us in the place of these activities and relationships.

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

There is no belief system, no political ideology, no social construct, that states unequivocally that realizing lives, relationships and a world of Love is our single, unifying purpose that we agree to strive in realizing. The world in which we live is deeply polarized, existing between the knowingness of our Ideals of Love and the reality of fear, scarcity, divisiveness and self-centeredness. Instead of promoting peace, our leaders advocate for military build-up and economic growth regardless of negative impacts. Businesses promote an 'us first' attitude, fueling corporate and personal greed over the well-being of the whole while jeopardizing the environment at a time when changing our old paradigm of consumption must shift.

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

## 7th Problem

## Misery



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

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

#### Normalization of living in the shadows:

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

The shadow is a natural and inseparable by-product of light. In this metaphor, the shadow represents the physical realm and our bodily experience while in this realm. Our interactions with each other and all things are the essential, driving engine of our spiritual growth. Shadows bring dimension and texture to light. And life, like the shading of shadow, is rich and interesting because of the many changing shades of experiences we can have while in this realm of the physical.

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

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

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

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

**Fourth:** They need to justify this pseudo reality if they are to keep believing and justifying that they are right. Therefore, they must convince others of their viewpoint, multiplying their delusion and confusion to the point of utter madness. They will do anything

to protect their illusion, as can be witnessed in the despotic leaders throughout history until today. Our current reality and the culture that reinforces it is steeped in the confusion of this flawed belief system of the shadow. We all must share in the consequences of this pseudo reality, this insidious ignorance of our purpose of love.

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

#### Perpetual Misery of the 1st Relationship

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

Even those who profess their relationship with Source are often more bound to their doctrines of faith and the tribalism of their religion than they are to building a genuine communion with Source. Consider the religious strife throughout history, even to this day, and the horrors that have been committed in the name of God. Such hypocrisy is on full display in religious people's support for fearmongering politicians who espouse racist, xenophobic, hate filled views- embodied in the grotesque MAGA cult.

Blatant hypocrisies like this have historically given rise to counter ideologies that expose their lies and manipulations, ultimately choosing to totally reject the existence of Source. In the absence of a belief in spirit, Communism committed unspeakable atrocities and mass murders. Other forms of atheistic materialism disregard all moral values, giving way to the philosophies of Hedonism- the sole pursuit is pleasure and self-indulgence, Nihilism- the rejection of all moral principles in the belief that life is meaningless, to name a few.

#### Perpetual Misery of the 2<sup>nd</sup> Relationship

When we are separated from our connection to Heart, we lose sense of our own divine value. This results in all forms of self-abuse and the sabotage of Love. Being alienated from our Heart is a lonely place, causing depression and addiction. We take on a victim mindset that leads to projecting our pain and anger out to others, justifying all sorts of perverse selfishness expressed as wanting to commit emotional, even physical murder.

The disintegrated soul has been a part of humanity for so long that it has become imbedded in our psychology. This dis-ease has much to do with the epidemic of mental health disorders. Sociopathy, narcissism, bi-polar, schizophrenia, anorexia, phobias, self-mutilation, multiple personalities. Could it be that these manifestations stem from our disconnect from Heart?

The disintegrated relationship from soul confuses us of our own potential, preventing our self-actualization. When we doubt our own greatness, we lose confidence and self-sabotage our work. Thus, we are unable to support and acknowledge other people's greatness, even leading us to resent their success. The Jonah complex, as in Jonah and the whale, is when we run from our calling to do amazing things with our life.

Disintegration of not knowing our divine value makes physical death one of fear instead of celebration. While grief is the perseverance of Love, when we are ignorant of our eternal self as the continuum of that Love, death becomes a hopeless sense of loss, a perception that causes inconsolable heartache and pain.

#### Perpetual Misery of the 3<sup>rd</sup> Relationship

The disintegration of mind/body occurs when people do not understand the value of their physical lives. Heart connects us to the life-giving vitality of Love. On a cellular level, we disintegrate when we are separated this Source of Love. In its absence we fell dis-eased, making us vulnerable to physical and mental health problems, moving into realm of death

When this agitation becomes our constant state of existence, we tend to give up and let ourselves go, abandoning any hope of change. This leads to careless lifestyles that waste away the mind/body and alienate us from nurturing relationships. Drugs, alcohol, smoking, over-eating, slothful inactivity. It is at this level of disintegration that our mind and body enter the realm of death. To be live more abundantly, we must seek to reintegrate our relationships through reconnecting to our Heart.

When we confuse our value in terms of physical appearance or intellectual prowess, we objectify people, leading to sexism, racism, ageism, and discrimination against handicap people. Vanity and conceit is the result of those whose are ignorant that their physical self is a vehicle for Love.

A culture that fails to teach our intrinsic value of Love views aging as a bad thing, sending a message to youth that old people are irrelevant and waiting to die. Hence, disintegration has even poisoned the golden years of life. What should be a sacred time to convey memories and lessons of Love to others has become a dreaded endgame of mortal death.

