
Love

The Nature of Love

True Love

Loving

Compassion

Experiencing Love

The Power of Love

The Nature of Love

Unconditional love flows in a constant cycle. When it is poured from your heart, it becomes like a never-ending waterfall. Always refreshing. Always beautiful. And as this love regenerates you, you become a spiritually luminous being.

You may think it is difficult to feel love, but love is not merely a feeling. It is often very visible. Love is energy and action. Love is also tangible. If you feel love but do not act lovingly, then you also do not feel *true* love. Perhaps it is another emotion which disguises itself as love. Love and action must cooperate, creating a spherical movement. For instance, if you see someone who is sleeping and he appears cold, a feeling of love might stir in your heart, and you would act on it—by covering him.

Love comes in waves, but creates a circle. When you feel love for God, don't you want to embrace Him, or run out and do something for Him? If you love your spouse, you want to give him or her everything. But how do we show our love for God? We cannot really embrace Him physically. He is all around us, but quite difficult to touch. The way we show Him love is by embracing the people near us. For instance, we could buy them a small token of love, write them a cheery note, hug them—there are countless ways of showing and sharing love. Because each person is unique, each experience of love is different.

Love is not stagnant or dry. It is ever-expressive, and able to dig out the hardest stones in our heart and toss them away; they are not needed if we become really serious about loving. For love to be meaningful, it has to be expressed. If love only stays in the confines of the mind and heart, after awhile it could begin to feel like a heavy rock, or a burden which needs to be unloaded. Love has to break out of the heart, go someplace, and then return. That is a definite characteristic of love. When God created love, He knew that if He gave out a quantity of love, eventually it would have to come back. Love is the world's most invisible boomerang! Did you know?

Love in itself is so dynamic. Just like oxygen in the physical world is "recycled" and something we use again and again, love is the "oxygen" of the spirit world! Satan hates us to recycle and re-use love; in fact, he tries to suffocate and stop us from breathing that precious commodity. He constantly induces us to be lazy, to take it easy—not to worry. According to him, things aren't that bad. Our reluctance, laziness, stagnation, and dormancy come from Satan's urging. Yet God's emotions are dynamic. Love not spoken, but rather felt or projected, is extremely active and potent.

The love of God is energetic and can be regenerated; it is the core energy of the universe. If you think you have poured out all the love from your heart, yet find somebody needs more so you try to pour out that last little drop, you may suddenly find that your own reservoir is magically refilled by God. The more you pour out, the more you receive. Your capacity becomes ever greater because God's own reservoir of love is unlimited.

What do we feel the closer we come to God? We feel not just an intellectual confirmation, but also an emotional burst within our heart when we come in contact with the heart of God. We need the power that comes from the heart of God, not just an affirmation of His existence able to be comprehended by our mind. Sometimes a Unificationist stays within the movement for five or ten years because he feels the Principle is true, but each of us must become spiritually strong by experiencing the heart and love of God. Without that, it is too easy for a person to drop everything and pursue his own life. Love is what binds people together.

We can be motivated to do something based on either a selfish or a godly purpose. If we are centered upon God and want to serve Him and fulfill His purpose, then being ambitious is good. But if we are ambitious just to succeed in our own venture in order to gain personal profit, our desire turns satanic.

It is the same thing with love. If we want to love people because we love God, that is definitely for the higher purpose. But if we want to love for personal gain, it is for a selfish or satanic purpose. The basic understanding of love always depends upon where you are situated. Once restoration is completed, there will only be one standard of love—that of true love.

Once a person is touched by the love of God, his heart opens up and the anger, resentment, and hurt begins to be melted away. Love is the only element able to endure any kind of suffering and bridge any distance. If the one you love is on the other side of the world, go ahead and send him your love; it is sure to arrive. Just feel deep love within your soul and send it on the wings of longing; if your object of love can perceive your spiritual passion and receives it within his heart, he will probably send something back to you.

Love is the binding force of the universe. We all know what feelings

love stirs. We experience them deep in our hearts and we not only strive to get more, but also to convey more love. Though we do not recognize Him as such, God is the initiator of this desire. He coaxes us to do more to unite mankind through His love. He eventually wants to abide in the hearts of all people. When people unite through love, then God is manifested in the greatest possible way.

Love is not only experienced within the family unit. That is the highest level of fulfillment of love, however, the whole universe is full of entities created by God. There is a certain "love" expressed between animals, and between animals and vegetation; they project a kind of love as they serve one another. The interrelationships between all entities in the universe on every different level all serve to manifest the power of God in the form of love energy.

If you want to know God more fully, you have to know Him not just spiritually, but also recognize how He manifests Himself in the physical world. A spiritual experience can fade away, but an experience of a simultaneous physical and spiritual love will linger within our heart and mind much longer. The love between a man and woman can dissipate, but if the result of their love is a child, they will have a constant reminder of their love experience. Love has such great power; partners are always seeking to refill each other's reservoirs. That is why some couples desire to have many children; they regard children as blessings from God.

The essence of God is love and He created us in His image. How much of your essence do you feel is love? When you think of God and True Parents, what feelings well up in your heart? Do you feel a little love, a great deal of love, or none at all? Does it rise in waves, cresting and crashing on the shoreline of your mind? How much you love will decide where you stand in terms of your relationship with God, True Parents, and other people. In fact, in many ways you act as your own judge.

Love is one essence each person needs in order to exist. Whether we possess great intelligence, good organizational skills, or other such qualities, the most important thing is that we "possess" love, are able to perceive the love which God gives to us, and become a channel through which He can love others. Everyone searches for love but many people do not understand just what they are trying to excavate. Love is the treasure-trove all of us seek; no matter what our abilities, we want to uncover our own heart of gold and then share it with other people.

In the past, theologians or high priests were revered, and because of their intelligence and insight, even considered god-like. Often such people flaunted their gifts, but this is quite a contradiction. If somebody is filled with truth and wisdom, he should become more humble, not become unapproachable or think of himself a superman. Father is such a humble person that he can talk to anybody, from beggars to presidents. That is because he loves each person. They can feel his sincerity, they recognize his warmth, and through his example, they are able to understand more of the essence of love.

Every person wants love, but so many go about trying to find it in an ungodly way. They don't realize there are different kinds of love, and various degrees of love. They don't even know the real purpose behind loving. They don't know that love is not to keep, but rather should be given away; that it is for others, not ourselves. They simply have not been taught that if they give away their love without restrictions or strings attached, the same kind of love will be returned to them.

Many people don't realize how to handle this element called love. Some love has the nature of fire; it could be considered either hot and dangerous, or warm and life-sustaining. Without proper knowledge, fire is something very difficult to handle. And so is love!

It is so easy for us to feel envious of another person. If we notice that someone seems to receive more love than we do, or is able to perceive more of the nuances of love given by others, we easily become jealous. We also want to feel love, and have close relationships. And when we don't, we could well feel depressed or at the very least, discouraged. But we want to feel alive, to feel the lifeblood of love flow through the "veins" and "arteries" of our spirit. We want to experience the soul of what we call "love."

Love is never only for you; love can exist and be transmitted and received only if there are two poles. Like electricity, it flows between two points. Yet if you insist on keeping it in reserve, there is no second pole—no object—which can receive it. If you cannot find a human being or element of creation to share your love with, be sure that you give it to God; He is an expert on love and will instruct you what to do with it.

Love is something intangible, but often the result of love is *very* tangible. When love wells up within someone's heart, he may manifest that tenderness by giving something—a kiss, a box of candy, a poem, or a dozen long-stemmed roses. But love's response can also be very *invisible*—a heart beating the rhythm of love can sometimes say more than spoken words. It can create a lasting bond. Pure love is rounded, and does not possess any sharp corners. The nature of love has many faces. It is both our privilege and our challenge to recognize them.

You can't love a person and be distant at the same time. If you love a person, you want to be with him all the time. If you love True Parents, you naturally desire to be with them. The same is true of loving God. The magnetic force of longing is a definite part of love. Do you feel the kind of love for True Parents that encompasses a longing to be with them? Or do you have so much to do that you don't feel an aching for them? Are you working so hard that you don't even take time to think about True Parents? If you have to answer "yes," think deeply about what kind of love you *do* feel for them.

Do you love only what you see of a person, or more what that person represents? I am sure you are attracted to and love the spirit and divinity of the person, if you can discover it. What we really love about someone is his character—his mind, his heart. I am sure it is the same for God. A person's character is somehow reflected through his external appearance, but it is most natural to uncover that essence by looking into his heart.

For some people, praying to God and loving Him is easy, for others it is more difficult. But love actually stems from within the heart of God. We Unificationists are able to love Him because our True Parents uncovered and shared certain elements of His nature. Many of us have had experiences with God. Yet we still have a great deal to learn about the true character of the love given by God, and also the kind of love which should be given *to* Him.

Love is active. It is a power—it evolves out of a give and take process. If you just sit in a corner and have feelings of love, you are not able to have a total love experience, but those emotions that rise within you might be the product of a rather over-active imagination! Love is the

manifestation of your feelings and thoughts on different levels. Anybody who is reluctant to love does not really know what divine love is. A person who deprives others of knowing his own true nature, has a love which is too selective and selfish. We have to learn from God's love; His love is *selfless* and He bestows it unconditionally to every being.

How can we draw the line between personal arrogance and god-like humility? The measure is love. If you are able to love the situation and the people you are dealing with to such a degree that you even shed tears, your love is much more divine than satanic. Yet if you have little regard or feeling for the people, your love is probably tainted with what may look like self-effacement, but may actually be conceit. Why not let your heart go out for the people of this world—so many are hurting and in need of love. If you look down on them, how can you ever feel compassion for them?

Love gives you wings. Whether you are fundraising or witnessing, or loving your beloved—do it with wings!

