

The Way of Love

by

Michael Hendrickson

The Way of Love

1.

These are the teachings of the Way of Love,
to unite with the great Oneness of God.

The teachings are simple;
yet if you try to make a religion of them,
or try to make a science of them,
or try to make an ideology of them,
or try to make a political system of them,
or try to make a belief system of them,

they will elude you.

Profound yet plain, they are true.

Those who wish to know the

Oneness of God

take joy in doing the work and service that

comes to them.

Having completed it, they take joy in

cleansing and feeding themselves.

Having cared for others and for themselves,⁴
they turn for instruction,
to learn in the loving presence of the Master:
"The Way of Love leads to peace, virtue,
and abundance."

Those who wish to be aware of all things
should adopt the practices of
The Way of Love.

These ancient disciplines calm the mind,
bring you into harmony with all of
God's creation.

The first practice is the practice of
undiscriminating virtue:
take care of those who are deserving;
equally, take care of those who are not,
without judgment of who is deserving, or
judgment of who is not.

When you extend your Love in all
directions without discrimination,
your life is firmly planted on
The Way of Love.

Those who wish to embody the Love of God
should embrace all things.

To embrace all things means that you
hold no anger
or resentment toward any idea or thing,
living or dead, formed or formless.
Acceptance is the very essence of Love.

To embrace all things means that
you rid yourself
of any concept of separation:
body or spirit, mind or word, thought or act,
heaven or earth,
living or dead, male or female,
positive or negative, self or other.

Division is contrary to the nature of Love.

Foregoing antagonism and separation,
you enter unto the loving oneness of God.

Every departure from the Way of Love
contaminates your spirit.

Anger is a departure.

Strife is a departure.

Self-absorption a departure.

Over a lifetime the burden of contamination
can become great.

There is only one way to cleanse yourself
of contamination,

and that is to practice virtue.

To practice virtue is to selflessly

offer assistance,
giving without limitation your time,
your abilities and possessions in service,
whenever and wherever needed,
without prejudice of those in need.
If your willingness to give Love is limited,
so also is your ability to receive.

That is the way Love works.

Do you imagine the universe is agitated?

Go into the desert at night,

look out at the stars.

This should answer the question.

She settles her mind as the universe settles

the stars in the sky.

By connecting her mind with God,

She calms it.

Once calmed, it naturally expands,

ultimately her mind becomes as

vast and immeasurable.

Love gives rise to all forms,
yet it has no form of its own.

If you attempt to quantify it in your mind
you will lose it.

It is like holding your breath:
the air is caught,
however, consciousness is lost.

Why not be content with
simply experiencing it.

The teaching of the Oneness of God
will go on as long as there is Love
and someone who wishes to embody it.
The manner in which this was expressed in
times past
will be explained again for generations to
come in a manner that best suits
the character
of the people receiving instruction.

These things, however, will never change:

Those wishing to attain oneness must
practice indiscriminating virtue.

They must dissolve all ideas of duality:

heaven and earth, spirit and flesh,
self and other.

They must abandon prejudice and

differentiation born of cultural,
ideological, political, religious beliefs.

They shall hold their minds

free of any thought

that interferes with the experience
of the great Oneness of God.

These practices are the beginning
of liberation!

I admit, however, that words cannot replace
the teaching
that only experience will bring.

No doctrine, no book, no science or religion,
could provide you with the insight
that the experience of

Pure Unconditional Love

will give you in realizing the harmonious
oneness of life.

I may describe it in this manner today,
tomorrow with illustrations and eloquence,
always the truth of it is beyond words.
Simply be aware of the oneness of God.

Those who desire the admiration
of the world
do well to amass a great fortune
then give it away.

The world responds
with admiration in proportion
to the size of the treasure.
This is meaningless vanity.
Stop striving after admiration.
Don't care what people think of you.
Place your esteem on God.
Live in accord with Love,
share with others the teachings that lead to
Oneness, be immersed in spirituality.

2.

Ego-Mania:

Totally fascinated with sensuality,

from one desire to the next,

one conflict after another,

feeding on self absorption,

If you deny its desire,

it actually fears for its life.

Let the ego go. Let the senses go.