#### Perpetual Misery of the 4th relationship

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

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

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

#### Perpetual Misery of the 5th relationship

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

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

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

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

#### Perpetual Misery of the 6th relationship

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

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

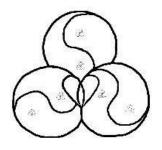
Denial and lies about global warming are held by those who are either stuck in magical thinking, have religious misconceptions or are scientifically challenged. This willful ignorance, selfishness and neglect has resulted in our continuing to leave a damaging carbon footprints, which disrupts weather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

#### Perpetual Misery of the 7th relationship

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

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

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



# 7 Practices Cure for Healing

Our Path to healing the deep wounds in our lives and throughout history is the ultimate revelation of this new paradigm of peace



#### 1st Practice

## Connect with Wisdom of Heart by Blessing Lives of Others



The Blessings Exercise is the gateway to see the world through eyes of parental Love, giving us wisdom, compassion and caring of Heart



#### **Real Self-Awareness**

Incorporating an awareness of Heart into our daily lives is essential for true peace and happiness. The key that unlocked the Blessings was when I asked the participants to think of someone else. Putting our mind on the wellbeing of others is how we accessed this sacred place of the Heart. The purpose of Heart is always other centered, always considering the welfare of others before self. It is from the heart that we hear the voice whisper 'there must be more to life than this'. Call it what you want; your conscience, your heart, your soul, your intuition, the important thing is that this inner voice is motivated by a force that is leading us out from a place of hopelessness and into a place of hope, a place where we can believe again that tomorrow will reveal to us new possibilities for Love, joy and happiness. It is a voice that drives away the fear of our scarcity and replaces it with the hope of our abundance. Our inner voice provides us with more than wishful thinking.

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



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

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

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

Imagine being a parent in this predicament with a teen son or daughter. Your child is at that age where their emotional, mental and physical development has not quite matured. It is a vulnerable time, a time when they can make poor choices based on misguided input, let's say from a friend who doesn't have the same values on Love. The first impulse may be to remove the child from that friend, yet the child is becoming an adult, and your intervention of his personal responsibility to make good choices could result in rebellion, which is a natural reaction of the human spirit when our personal freedom is violated. And if not rebellion, it may end up stunting or delaying that child's ability to take personal responsibility, which may result in making even more damaging choice at an older age.

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

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

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

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

The parent always wants what's best for their child. Would a parent intentionally inflict struggle into the life of their child in the name of growth? I am the father of five children, and my parental heart would prevent me from ever doing such a thing. Perhaps there was a time when people thought that inflicting intentional struggle was a form of character development, but fortunately we have learned from our mistakes, and in this day and age we would promptly report that parent to social services. Good parenting wants to teach our child about responsibility, about understanding that their actions have consequences. We want them to learn the value of hard work, of pushing through challenges, of growing a thick skin in the face of adversity. And all the while, we want them to develop the virtues of compassion and kindness towards others, we want them to thrive in a constant sense of progress and expansion. We want to give them a childhood that is full of growth, not full of struggle. We want them to have a lifetime of opportunities to strive for and experience our greatest potential for love.

In the multiple iterations of this workbook, this section on the story of Love was one that I hesitated inserting. There are certain ideas that may come across too faith based for some people. And for others, their experience with parenting may have been negative. As I came closer to the final construct of the flow of ideas for this program, I had a powerful epiphany that showed me that not only was this lesson important, but it was also the most central and transformational insight of all.

The best way to explain this is to share how I came into this epiphany. It was on a day when I knew I had captured the essence of the program, and was now at the place for taking action, reaching out, holding programs, planning for the new year. When I came to this place of determination in the past, my urgency to make this a success, I would search out my 'whys', the passion points in my heart that triggered a sense of urgency and boldness to act. My list of 'whys' is fairly extensive; save marriages, save children from the suffering of a broken marriage, give direction and hope to people looking for love, help young people make good choices, build a sustainable career, for myself and others who want to facilitate this teaching, feel vindicated for people who ridiculed and were 'haters', give my children and all people the permission and courage to follow their calling, empower people to stand up and speak out to all the confusion, lies and ignorance of our time, give people who have lost faith a new sense of purpose, reward my precious wife for her believing in me, fulfill my spiritual calling, etc....

On this occasion, none of these 'whys' were doing it for me. Then, as luck would have it, I came across an essay written by a philosopher, that was speaking to the void of meaning that exists for many people, and how it was leading to the worship of false idols in the form of political figures and humanistic causes. He went on to conclude that the only solution to this phenomenon, and indeed the salvation of our species, was to find a meaning that would penetrate the core of our soul, provide us with a meaning so powerful that it would awaken in us a transformational awareness of transcendent value. This author did not have the answer to what

that awakening would be (he established that it wasn't going to come from current beliefs- can't solve the problem with the same level of thinking that caused it) It would have to come from a greater insight. And with this, I knew that the greatest insight that our Ideals of Love give us, through the blessings exercise, is the Supreme Heart, the parental heart of Love.

I knew it to be so, and I knew that if a person took only one thing from engaging Ideals of Love, it is that this Divine relationship was at the core to realizing the fullness of their lives. In fact, this very epiphany took me to a deeper place in my own relationship with Source. Until now, I had referred to Source as, well, Source, and as God, and Universe, and Heavenly Parent, Heavenly Mother and Father. But all that fell short of moving my Heart to the true nature of this relationship. There was really only one pronoun that did it for me- Mom and Dad. Yes, I am now referring to my Higher Power as 'Loving Mom and Dad'. It will certainly not sound venerable enough for most people, but that's nonsense. My veneration for the Source of Love does not change one iota by referring to it by a name that awakens the deepest sense of Love for our relationship.

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

### 2<sup>nd</sup> Practice

## Tell Stories of Ideals of Love Force in our Lives and World

Telling the stories of the Force of the truth, beauty and goodness of Ideals of Love driving

the narrative of our shared purpose of life.

#### **Power of Certainty**

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

If the uncertainty caused by our disbelief in Love's purpose is the root of all our problems, restoring that certainty is the most powerful thing to do. Becoming absolutely certain in our purpose of Love is the foundation for creating a happy and fulfilling life. Connecting with this truth creates in us a constant belonging, that in Love, we are home. We would experience contentment in our everyday striving towards our purpose of Love. Each moment would be an expression of Love, and each encounter an expansion of Love. Our lives would leave a trail of cherished memories, filled with tenderness, joy, laughter and meaning.

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

#### **Galvanizing Points**

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

A powerful tool that I have developed are my passion points. This is a list of things that are deeply disturbing to me and give me a sense of great urgency to champion the story of Love. I encourage you to make your own galvanizing point.

