

## LESSON SIX

### Love

#### THE COSMIC PROCESS OF LOVE

“Without love you are nothing.” It’s pretty blunt, but it helps us to understand that the whole concept of love is much more than emotions, much more than senses and feelings and sexual involvements. It’s much deeper than all of this.

**Love is the completeness of life.** ..Pierre Teilhard de Chardin refers to it as “the totalization of life.” On many occasions Jesus makes a statement, “Love one another,” but this is not expressed because it is a nice Sunday school moral to love people. What he’s really saying is that you should love because when you are not giving expression to love, you are out of the flow of the cosmic process of love, out of the flow of the divine rhythm. You’re not in tune with the very specific power that enables you to live vitally and abundantly. **When you give way to love, when you allow this cosmic flow to come forth within you, then you are synchronized with this tremendous transcendent process, and you enter the dimension of divine completion, the totalization that only love can experience in you...Love is the actual expression of being loving.** It’s nonverbal. It’s something that is beyond definition.

#### THE QUEST FOR LOVE

**(We’ve) been conditioned to believe that we come into life empty and we go forth into the world to be filled, we’re empty creatures. We have nothing. We’re born helpless and hopeless, and yet our lives are molded and shaped by what our parents do to us, what the schools do to us, what life does to us, and how society influences us.**

...in this commonplace viewpoint, love is a needed commodity, and it’s so important to us.

Read the rest of this section....

This is the way our reasoning is about this consciousness of love, and it's all erroneous.

...Life becomes a quest for objects of love, and in human consciousness, I’m sure we all realize that this is where we are much of the time.

#### LOVE IS AN INNER POWER, NOT AN OBJECT

**Intuitively, within ourselves we know that love is an inner power...Our need is to love. Within every person there’s a hunger and a thirst to express love, to radiate love, to get ourselves in tune with the cosmic flow at the root of our being, to simply plug in, to turn the lights on, and to express out of the overflow of this inner love a willingness toward life.** We have a hunger for this, but we don’t understand the process, so instead we’re out looking for it somewhere else, while all the time it’s within us.

Read the second para.

#### GOD IS LOVE AND I AM THAT LOVE.

...God is love is expressed much in the same way as God is life, God is intelligence, God is power, God is love.

**...these are simply abstract generalizations until we know whatever else God is, God is me...I am the activity of God expressing itself as me. God is life, and I am life manifesting as a body temple. God is intelligence, and I am that intelligence in the form of the wisdom**

**of my mind. God is power, and I am that power in the form of my strength and my creativity, my ability to form and shape and build. God is love, and I am that love expressing in and through and as my loving heart.**

#### MY LOVE IS MY ATTUNEMENT WITH THE COSMIC FLOW

..I have no love of my own. **My love is my attunement with the cosmic flow, which is centered in the great heart of the universe.** It is not love that is the greatest need in our lives, but loving, giving way to this cosmic flow of love. It's not the need of being loved by people so that people can give us this commodity. **Love is to touch the deep spring of our own nature, turn our own lights on, and be in love...**

..what we really are, which was Meister Eckhart's thought when he said, "Let God be God in you. Let love be love at the root of your being."

#### I AM CREATED IN AND OF LOVE

We need to continuously remind ourselves of our roots, of our divine origins. We think all too much about being a child of these parents or a child of misfortune or a child of certain difficult experiences.. We need to realize that we are a child of God. **To know that we're rooted in this divine process so that when we get the realization we were created in God's image and likeness, this is the divine imprint...**

...We need to hunger and thirst for God, to know God created me in his image and God is love and therefore I am created in and of love. It's my nature. It's the root of my being. God loves me. **God is loving me, and I am the very activity of love and expression, which means I have within me all the love in the universe.** No loving person ever lived who had more love than I do! That's hard to accept because we've conditioned ourselves to feel that we've been bereft of love, that we haven't been loved enough. I have within me all the love in the universe. I have enough love, enough centering energy within me to love every person and situation, simply because every person and every situation is also created in and of love. Love is the heart and root of all things. There's no such thing as an absence of love. There's only a frustration of it.

