

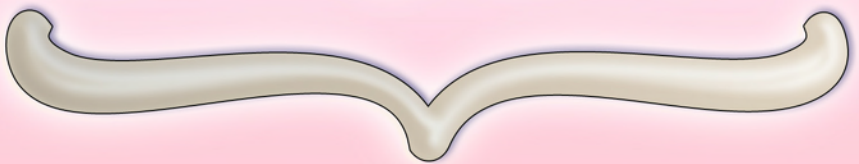
Ascension Notes



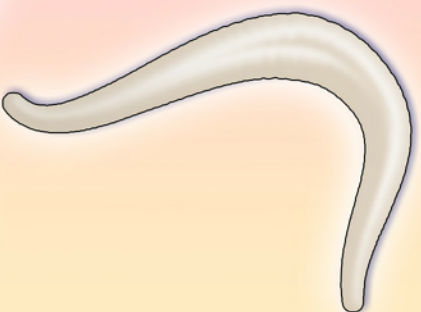
Oh For the Love of God!

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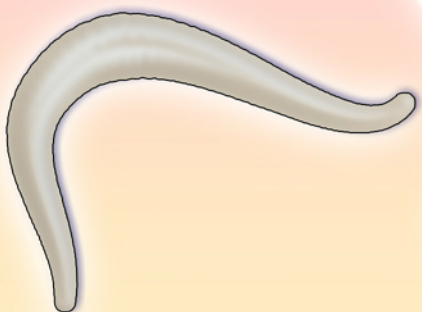
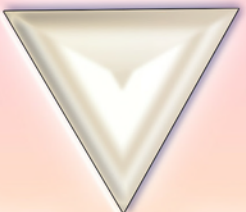
LOVE



Beauty



Truth



Goodness



- Harmony
- Melody
- Symmetry
- Attraction
- Aesthetics
- Idealism
- Hope
- Wisdom
- Humility
- Integrity
- Justice
- Discernment
- Faith
- Loyalty
- Mercy
- Compassion
- Empathy
- Selflessness
- Kindness
- Charity
- Humor

The Dispersion of Love

Oh for the Love of God!

I'd like to address those who are put off by the mention of God. Many people have a negative emotional reaction to any suggestion of Divinity. Honestly that is understandable. It seems that a very long time ago certain beings proclaimed themselves gods and sought to control those around them by fear and keep them in a state of subservience. One of the manifestations of that ancient lineage is still recognizable in 'the divine right of kings.'

Religious institutions have been a major part of the problem too. They also used fear to control when they made up hell and attributed negative aspects of human nature to God (a jealous God, a wrathful God etc). Emotional dependency upon beliefs and obedience to authority were required to gain the security of belonging to the group. The liberation of personal spiritual development is viewed with distrust or even considered heresy. When you factor in the horrendous history of atrocities committed in the name of religion it is no wonder why any thinking person might reject them.

Unfortunately isolation from the Divine foundation of existence is a crippling blow to our human capacity for creativity. The defensive ego is a pale substitute for inspired direction. The way beyond those limitations can begin with a simple realization that there is a realm of spirit about which we are ignorant. The beginning of spiritual exploration is as simple as being willing to ask inside for guidance. Every wise teacher who ever lived suggested this is so. Personal experience rather than an emotional attachment to the comfort of familiar rituals and beliefs will become the reality of our spiritual development.

So do I know God? I feel a great wonder for the grandeur of the universe and try to imagine a Being who could create it but can't grasp such infinity. I know it is populated with uncountable persons all of whom share creative potentials given us by The Creator. It seems that by developing those potentials each assists in engendering new values of spirit. During one personal encounter with a Divine Being I experienced that Love actually is the essential energy of all creation. It is by creating with that fundamental energy we can learn to recognize the reality of God.

Recently I was struck by an analogy. White light is refracted as it passes through a glass prism and is dispersed into its component colors. In a very similar way the Love of the Creator passes through a spiritual prism made of the primordial persons of our universe, the Trinity. That first dispersion of Love reveals three primary values of Beauty, Truth and Goodness. Complementary aspects of those primaries reveal a larger palette of spiritual qualities, somewhat analogous to a color wheel.