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

#### The Force of Ideals of Love Story

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

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

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

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

#### **My Story**

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

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

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

#### Force of Ideals of Love Story

0 1/20

The force of Ideals of Love has been with you from the start.

They are revealed in everyday encounters, as dramatic life events, or have unfolded over the course of years. Reflect back on your journey and recount a 'Force of Ideals of Love' story.

#### 3rd Practice

## Practicing Discernment, Render Unloving Beliefs Obsolete through the Truth, Beauty & Goodness of Ideals of Love

Reckoning our Beliefs centered upon our TBGIL Purpose



Because of the vast spectrum of beliefs that exist in the world, and the mixed results they have caused, it behooves us to reexamine all we have been told. The IDEALS OF LOVE practices give us a framework to do so. Prepare for the eventuality that some of your deepest held beliefs and the systems which have constructed them may be flawed at their core. Discernment demands that we take a fearless inventory of our beliefs. By owning our beliefs, we become our authentic self of Love. This is a new beginning, where we can all move forward, healed from the past, living according to our beliefs of Love without inflicting any more wounds of ignorance and confusion. Until we resolve the quagmire of confusion that exists in our world, no flawed beliefs shall be spared. Loving and unloving beliefs cannot co-exist in the same space, as sure as light drives away the darkness. Flushing out and exposing unloving beliefs allows us to build a belief for our becoming of Love.

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

#### Scrutinize, Clarify, Purge

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

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

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

#### Faith Beliefs/End of religion

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

Christianity provides the perfect example. Jesus brought a new dimension of Love, ultimately demonstrated by forgiving those who sent him to the cross. This integrative message has driven Christianity's influence, serving to champion the narrative of a Loving Creator. Paradoxically, at the core of Christianity is the teaching of the Creator conceiving salvation of the cross as a means to judge worthiness, believers spending eternity in Heaven, non-believers condemned to hell.

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

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

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

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

These moments of reckoning are a process of radical honesty. Sometimes they are intentional and other times brought on by drastic change. It may sound daunting, but truly it is a healthy process of getting honest with ourselves, taking a fearless inventory of the life we have created and the person we have become. If we lack or resist such introspection, we may end up living a lie. We can reflect upon the trajectory that our choices took us, grasping the power of our free will by the awesome and terrifying consequences that our choices unleashed. It demands of us to take a hard look at the driving force behind those choices.

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

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

to our integrity. My faith belief journey began when I was twenty-two. I became a disciple of Sun Myung Moon, derogatorily referred to as 'the Moonies'.

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

Thousands of singles from across the globe traveled to Korea to participate in the matching ceremony. Father Moon unknowingly (and miraculously) matched two native Coloradans, my wife and me. Other matches faced challenges like needing a translator. Church leaders were pressured to fill quotas, sending unqualified men who were there to 'get a wife'. These matches ended badly or became a lifetime of loveless commitment.

I will confirm the worst of the church's offenses, and there are many discrepancies I want no part of, as with their repulsive support for Trumpism or their pursuit of creating a new 'royal family'. They are called 'true parents', but to truly be a parent means to own up to your mistakes in parenting. They never modeled that for us. That does not make me a disgruntled, toxic, ex-member who has an ax to grind. I am equally prepared to defend

the best of what the church brought into my life and the world, which outweighs the negatives.

It took a long time for me to discern my experiences and dissociate from aspects I no longer supported. I am convinced that this is the course each of us needs to travel; to fearlessly examine our beliefs and discard those that lend themselves to hypocrisy, cruelty, exclusivity thinking and blind obedience. We need also be ready to challenge the power structures that rose up around them, be it our religion, political party, or social circles. Only by denouncing that which is not of Love are we free to move into our own beliefs of Love and find our own community of Love.

Deeply held beliefs can be very persnickety to sort out. Yet until every person can do so, flawed, confused and limiting beliefs will continue to be a source of conflict and suffering. We can salvage the best of our beliefs, which is effectively what Ideals of Love is all about. This allows us to move beyond the worst of our beliefs, which will render them obsolete. There shall come a day when all that remains are beliefs of Love!

#### The TBGIL Exercise:

Love's Standard of Truth, Beauty and Goodness The Belief System of Love

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

This is you of Love, the foundation for building a belief system of Love!

(Jaz' Examples)

#### The Universe is conspiring to support us.

Truth: We are in a relationship with The Source of Parental

Heart that always wants the best for us.

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

**Goodness:** Confidence that it will all work out in the end, a positive outlook on life.

#### We know the joy of serving others

**Truth:** Our deepest joy comes when we want nothing more than to make others happy.

**Beauty:** A serving Heart brings joy into the world **Goodness:** Harmony is everyone is serving everyone.

#### We have the discipline to master a skill

**Truth:** We can do great things, character to see it through **Beauty:** Bringing mastery expresses & expands Love **Goodness:** Elevating our potential is a gift to everyone

#### That we are blessed with lifelong intimacy

**Truth:** Intimacy is within the design of every person **Beauty:** Intimacy is a powerful expression of Love

Goodness: Sex strengthens our commitment, enhances our joy

together and is good for our health

#### A home life that is nurturing and safe

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

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

towards

Goodness: Healthy homes are the foundation for healthy

societies

#### We know life's abundance thru nature

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

**Beauty:** Abundance feels nurturing, cared for

Goodness: Abundance mindset makes us generous

#### Experience satisfaction of our labor

**Truth:** we have the power to bring Ideals into reality

**Beauty:** Being satisfied with our work is a joyful feeling **Goodness:** Our labor adds value and creates wealth for the

benefit of all people and for posterity

## The TBGIL Exercise: Your Belief System of Love from the Heart

<u>Ideal of Love:</u>
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Beauty:
Goodness:
Ideal of Love:
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Truth:	
Beauty:	
Goodness:	
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Ideal of Love:

Truth:

#### 4th Practice

## Anchor our Integrated Consciousness in the IL Symbol

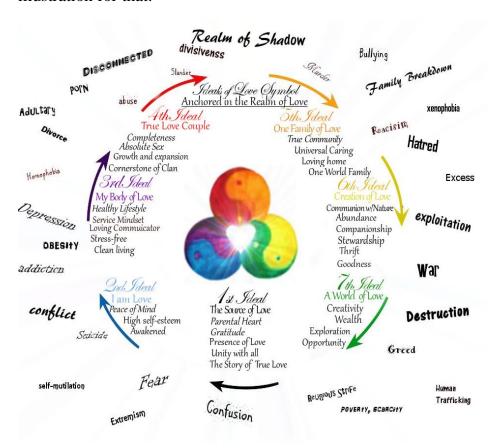
Anchoring our Integrity in Ideals of Love Symbol

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

The IDEALS OF LOVE symbol is a Venn diagram, whose sacred geometry is used for representing integrate dynamic of relationships. It incorporates the yin-yang, which is the ancient symbol to represent opposite yet complementary relationships. The yin/yang circles are perfectly aligned to flow into each other centered upon the Heart symbol, which represents the Source of all other relationships, completed with the full spectrum of color. I envision a time when the IDEALS OF LOVE Symbol will represent for all people a world of lasting peace. I look forward to the different ways that artists will render amazing expressions of the symbol through all types of mediums.

#### **Realm of Possibility**

The Truth, Beauty and Goodness of Ideals of Love are the design of the Universe. All that comes from that design is integrated with the original purpose of life. All that is not is in the realm of disintegration. The IDEALS OF LOVE Symbol gives us an illustration for that:



#### **Three Great Blessings**

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

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

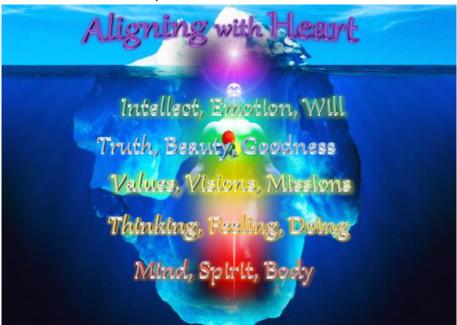
Believers in Abrahamic faiths have not been taught of the significance of these blessings because their core doctrines do not square with the proposition that the original, sole purpose of creation is Love. Rather, these faiths focus on their restoration narratives, with Judaism placing their emphasis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

#### 5th Practice

## Awakening to our place in the world using SIVVM



Aligning our Unique incarnation of Love with the truth, beauty and goodness of our Ideals of Love awakens us to our internal Values, Visions and Missions



#### Centered on Seven Integrated Values, Visions, Missions

SIVVM is radically different that any values, visions & mission statements you've done before. IDEALS OF LOVE provides a framework, an external point of reference for striving towards the purpose of integrating our lives and relationships for realizing peace and Love for all people and all things. As such, our values are based upon what we value in our relationships, our visions are all creating Loving experiences in relationship, and our missions are grounded in our purpose of realizing Love's fullest potential. How this model stands apart from anything that has every existed can best be appreciated by comparing it to methodologies that exist in the business and life coaching arena:

#### **Self-Centered**

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

#### We vs. Them Centered

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

#### **Other-Centered**

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

#### **Values + Visions = Missions**

# Seven Integrated Values Visions Missions

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

#### SIVVM Practice



Jaz' Examples

Why is this person/place/thing valuable to me? What Love do I envision for this relationship? What am I willing to do for this relationship?

#### 1st Source:

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

Visions: I see how Love can grow when I feel

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

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

#### 2<sup>nd</sup> Soul:

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

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

**Mission:** I will seek to become capable of touching everyone I encounter; Heart to Heart.

#### 3rd Mind & Body:

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

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

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

#### 4th Couple:

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

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

**Mission:** I commit to embodying IDEALS OF LOVE in my couple.

#### 5th Family:

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

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

Mission: I am committed to creating one world family. 6th Nature:

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

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

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

#### 7th Co-creators:

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

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

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

#### SIVVM Practice



Why is this person/place/thing valuable to me? What Love do I envision for this relationship? What am I willing to do for this relationship?

Visions:		
Mission:		
2 <sup>nd</sup> Soul Values:		
Visions:		
Mission:		

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Ist Source

Values:

Mission:		
4 <sup>th</sup> Couple Values:		
Visions:		
Mission:		

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3rd Mind/Body

Values:

Visions:

5 <sup>th</sup> Family Values:
Visions:
<u>Mission:</u> 6 <sup>th</sup> Natural world Values:
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Mission:

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#### 7<sup>th</sup> Cocreators

Values:

Visions:

Mission:

#### Seven Integrated Values, Visions & Missions Board



The SIVVM Board is at once a beautiful piece of art and a placeholder for your Mission statements. It reminds us of the power of integration. It can also serve to anchor our Couple's SIVVM and Shared SIVVM.

As you periodically refer to your SIVVM board, don't be critical of relationship area missions that are less developed than others. The vision board models that suggest it is possible to have a perfect 'Balance' in all your relationships is a myth. Better to think of life in terms of seasons- there are different times in life to focus on different relationships. When we are centered on Heart and grounded in our striving towards fulfilling our purpose, we stay in the present moment, where the magic of Love happens.

## Couples SIVVM Building a life together

On the foundation of the previous practices, you are ready to apply these principles to your interpersonal relationships.

The best way to build a healthy, nurturing and productive long-term relationship is by knowing your partner's core Values, Visions and Missions and committing to each-other to build a life together towards their fulfillment. If you are still in the engagement stage and find strikingly different values, or your visions are at odds with each other, you have discovered important conversations to be had before moving forward.