Let desires go. Let conflicts go.

Let ideals go. Let the illusions of
life and death go.

Just remain at the center, watching.

Then forget that you are there.

Does one scent appeal more than another?

Do you prefer this flavor, or that feeling?

Your worship sacred
and your work profane?

Then your mind is separated:
from its thought, from its word,
from its breath,

from the oneness of love.

Keep your mind free of differentiation.

When your mind is detached,

simple and quiet,

then you can exist in harmony,

perceiving the Oneness of God.

Do you want life to be divine?

To have the respect and friendship of the

highest spiritual beings?

To be protected by guardian angels?

Then Love God with your whole heart,
whole body, whole soul.

Regard God's word with reverence,
apply love in your life,
share love with others.

You will receive as much love from God as
there are grains of sand.

The tiny atoms which form the great body
are not tiny at all.

Neither is the great body "great."

These notions are contrived in your mind,

always analyzing, quantifying,
measuring, separating,
and differentiating the nature of God.
Trying to render God manageable,
knowable.

That which is beyond form is unknowable,
that which is beyond knowing is
unmanageable.

There is, however, this consolation:
She who lets loose of these contrivances of
the mind

will find God at her fingertips.

Can you stop thinking of yourself?

Can you abandon ideas about
yourself and others?

Can you give up your concepts
about male and female,
us and them, here and there,
great and small, life and death?

Can you let go of all differentiation,
embrace all creation without

skepticism or panic?

You Can! Reach out and touch
the heart of God.

The Oneness of God is not unnatural,
exalted, sublime, or esoteric.

It is simply direct, essential,
loving and complete.

It is simply The Way it is.

To some, others require tolerance.

To her, there is no such thing as tolerance,
because there is no such thing as 'others.'

She has given up all ideas of self,
extending Love unconditionally in
every direction.

Never hating, never apathetic,
never resisting, never contesting,
She is simply Loving and serving.
Preference, hating, judging others:
all these are attachments.

Attachment prevents the growth
of your true nature.

She is attached to nothing and transmits

Love to everyone

purely and unconditionally.

Her very existence benefits all things.

That which has form is equal to

that which has no form,

that which is active is equal to

that which rests.

Energy is not a religious invention.

Those who transmit the energy of

Unconditional Love

will understand this.

Religion serves only to strengthen
attachments

to false concepts of self and other,
life and death, heaven and hell.

Those who become conditioned,
indoctrinated,

programmed, entangled in
the web of mystifying

delusions and rites, are being prevented

from perceiving the Oneness of God.

The highest virtue one can exercise
is to accept the responsibility of
discovering and transmitting
the energy of Pure Unconditional Love.

Some help others to receive
blessings and admiration.

This is simply meaningless.

Some cultivate themselves in part
to serve others,
and in part to serve their pride.

They will understand at best half the Truth.

But those that improve themselves for the
sake of the world—

to these, the whole Truth of the universe will
be revealed.

So seek this whole Truth,
practice it in your daily life,
humbly share it with others.

You will enter the realm of the divine.

Why go about following teachers
as though they were the source of

truth and life?

To do so is to place intermediaries
between yourself and the divine,
to be a beggar who asks
strangers for a treasure
that is hidden within your own breast.

If you want to befriend God,
first discover Love within your own heart.

Then your service will be meaningful.

There is no method, there is no formula
to attain divine realization.

To regard any method as realization
is to create a barrier to understanding the
Oneness of God.

She perceives the fruitlessness
of rigid, external methodologies.
She keeps her attitude unstructured
and is thus free to experience
the Oneness of God.

She studies the teachings of the masters.
She dissolves all concepts of differentiation.
She pours herself out in service to others.

She keeps her mind clean
of negative thoughts.

She does not disturb herself with
unnecessary entanglements.

She thus preserves
the subtle spiritual connection
with Gods energy.

Gently eliminating all obstacles,
She maintains Pure Unconditional Love.
Her humility, perseverance, and adaptability
evoke the response of the universe
filling her with divine energy.

3.

To some, the world seems vast.

It is neither bigger nor smaller
than anything else.

To some, there are others whose awareness
needs raising.

There is no self, no other.

