

In Love With Life?

I am in love with life! Are you?

What does it mean to be in love with life? To be in love with life means to be in synch with the divine flow of loving energy and to KNOW that you are in that flow. It means not “never having to say your sorry” like the movie Love Story, but never having to feel powerless.

This past week, my husband’s cousin passed away, or as we say in Unity, made her transition. Annie was truly in love with life. Annie was born with Down’s Syndrome and doctor’s predicted she would only live to age five. Annie turned 49 just before she passed away.

*Socrates*: *Death isn't sad. The sad thing is: most people don't live at all.*

Annie was in the flow. She didn’t have the typical blocks to that flow that many of us experience on a daily basis. She was not plagued by an overactive ego. She was pure, simple and just about the most loving person I have ever met. She was sweet and oh so funny. She would always have something to say that would bring the room to loving laughter. Annie never had an unkind word for anyone. She loved everyone and everyone who met her could not help but love her in return. That’s what it means to be in love with life. Annie was in the flow.

To be in that flow – to be in love with life you have to first love yourself and you must also love others, unconditionally. Jesus told us to love our neighbor, others, as we love ourselves. While this seems simple enough to understand, the toughest part is usually the love of self. His words seem to tell us to give and love others at least as much as ourselves – but truly, it is the opposite which is often the most difficult. Loving ourselves and loving ourselves unconditionally is often what separates us from our good.

We are spiritual beings. We are made in the image and likeness of God. And the apostle John tells us that God, is love. And so, we ARE love. And yet, our free will, our choice to live in a physical world often presents us with a sense of separation from that flow of love. And while that same sense of separation from divine flow sometimes makes loving others difficult, we cannot truly love others UNTIL we understand how to love ourselves unconditionally.

How do we overcome these hurdles to unconditional self-love? First, we must recognize who we are, spiritual beings, children of God, naturally good. Second we must forgive ourselves our shortcomings. And third, we must live an awakened and purposeful life.

Recognizing who we are seems simple enough. We talk about it a lot in Unity. We are the Christ. We are the anointed one. We are one with God and all creation. But like anything else, talk doesn’t make it so. Belief, Faith and action make it so. Refusing to see ourselves in any other way makes it so.

*To think lack, or possible failure, or that one’s close companion may not do the part he should in a splendid way, is to send irritating currents over the nerves, and to use up one’s store of energy, and to impress the ever-present substance of God with the appearance of lack and inharmony.*

*You do not want this. You want the effect produced by faith in God. Myrtle Fillmore, Healing Letters, page 121.*

Refusing to see ourselves in any other way but in the flow and in divine order, is difficult if you are still hanging on to things you cannot forgive yourself for. If you are looking at yourself and seeing someone who has made mistakes and all you can focus on is the mistakes, or all you can focus on is the physical being you are expressing as, it is difficult to see yourself as your God self. Or if you are seeing yourself through the eyes of someone who is blind to your spiritual inheritance.

The story of the prodigal son is a story of our own returning to our God consciousness; returning to the state of divine love, divine flow. The prodigal son is heir to his father's estate just as we are heirs to the kingdom, spiritual beings with the ability to be in divine flow, in love with life. The prodigal son chose to have his inheritance early and he left his father's estate to strike out on his own. In choosing this physical life, we give birth not only to our spiritual selves in a physical expression, we also give birth to free will and that familiar character, the ego. The ego strikes out on it's own, seeking to make it's own expression and seeking satisfaction and a sense of worth separate from the higher consciousness, separate from our God self.

The miracle is, that at any time, we are welcome to come home, welcome to return to a state of bliss or a state of divine flow. The father welcomes the prodigal son, despite complaints from the brother and accepts him back into the kingdom unquestioningly, unconditionally. This is the unconditional love that we have access to all of the time. This is the divine flow we must be in to truly love ourselves and to truly love others unconditionally.

There are always challenges to loving other unconditionally, but the challenges are less substantial when we understand the difference between loving unconditionally and accepting non-loving behavior. Just because we love others, because we love our enemies, because we love others even when they are not acting lovingly or acting from their Christ consciousness, we do not have to accept behavior that is unloving. When a child disobeys a parent, the parent does not stop loving – but the parent does not accept the disobedient behavior. Jesus loved everyone. His ministry was about love and faith and loving others, however, he did not allow the behavior of others to change who he was or what he taught. He stood mute in front of Pilate as he was accused of crimes against the state and blasphemy. He did not argue, but he did not succumb either. He did not allow himself to hate, but he did not change who he was to be accepted.

*... we need to seek always to have more and more of the Christ Spirit of meekness and love incorporated into our daily life. Meekness does not mean servility, but it means a spirit that could stand before a Pilate of false accusation and say nothing. No one else is so grand, so godlike as he who, because he knows the Truth of Being, can stand meekly and unperturbed before the false accusations of the human mind. H. Emilie Cady, Lessons in Truth, page 13.*

We are not asked to be hurt or injured or crucified. We are simply asked to love and we can do that without accepting negative behavior. My mother always told me you have to love everyone, but you don't have to like them. I think in her own way she was expressing just that. You have to reach down within and find the divine flow of love within you, project to others and love that divine flow within them, but you don't have to accept negative behavior or energy from them.