We should not just want the love of God for our own selfish purpose. Love has such energy within itself that when it is received, it is simply given out again. The give and take process is built into love. There are different kinds of love in society, but the most crucial is the personal love relationship each person develops with God. Yet we may question how we can perceive all the love around us. How we can perceive that our brother or sister loves us. Have we become so coarse that we have allowed the receiver within ourselves to rust out? If so, it will be impossible to perceive the love of God that comes through our mate, friends, or neighbors. We have to repair that receiver again, by developing our prayer life and actively working on communicating with God. Love asks questions. Love receives answers. And then love acts!

Most people in this world don't know what love is all about. That is why there are so many divorces, so much child and spouse abuse, and so much crime. People don't know that the initial step in loving someone is to have a personal experience with God. We have to be able to appreciate God and His love. Father has been teaching these principles for so long. He

emphasizes time and again that the essence of the Kingdom of Heaven is love. That the language in the spirit world is love. That the amount of love we have for God and the Messiah determines our distance from them. Father desires so much that we learn more about love every day. He wants us to learn that if we only love God a little, we will be far away from Him.

Many people love God superficially; they may express their reverence to Him during the weekly religious service they attend, but this is not a true expression of love and service to God. We need to learn how to love totally—not just an hour a week. Not just the people of our choice. If we come to understand the all-encompassing nature of love, then God will share more with us about the nature of our human responsibility, a major part of which is to love—not superficially, but to the very core of someone's heart.

Once a person tastes the sweetness of God's love and some of the "flavors" of the love other people manifest, he will never want to live without it again. Of course there are many stages to love and many experiences in the world of love. The kinds of love that exist within the family unit are so invigorating, satisfying, and overwhelming. Each is a world in itself. Qualities of love can be manifested within the family and throughout the extended family—to neighbors, friends, and ultimately all mankind.

Love has the power to make us feel ecstatic. Ecstasy is an emotion that a person can feel often, but each time is refreshing and new. If you practice love, you will experience new components of it all the time. The people you love constantly change and develop in some way. But then so do you. The people and the situation are different each time love is expressed; love is never repetitious.

Love should not be self-centered; it is something that we should give away rather than hoard. We Unificationists are involved in totally changing our way of thinking about what love is and how it is meant to be used. Love *must* be used purposefully.

Love is the element which unites all entities. Love provides a shortcut both to Heaven, and in communication with God. What will bring us closer to God is neither comprehension of truth, nor the ability to understand intellectual concepts. Love is the shortest way to God. If you

pray in tears, feeling tremendous love for God and humanity, all of heaven will come down and cooperate with you. But if you sit in prayer, activating your brain to try to formulate beautiful sentences, yet don't involve your heart, you may succeed in rounding up all the poets in the spiritual world, but what can you really convey to God merely through the vehicle of words? He listens to the way a heart beats, not just the words a person speaks. If you cultivate a deep heart and extend love toward God and the spirit world as well as humanity, those poets may help you formulate your sentences to underscore the beauty which has started to flow from your heart.

The real magnificence and value of life can be found in the qualities of love. Anybody who wants to come to God must first travel by way of his heart, not his intellect. Although study of the Principle will direct you to establish the correct kind of relationship of heart with God, all things that began with heart and love will end up in the same place. The circle is completed when we meet God in perfection. And that is our goal of life: to perfect our heart and our love.

Fears and jealousies come from the spirit of competition for the wrong reason. Basically, competition is divine. If you have a loving heart and see that somebody is better at something than you, you will still feel happy for him when he experiences victories. Lucifer wanted to be "number one," and he worked hard to attain his position, but just where did that feeling get him? On the other hand, Father always uplifts everyone and in so doing, stays in the background.

It is not essential to always be the best, although it is important to make our best effort. The nature of love allows us to feel happy when our brothers and sisters are successful. We should feel joy when anybody experiences a breakthrough. That kind of love draws us closer to God. When we see other people come closer to God, we also enjoy His presence.

The principle of love may seem to work in strange ways. With love, you can even make God your prisoner. It is with the element of love that you can create an intimate relationship with your spouse—so love him or her totally. If you put your mind and heart to it, you will engulf everything and everyone else with love. Love in and of itself is not meant to dominate, but rather to uplift. By loving totally, you become the owner of whatever you love. Yet ownership automatically entails responsibility.

Think of love—think of the uplifting, not the depressing. Don't

think of melancholic love that causes you to feel sorrow. Think of the kind of love that lifts everybody up to Heaven. Think of the *result* of love.

If you start off by thinking of goodness and beauty, you will naturally climb the ladder of love. You will find more beauty every rung you climb. This is basically an internal process. One thought can stimulate many emotions. If in your heart you feel love for God and True Parents, you will not be lonesome. Neither will you rebel, feel resentment, or express criticism. If you have the love of God in your heart, you will be obedient and meek. You will accept everything that comes from God, and as Jesus predicted, you will be blessed for it.

Father always talks about the values of heart and love. He tells us that only a person who is filled with love will be successful. Love is the element that can really reach people, for it is the greatest power, capable of conquering any problem. Adam and Eve both proved this premise. It was the power of love originally created by God that turned them around; unfortunately, they became centered on Satan rather than Him. Nevertheless, the energy—what we call "love"—did it all. And it is fallen love which still must be restored.

Love is to govern all created things. Because the power of love is stronger than the power of the Principle, it was possible for man to fall. The law of God forbade Adam and Eve to eat of the fruit. Yet the voice of love was so strong, it drowned out the words of God. When love can be perfected, however, it becomes the most beautiful thing.

Love governs above all law and principle—in fact above any other element in the cosmos. Love is the strongest, most supreme force. It only stands to reason that a person who could actualize true love would be a most powerful person. If we were able to perceive the love of God and respond to it, as well as give it out, we would then become co-creators with God.

A man and woman might first be attracted by something such as physical appearance. But as they come closer and learn about each other's qualities, at a certain point they would be pulled together by some sort of magnet. That is the phenomenon of "falling in love." From that point on, a different law functions. Other people might remark that a certain man and woman don't seem to lit together, but what they don't "see" is that

after the soul of love has started to empower a person, he becomes blind to his partner's deficiencies—physical or spiritual. He is attracted by the invisible—love!

Love is what makes us tick. If you give out love, you and those around you are joyful. Yet if you give out hatred, you and those around you will be depressed and may eventually die, spiritually or even physically. The time is coming when God will be able to forget everything that was part of the sinful history of this world. All those dreadful years and centuries are still like a thorn, constantly pricking the heart of God. All He wants is to live happily with His children. As God's representatives, we must convey joy. Of course, we can be serious at times; situations often call for seriousness. There is nothing wrong with that, but even at such times, deep joy should well up within us. Love is often joyful. Joy accomplishes much more than sadness. It has the power to heal body, mind, and spirit. Psychologists say that laughter is the best medicine and that people should laugh themselves healthy! Laughter starts as a seedling of love.

Love is the element that can bring someone to life. If you do not know what love is all about, you cannot successfully bring anyone to life. Have you ever talked to God in prayer wondering what He was thinking about or what He was feeling? You might have the urge to explore His emotions because you love Him so much; as a result, He will probably reveal a great many things to you. In fact, through the vehicle of love, everything can be revealed. In the love shared between husband and wife, nothing needs to be hidden. If your spouse has not revealed everything yet, realize that your mutual love is not yet perfected. Don't misunderstand—there will always be some mysticism surrounding every person—even your mate. No one will show *everything*; you will continually be able to discover new things. What you have to detect is whether there is great resistance on the part of your mate to reveal many things. Such an expression of "love" is opposite to the true nature of love.

God talks about love, but then so does Satan. Whereas God talks about true love, Satan's love is cheap and completely against the Principle. They both use the same word, but there are entirely opposite meanings. In the new world, certain words will receive new value. Words like "beauty" or "jealousy" even "competition" have been used in the old world with a negative connotation, and are associated with satanic love.

But these same words will exist in the new world of godly love, yet with an entirely different substance and meaning.

In attempting to practice God's brand of love, we have to re-learn everything. We have not known how to love; we have a great deal to remedy and restore. But it will take time and a working knowledge of the ways of Satan's love as well as God's love to straighten out the heart.

As I began my spiritual life, love looked so different from the way it appears now. My concept has grown and deepened. Today I desire not to make relationships which are tinged with reprisal or judgment. I prefer the seasoning of compassion. Love and heart are so far removed from my old way of thinking, and there is one surprise after the next as we come closer to love itself and to God. In a sense, Father lives in a different world from us. While we might look at certain situations and people in one way, he would have an entirely different opinion.

The divine love of God is something very strange compared to what we thought love meant. Since people have so many different opinions, understandings, or experiences of love, it is natural that discrepancies and misunderstandings exist between them. It is a tremendous problem that we still have such mixed outlooks; they form a melange of old and new concepts, yet a dash of judgment is thrown in. But real love is composed of a pure and most beautiful essence, and is able to satisfy every longing and every purpose.

Each one of us has to adjust to the laws of Heaven. We must investigate and begin to practice the supreme, true, and unconditional love of God. And we should give up selfish love. The way we do this is to begin to love others. The quickest way to go anywhere is via the vehicle of love; it provides safe and reliable travel. Loving other people even more than you love your own family is the way to Heaven. It may be difficult to imagine what it is like to do that. We may complain that love is not fair. Truly, Satan's love *is* not, but one characteristic of the love of God is that it is free of complaint.

We all like to love and receive love, but how does the clement of love move? Can it be touched? You can touch things that are a result of feeling, but love itself moves within the unseen. Our thoughts also move within the invisible realm, for we cannot see what we think. What about love? Can it be measured? It is possible to measure love by using your five

spiritual senses. Love moves within the spiritual realm: we measure all things in the physical realm with our five physical senses. We can measure things existing in the spiritual realm with our spiritual senses. This means that to perceive love, we have to develop our spiritual senses. Which of the five spiritual senses is the one which perceives love? This is actually a trick question: they *all* can!