As I pondered the primary attributes of Love it seemed to me that each of them resonated closely with one of the primary elements of our existences. Beauty seems uniquely relevant to the more physical aspects of reality. The Universe was brought into existence simultaneously with The Creator's distribution of unique personalities to support their journeys of spiritual realization. Truth seems to be obviously related to

intelligence, with human receptors in our mind, heart and guts. Goodness is created through the interactions of persons.

Considering these additional associations might be helpful:

Beauty	Value	Attractive	Health	Body
Truth	Meaning	Coherent	Sanity	Mind
Goodness	Relationship	Stabilizing	Happiness	Spirit

To craft a visual expression of this idea I chose seven qualities of spirit that I felt might be included as complementary values in the ‘family’ of each of the primaries. I tried to arrange them to imply their relationships as composites of the primaries. Mine is not a definite list by any means. If you add those spiritual values to the list that resonate with you it becomes a valuable illustration to help answer the question, “How do we manifest Love?”

Every one of our actions is an opportunity for manifesting the creative energy of Love. We harness that power by consciously infusing Beauty, Truth, Goodness or one of their associated values into our actions by holding that intention in our Hearts. In doing so we become co-creators of new spiritual realities with The Creator.

That goal may be difficult at first. The obstacles we face are fears and the attachments used to mitigate them. Some of those were acquired from reactions to our personal experiences. Some are patterns passed down in families. Some are cultural. Some are remnants of our animal origins. Those who would control us for their own ends have been using fear as their primary tool for tens of thousands of years. Breaking free of the matrix of fear and returning to Love is the real task of our times.

Our intention - our will is the heart of the matter. Are we acting from Love or reacting to fears? Considering the idea that we have three states of consciousness available to us may help.

Subconscious	Reactive	Animal
Conscious	Active	Human
Super-Conscious	Receptive	Divine

The subconscious mind is easily recognized in the constant conversation we have in our heads. If we pay close attention we will discover it is actually a reflection of our gut-level reactions to our material environment. We use our conscious minds as a tool for action, learning and reflection. Focus of attention is the key. The results we attain by using the conscious mind are always qualified by the Love held in our Hearts or by the selfishness imposed by reacting to fears. Truly the opposite of fear is Love.

The keys to using the super-conscious, receiving Divine directions, are a quiet mind and an open Heart. In that stillness we learn to listen. Our minds become receivers of inspirations, illuminations and realizations. Inspirations tend to be specific and suggest actions to be taken. Illuminations clarify new realities and expand our horizons.

Realizations seem to be integrations of accumulated knowledge into new and enlightened understanding. All of these are spiritual gifts. They are given to us because of our willingness to receive guidance.

The process of creation is actually simpler than the ideas about it. It begins as we focus our attention on a goal. The spirit of the action, our intent, is set in the Heart. Make it simple. Pick Beauty, Truth, or Goodness. Next start learning anything and everything that seems to point in the direction of that goal. Ideas are the building blocks of creativity. Then go inward and access the super-conscious. Stillness is the key. The Heart's intent opens the channel. We are rewarded by inspiration. It rearranges those idea building blocks into new and enlightening patterns. Act on it.

When we perform actions of Heart-based creation in the material realm it becomes evident that the intelligence of the 'guts' are a vital aspect of the process. That is the psychic center from which we feel the qualities and attributes of material reality. It is there we feel balances of color, textures, smells, nuances of words and melodic harmonies etc. that are used during physical creation. Emotional growth will be an inevitable aspect of any truly creative process. The armoring of our defenses must be released in order to use the solar plexus. That is one reason why acts of creation are such a valuable component of any spiritual path.

So how does this all relate to God? That's where I started, after all. The result of acting from the Heart is a quickening of spirit. That yields moments of real satisfaction and joy along with the realization that we are reflecting qualities of Love. When I realized some personality of relatively greater Divinity was providing me with assistance during those moments of stillness, the Universe ceased to become a machine-like thing. It suddenly became a very personal Creation. That is when my belief in God was no longer simply the emotional attachment to an idea. It became rational. After all rational simply means that which feels to be true.

Do you feel with your Heart? Then God is real.