A long-term relationship is defined by two people pledge their loyalty and commitment to each other. Yet how can this be done in earnest if you haven't identified how to support each other to fulfill your personal values, visions and missions, as well as establishing a clear statement of your shared values, visions and missions? If your couple has already been together, the Couples SIVVM is a great marriage enrichment practice to incorporate into your toolbox of relationship tools. If your relationship is in an early stage where you are still considering making a lasting commitment, there is no more powerful a preparation tool than The Couple's  $S_{\rm IVVM}$  Practice.

An example of how it works: Your couple is exploring the best place to live. You share a Vision from the First relationship-Cause, that you would like to gather people in your home for spiritual community. That means a large, open living room. A

Value point from your fifth relationship-Family, is that you want to have a yard for kids to play, preferably surrounded by nature, or you are hoping to care for your grand-children, which requires a safe, spacious environment. In the sixth relationship, your share a Vision of living near water. You also have a mission to reduce your carbon footprint, so your consideration for energy efficiency homes and avoiding excess commuting is important. A seventh relationship Value is to work from home, so a dedicated office would be good. By being clear of your shared SIVVM, your couple has come to a very intentional choice based on maximizing the potential for realizing Love; a home near a creek not far from work and school.

Just as with the personal SIVVM, after defining your shared values and vision, capture your missions, then in actualization practice think of all the possible ways to accomplish this mission, get in touch with the feelings these ideas bring and seek out the ones that make you feel most passionate, then plan of action, as step be step strategy for doing.

To those of you who are not in a committed relationship but would like to be, you are in the right place. IDEALS OF LOVE gives you the most essential framework for engaging someone and quickly determining the depth of their Heart, the content of their character and the level of their consciousness. The IDEALS OF LOVE Match cannot be developed soon enough to bring such wonderful people together.

#### Group SIVVM United on common Purpose

This practice unites, clarifies and amplifies the common base of a group dynamic. Be it family, friendship, work related projects, or co-creating a possibility, we will be greatly empowered by knowing each other's core values, visions and missions. The initial relationships we can improve after discovering IDEALS OF LOVE and this practice are the ones that are needing us to take immediate action on. This may by your kids calling out for attention, or a friendship or family connection that needs a newfound purpose. But life is about more than putting out fires. Once you become proactive and intentional towards your relationships, want all of them to function better, to thrive.

This powerful practice facilitates conversations so that each member owns the Values, Visions and Missions of the Group. It fosters inclusiveness, clarifies strengths, supports initiative and creates appreciation. Shared SIVVM fosters agreement and commitments for building something great. As such, it also serves to expose assumptions or misplaced expectations, as well as members who are not invested in the purpose or have an ulterior motivations. It creates the platform to be heard, giving each member a voice to contribute to the decision-making process.

#### Foundation for world peace

The existing model for developing values, visions and mission statements in a group often results in nothing more than platitudes that go on a plaque. There is little buy-in from the members because they did not connect to the statements with genuine passion or a sense of ownership. Furthermore, many

groups do not even bother with developing their shared values, visions and missions because they lack the framework in which to build any semblance of agreement. The opportunity cost in productivity, satisfaction and meaning is immeasurable. It is no exaggeration to state that if The Shared SIVVM Practice was implemented amongst the world governing bodies, we would surely find the path to lasting peace.

Be it a family system, clubs, organizations, businesses or governments, the individual's support for the groups purpose of coming together is based upon how well it has been integrated with their own personal purpose. the Shared SIVVM is unique because each member integrates the group values, visions and missions towards realizing their own personal values, visions and missions. This leads to true work/life integration, which is the key to building intentional community, of which we all long to be a part of.

As with the personal SIVVM and the Couples SIVVM, once the relationships in the group define the Values and Visions, and capture the Mission for each relationship area, they can move into the Actualization Practice of thinking- brainstorming ideas, feeling- finding the passion behind ideas, and doing, creating a plan of action for implementing the idea.

#### **Strategic by- products**

The power of Shared SIVVM cannot be overstated. We have all been part of initiatives, be it a company campaign, planning for a wedding or organizing an event, in which serious interpersonal dynamics came into play. Such breakdowns made for a toxic environment, ruining the experience of working together, even jeopardizing the whole project. Shared SIVVM eliminates these

breakdowns by firmly establishing our shared purpose of Love. on that foundation, wonderful by-products created: it opens up the excitement in each person's thinking and provides a safe space to open up and become vulnerable with others.

When we share our values, visions and missions, it informs everyone in the group about a passion we have in our life that opens up the possibility for greater collaboration. Imagine if someone shared a personal vision of building a school in another country. Perhaps an intention of another member was to support a philanthropic endeavor, or the group wanted to explore expanding services to that country. Ideals of Love conversations of our highest aspirations for life are bound to generate positive results.

This level of sharing shapes a Heart centered culture. If it was discovered that group members valued relationship education, the group could sponsor a marriage enrichment workshop. If a vision was shared of creating time in the day for a mindfulness break. We can give lip service to ideas, but even better would be to implement the values, visions and missions of our group that makes an impact on creating a culture of heart, which would greatly increase the productivity and happiness of everyone.

#### 6th Practice

# Mastering our Unique Becoming of Love

Our newfound understanding is the foundation for practicing Love, our becoming through thinking, feeling, doing-thoughts, words and actions.

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

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

#### Jaz' Examples of Actualization Practice

#### Mission of 1st Relationship:

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

#### Thinking:

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

#### Feeling:

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

#### **Doing:**

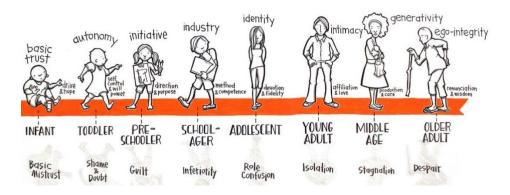
- -Have every encounter be centered on talking about IDEALS OF LOVE.
- -Hold a monthly Intro program.
- -Put this book in as many people's hands as possible.
- -Keep my daily practice of journaling and reflection.
- -Read/listen to inspiring teachers.
- -Be a servant of Love.