I find some people more pleasant to be around than others. But our personal preferences really don't matter when we talk about the nature of true love. We have to relate with even the most unlovable person and love him just as much or even more than those people we feel are kindred spirits. Without extending love to everyone, we might rightly feel quite ashamed and inadequate before God, for He is the one who loves each person, by virtue of the fact that even those we may consider "untouchables" are still His children. The nature of *His* love is that it is not discriminatory.

Love is the essence that can cleanse and consecrate anything. Love can overcome any problem. Love makes a great man great, a virtuous woman virtuous! The essence of a man is composed of either love or hatred. The more a human being is able to love, the closer he is to God, and the more he is respected and loved by other human beings. To fill ourselves with divine love, we have to come closer to God and to understand His will. If love would prevail on all levels, then there would be no more misery in this world. There would be no more war or revolution. Nothing would disturb the peace and the freedom of the Kingdom of God.

Someday each person will have to face God. Someday everyone will feel internal satisfaction when he lives within the heart of God, and eventually will experience the highest form of love—God's. That is the essence of the Kingdom of God.

Love is something that carries, uplifts, and participates in other peoples' experiences of "heaven." It rejoices in someone else's happiness. True love has a special nature: rather than wanting love for yourself, you want it for someone else.

Two lovers are deeply involved in a metaphysical experience when they love. Love is an element which you cannot touch, but is there

nonetheless. It disregards whether a man or woman is ugly. Whether the nose is backwards, sideways, or on straight. When love strikes, that is it. It starts on a spiritual level although later, it may have a physical effect. You cannot hold it, but you can see the effect.

An incredibly strong power pulls people together. For instance, you might jump into icy water and rescue your beloved without thinking about yourself; the power of love is that strong. Since it is a spiritual element and in the realm of the unseen, love that binds two hearts dominates the physical self and commands it to cease demanding. Once a couple begins to hold each other, after a few minutes the two of them would become oblivious to their surroundings—even intense cold or heat. Neither wants to let go, so the feeling of cold or heat is pushed into the subconscious realm, and love then becomes the conscious feeling.

The idea of longing is something with a sad undertone. It is sad because it intimates that for some reason two halves cannot come together to make a whole. Yet there is also positive longing. It is a built-in security magnet which always makes us feel close to God or someone we love. This kind of longing kindles the reactions of appreciation and value, for those expressions are a big part of love.

Love is not something we can touch, but something that can be felt. The element of love can expand and deepen your character. It can release tensions from your body, and it definitely has certain effects: love is that unseen or invisible substance which creates a very visible sensation.

True Love

There is both relative value and true value. True value is always related to true love. And true value is decided by the quality of heart. True love is the standard of all reciprocal relationships in the universe. True love is the highest form of energy it is possible to convey. What we have to discern is the difference between true love and artificial love. We have to discover to what degree we are able to experience and give true, God-centered love. Love which is absolutely centered upon the heart of God is the origin and motivation for all existence. The master plan found in the

heart of God is manifested in all entities throughout the entire universe. They are interrelated and interdependent in order to fulfill each other's needs. Therefore, we should never deprive a person or entity of true love.

The search for love has gone on throughout the centuries. People have tried to find true love, but there was no one who gave out such love. Although people looked for the highest love they could find, everything else is a substitute for the true love of God. A substitute can never replace the real thing. For instance, there is a tremendous difference in the taste of real whipped cream and frozen whipped topping. If we were given the choice, I am sure all of us would prefer to eat whipped cream. If we were given the choice, I am sure all of us would prefer to meet a genuine person than someone who is superficial. Artificial types are not as appealing because it is difficult to trust the quality of their heart and love.

Love has been expressed since human history began, but we should not confuse the true manifestation of divine love which God originally endowed to mankind, with the kind of love that has been experienced throughout the ages. True love fills up the senses; artificial love tries but cannot succeed. That is why people are starving for love.

According to my concept, it is hard to accept a person's love if he proclaims he loves me, yet there are no tears in his eyes. True love means you give of yourself totally. It is the kind of love to which people are magnetically drawn, and is totally sacrificial.

If love is what motivates us, then we can more easily overcome our problems. But the quality of love must be true, not selfish or satanic. If we love God, then we will do whatever it takes to reach Him. Yet once we profess our love for God, He will encourage us to be loving toward our brother and sister. God purposed love as the foundation for all action, and He looks for us to love in His stead.

True love is public-oriented not self-centered. It is given out without any expected return. That love is always involved in doing for others and always works toward the purpose of restoration. It always wants to create new things. Because it is based on compassion and sensitivity, true love always uplifts and works to the fulfillment of good.

There is a certain kind of humility which leaders should exhibit, yet there is also a certain humility which followers should manifest. Father is a very humble person nevertheless as Messiah, his position is the king of kings. He has to keep the position of honor because he occupies the position of God. He can relinquish neither that acclamation nor the duties that accompany it, yet he can be humble in heart. True love is tempered with humility. If you love someone with true love, you respect and uplift him. True love never smashes top to bottom, but pushes up from underneath. When you love someone with true love, you bend down and pick him up. But your hands are always below, lifting and carrying. You don't mind coming underneath someone else in obedience, because you know that you will also be scooped up in the loving arms of God, and that they will stay beneath you as He lifts you into Heaven.

I don't believe there is true love at first sight, but rather true attraction at first sight. True love has so many characteristics that take time and probing to uncover and develop. But since true love can grow from an initial attraction, we should always strive to look our best, to exhibit God's charismatic feeling of love, and always give out to others.

Father speaks often about true love and explains to us that true love always has to do with the other person and not the self. True love gives out, but is not concerned with taking.

We have to learn what love really does, realizing that we can have personal gain by giving out and serving in love. That is the formula that elevates. It is little things. Presenting a person with a small gift or doing something from love may make you feel much more inspired than the person who received it. When you see the smile of a little child or the ecstasy of an old lady, you might feel like floating on the ceiling. You don't want anything but to give of yourself in love. That in itself brings much more satisfaction than if you would have that gift yourself, or if you bought things just for your own use. It is just about unthinkable to love without heart or feeling. We should do our best to elevate the quality of the love we give, and eagerly anticipate the day when we can give true love.

Love demands giving. The greatest form of love is sacrificing your life for others. Even as Jesus hung on the cross he said, "Father, forgive them; for they know not what they do." This statement was made from the

depths of a loving heart. How easy can it be for a person to forgive those who kill him? How much love he must have had to go to the cross and sacrifice his life for so many, and ultimately even ask forgiveness for those who crucified him. Jesus loved those people too, and wanted them to be saved.

Love is manifested on many levels, but supreme love is exhibited by a person who sacrifices his own life for another or for humanity. How does a human being come to the point that he desires to sacrifice his own life for humanity or even for a friend? There must be a tremendous force, a tremendous power within him to be able to bring himself to that point. Life is his most precious possession. Were he to lose his wealth or influence, he could always work to obtain them once again. But once his physical life is gone, it is gone. What is the force that pushes a person to surrender his life, or give it into the hands of someone else for a cause or on behalf of humanity? What made hundreds of thousands of Christians willingly face their own crucifixion because they wanted to be with their savior? They were drawn by the love of God through Jesus. They did not take up swords but instead held up wooden crosses. But once the Romans had already killed so many Christians who never fought back, they had to wonder what power was stronger than the desire for survival.

Loving

The concept of "love"—though so misunderstood and abused—is the essence of everything. It is absolutely the key word in life. Spiritual development boils down to a person's capacity to love. Perfection of character involves how much a person manifests love. It is not based on abilities, capabilities, or educational background. They help, but are not what makes a perfected human being—it is how much a person is soaked in love.

Once we become the incarnation of love and truth, then our words and deeds and even our emotions are governed or dictated by love. If I am not dictated by love when I relate with a person, I am liable to make many mistakes because without using the temperament of love, I may misjudge behavior or misconstrue words. It is the same for any of us. We become so supersensitive that we lose proper perspective. To be dictated by love means taking God's position, looking through the eyes of God and seeing the person as His son or daughter. With love in your heart you can make a decision as God would, or at least close to it. You would feel love for the

person and encourage him to work toward the fulfillment of his purpose. Sometimes it may mean that you speak strongly to him for his own good. Yet your intention is to uplift, not downgrade. And that motivation makes all the difference.

If you are filled with love, you always want the best for everyone, most especially for those entrusted in your care—whether you are the leader of a nation, a business, or a home church area. Intellectualizing does not work to lead people to God. If it did, a great many people would never reach God or perfection. Many millions of people are unsophisticated, but they have simple and pure love within their hearts of "gold." While you are learning and practicing love, leave all the intellectual concepts by the wayside. Otherwise, they may become signposts which point you and the one you love in the wrong direction.

The greatest sin is to deprive others of your love. How much do you really love each other? Could you even die for one another? It is not a question of whether you can make a good impression upon certain people or convince them that the Principle is true. The bottom line is how much love you have in your heart. It is the person who exhibits the most love who is closest to God.

God is melted by love. He reacts to love like a baby does. If you speak words of love, He listens. If you project emotions of love, He feels them. Love is the feeling that unites. When you have problems with God, solve them quickly—love Him. Love Him until He surrenders. When He does that, He automatically forgives you of your mistakes. His greatest desire is for everybody to be in a position that would allow His love to flow to them. Each of us is individually tied to God, and we must realize that God is not out to *untie* the string which binds Him to any of His children. Rather, through the vehicle of love, He is trying to reinforce the knot in an effort to secure our connection to Him, and *unite* us, one to another.

When we think about loving someone or something, we should cultivate this attitude of God's. We must overcome our anger, and despite the small mistakes people make and the irritating behavior they may display, love them anyway.

Your heart opens up when someone loves you. For God to reveal His heart to you, you have to love Him. If someone is in trouble and you show

great love for him, he may pour out his heart to you. Your love brings him relief; he has the power to do this because he feels such warmth from your heart. He senses the love that emanates from you, and the extremely precious gifts of concern and compassion which you give him. Once he feels loved, he trusts, opens up, and unloads everything.