*Pain is a relatively objective, physical phenomenon; suffering is our psychological resistance to what happens. Events may create physical pain but they do not in themselves create suffering. Resistance creates suffering. Stress happens when your mind resists what is...the only problem in your life is your mind's resistance to life as it unfolds. – Dan Millman, Author Peaceful Warrior*

We can love the essence within another person without accepting the negativity they might express. And we can love ourselves, “unperturbed” as Cady puts it, by negative self-talk or past mistakes.

So, to truly love ourselves and our neighbors, we have to recognize the spiritual beings that WE are, and the spiritual beings that THEY are. We have to forgive ourselves our shortcomings and forgive THEM theirs. And we have to live an awakened, purposeful life.

This past week, I read a quote in one of Neale Donald Walsh's messages and it was this:

“...that what a man can be, he must be. This need we call self-actualization.” Abraham Maslow

Self-actualization. We each have an inner drive, a divine purpose, something we feel called to do, something we are simply born to express. This is not necessarily something huge or magnificent. It is really quite simple.

We are self-actualized whenever we allow that divine flow of loving energy to express fully and completely through us and as us – without reservation, without worry or concern, without the mark of the ego's control. For some, this may be something significant among their peers, but for most is quite simple. Simply being the person they were born to be.

### **It's A Wonderful Life – George Bailey**

**Annie – had a significant impact on the lives of everyone she met.**

**Lily Beck** – has had a significant impact on the lives of others and she has not even left the hospital where she was born yet. She has had an impact on hundreds of people she has never even met, simply by living her story.

We too, have a significant impact on the lives of others simply by being ourselves, pure unadulterated versions of ourselves.

Another story that has had an impact on my life is *The Way of the Peaceful Warrior* by Dan Millman. There is now a movie about it but I read the book several years ago. In the book, one of the characters is named Socrates. And he says "There's no greater purpose than service to others." He is working in a filling station when he says this. He finds the work satisfying because it provides service to others and he is aware that there is no greater purpose.

Jesus taught us about service as well. He taught us that we cannot serve two masters, we must choose God or Mammon, Higher Consciousness or the ego. He also taught us that the Master must become the servant. In the story, Jesus washes the feet of his disciples.

Jesus on service – (master becomes the servant)

- Cannot serve two masters – serve God or Mammon
- Master becomes the servant; servant of the disciples, powers, aspects of being that self-actualize
- Meek/Humble does not mean living according to another's whims or needs. It means being able to listen to one's higher consciousness; to not need physical things, to not need approval of others; to know that God is source of all – not the ego; not the world; not another person
- Childhood – dad left one night; learned that survival did not depend on another person; years before I realized that survival did not depend on ego either – but on my own inner, higher consciousness.
- Survival of body is less important than survival of the true self. Body is just a tool of expression

*By washing the feet of His apostles Jesus denied the race idea of matter as all-important and taught the value of service. Charles Fillmore, Mysteries of John, page 126.*

*When Jesus washed the feet of His apostles He brought home to His followers that he who willingly performs lowly, humble service for others, with no thought of personal distinction, is greatest in God's kingdom. Charles Fillmore, The Revealing Word, page 89.*

To call a disciple is mentally to recognize that power; it is to identify oneself with the intelligence working at a center -- for example, judgment, at the solar plexus. To make this identification, one must realize one's unity with God through Christ, Christ being the Son-of-God idea always existing in man's higher consciousness. Charles Fillmore, *The Twelve Powers of Man*, page 50.

The Christ presence within us serves or feeds our spiritual needs and is expressed through us and as us.

And so we must self-actualize, which really means nothing more than allowing the true nature of our beings to be expressed. It means to express Son-of-God idea, our higher or God consciousness in all that

we do, whether it be something grand or something simple. And it means expressing that true nature without the distractions of worldly, physical riches; without the hindrance of the ego self.

As we begin this new year, it is a perfect time to take a fresh look at how we are expressing God in our lives. It is a perfect time to look at our activities and assess what is serving us and what is not. What is adding TO who we are and encouraging the expression of the Spiritual beings that we are and what is not. We are endowed with spiritual powers. We are heirs to the kingdom of God and to all the power and glory that is expressed through it. We simply have to choose whom we will serve. Will we serve God? Will we serve the expression of our spiritual selves? Will we self-actualize and live an awakened, purposeful life? Or will we serve the world of things? Will we serve the world of physical landmarks, physical wealth? Or has the time come to truly self-actualize? Are we ready to express the divinity of who we are? Will we allow the true Christ within to shine forth and express in all that we think, say and do? Are we ready and willing to be in love with life?