

" ... Pierre Teilhard de Chardin spoke of love as the core energy of the universe, the most mysterious and unknown energy that endures beyond all evil and darkness, beyond all destructive powers, beyond every human fear and every tear shed from hearts broken by grief. Love forges stars out of the chaos of the elements; love writes the lines for the nighttime sky; love alone endures through the darkness of the night into the brightness of a new day. It is love that takes what is deepest in the center of everything that exists and unites it with another center, creating a force and bond of enduring character that leads to nothing less than a new higher consciousness open to the future fullness of life. Love alone, Teilhard thought, can bring us to another universe, for the power of love is God, and God is forever the maker of everything new in love. ...

" ... Everything flows from this deep power of love, the things of science and religion, church and world, the joys and sorrows of every life; everything flows from divine love unto the fullness of love."



How do we fail Love?



Map of Consciousness

Developed By David R. Hawkins

	Name of Level	Energetic Log	Predominant Emotional State	View of Life	God-view	Process
Spiritual Paradigm	Enlightenment	700-1000	Ineffable	Is	Self	Pure Consciousness
	Peace	600	Bliss	Perfect	All-Being	Illumination
	Joy	540	Serenity	Complete	One	Transfiguration
	Love	500	Reverence	Benign	Loving	Revelation
Reason & Integrity	Reason	400	Understanding	Meaningful	Wise	Abstraction
	Acceptance	350	Forgiveness	Harmonious	Merciful	Transcendence
	Willingness	310	Optimism	Hopeful	Inspiring	Intention
	Neutrality	250	Trust	Satisfactory	Enabling	Release
	Courage	200	Affirmation	Feasible	Permitting	Empowerment
Survival Paradigm	Pride	175	Scorn	Demanding	Indifferent	Inflation
	Anger	150	Hate	Antagonistic	Vengeful	Aggression
	Desire	125	Craving	Disappointing	Denying	Enslavement
	Fear	100	Anxiety	Frightening	Punitive	Withdrawal
	Grief	75	Regret	Tragic	Disdainful	Despondency
	Apathy	50	Despair	Hopeless	Condemning	Abdication
	Guilt	30	Blame	Evil	Vindictive	Destruction
	Shame	20	Humiliation	Miserable	Despising	Elimination



The Narrow Way

CB – The useful constriction of finitude:

- intentional suffering: A = ek
- the kenotically surrendered heart
- the elixir of agape is to be extracted

Examples > constriction of choice:

- Consciously-chosen Love
 - "My judgements are too wide to pass through; they must be left behind."
- Forgiveness: A growth in Love
- Accepting everything and everyone as it is
- Go with the flow

Work tools • SO + NI + SR • Real aim and aim (devotion) Conscience -> feeling altogether • Scale • Centering Prayer & retreats

"Jesus has given us a new commandment and that is 'to love one another as I have loved you (John 14:34). This way of loving is much more demanding. It is not simply a movement of faith in the abstract. It is accepting each other in our individualities, in our opionionatedness, in the things that drive us up the wall, in what seems physically or emotionally repulsive in other people. We accept people just as they are because Christ has accepted us just as we are – with our lengthy list of limitations, faults, sins and hang-ups. God's unconditional love poured forth in our hearts by the Holy Spirit goes on showing love, no matter what happens and even in the face of opposition and persecution. Where does this charity come from? It is being infused into us in the silent seedbed of contemplative prayer. The whole of contemporary society is contrary to that movement ... whereas the movement of the Spirit leads to freedom."

- Thomas Keating, Fruits and Gifts of the Spirit, pp. 16-18

"Ideas are not merely knowable but be-able. ... Once an idea is rooted in the understanding of a few committed people it acquires a power ... and can attract its own resources."

- JG Bennett, today's email

If anyone says,
"I love God,"
and yet hates her brother or sister,
she is a liar.
For the person who does not love
her brother or sister whom she has seen

- 1 John 4:20

+

cannot love God whom she has not seen.

"After Jesus, the greatest sacrament is another human being."

- Thomas Keating, The Mystery of Christ



Real Aim:

To be Love and to Serve Love

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Hawkins' prayer: Choose Love and Peace above **all** options