Everyone is longing to be loved by this mystical being we call God, because instinctively they feel that love from Him would be true and genuine, very unlike the cheap substitute perpetrated by Satan. The love they have experienced so far is from imperfect people, and true to Satan's character. His trademark—satanic love—has been tinged with falsity. Illusions about love have caused countless disappointments. So many people have wielded selfish love and manipulated others with it. If we could discern the essence of true love and then bestow that divine love to others, they would naturally hunger for more, and want to pursue the Source who originated love of such quality and caliber. We can assist in making introductions; once they see His face and feel His presence, many of them will desire to join with us and make a contribution to accomplish the will of God. Those who do are quite sure that one of the fringe benefits they would receive from God is the true and perfect love they only dream about now.

All our dreams, all our wishes, all our love and everything that makes us everything we are, are tied up in the qualities of heart and love. But at the same time, many people are afraid to pursue them. We feel comfortable striving for "things," but striving to love and be loved makes us feel so vulnerable, we don't willingly admit what we seek. We have a hard time with the idea of surrendering our love to many people because we wonder if we will receive any in return. Therefore, we tend to keep it for ourselves. We may share it with the one we love, but even then are cautious about giving everything. We protect ourselves, and hold back because we rationalize that if we still possess some love, we can feel a certain amount of inner security. Once we are loved, we feel secure. But if no one loves us, we feel unstable and vulnerable. People who are not loved can easily slip into depression, while people who *are* loved feel positive and have a sense of fulfillment—mentally, spiritually, and physically as well.

The deprivation of love is a continuation of the saga which began with the fall. Lucifer wanted to deprive Adam and Eve of the kind of love they should have received. Not only did he succeed in that venture, but also

engineered the loss of love for God. Even today we follow this satanic pattern, depriving not only our spouse, children, relatives, and friends of love, but also withholding love that rightfully belongs to God. Somehow, all of this unloving behavior which has seemed quite normal according to society's standard now creates such feelings of uneasiness and apathy within us. We feel in a quandary, but don't know how to escape. The deprivation of love truly is the greatest sin. God was loving from the beginning and bestowed so much love upon us. But it is our God-given responsibility, especially as His children, to return love to Him.

The best way for me to find out what you are all about is to love you deeply. If you perceive that I love you, you willingly open yourself up and begin expressing all those beautiful things which you hid before. Yet if I reject you, you may be totally resistant to disclosing what is in your heart. You will never display the beauty that you would if you were bequeathed the gift of love. If God were to grant you that gift, you would open up and manifest the special part of His nature that you alone possess. The wisest thing we can do then is to give out love, love, and nothing but love. You can experience the beauty of God when you see the unfolding and blossoming of the human hearts you touch.

Although it is a noble venture to uncover someone's special and beautiful qualities, it is not absolutely necessary to find out what he is all about—just love him! If you do that, the person will reveal many things about himself to you. Yet if you cannot love, realize that the problem does not lie with the other person. The problem lies with you. Unmask your own inadequacies and toss them away. They do you no good. This might seem a little like dismantling the Berlin Wall. The Berlin Wall prohibits many people from entering the land of freedom. Likewise, your own "Berlin Wall" keeps people out of the land of your free and expressive heart. Perhaps you sometimes grant a short-term visa to someone, but do you still expect him to leave something with your "border patrol" as a means of collateral? Think about what love means to you. Then think about what it can mean to someone else. If you take away the wall in your heart and love a person as he is—without checking his passport or taking a bribe in order to allow him entry—you may receive a great deal of love in return.

We often expect other people to open up and reveal themselves to us, even though we possess many obstacles which others cannot get past—certain habits, behaviors, and characteristics actually repel people, not

draw them closer. Try to analyze yourself. Maybe something about you is not quite acceptable to others. If you have received comments about certain aspects of your character, rather than rebelling and immediately feeling they are wrong, why don't you accept that people made those comments because they love you, and then work on changing those things? Look around, listen, and get advice on how to improve. You are not very loving if you shut people off simply because you don't want to believe they could be right about what they say. On the other hand, accepting the advice of a friend *is* indeed an act of love.

Always find the faults in yourself before looking to find them in somebody else. If you don't "click" with a person, rather than feel it is totally his fault, admit to yourself—and to God—that it was *you* who did not love enough. *You* who were not sensitive enough. Unity is born from respect and love. And we are the ones who pass judgment on our own lives, deciding whether we will live in harmony or discord.

When you pray, pray for individuals one by one, and if possible, shed tears for them. Not just once, but daily. If you can do that, then you can be assured that you love them. If you have the desire to intercede in prayer for many people, then you can be assured that God is working through you.

Check your love quotient. How do you feel about people? Do you give them love or simply tolerate them and go about life half recognizing them, half ignoring them? Do you walk past them in gruffness because you have things to do, or do you take a moment and inspire them, giving them a pleasant thought or experience? Life lived without love—without those tiny moments of caring and sharing—can be pretty empty. You may get a lot of things accomplished, but things such as paperwork won't warm your heart on a spiritually wintry day.

Think about what options are open to you: you can give or you can withdraw. You can hearten or you can resent. You can love or you can hate. When you think about it, *are* there really any options?

The way to be sure you are making the right decisions every day is to follow one basic formula: Let your heart and decisions be governed by love. A person who observes you in your everyday life situations can discern something about how deep or how shallow your heart is by the questions you ask and even by the way you act. If a person is spiritually sensitive, he can detect whether or not you run your life on the energy of love.

The answers that you give yourself or others should all be based upon love. If you have to mediate between two people who do not get along, it really does not matter who is right and who is wrong. The "verdict" should be handed down on the basis of love. Observe the whole situation from the viewpoint of love, not simply from the standpoint of law. Law governs our lives, helping us to determine what is right and wrong, but decisions must be based on love. Certain associates—such as compassion, patience, and tolerance—should accompany it.

To judge, you need to understand human behavior. If you understand what predicament a person faces, why he acts the way he does, and why he is in such inner turmoil, you will be able to adjudicate the situation with much more fairness, when you invite the guest of love to be the jury foreman.

Once God and the Messiah become the center of your life, pour out your heart to people—simply love! There is nothing to be bashful about; try it. There is no need to be sophisticated; why not tell people your personal experiences with God, and how you feel about Him.

If you are invited to give a sermon, what approach do you suppose would be best? I feel there is no need for elaborate pronouncements or platitudes. Just smile, and tell them that you love them. Give them a real warm heart-to-heart talk. Tell the people what they need to hear. If you don't know, ask God. Give them what they need—love. Don't be a "teacher" or a "preacher" and deliver a lot of "Thou shalt nots...." There are so many laws today, but far too little love. Fill up their senses! Human beings are so unloved and encased by fear. It is one of the greatest causes of problems in human society. Fear is why so many people become crazy and depressed. Why so many people are hateful, offensive, defensive, and so aggravated by life.

When you first meet someone, you might wonder what he wants from you. But if you could get over the barrier of that suspicion and beam some rays of your love upon him, his heart may begin to open like a flower does when it faces the sun. Love will always hit the bull's-eye. What you have to remember is to aim for the target of heart.

Don't get stuck in the externals and the mundane of the daily grind. Why not let your celebration of life begin! We may live in the same place with the same people week after week, month after month, and even year after year. We look at each other and sometimes turn away in disgust,

instead of embracing each other. Why? Because we never got closer than the surface. Sometimes, we never even got *that* far! When relationships stay superficial, we neither perceive the value of the people nor their divinity. We just don't see beyond what we notice on the outside. Yet you can feel great hope to deepen your relationship if you can see godliness in a person, no matter how he appears or acts. If you can do that, you will have a good chance to encourage him to reflect God. You might feel enough willpower and initiative to help this person because you see how much God also suffers as a result of his behavior. But if you only see this repeated offender make the same mistakes again and again, making you miserable because *he* is miserable, then your good intentions to love are overpowered. Keeping that viewpoint, it will be nearly impossible to overcome your feelings and help him in spite of the way he is.

The formula is love. If you have a problem child, see him with the eyes of God. Then you will see his value. Remember that he or she is some mother's son or daughter. You think that only a mother could love him? Well then, why not try to *be* that mother! If you can't do it for the person, do it for God—the greatest parent of all.

If you are in the position to lead people, even if it is just members of your own family, you should always concern yourself with teaching others how to love. You must always find new ways of expressing love to them, and bringing them closer to God so that they can feel the love of God. The entire world turns around love.

But how do we manifest the kind of love Christ teaches us? We have to learn and practice. There is no love without truth. Even a child learns things about the truth. He learns how to get along with people, and he learns how to love. It is through the truth that we can reach our goal. And we cannot lose sight of the fact that the goal is love. Truth can be perceived either intellectually or by intuition. There are many intellectually handicapped people who may not be able to read or write, but who know a great deal about love—both how to give it and how to receive it. How did they learn? One possibility is through their family tradition. Seeing their parents and grandparents relate with one another, experiencing their parents' and grandparents' love for them and receiving the encouragement from their parents to love others—from brothers and sisters to neighbors, to teachers, etc. We are always being taught—by books, periodicals, television, radio, other people, etc. Knowledge is disseminated in many ways, but by far the most important points amid all the information and experiences of life are those that teach us how to love.

Even the most introverted people have the same God-given obligations as everyone else. Nobody has an excuse; all of us should learn how to pour out love. Don't be selfish or neglect the Principle. If God gives you His grace, it is your obligation to extend this in the form of loving others.

Pull the right heartstrings, and love will sound just right. Love your enemy. See him as a victim who is suffering. Hatred is a tool of Satan, someone who unfortunately has become too good of a handyman with his tools. Without love, people are deprived of the beauty of Heaven. Be compassionate—see people as children of God.

If you can put yourself in the position of a parent, you will be able to see someone's suffering. If someone is negative, realize he is obviously anguished about something. Yet because of those overwhelming feelings, his demeanor may drag everyone down. If you don't love him, he may never come out of his shell. This does not mean that you have to turn your cheek and wait to be struck. Why not educate him in the ways of love you have already learned and made part of yourself? Educate by example: be a spiritually luminous being. That is the best lesson of love anyone can give.