#### Growth

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

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

Regardless of our beliefs, the law of cause and effect demands that we own the consequences of our choices. The good news is that within our essence, we are already committed to becoming Love. It is an imperative that we will inevitably be realized, whether it is fulfilled in this life or in another dimension. Stating the obvious, growth does not happen all at once. Yet many of the missteps we make in life are a result of lacking understanding and appreciation of the importance of growth stages. The powerful insights of the psychologist Eric Erickson are illustrated in this diagram:



#### Stages of psychological development

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

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

#### **Managing Love in Time and Space**

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

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

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

# Reflection

#### Mind, Spirit, Body

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

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

#### **Finding our Center**

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

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

#### 7th Practice

# Stand up and Speak out! Raise up Leaders to Create Cultures of Peace



Ideals of Love brings clarity to the causes that need championed in order to bring about the world of lasting peace. This is the motivation behind sharing conversations of Love.

'Caution is cowardice' Captain John Brown



# Ideals of Love exposes all that is not Loving, disrupting the status quo, overthrowing obsolete paradigms, rendering belief systems irrelevant, Igniting a Revolution from the Heart!

The One Heart we tapped into during the Blessings Journey showed that we cannot achieve complete integration for ourselves, until we achieve it for all. IDEALS OF LOVE is the framework for bringing us together, harmoniously uniting us as One Heart. When our Hearts become One, we channel Love to the fullest. We become conduits of Love, and with any current, to keep it flowing through us, we seek out Love generating interactions. Such give and take sharing with others charges us with enthusiasm-filled with Theos, and inspiration- filled with Spirit. This is the essence of

Conversations of Love, that we want nothing more than to share words of Love with others that it may enrich their lives.

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

#### **Becoming Love**

Speaking words of Love is an integral part of our becoming. These metaphors depict how we can think about how expressing Love shapes our becoming of truth, beauty and goodness of Love.

<u>Truth</u>- The lighthouse shall always serve as a powerful metaphor for Universal Truth. It stands high upon the foundation of unmovable rocks that are in the midst of turbulent water. By imagining ourselves a lighthouse, no amount of confusion and fear can shake our conviction and clarity of Love.

**Beauty-** The sun rising in the morning is an image of darkness fading away into the luminescence of light. We are those rays of sun, and our words dissipate the shadows of fear and the grey hues of confusion, bringing bright color of joy to everyone we touch. Our sharing comes naturally and effortlessly.

<u>Goodness</u>- Like an old oak tree, we stand against the wind and weather, causing us to slouch and twist, sometimes losing a limb.

When we share, we may face pushback, even persecution, yet through it all, we continue to grow in our becoming of Love.

How do we explicitly call out that which goes against Love knowing that our interactions may become confrontational? I wrestled with this quandary and concluded that there is no way around it; standing for Love means exposing the dangers of unloving beliefs. It may be provocative, yet we must try all the same. The alternative is to remain silent, and is we are to speak out for Love, that is not an option. Our delivery may be less than perfect, yet we must strive to articulate our ideas all the same.

#### **Urgency for the Future**

The myth of a 'last days' showdown between good and evil comes from the universal sense that history has been a struggle between levels of consciousness. On one end is scarcity and fear, caused by the big lie belief that there is 'not enough for me', and on the other end, our original purpose of abundance and Love. Looking at our world's current state of affairs, it's fair to say that if there say ever a tipping point of consciousness, now is that time. In every endeavor, we are climbing to new heights that were unthinkable a generation ago. At the same time, we are facing challenges that are threatening our very existence.

The only real solution is reconnecting every person with their Heart. Our destiny and the survival of the planet is completely predicated on whether we are able to lead from the Heart. A perfect example of this is AI- Artificial Intelligence. Science fiction has depicted the two possible futures of AI, one that accelerates

humanities exploration to the stars and the other an apocalyptic landscape of hell. Both are possible, and the determining factor is whether we can come together, centered upon Heart, developing and using our technology for the purpose of Love rather than the purpose of war.

Heart is the ultimate solution to all our problems. Be it solving world hunger, international conflicts, inequality, exploitation of people and resources, global warming. Only by raising up a generation of leaders who are connected to their Hearts can we find lasting solutions that will usher in a world of lasting peace.

#### Youth

How can IDEALS OF LOVE make the greatest impact on the world within the shortest period of time? When we consider the kind of citizens needed for building a new world of Love, it will be people who have centered their lives upon beliefs of Love. We are most free from the baggage of limiting beliefs in our youth, while we are still malleable to adopt new ideas. And though everyone can tap into this inner youthfulness, it is when we are young that we set the trajectory for the rest of our lives.

Building happy, healthy families is the key. It stands to reason that above all else, we need to put our focus on teaching and raising up our youth to become people who can thrive within their intimate relationships. Committed couples stand as the cornerstone for creating healthy families, which are the building blocks of high functioning societies. Good parents raise a generation of well adjusted, loving people, becoming the peacemakers of the future.

In the world of One Heart, we are all connected as one family. Regardless of the individual's lifestyle choices, whether they stay single, are in a committed relationship- straight or gay, or if they have children of their own or not, we should all find the resolve to support the thriving of family. If our world was organized around this purpose, we could bring an end to family breakdown, which is at the core of nearly all other problems. This means supporting the people who raise our children- parents, grandparents, extended family, putting a premium on the careers of our teachers, coaches, mentors, nannies, and caregivers.