#### THERE IS NO STRAIN OR DRAIN IN THE LOVING

It's important to know that to love someone, when we say, "I love this person," I'm not giving them something. I'm not taking something that I have and giving it to them so that now I have less because they have more....if a person feels a sense of strain or drain in love, it's because he is out of tune with his own inner flow. He's trying in human consciousness, through willpower, to overcome things his consciousness is basically centered on, but he's out of the love flow. **Loving another person is simply feeling yourself in the divine flow within you, seeing out of that consciousness to the divine flow, sending yourself in the divine flow with (the other) and seeing the Divine within (the other). It is love within me uniting with love within (the other.)**

There's no exchange of anything, there's only an intermingling of sight, intermingling of consciousness, and it's so important that we understand this. If I have a feeling of love for

another person, it is because I have, to that degree, felt a sense of love within myself, therefore I love that person out of my own self-love, and I must feel good about myself. **If I don't feel good about myself, I can't really feel good about another, and vice versa.**

## LOVE FROM THE DIVINE FLOW OF A COSMIC CONSCIOUSNESS

As a commodity, I cannot give love to anyone, and no one can give love to me...I can be loving. I can create a loving environment...but I do not exchange anything...but when I love a person in that consciousness, then that person likely feels relaxed, feels secure, feels able to let down his own natural resistance, which is always the only problem we have in our lives. As people let down their resistance, they commune with the light of love within themselves, and love flows easily for and through them. They love themselves, and I love myself, only in a transcendent way, in a spiritual sense. Out of this consciousness of self-love and seeing in the light of love, then there's a commingling, and a beautiful relationship ensues, but it's a relationship that is built on a foundation, on a root consciousness, of the divine flow of this cosmic process.

## LOVE IS THE WAY WE SEE OUR NEIGHBOR

...the phrase, "Love thy neighbor," in the hebrew Bible should be translated, "Love to your neighbor." **It's an entirely different thing as it means not giving something to him but acting lovingly toward him. This is the intent of the commandment, not love him but be loving. To love him deals with something you give him or something you do to him, but being loving deals more with what goes on in your attitude, your perception.** It's the way you see him, not something you bestow upon him. Jesus makes it more emphatic when he goes on to say, "Love your neighbor as yourself." **The manner in which you treat the neighbor comes out of the esteem in which you hold yourself. You cannot know and love another person truly, unless you know and love yourself...Be loving to your neighbor out of the overflow of your own innate awareness of self-love.**

## THE EMPHASIS OF LOVE IS ON YOU

**Loving is keeping in the flow of the cosmic process. It's letting your light shine, keeping the lights turned on...because you need to keep your light turned on. Otherwise, you and your own consciousness are going to suffer. This is the key.** If you're not sending it in love then you're not letting yourself be loved..In that common consciousness, every change in people and every changing condition if your relationship is a threat that triggers in you a reaction of hate or resistance...If you feel a sense of ingratitude over the fact that someone doesn't seem to return or reciprocate your love, then you really didn't love. You were bartering..You were looking for something from him.

## LOVE YOUR ENEMIES BECAUSE YOU DESERVE IT

Jesus carries the process further yet. He says, "you have heard it said of old, love your neighbor and hate our enemy, but I say unto love your enemies and pray for those that despitefully use you that you may be sons of your Father" (Matthew 5:43-44)

...The key is here but it's rarely seen: **Love your enemy not because he's deserving of it. The point is, love your enemy not because he deserves it but because you deserve it...the emphasis is on you.** If you are upset and confused and bitter and resentful and resistant and fearful and angry because of an enemy, the basic problem in terms of the cosmic idea is that you have enmity, and the enmity is in you, not in him....he may have done all sorts of things...but the important thing is: What is going on in you? If you have enmity, you have a problem. You have a red light as long as you hold that enmity and you're going to suffer the consequences...Jesus says, "Resist not that which is evil." He also says, "Go the second mile," not because this is a nice thing to do in the world, but because you have to be very sure that you do not allow yourself to be centered in a conflict... because the process that makes for life and vitality and harmony and health and all the good things that we desire depends upon keeping the contact within yourself in the centered flow of love, the "totalization process."....**If you resist or resent, you frustrate the flow within yourself. We withhold love regardless of the reason for it, and we can think of lots of reasons why we should not love certain persons, but to withhold love regardless of the reason is to withhold the vital power, the only power, by which you can be healthy and happy and successful...You can't have your enmity and have health. You can't have your conflict with people, your resistance and your resentment and still have peace or have the kind of flow that makes for success and harmony in your relationships and your affairs. There's no way. You can't have both.**