Love your brothers and sisters as God would. Sometimes there is jealousy because one person seems to get a little more attention or love than others. Work to overcome such feelings. Each one of us is different; each one of us receives love from God. Some may genuinely need more and so it seems they are favored, but we are all unique personalities, and we each perceive things in far different ways from one another. Nobody has a reason to be jealous. God is just and fair-minded. What seems to be an imbalance one way or the other won't last forever. Be happy if one person seems to receive more love. Perhaps he or she needs it most at this time in his or her life. Maybe you will be the one who receives more love next week! Unconditional love is given by God, and He urges us to become proficient in giving out such love on His behalf. So reverse your thinking rather than continue to "love" by the standard found in the secular world. Loving with no reservations—no strings attached—is the standard of love which will help build the Kingdom of God on earth.

To convey love, all your faculties must be involved—words, deeds,

emotions, and gestures. Your body must work along with your heart. When you love, love with every pore and you will feel the essence of God throughout your entire body.

If you love God, a binding force exists between you and anybody who stands on His side.

It takes a temperature of about two thousand degrees Celsius to melt steel. Anything put in a specialized oven at that temperature would burn and melt. Even hard metal can become as liquid as water if it is given enough heat. Have you ever tried to melt someone's heart? Heat it up with your love and you might be surprised at the outcome.—Liquid gold!

Love begets a return—it is the inherent quality of love. When you give love, some will be returned to you. Love is an equalizer; it satisfies both the giver and the receiver. The person who loves the most is the richest. Father has said that whoever loves something the most becomes its owner. Your mind will always be drawn to wherever you made an investment of love. If you love a person, you will never forget him, even if you stay thousands of miles apart for decades. You *can* never forget him if the relationship you formed was heartfelt, because that indicates a kind of "ownership." In a sense, you "own" a portion of his heart, and he "owns" a portion of your heart. Projecting love then is like claiming a piece of land, or staking a claim to mine gold. You invest in the tools and materials necessary and you begin excavating their hearts. You may come up with some silt, but just use your "pan" to filter it out. You struck a motherlode—gold! It is the initial investment of love that will bring you a return.

God asks us to surrender our lives, not by dying, but by living. He asks us to give up our lives and our dreams, and even portions of our future for the betterment of mankind, and the establishment of the Kingdom of Heaven. To put down our lives for the sake of someone else is the greatest form of love we could ever demonstrate, sacrificing ourselves not only for the people we know and love, but even for those people we have never seen before. Billions of people are suffering. If we pray for them and shed tears for those people who live thousands of miles from us, then we will surely feel the desire to pray deeply for the well-being of those people in

Russia, China, India, and all other countries. If we pray to God with humility and sincerity, He will reveal His heart to us, and we will experience His parental love. Once we are able to rip down the curtain that previously shrouded His heart, we will feel such love from Him, we may find it hard to hold back our tears when we realize what the fate of the family of man has been, and especially the fate of our God.

Love is the element that really counts in life—the love of God, the love of True Parents, and the love we share with each other. We should listen to the voice of our intuition; it urges us to perceive the love of God and give it back to Him, not just directly by praising and glorifying Him, but also indirectly—by loving our fellow human beings.

Love is not just conveyed through the vehicle of words. It is something which is also experienced. It can be as mighty as a wave which in its fury and passion, laps over us. It can be a wave that is gentle and calming as it washes up on the shoreline of our heart in the aftermath of a storm. Love has the power to embrace and seems to soak through the skin. When someone is loving toward us, we can feel that experience in so many ways—from the intensity of passion to the softness of a kiss.

The Bible says that faith by itself, if it has no works, is dead. It is the same with love. Love without action is not love. If you want to show love to your mate, you have to do something. It is hard if you always remain twenty feet apart from one another; you need to move close and act.

Reaching perfection will help us increase our capacity of love. We have to become a container of love which can be refilled over and over. At first we are like little milk bottles, able to pour out a quarter of a gallon of love. Little by little, our capacity expands, and our container of love might become as big as a milk truck. Because we have much more love within us, we can "feed" more people.

The strategy of loving is not the point. It does not matter whether you are intelligent or have a way with words. To convey real love, you have to calm down and be perceptive enough to recognize the capacity of the listener. You cannot expect that everybody feels the same intensity of heart as you do. Language can get across only part of what you feel. In the future, you will be refueled by God constantly. You will become so good at disseminating your "milk," that you won't spill any when filling another person's container, and there will be nothing to cry over.

The bottom line of love is service. If you love another person, you want to do everything possible to ensure that that someone is comfortable; you serve him a meal or shine his shoes. You would do all kinds of things to make life pleasant for the person you love.

Serve each other; when you do, you express your love. When you wake up, force yourself to be positive, even if you have to dredge the bottom of your heart to produce that feeling. Perhaps it is not so easy to bring forth, but it is within you. If you make it a condition to do so, many positive things will happen to you. But if you start off by stepping with your "left foot" —and by engaging in negative thoughts and feelings—you might just start a chain reaction of such emotions. Depending upon your emotional capacity, a little mosquito that is bothering you could seem as big as an elephant in the matter of a minute. Be positive instead: don't let that "elephant" draw any blood, and just shoo it away! Really think about who the center of your life is—God, or Satan? If you get into the habit of serving other people, you don't allow Satan room to enter.

Consciously serve each other. Even do it in silence. The response you evoke will certainly be one of respect. If somebody serves you, you usually feel respect from him, even if you don't say it in so many words. Yet if someone serves and his actions are not praised but he continues to minister to others anyway, he could be considered an honorable person. Honor is a noble virtue. It is like a seedling of love, one which is planted and grows through service.

The greatest mistake you can make in nurturing human relationships is to deprive another person of your love. If you do not love, and instead separate yourself from all others and deny them the gift of love, you commit a sin of omission. The feeling of remorse which you could feel as a result actually comes from your conscience. When we feel guilty and sorrowful about how unloving we are, we also feel weakened. Our past can actually be considered a detriment to our spiritual growth. Such feelings of depression and inferiority are from Satan; cut off from them. It is not possible to go back into your past and live a situation over again; realize those trips into your memory will not make you a more loving person. But you can restore that unloving behavior right now. Turn around that feeling of worthlessness. Visualize yourself in a similar situation, but instead of recalling past failures, this time picture yourself as loving. You can make love happen the very next time you have the chance. But even now, you have the power and the capability to first practice being loving in your mind.

Courtesy is one important basis of love. For instance, if you get up from the table and just leave all the leftovers and dirty dishes, somebody else will have to clean that up. If you don't push your chair in, somebody will have to do it. Consideration for that other "somebody" is the key. If you really want to practice love, you might even get in the habit of pushing in someone else's chair for him, or taking his dirty dishes over to the sink. But begin by fulfilling your own responsibility. You and your neighbor are interrelated. You both depend upon one another to fulfill your own responsibility. No one is exempt; the responsibility of love is on each person's shoulders.

I advise you to start off by feeling loving, then to *be* loving will seem much more natural. Love is always manifested through action. You should not concoct and stew in your own thoughts and feelings of love; unless you stir them around and serve them to others, they may sour. Love immediately turns into action. If it fails to do that, it just dies away. Love is dynamic. It always looks for an object; we have to love *someone* or *something*. A little baby begins to love in a subconscious way; as he becomes a child and an adolescent, his love capacity expands. Children may be quite unaware of the love they receive and give out. But as we grow into adulthood, we become more conscious of the existence of love, know it is good, and then naturally seek more. We are driven to experience love because of its dynamism. Love is fulfilled only when response comes, but if you have nobody to love, you will feel at an internal stalemate. We each have a built-in expectation that our love will be returned. That hope originates in God, for He feels the same way we do!

Become the incarnation of love. You increase your ability to love the more active you are. Love develops through practice. And practice makes perfect—or at least more efficient! Learning to type is awkward; your ringers may even feel stiff and hurt from their vigorous workout. But if you become proficient, you could refine your ability so well that you are able to even type along to waltz music. Training any muscle is a question of exercise. If you don't exercise, your body gets stiff, and eventually you could get sick and die. The "muscle" of your spiritual heart is exercised through the practice of love. To keep that spiritual heart of yours in good shape and toned, exercise love daily!

Some people rationalize that because they don't think so highly of a

certain person, it is not necessary to share their inner self with him. They feel there is no reason to tell him anything, because they don't feel there is mutual respect. Respect is important, but if the heart is full of love, it will overflow. Not just in words, but in actions.

Give and take is the source of energy necessary for existence. If you want to inherit the qualities that you find attractive in other people, learn about them. Give and take is most important. Have you considered what you return to others? What you return to God? Do you extend what you learn to somebody else? That is give and take. Even if it took you years to learn something and you invested blood, sweat, tears, and even money, it would be best if you felt inspired to share your knowledge, insight, or skill with someone else. By doing so, you ultimately give it back to God.

In marriage, one partner cannot expect that the other one will always give and give. Eventually their relationship would stagnate and then the giver would give up! Something has to be reciprocated. There must be an equal value in quantity as well as quality of what we give to our spouse. We human beings are used to being selfish and trying to gain things for ourselves. We have been eager pupils of Satan and learned our lessons well. These tendencies stem from our fallen nature. If you are selfish, you will find it difficult to serve others by giving from your reservoir because you will discover just how limited it is both in scope and in contents. It has been limited because Satan has done his best to keep it small and empty. God has been able to pour certain elements within you, but your reservoir could be drained of those substances if you do not do something with them. You increase your reserve by giving because you inherit new elements in the process of giving and receiving. Once you give out love, the energy that action stirs, will cause God to replenish your heart with that very essence.