#### **Solving Problems**

In designing a product or service, the question is asked 'what problem does it solve?' The answer can provide us with a deep sense of urgency and conviction to bring this message into people's lives. If we can impact a person's ability to create a more fulfilling, productive, happy life, we have truly changed the world for all time.

At this point, the impact IDEALS OF LOVE can have on the world should be obvious, yet even when I asked myself this question, I stumbled to articulate an exact answer. For that reason, it is well worth re-examining everything that IDEALS OF LOVE addresses. I created this quick reference chart for considering the problems that we experience in our lives and in society and look at how IDEALS OF LOVE provides solutions.

Relation	Problems	Solutions
1 <sup>st</sup> Source	Confusion of Love's design, uncertainty, misplaced anger at Source, atheism, religious conflict, hypocrisy, justification of hate and war.	Awareness of Love as design. Enhance relationship with Source. Personal epiphanies of hope, gratitude, peace. Consummation of religion.
2 <sup>nd</sup> Soul	Confusion of value of life, self-worth, feeling inadequate, project unloving feelings onto others, narcissism, suicide, murder, exploitation, hatred,	Self-awareness as essence of Love, empowered self-esteem, see everyone through eyes of Love, practices mindfulness, knowing eternalness of journey for
3 <sup>rd</sup> Mind Body	Obsessed with external self, conceited, low self-esteem, self-mutilation, obesity, anorexia, hedonistic lifestyle, intellectual dishonesty, willful ignorance, unloving words, actions.	Healthy sense of body regardless of limitations, power of words, the joy of service, healthy lifestyles, developing mind through education and learning, knowing joy of service to others.
4 <sup>th</sup> Couple	No model for building lasting relationships, divorce, loveless marriages, infidelity, sexual abuse, objectification, porn, loneliness/alienation,	Framework of SIVVM, platform for meeting mature partners, couples that support each other's growth, fulfilling, healthy sex life, acceptance of

	sexism, homophobia, domestic abuse	gay couples, marriage preparation and enrichment.
5 <sup>th</sup> Family	Breakdown of relationships, lack of intergenerational connection, sexism, ageism, xenophobia, hook-up culture, unwanted pregnancy, homelessness.	Path of healing through unified purpose, intergenerational community, supportive communities, One family consciousness with everyone we meet, global oneness.
6 <sup>th</sup> Nature	Global warming, non- regenerative consumption, rampant consumerism, unsustainable farming, pollution, exploitation of earth, rampant waste, loss of eco-systems, willful ignorance	Conservation, stewardship, proactive on reducing carbon footprint, recycling. Educate about loving stewardship. Sustainable farming, integrated, regenerative lifestyles
7 <sup>th</sup> Co- Creators	No framework for building unity of purpose, toxic work environments, slave wages, war, corruption, poverty, inequality, alt-right fascism, authoritarianism, rampant capitalism, dis-information warfare of self-serving people.	Culture of Heart, values, visions, mission of Love's purpose, building future of Love, unleashing potential of each person's creativity, building for all generations to come Global governance centered on Heart, equality, human rights

#### Open and Prepared

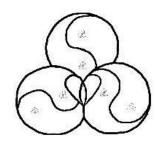
Because a person can solve their problem using IDEALS OF LOVE does not translate into them hearing the solution. Those who have a listening have come to understand that the current paradigms are bankrupt and incapable of bringing complete integration. We can describe the avatar of such a person by using the three yin/yang relationship circles of the IDEALS OF LOVE symbol:

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

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

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





### 7 Possibilities

What is this new paradigm? A philosophical teaching, a business, a non-prophet, a spiritual practice, a relationship program, a political platform? ILP holds the possibilities of all these things. It is a Movement! The Seven Possibilities are visions for how to bring ILP into the world, and the seven phase.

#### 1

#### **Transformational Programs**

#### **Introduction Talks**

7 point introduction talk, given as power point, whiteboard or a napkin presentation. It is for one on ones or small groups.

#### 7 Premises Program

One Hour/ 90 min. presentation for sharing premises of ILP

#### **ILP Experience**

One-day/ three-day transformational experience

#### II <u>Online Platform</u>

Many people have become accustomed to engaging material online. This is more conducive to certain types of content than others, and in the case of Ideals of Love, it is not the optimal way to engage the program. But it certainly is better than nothing, and to have the greatest outreach, it is an invaluable medium for this material. As ILI matures, our online presence will undoubtedly become the forefront venue for making the powerful impact across the globe.

#### III <u>Single/Couples/Family Programs</u>

#### **ILP Match**

ILP shall be about giving singles an opportunity to meet like minded singes. One of the paramount challenges in our society is meeting other people who share in our values, visions and missions. Imagine a dating platform whose participants have all been transformed by the powerful SIVVM practice, and are committed to the principles of ILP. Sharing this common purpose is the most powerful foundation that a relationship can by grounded upon. ILP Match shall be that platform.

#### **Couples SIVVM**

ILP shall be a platform for building strong, intimate relationships. The seven-week shared SIVVM course for partners who have completed their personal SIVVM and can share with other couples, rotating the meeting in the company of their homes. These couples are now ready to attend an ILP couples Retreat. The finale of said retreat shall be a renewal ceremony. On this foundation, the couple can become mentors for other couples, building a support network for maintaining healthy marriages.

#### **Family SIVVM**

As well, we can incorporate programs for the whole family, How spectacular the possibility of ILP becoming a generational teaching that can take root within the very culture of the family. One of my fondest childhood memories was going to a weeklong family camp every summer. It would be so wonderful to provide this in strengthening families.

#### IV Student Group

#### **ILPS-Student Group**

We set the trajectory for our whole lives by the decisions we make in our youth. It is a critical time to lay a strong foundation for our beliefs and our ability to build healthy relationships. ILPS reaches high school and college students, providing a platform to share the message, method and movement.