#### GET OUT OF A CONSCIOUSNESS OF RESISTANCE

Let's read this section...controversial as to the meaning

We may think at times that we have good reason not to love someone because of what they have done...**we can never afford to entertain thoughts that separate us from the flow of divine love.** Jesus says, "If thy right eye causes these to stumble pluck it out. If their right hand causes thee to stumble, cut it off" (Matthew 5:29-30").

He's simply saying, "Stop thinking negative thoughts." **If you resist someone, don't be so concerned with why he is causing you resistance, but why are you resisting? Get out of the consciousness of resistance.** If you're upset, then it's because you're easily upset...you say, "He's done this to me."...the "to me" is the little fish hook..that hangs you up...get rid of the fishhook, pluck it out, cut it off, and then ask again, "why did he do it?" Not to me, he didn't do it to me. He did it...If I can see him objectively and ultimately and see him lovingly and I can see he did it because he's confused. He did it because of certain problems in his own life, a feeling of lack of love in his own consciousness. He's cut off from this inner flow of love himself, and he's lashing out at life. If I can understand that, I will keep myself free.....(I) get rid of the limitation in my own consciousness, and then I can say to myself, "First of all, in my love flow and out of that love flow, I can see him lovingly."....**The Important thing is I must keep myself centered, keep myself in tune, and then out of that centering consciousness, I can be an influence. Then I can help, then I can dilate the consciousness of peace to people in the world.**

#### WHEN TO SALUTE THE DIVINITY IN OTHERS

(the) Hindustani term *namaskar* acknowledges the divinity in another person.. It simply means "the divinity within me salutes the divinity within you".....**the time to say "Namaskar, I salute**

**the divinity within you” sincerely is the very time when you’re upset, when you’re angry, when you’re inclined to say anything but *namaskar*.**

#### FUNCTIONING AT THE LEVEL OF LIFE’S COMPLETION

**The important thing is that when you keep centered in your own love flow, you begin to function at the level of life’s completion.** This is why Teilhard calls it the “totalization process.” **You cannot function as a total being unless you’re in tune with love.** It’s so important because suddenly when you’re in tune with love, you experience what Henry David Thoreau calls the “license of a higher order of beings.” Suddenly, then, you can experience life at its fullest. Suddenly you can experience life at the depth and the height of your potential.

#### EXAMPLE OF SEEING A FRIEND IN CONSCIOUSNESS OF LOVE

Good section to read in class....

#### HOW LOVE DOES ITS HEALING WORK

The need is not to change people, not to set them right or to straighten them out, but to see them rightly and **straighten out our own projected consciousness.**

The only wrong involved as far as I’m concerned is that I’m seeing out of a negative consciousness. I have to straighten that out and that’s all I can ever do. **When I straighten out my thoughts and get myself centered in the consciousness of love, not a love that is human, not a love that is willful, but a love that is attuned to the divine flowing, which is not mine at all but simply the overflow of a divine process within me, it’s all I can ever do.**

When I get centered in that consciousness, I feel good, I feel compassionate, and it’s a case of “Love your enemies, love those who spitefully use you.” Love wherever there are difficulties. I feel compassion, and the compassion is not so much what I’m giving the person as what I’m giving way to within myself. And suddenly out of that consciousness of compassion, I see clearly. I see clearly and out of that clear sight, I see through the eyes of love. I simply see from the consciousness of love, and suddenly I create the environment, and that’s all you ever do in a loving relationship. It creates a loving environment. It doesn’t make a difference (who or where the other is) There’s no separation in truth. I create an environment in which suddenly (the other) feels secure and he can let his own inner consciousness express and suddenly there is an influence that is almost unbelievable.