How is it possible to express love and concern to someone? Anyone who has a loving heart can win over another person with love. Of course he first has to be accepted by that other person. Nobody will reject a person who gives out genuine love. Yet if we have a selfish disposition and try relating to others with self-centered love, it is very possible we will suffer rejection. But if we love a person and honestly want to help him, he cannot help but feel our concern. Even if this is not perceived immediately, it is just a matter of time before it will be. We should not be discouraged, but rather continue to try again. Love will definitely find the way. Love will triumph over negativity or resentment. Love is the stuff which can make us winners. And we can be grateful that it is love which will eventually govern us all.

Once a person understands that you do what you do out of love, then he is much more willing to accept your words and deeds. Make him understand and believe that you act as you do out of love for him and God, and not to further your own position. If you can successfully get that point across, the person will discover that you really meant well and that compassion prompted your actions. Then even if you make mistakes in loving, he will forgive you, and you will remain friends. Loving—it makes the difference between existing and living.

To tell someone that he made a mistake is an act of love. When I do that, my motivation stems from love. Even if he does not like what I say, I do it because I love him, I love God, and in a sense, I take responsibility for the person. If I would be diplomatic and just pat him on the shoulder and say what a nice person he is, yet ignore his mistakes, I would be evading my responsibility to help him grow. It is a parent's position to tell children the truth, whether it sounds pleasant or not. If something is wrong, they have to be told. A teacher has to instruct his pupils in the same way, even if it takes awhile for them to recover from the shock. It is not easy for them to learn about some undesirable part of their character, but at least in the end they will know what is right and wrong. Otherwise they might hang on to that quality for the rest of their lives, and will find it much harder to reach perfection.

The strength and energy that comes from love allows you to move mountains. To me, that is a pretty tangible result of love! If you turn to God in prayer, and you express your love for Him, your relationship comes alive. If in your exchange of love, you can succeed in "grabbing" Him, and even "hugging" Him, He will become *really* tangible to you! You don't want to exchange this tangible intangibility for anything at all! It exists because of love.

Love automatically demands action, otherwise it is not real love and will just die away. Selfish love is detrimental, causing separation and isolation. With true love—godly and divine love—you can embrace the whole world. You can spiritually embrace any person on the street if you really feel the love of God, for love emanates from the heart. Therefore, it is almost inconceivable to be a truly loving person without involving your heart. However, there is also subconscious love. Even if you have incredible

pain and internal suffering, you can still act lovingly toward your neighbor. The joy that is involved in getting out of yourself will bring ecstasy, and that is the real result of loving.

Compassion

We might be able to empathize with the plight of those people who live in the filth and squalor of slums and ghettos. We may feel sympathy with those who live in spiritual poverty. But do we recognize our human responsibility to help *every* person, for those whom we like and for those we dislike? Those who are more pleasant in nature, belong to the human race just as those who are more ugly in nature. And all need our compassion.

God has loved humanity since the time man fell away from Him. Since that time, people have done so many bad things to Him, but He keeps on loving us anyway. If the spirit of God is alive and active within you, then you feel merciful toward people—noticing what they struggle with, why they are in such a predicament, and even why they sometimes act totally contrary to the will of God. If your spiritual eyes are open, you might even see them in chains, living in dungeons. Your heart would naturally go out to them. That is compassion. You shed tears for those people, even if they seem to come at you like lions who are ready to devour their prey. Remember that they cannot actually come close enough to damage your heart, because they are still bound by chains. They may want to be different, but no one has shown them the way out of their darkness. When you feel pity for them, you will come to understand that they cannot help their behavior. But they do need your love and your example to give them the strength to help them break free.

If you feel with the heart of God, then you naturally will extend compassion toward people. You would not take what a person says to you out of his own pain as an insult or a personal affront. You would look at him with eyes of kindness, because you would see him as a person who is being tortured by Satan, spiritually yelling for help, and begging for salvation. God is hoping that you hear this person's plea and then do something about it.

Have you ever empathized with one of your friends through his suffering? You become a friend to someone when you dig into his heart and unearth all the dreams locked inside. A person becomes your friend when he reveals to you things that he is feeling, and he listens to your outpouring. Every person has inner struggles. Maybe you have been more protected than others, but even if you have not personally experienced some emotional traumas and suffering, you can still share in those feelings that another person transmits to you. That takes sensitivity and compassion; if you can empathize with another person, you will surely win him as a friend.

If I feel sorrowful and one of you acknowledges that and then tenderly expresses your love and compassion, your gift of empathy brings tears to my eyes. That is what happens to God. If we try to console God in prayer because we become sensitized to His feelings, then we will cry along with Him. If we feel His sorrow, He will convey His heartfelt gratitude that we sympathize with His predicament.

Satan's world knows little compassion; it is an element we have to gain from God and True Parents. We have to come to a point where we empathize with people; compassion stems from deep love. To feel that way about someone you first have to be able to perceive the love of God, and then return love to Him.

God definitely has compassion for your situation. You have to be compassionate with yourself, too. But you also have to open your heart and attune it to the suffering of the world. We need to be able to commiserate with God, and with all peoples of the world. Compassion heals. Through it, we even heal ourselves and others. It allows us to break barriers of resentment and anger and even discontent. The quality of heart known as compassion can help us feel everything and anything—even the sorrow of God, and the suffering of our brothers and sisters. To demonstrate compassion is part of our obligation in life. If we fulfill that, then God and the spirit world will have compassion with us.

Learn how to love people. If you feel compassion for someone, you will also feel responsible for him. We advance on our road home to God by loving people. That is why we witness. We go out with the intention of

bringing people to God who may not even deserve this blessing, and yet push them ahead of us to see to it that they receive blessings before we do. We take pity upon the family of man and want to sacrifice ourselves for their sake; that is how love works.

Even when you simply speak the word "Father" and then recall some of your most profound and heartfelt experiences with him, tears can well up in your eyes because you meet him yet again—spiritually. Do you have to go back years in your mind in order to review an experience you have had with True Parents? Is your heart more like parched ground, or is it still wet and fertile because of your tears of longing for them? Are you able to feel deep compassion for Father's own struggles to do the will of God, and for his frustration when we don't follow his direction closely enough?

When I look at a person and see all his problems, waves of deep empathy for that person sweep over my heart and sometimes I almost cry. I sense what he is up against and what struggles he has. Sometimes I can perceive that he feels as if he is the only one with certain difficulties. Still, he does his best to hide them and not allow anyone else to see. He feels as if nobody else can help him, that he confronts these things alone, and has to overcome them himself. If you are able to make contact with a person's heart in this way, you might feel tremendous compassion in a split-second because you know his struggle is not an easy one. Compassion usually evokes tears, but it also brings the realization that a person does not *really* have to suffer alone or in silence. Such a revelation might just cause you to remember that neither do you!

If you develop a loving heart and have compassion for others, you are much less likely to criticize them. Compassion derives not just out of love, but also from understanding. If there are certain things you do not understand about having a family, you should never be judgmental to a family experiencing family problems. Be careful about this point. Yet if you do understand things which you feel that family does not realize, then in the spirit of charity, gently advise them, for doing so is also being compassionate.

Learn to understand how people think and behave—single people, couples, and families. Learn about them; acquire wisdom. On that basis, you will nurture even greater compassion, because you will think and feel along with them. If the essence of your thoughts and emotions stems from love, then your heart is motivated by compassion. You understand their

situation and want to help them. You most probably would take a different approach in helping a family than what you would do for a single person or for yourself. Become wise in dealing with people. Since everyone is at a different stage of development, you have to sense what level a person is on, as well as ask God to help you discern what it will take to help him.

Through the years, you no doubt have noticed that your heart has changed. You always hope it becomes more compassionate and feeling. Compassion comes from love, and stems from bearing another person's burdens. Developing it takes a deepening of heart and a strengthening of the love force within you. That power defies death, aggression—everything. No armor or nuclear bomb can intimidate this force, or is as strong.

Many Christians do not sacrifice their lives for the restoration of humanity. They feel it is unnecessary because they believe salvation is a personal experience. They are satisfied with achieving their own salvation, and it becomes their primary concern. It is fine to feel saved and he satisfied, but I wonder how someone can have beautiful feelings and yet not be motivated to do something about accepting responsibility for the millions of people suffering in ignorance and poverty, in wars, etc. Looking at the situation of the world, I do not understand how a person could stay in a constant state of euphoria. It seems to me that feeling compassion is almost a lost art. Satisfying our own needs is not a had thing, but as a race, we human beings cannot be satisfied that the world is not saved and suffers so; we must develop compassionate hearts.

What do you experience when you feel compassion? Are you the type of person who cries along with other people? When you feel compassion, you give part of yourself to someone by offering a portion of your heart to him. That is why compassion heals. The prerequisite to feeling any particular emotion—even righteous anger—is to have compassion in your heart. If you have compassion, you can heal people of their hurt. Get your heart in the right place: do not always expect to feel elated when you feel empathy for others. Instead, you might well experience the hurt that they feel.

Through our prayer life and vertical relationship, we must draw ever closer to the heart of God. By becoming one with God's heart, we become a channel of His love and are then able to have compassion for all humanity. We will also have compassion for each other. We will even have

compassion for ourselves. We will become patient, and God will give us the power and strength to do many things. We will receive the strength to commit our whole lives to God and for the sake of humanity.

By cultivating a heartfelt relationship with God, we will automatically develop compassion for His children. But we will also have compassion for God Himself and for His predicament. As the Creator of this universe, He had such great hope to incarnate in His children and to experience the wonder of His creation. But instead of the Kingdom of Heaven on earth and in spirit world, hell was created. Our present world was certainly not something He envisioned. The state of affairs we find today is the only thing which Satan actually created without using God's blueprint. The results of the fall are so devastating; they cause God such great sorrow even today. A cemetery, rather than a kingdom, was formed. When we think of why Adam and Eve left the Garden of Eden, we have to feel deep compassion for God. His sorrow was so deep, He became inconsolable. He shed many tears, as did His children. We have to visualize this as reality; it is certainly no fairy tale. But once we empathize with God as well as Adam and Eve, our heart of compassion will be stirred to begin moving to help in the restoration of the world.