#### $\boldsymbol{V}$

#### **Organization Workshops**

#### **Group SIVVM**

This is for organizations and companies to build a more cohesive, intentional community. This workshop presents an opportunity for a group to come together more closely in identifying and aligning with their shared values, visions and missions for accomplishing the purpose of Love together. Every group, a community, a company or an organization knows how important it is to get buy-in from member. This is important because by owning our values, visions and missions of the group we can take responsibility for accomplishing the purposes in which the group is committed.

#### VI <u>Founders Training</u>

#### Leadership certification

ILP shall require great leadership. Starting with the end in mind, these programs are designed to be as duplicatable as possible. Imagine how powerful it will be when any person, anywhere in the world, can take up these programs and any of the seven entities and create a sustainable venture that they can use as a dedicated, full-time career.

By creating a certification and training program, any person can become an owner of any of the seven ILPI entities. They can keep it small or go big, knowing that they are never alone in their efforts, but are sharing a journey with many others. A successful model that ILPI will emulate is that of a franchisee. In it, a person can become a 'Founder' of their own chapter. They will be responsible for who facilitates, who presents, for building their own community. They can give whatever name they want to their chapter, and there are no bounds to where they can go (much like the CrossFit business model).

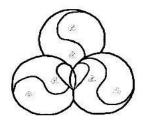
#### VII <u>ILP Gatherings</u>

#### The Model Intentional Community

On the foundation of the educational programs, people will naturally want to share their experiences of growth with others. A community gathering will be an event that begins with an intro presentation for those who want to invite a guest, which is followed by refreshments and sharing experiences of growth and epiphanies-called Satsang. There is an advocacy aspect to this, to network with others on opportunities for expanding Love..

#### Conference

I envision a multi-day event to gather all the advocates of ILP and to share best practices. It will be a time to hold trainings, given by the most successful founders. It will be an occasion for new determination and of celebration.



# Ideals of Love Paradigm Origin Story

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

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

#### Three Great Blessings

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

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

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

I already know that some readers have been triggered by this story. For any rational person, Creation stories are clearly mythological, yet, because there are teaching that espouse their holy books to be the literal, absolute message from God, we naturally react. When faced any 'story', be it in religion, politics, economics, or in our own lives, the criteria I ask myself is if believing in the story serves in becoming a more Loving person. The reason I needed to share my encounter with this interpretation of the Three Great Blessings is because it was a story that informed the rest of my life choices. It told me that the design and purpose of life is Love, and Love's purpose was fully realized in through the collaboration and care between all relationships. Love is a system of integration, and we are all a part of everything else.

I became a member of Father Moon's church, even attending his signature matching and mass marriage ceremonies, where out of thousands of participants who gathered in Korea from around the world, he chose for me a bride (whom I would marry three days later). That was thirty-four years ago as of writing this.

Over the years my wife and I grew apart from the church, disgusted with its many schisms in the Moon family, the financial scandals and the blatant hypocrisy that contradicted everything we thought it stood for. It took a great deal of processing to discern what to carry forward and what to discard. As with all life experiences, it is ultimately a question of what we learned from our choices and to choose better next time. It is a soul-searching journey that this teaching calls every person to make.

#### The Integrated Couple

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

As it happened, and unbeknownst to Father Moon, my wife and I were both natives of Colorado. Yet when it came to building a life with a complete stranger, it mattered little. Everything about our relationship felt like a challenge and we began to question the wisdom of letting our teacher choose our spouse. Then we were blessed with five children in the span of five years. There was no turning back, we had to figure out how to make it work. Aligned with our beliefs of integration was the understanding that 'Love' is a verb that we must act upon for it to grow. If there was any chance of saving our marriage, it was going to depend on learning how to Love better. As with many men, I resisted counseling at first, but to my wife's credit, she would not settle for being in an unhappy, loveless marriage.

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

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

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

#### Our Crucible

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

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

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

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

#### **Building the Foundation**

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

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

Next, I set out to design a symbol that embodied the concept of Ideals of Love. With the help of my artistic daughters, we struck upon the beautiful Venn diagram, geometrically aligned to be three yin-yang symbols that form a heart at the center. This symbol has already served in giving me a concrete reminder of my mission over all these years. It is my anchor of inspiration and integrity.

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

As the work progressed, I periodically held programs, giving me immediate feedback on how the ideas were being received. These events invariably sent me back to the drawing board, putting me that much closer to realizing the full potential of this teaching. It was of utmost importance that the logic and methodology of this teaching could be intuitively understood by everyone. My process was much like the scientific method, with my premise always remaining that Love was the universal design and the ultimate destination for every person's life and the future of humanity. Finally, after twenty years from it's original conception, the current framework of this teaching revealed itself.

#### A New Paradigm

Somewhere along the way, it became clear to me that my relationship education program had evolved into a new paradigm for all of life. A paradigm is a structure of ideas, a construct of beliefs, an agreed upon set of assumptions. None of the ideas in Ideals of Love are original. They are available to us within countless teachings throughout the ages. What makes this teaching a 'new' paradigm is that it has taken these ideas and re-organized them into sequential order of logic in which their application can have a very specific and dramatically new result.

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

This Victor Hugo quote has been appropriated countless times by people who believed they had a powerful, new idea. However, the revolutionary ideas that Hugo was actually speaking to are the ones that have the power to shift whole paradigms, allowing us to perceive and to overcome our limiting and flawed beliefs. Ideals of Love is that shift. It is the foundation for a new world. It fills our lives with hope, builds joyful relationships, strengthens marriages, creates loving homes, advocates for good governance, saves our planet, brings prosperity and abundance to all, and secures a lasting peace for ourselves and our posterity. I Hope you experience this for your own life, that it may empower you to bring it to others, generating a lasting Love that we are all so deeply longing for.