#### RESISTANCE AND CHAOS

...when you resist a thing, when you fight a thing, you function at the lowest level of consciousness, and you send out and receive the most negative of vibrations, and we do this unconsciously. Even people who are trying to project thoughts of love often are projecting thoughts other than love...(read on...)

Jesus says metaphorically--get out of the negative reaction...enter the totalizing vibration of love, which is not your love, not human love, not willful love, but it’s a cosmic process that flows through you. Your negative feelings fade away. The sense of urgency to change something

fades away and you'll begin to see the clouds dissolve and the sun break through. Suddenly, there's understanding. As you keep centered in the cosmic flow of love, you're not only protected but a "miracle" change takes place in all those whom you feel have had any kind of enmity toward you....As Job says, "That which I fear comes upon me." **That which I resist, that which I'm even trying to change through love, is underneath a resistance and a resentment and is actually going to destroy me.** When you're out of the vibration of love, you're in a consciousness in which chaos is always a possibility. It doesn't mean that you've created the situation, but the situation can happen if you have that potential in yourself because you were out of the center of your own love vibration...Never allow yourself to go very long being fearful or anxious..get rid of it. **Get yourself centered in the consciousness of love and know that in your love center, there's security, there's freedom from all harm, from all difficulties, from all confusion because you're centered in God, and God is love.**

#### NEVER TRY TO LOVE ANYONE

Remember that love is not giving something. It is something. Don't try to love at all. Never try to love anyone...because to try to love is not to love. If you're trying to love, it's in human consciousness. If you try to love, it's a judgment.. To try to love is not to love. To try to love is human. Don't try, *let*. To try is something you're doing, something you're giving. Letting is something you are allowing, something that you're simply being a channel for.

**Stop trying to love. Get yourself centered, block the situation out, and stop looking at the person. Get yourself centered so you realize you're one with the divine flow, loved with an everlasting love by the infinite process that can never be anything else but love in you, because God is love and you're created in the love of God You're created in love.**

#### THE ENVIRONMENT CREATED BY SEEING WITH LOVE

Let this consciousness become filled with your true nature, and then out of this consciousness, you simply open your eyes and see. You see, but not with human judgment. Remember, Jesus said, "Judge not according to appearances but judge with righteous judgment" (John 7:24). **You don't see it with human judgment. Suddenly you see almost with a spiritual peripheral vision that enables you to see beyond the limitation. Beyond the outward evidence that is causing you problems, you see what a person really is in Truth, and you see them in that consciousness..You see them in a consciousness of love and you create, without trying to, an environment in which the person suddenly feels secure...**most of the confusion that emanates from people comes because of fear..But if he's surrounded with a supportiveness of this sight of love, this insight of love, he feels secure.  
..then he allows his resistances to fall..and out of this comes the ability, the free expression of his divine potential--the Christ Potential.

#### THE EYE AS A FOUNTAIN

The interesting thing is, this all involves the ability to see..The word eye comes from a Hebrew root word, which is defined and translated as "fountain." Throughout the scriptures you often hear the statement, "The fountain of the eye. The eye is a fountain.  
Seeing from a psychological point of view is taking images from the outside and having them plant themselves on the nerve endings of the inner eye itself, so that you're getting outward

evidence in your consciousness. But transcendent seeing is a fountain that flows as the eye looks out into the world like a spotlight. A spotlight doesn't give anything here, but it reveals things out there because of the light that it expresses.

**The eye is a fountain, and when you see out of this inward attunement with the cosmic flow, whatever you look upon suddenly is illuminated, not because you're a holy person but because you're wholly in tune with the divine flows. You see differently and when you see differently, the fountain of that consciousness flows forth and the other person feels it.**

When you simply see someone in a consciousness of love, without any intellectual process at all, and out of that comes the clearing of your own resistance and resentment, suddenly an environment takes place and your friend feels relaxed and unthreatened and she expresses what she really can be.

SEE WITH THE EYES OF LOVE

Read