Experiencing Love

Have you ever imagined what happens to unused love? Quite an unusual question, isn't it? But if we delve into the nature of love, we have to consider that a great deal of love is unrequited. Think about how much love God pours out to people—whether they live in a hut or a villa—but which is never taken. If no one uses it, what happens to that love He bestows? This situation can be likened to a woman who has the potential to bear children but does not. Love has the function and characteristic of multiplication. If love comes to you and you do not receive it, then you also cannot give it out. A woman stays a woman, but unless she bears children, she is not completely fulfilled according to God's original idea. The law of love is that once given, love will return.

It is the same with God. He pours out His love, and within that love is a built-in "magnet." Eventually love has to be returned to Him, even if it takes some time. Love and energy exist and move between two poles. If love is directed toward you, but for some reason you do not receive it, in essence you "kill" or squelch that love. Every love has a purpose; love does

not just float through the air like a cloud. Its purpose can only be fulfilled if it finds an object which receives and then returns it. If love is imparted by someone for a certain purpose but that intention is misunderstood and thereby the love is rejected, then the love is lost for that purpose. Love needs both a sender and a receiver, a subject and an object.

Love is an energy that creates and re-creates. In fact, all of creation came about because of the love of God. Even within God Himself is a plus and a minus, a subject and an object. That is why love can continually energize God. Love has to revolve; it is active, not static. It is always moving, circular and spheric. For electricity to flow, a circuit must be formed between two poles. In the electricity of love, it is the same. However, Satan is the circuit breaker of love. He pulls the plug from our reservoir of love, hoping it will dry up completely. But then he switches off the main power and instead fills us with negative elements, and then we find it extremely difficult to hook a connecting hose from our heart to God's own reservoir so that He can pump more of His love into us.

If I want to love you but you don't receive my love and just give me the cold shoulder, then what happens to the love I give out? Nothing can happen because love needs an object; that love is wasted. This may be a revolutionary concept, but perhaps it can begin to shed some light on what happened to the love of God throughout the ages. He gave out love but nobody responded to it; nobody received and acknowledged it, or allowed it to become fruitful. If people had responded, love would have become creative and reciprocated in beauty.

Through years of study and sacrifice, Father uncovered the crime of Satan. As well, he disclosed the nature of true and unconditional love. It is an amazing revelation to understand that *experiencing* love—receiving and responding to it—is of such great importance. We have to be more conscious of how to keep love from getting lost.

Man must be able to perceive the love of God. Even though true love is to be found everywhere, we are not always able to perceive it. I may have emotions inside of me, but if I never express them, no one can perceive what I feel and people will be unable to understand what goes on inside my heart. As long as God could not speak about His heart, nobody knew Him. During certain periods of human history, God could not be heard. Even though He spoke, no one was able to perceive what He was saying. They could not hear because they did not have "ears to hear." Much later God tried again to reveal Himself through His son, Jesus. Yet even then, people could not perceive His words. To perceive and experience

the love of God, we have to fulfill the prophecy of Jesus, and have the ears to hear and eyes to see.

Twenty-three years ago I was a very different man from the one you see before you today! Through many experiences with God, I changed quite a lot. I became more loving, more compassionate, and more forgiving. Each of us will change as we cultivate the love of God in our heart and character; we will think, feel, and act differently. True Parents are such an example to us. They are the greatest lovers of God and humanity because they are the most compassionate and forgiving; we should follow their pattern.

The love of God is quite different from the love given by man. Years ago I thought I knew how to love and what love was all about. But after being confronted with all kinds of situations in which compassion and sensitivity were demanded, I became more able to love people. Now if a person comes burdened with sins and mistakes, all I want to do is to tell him to forget it. Life is too short to be hampered by sins and fears. We have to learn to love. In fact, experiencing love is what life is all about.

The love you can feel in your heart has little to do with the masses. Love has to do with a single subject and a single object. Love has to do with God and us. Whether we have much success or no success, God is still God. If we love God, then we just love God—that is all. The relationship we have with Him should not change depending upon whether or not we are able to achieve a certain result. Whether it is a sunny day or a dark and cloudy day, we should strive to portray the beauty and love of God within us.

What really matters is what goes on in the world of our heart. Love is the element that should carry a family, help it survive, and allow it to experience Heaven. Love is experienced in the home of the heart. Therefore, we have to train ourselves, and develop our hearts to be able to cope with our experiences of love. As blood is the life-giving element for our physical body, love is the life-giving element for our spiritual body. Without love, we cannot live. We have to learn about and then practice how to love. Now is the time; tomorrow might be too late.

What does somebody who is in love think about? I would venture a wager that he probably thinks most about the person he loves. He probably

focuses on what he can give that person. He recalls their happy times, and thinks about what they might do in the future. It is a natural thing to fall in love. And it is just as natural to have a great portion of our thoughts go toward the person we love.

When we fall in love, our heart and emotions will direct us. The magnetic force of love that draws us close to the person will guide and inspire us, even activate our fantasy as well as our intellect and heart. The closer we come to the person, the more ways we will find to manifest our love. We are drawn together with that person and create a whirlwind of love which is difficult for someone else to enter. The law of attraction and repulsion work at the same time. We are attracted to the person we love, yet at the same time, exclude everybody else from the intimacy of that relationship.

The love of God will make us feel ecstatic once we become aware of it. But we cannot live on the clouds; we also have to learn to receive love. That takes getting your defenses down. Sometimes it feels too abstract to come to God. Sometimes it is much easier to go to God vertically than through horizontal relationships. We have to learn through other people. You can love a person once you respect him. You can love a person because you have received something from him which nurtured both appreciation and respect, and you simply don't want to let go of your connection. That is how the relationship between you and God should develop, as well. When you feel the power and strength of love from the people you love and who love you, then you will want to investigate who is behind it. Eventually, we will know God through our brothers and sisters.

The perfection of heart and love is actually a lifetime effort, but even after reaching a certain point in your growth, you begin to feel a certain degree of love for everybody. I don't think it is a case of loving your wife today, your children tomorrow, your mother next week, then your grandma, and next month, finally getting around to love the creation. An experience of love is a more all-at-once breakthrough. Once you are able to love unconditionally, you can love *anything* and *anyone*.

We will have spiritual power once we become convinced that the love of God and True Parents far surpasses anything else in our life. That is the time when fear will lose its hold on us. If we fight for this love and are even willing to defend it, we will naturally expand our love by giving it

away because it is so refreshing and heartening. But to have energy enough to give love away, we will need to experience it daily.

If you love God and True Parents and are united with them, yet presently are strangers to one another, there will come a time when you *will* love one another. The love of Christ unites us all. In order to win people for God, love has to be transmitted. Love can unite you and another person because it has the power to draw the two of you together like magnets.

When a little baby is born, it feels love through the skin touch experience. A baby absolutely needs love, even though it may not consciously realize it. As we grow older, we don't realize anymore that we do not just absorb love into our heart, but also drink it in through our senses, and then carry it within our heart. There are many facets to experiencing love!

Through the fall, man lost his ability to perceive love. Therefore, man is still not able to sense love from others on either the horizontal or the vertical level. We don't expect it, and if it comes, we don't always recognize what it is. Our senses are not keen enough to understand. Restoring experiences of love is a learning process.

Since the motivation for God to create the whole universe was love, we become a co-creator with God, once we are driven by love. We have to be continually refreshed and attuned to the love of God. We have to connect with God, to His heart, to the everlasting, regenerating energy of God's love, so that we can draw some from His reservoir at all times. Once we begin to really love God and True Parents, we will no longer seek to dissect and analyze the nature of love, because we will just enjoy being refreshed by it. There is so much love we can tap, but we have to consider what our capacity is. How much can we hold? How can we expand our container to the size of a tanker rather than stay a fifty gallon drum all our life? Our capacity for love has to expand. Always make sure your valve is open, and allow God the chance to pour His love in you. Experience makes the master.

Everything—our life, our drive and our enthusiasm—depends upon the degree of our love for God and True Parents. If we find we have

little love, we should analyze why. If husband and wife are not magnetically pulled toward each other, they should examine why not. Is it really love that unites them, or have they become complacent with just a superficial relationship?

Love makes the world go 'round." It is wise to look at life from the standpoint of love rather than from the standpoint of survival, or in a humanistic way. God judges all things through the eyes of love. When you look at a person who is depressed, you might notice that he is internally tied in knots, but may wonder what you should do for him. The only real answer is to love him. If you don't, you are apt to feel a hole in your life. The way your neighbor feels affects you. Every person in your life is there for a reason; when looking at people and their personal predicaments, be sure to gain the right vision to help them out of hell. Look at them with the eyes of love.

Love evokes many types of action. A child should not be kissed or embraced in every circumstance; sometimes he needs to be spanked. I feel a great many people misunderstand the need to discipline a child. If parents do not define parameters for their children and set down rules, those children will have a hard time to discern right and wrong, even good from evil. I feel it is wrong for parents to allow their children to do exactly as they please at all times. Children should learn personal discipline through the example set by their parents, and obey what their parents tell them. If they are told not to do something but do it anyway, they need to be straightened out whether it is by setting an example, talking, or sometimes lifting a hand: no matter what, the message has to get across.

Some situations we go through are meant to educate us. We all confront tests and trials which are God's way of showing us just what He feels about a certain situation. We *could* view them as satanic intervention, or as someone else's fault. But that is not a fair assessment. We have to remember that God has His watchful eye on every person; it is not His intention to destroy anyone. His goal is to make sure everyone is cared for. He wants each of us to feel His love. We may be puzzled at how God can actually love the people who are evil or those who commit crimes. How He can love those people who crucified Jesus. And how He can even love us.

We sometimes end up in difficult predicaments. Those circumstances are often God's way of disciplining and educating us. Yes, we are sinners, but He is a forgiver. Yet He is intent that we learn His tradition. As our Heavenly Parent He *does* discipline us. The times we feel farthest away are not necessarily satanic intervention or the fault of someone else. Those are moments when we experience a different aspect of His love.