To some the temple is sacred,
the field is not.

There is no difference.

She maintains an indiscriminating
perception.

Seeing everything, labeling nothing,
She maintains her awareness of the great
Oneness of God.

Thus She is supported by it.

Each moment is fragile and fleeting.
The moment of the past cannot be kept,
however beautiful.

The moment of the present cannot be held,
however enjoyable.

The moment of the future cannot be
caught, however desirable.

The mind is desperate to fix
all things in place.

Possessed by memories of the past,
preoccupied with images of the future,
it overlooks the plain truth of the moment.

She who controls her mind will discover all
life at her feet,
love is at hand.

How can God's Love be seen?

In beautiful forms, breathtaking wonders,
awe-inspiring miracles?

God's Love is always present,
always available.

When you become silent, still your mind, it
becomes obvious.

When clarity and purity are cultivated, Love
is revealed.

When your service is unconditional,
Love has been unveiled.

If you are willing live by it,

you will see Love everywhere.

The highest Truth cannot be put into words.

Therefore She has nothing to say.

She simply gives herself in service,

and transmits the energy of

Pure Unconditional Love.

Awareness of this truth should not be

considered an achievement.

To think in terms of gaining it is to place it

outside your own nature.

Your nature and the integral nature of God

are one and the same:

indescribable, but eternally present.

Open yourself.

The paths of religions do NOT lead to

Oneness with God.

They are detours and distractions,

nothing more.

Live the plain simplicity of spirituality.

Living with Unconditional Love,

eradicating all duality,

celebrating the unity of life,
your every moment will be true.
There are two kinds of blessings.
The first are worldly blessings,
which are won by doing good deeds.
These concerning the intellect,
are confined in time and space.
The second is the spiritual blessing,
which falls on those who achieve awareness
of the Great Oneness.

This awareness liberates you from the
bondage of time and space
to fly freely through the boundless
harmony of God.

There are two kinds of wisdom.

The first is worldly wisdom,
which is a conceptual understanding
of your experiences.

Because it follows after
the events themselves,
it necessarily inhibits direct understanding.

The second type, spiritual wisdom,
involves direct participation
in every moment:

the observer and the observed merge into

one joined in the light of

Unconditional Love.

No ideologies, doctrines,

or attitudes dim that light.

Blessings and insight enjoyed by those who

are developing themselves spiritually to

share Unconditional Love with others are
beneficial for all.

Do not imagine that She has the ambition of
enlightening the unaware or raising worldly
people to the divine realm.

To her, there is no self or other,
and hence no one to be raised;
no heaven and hell, hence no destination.

Therefore her only concern is
Unconditional Love.

4.

It is tempting to view
the vast and luminous heavens
as the body of God.

That would be a mistake, however.

If you identify God with a particular vision,
you won't ever see God.

Don't think you can attain total awareness
and whole enlightenment,
without discipline and practice.

Appropriate study and service channel

your emotions and life energy toward God.⁴⁴

Without the discipline to practice
what you learn you will backslide
constantly.

Here is the great secret:

Just as high awareness of God's love is
gained through service and study,
so also is it maintained through these things.
She knows and respects the truth of this.

Words can never convey

the beauty of a tree;

to understand it, you must see it

with your own eyes.

Language cannot capture

the melody of a song;

to understand it, you must hear it

with your own ears.

So also it is with God's love;

to understand it, you must directly

experience it.

The love of God is
unspeakable and unthinkable.
Therefore the highest teachings are
wordless.
My own words are not the medicine,
but a prescription;
not a destination, but a map to help you
reach it.
When you get there, quiet your mind and
close your mouth.
Don't analyze the Way of Love.

Strive instead to live it:
silently, completely, with your whole heart,
mind, and spirit.

God's love doesn't come and go.

Love is present everywhere,
just like the sky.

If your mind is clouded, you won't see it,
but that doesn't mean love isn't there.

Much misery is created
by activity of intellect.

Let go of ideologies and doctrines,
attitudes and perceptions.

Then God will loom into view.

Be still and look inside.

Then you will see that love is always
available, always responsive.

Scientists say that the world is vast,
that the particles which form it are tiny.

When tiny particles join,
the vast world appears.