Love is the essence of life. Everybody loves something. Everybody creates a life for himself and tries to surround himself with certain objects of love. Every person takes time to create his own little kingdom—with his circle of friends, his apartment, his TV, his car, or countless other possessions. He creates his environment according to his desires, and comes to love it. To him, those objects of love represent something about his development. Presently his standard of value is represented by the people and things he loves, yet whenever he acquires something new or different friends, those things are incorporated in his life and also comprise his set of "values."

If you have the desire to pull him away from that standard, you have to come forth with a greater love. You have to come with more love or more inviting things than what already fills his environment. No one can demonstrate a greater love than God. If the person feels the love of God, he may be able to disassociate himself from his present objects of love, but it is hard because he has become attached to them and to him, they equal love. He sees no reason to change his life.

Everybody wants to profit. Call it human nature, or divine nature, that feeling is inherent within all people. If you talk to a person, that person might subconsciously think, "What am I going to get out of this conversation? Why should I stand here and waste time with this person?" But if the person feels he can profit by talking with you, then he might even be willing to stand in the cold for hours. If he feels he can somehow benefit from your association, you come to hold greater value for him. Therefore, to love a person and teach him something that he has never experienced before, you have to give quality love: the love of God must shine through you.

You can only develop a longing if you love someone. Love is the motivator and the initiator. If a couple is madly in love with each other but for some reason must be apart, both may have such feelings of longing that they might suffer even physically. Some people die from longing or of a broken heart. We need to ask ourselves whether we have this intensity of love for God and True Parents.

We will experience in spirit world what we have "bound" here on earth. Just as we have learned and deepened our understanding about love here on earth, we will do likewise in heaven. We may review the "videotape" recorded of our childhood and see what love was given to us or deprived of us, and from whom. We will watch again the scenes of our

own experiences in giving out love to others. That is when our eyes will *really* open wide. The experience may shock us. It may depress us. It may devastate us. But we could do a lot now to avert that kind of thing from happening in the future. If we really work on loving as well as experiencing love from others, and guard against depriving others of love, we may even enjoy watching our "videotape" once we live in the spirit world.

Ananything that is received vertically must be manifested horizontally or it will get lost and be unable to fulfill its purpose. No entity receives something from God only for himself. Everyone is given something and expected to give something away. It is when love is given out again that it completes a circle.

We have to be able to receive love, although it is often easier to give love than to receive it. Perceiving love takes sensitivity, and we should work on developing ours. We should develop heartfelt feelings, becoming sensitive to one another's needs, or we may not respect our neighbor and hurt him unintentionally.

When the power of God's love and the power of prayer are able to stimulate the human heart, new things can be created. If there is a foundation for God to come into a congregation, He will. But we must create bases for God by opening our hearts and developing a longing for God and the Messiah. It is not simply enough to want to experience the love of God. We should want to feel the love of God because we in turn love Him, and not because of any selfish purpose. As we come closer to God, we receive so much love that we want to come closer yet. It is the new Jerusalem which we are trying to find, for it is the city of love.

The Power of Love

If you are unloved, you feel so miserable that you may even want to die. But once you experience the spark of love because you have an object to love, then that spark can quickly turn into a torch. The rest of the world literally will not matter anymore. You could live on an iceberg someplace at the North Pole with your partner, and be content embracing each other physically and spiritually until you die.

Literature is saturated with love stories. Some of those stories even express the love teenagers feel for one another, but who commit double suicide because they are not allowed to come together. In death, they are found embraced in love, for the power of love is even stronger than the power of death.

If you are dictated by love and God is within you at all times, you will find it hard to do anything but stay within the realm of love. If you are dictated to do good and to love, you have already fulfilled your purpose as well as your responsibilities. You both *have* influence upon your partner in a loving way, and receive influence *from* your partner in a loving way. The nature of love also directs you to fulfill your duty and responsibility toward your parents, children, and peers.

If you are on Satan's side, then you might use people for your own good. If you are on God's side, instead of using people, you tap into the power of love to bring them ever closer to God.

Jesus could never do anything *but* love. Even as he was being crucified, Jesus loved his enemies. He had to love because he was the incarnation of love, and totally governed by God's love. Our True Parents are no different. They are our examples of the way perfected hearts respond to the power of God's love.

It is our commission to turn the love that we receive from God into tangible power that uplifts people and gives them rebirth.

When we look at each other and talk about what constitutes true spirituality, we face one gigantic little word: love. The presence of God is felt where love is. Love is the way God expresses Himself. When I see God in you, I see love. Or when I feel love for you, God manifests Himself. You can discern how close a person is to God by either the love he exemplifies and conveys, or by the vibrations you feel from him. Are they loving? Coarse? Satanic? Divine? The nature of God always inspires us. The True Parents are likewise. You feel secure and "at home" when you are around them.

Sometimes leaders have argued with each other, but in the presence of True Parents, they forget their grievances. True Father's love diminished

the intensity of their highly charged emotions. It equalized and absorbed any negativity. Everybody felt at peace, and the problems which had seemed so insurmountable to them, became much smaller or even disappeared altogether. He gives out so much confidence and huge doses of love, that everybody feels embraced, and nobody complains anymore.

We discern if a person is of God by his words and deeds and even by his vibration. Does he bring you closer to God? Does he bring the presence of God to you? If you develop your senses, you will be able to discern godly people from satanic people. It is not just whether a person is pleasant; the power of love generated by a person indicates something about the degree of his divinity.

By practicing love we come close to God. We draw near Him not only by feeling love. We must turn these emotions into tangible results for God. If you pray with the purpose of feeling God and want to be elevated for a selfish purpose, you may experience God's inspiration, but eventually should turn that into something substantial for God. If you battle to break through to God, then even such a prayer can be looked upon as suffering. But whatever it is called, it is a tremendous and powerful experience with the heart of God!

We are here to heal each other with God's medicine—love. We need to become proficient at our occupation, learning how to mend hearts and helping people become well.

We are all in need of spiritual healing. If we want to get cured, we have to love. You are regenerated and made young again once you receive the oxygen of love. If someone has been starved for love for a long time and you give him so much that he nearly suffocates, that love heals and helps him become an entirely new creation. That is what happens when someone who has been away from God suddenly meets up with Him again. God pours out so much love, the person's spiritual "cells" become regenerated. And that is a direct experience with the power of love.

Everyone has certain insecurities. Generally people don't want to fail at ventures they undertake, and want to do the right thing. These feelings are tied up with pride, but shame also plays a role in insecurity. We don't know how to behave correctly—what we should do and what we

should *not* do. Such insecurity can be easily overcome if you love. Then you can accept the experiences that come to you. Yet if your bonds of love are not strong enough, all kinds of behavioral conflicts occur. But if you love unconditionally, then any mistake you make along the way, is not even noticed.

Trust is a matter of feeling secure. You wonder if you can trust a particular person, and sometimes you even wonder if you can trust yourself. This breeds insecurity, but it is able to be overcome through love. If you were to make a mistake and I got upset and yelled at you in front of others, what would you do? You could get angry with me and resent me. But you could also approach me in tears and love me despite what happened. How long do you think I could keep chastising you if you kept on loving me? Not long. Because of your love, I would be rendered powerless. It is a failure to love which brings distance between people, and it is triumph in loving which bridges gaps between people. If a married couple has a little problem, it causes them to feel separated until they can resolve it. But if they totally submit to one another in love, the distance can be spanned in a second. Love is the element that bridges and reconciles. Love is the clement that heals. If you threw yourself at the feet of God and refused to leave until He forgives you, then even if you have done something seemingly unforgivable, your love would set you free.

Love heals any segregation and reconnects things quickly. It overcomes any kind of insufficiency, insecurity, and every obstacle that separates us from each other. The power of love can envelop someone; it is stronger than anger or resentment. It is the power of love that can make a person surrender. Allow yourself to be melted by love. That will help you forgive and ultimately make you a stronger, not a weaker person.

You can overwhelm many people with the power of heart and love. Love possesses incredible strength and fortitude. Most people are so lonesome. They live within their own secret gardens, but need to be uplifted and consoled. To them, life is an imaginary thing, not something real. But love can draw us out of such a fantasy world. Love is the medicine all people need to take; it helps a person sustain the suffering from being rejected and neglected. Love is the most powerful essence—in this world and in heaven.

Sometimes things seem insurmountable. With love, every problem

can be overcome. You can break through anything with love. Love just wipes the hurt away. Any mountains of sin, accusation, guilt, or fear that pile up, can be moved by the bulldozing power of love. And it is activated from within the heart.

The purpose of creation is joy. Joy lives within a heart which is moved by love. If you give out love to someone, the person can feel love in response. Through the creation that comes about, you experience joy. But love has greater power than that. It allows you to be creative, not necessarily like an artist, but able to *create* relationships, and by expressing love.

When we re-create, we extend the love of God. For instance, we can create a relationship on that basis. It is the power of love that can generate joy and fulfillment. We know that love is beautiful. Everybody wants to be loved. And I think that everybody also wants *to* love. Everybody wants to experience joy; but I also believe that everybody wants to make others happy. The question is how. The answer is to tap that powerful reservoir—God. He can connect us to the electric current of love and solve our dilemma.

Love is the supreme equalizer. If you are having a hard time balancing your heart and intellect, the power of love can help. Love will help your spirit feel at peace and be relaxed.

If you have cut yourself off from society and you feel as though you stand on the outside looking in, you may feel like criticizing everything you see. But from that vantage point, you will never be able to analyze correctly, because your standard will be based on resentment, not love. You cannot understand people, because you feel far from them. If you are inside the circle of love, then that lifeblood flows to you just as it does to everybody else. People who are disappointed with society and begin to criticize, reject, and despise, may come to hate everything, including themselves, in the end. The only way to solve the problem of receiving too little love is to go back to a place where you know love exists, and overcome those obstacles that made you withdraw in the first place. Go where love is, for that is also the place where your heart can be healed.