When the vast world disperses,
tiny particles appear.

Science is entranced by all these
names and ideas.

The truth is that world and particle
are the same,
neither one vast, neither one tiny.

Everything is equal to every other thing.

Names and concepts only block your
perception of the great Oneness.

Therefore it is wise to ignore them.

Those who analyze, quantify and measure,
are continually bewildered:
they struggle frantically to know whether
things are large or small,
whether there is a purpose to
joining and dispersing,
whether the universe is
blind and mechanical,
or the divine creation of a sentient being.
In reality there are no grounds for having
beliefs,

making comments on such things.

Look behind them instead,
you will discern the deep, silent, complete,
loving energy of God.

Embrace it!

Now your bewilderment vanishes.
Just as the universe can reveal itself
in atoms,
God is revealed in a human being.
Although the universe and atoms
aren't the same,

neither are they different.

Though the cosmic body and your body

aren't the same,

neither are they different.

Worlds and particles, bodies and beings,

time and space:

All are expressions of God.

Invisible, unknowable,

God is beyond any attempt to analyze,
quantify, or measure.

At the same time, God's love is everywhere
you turn.

Let go of it with your mind. Surround it with
your heart.

God's love is within you forever.

All things in the universe move
from the subtle
to the manifest and back again.

Whether the form is a star or a person, the
process is the same.

First the subtle energy exists.

Next, it becomes manifest and takes on life.

After a time, the life passes away,
the subtle energy goes on,
either returning to the subtle realm,
where it rejoins the source,

or it may attach itself to manifest things.

The character of your existence is
determined by
the energies with which you connect
yourself.

If you attach yourself to gross energies,
loving this person, hating that clan,
rejecting one experience,
or habitually indulging in another,
then you will lead a very heavy and attached
life.

This can go on for a very long and tedious
time.

Her way is to join with higher things.

By holding to that which is refined and
subtle,

She traverses refined and subtle realms.

She enters the world, She does so lightly.

In this way She can go anywhere

without ever leaving

the center of the universe.

Intellectual knowledge exists
in and of the brain.

Because the brain is part of the body,
which must one expire,
this collection of fact,
however large and impressive,
will expire as well.

Insight is a function of the spirit.

Because the spirit follows you
through the cycles of life
you have the opportunity

to cultivate insight in an ongoing fashion.

Refined over time, insight becomes pure,
constant and unwavering.

Is it possible for you to become eternal,
to experience absolute joy and freedom?

Undiscriminating virtuous service is the
means to that end.

Practicing kindness and selflessness,
you naturally align yourself with God.

Aligning your life with God,
you begin to eliminate the boundaries

between people and societies,
between darkness and light,
between life and death.

Eliminating these illusions,
you gain the company of angels.

In their company, you are protected from
negative influences,
your life's energy cannot be dissolved.

Thus are you now eternal!

Remember: it is not that those who
cultivate wholeness and virtue within
themselves do not encounter
difficulty in life.

It is that they understand that these
difficulties direct them to life eternal:
by meeting them calmly and openly,
however they unfold,
joyfully developing themselves,
they become as natural, as complete,
and as eternal as God.

She cares for the well-being of all things.
She does this by accepting responsibility for
what She does,
both actively and subtly.
Looking at a tree, She sees not an isolated
event but root,
leaves, trunk, water, soil, and sun:
each event related to others.
The "tree" arising out of their relatedness.
Looking at herself or another,
She sees the same thing.

Trees and animals, humans and insects,
flowers and birds:
these are active images of the subtle
energies
that flow from the stars throughout the
universe.

Meeting and combining with each other and
elements of the earth,
they give rise to all things.

She understands this.

Knowing that, She is a part of it.

Understanding these things,

She respects Earth as her Mother,

the Heavens as her Father.

All living things her brothers and sisters.

Caring for them, She knows that She cares

for herself.

Giving to them, She knows She gives

to herself.

At peace with them,

She is always at peace with herself.

5.

Why are so many desperately looking
for love?

It vibrates within everything,
it's right within reach.

Can you be still and sense it
within the earth?

The soil? the tree? yourself?

Don't imagine that you will discover it by
accumulating more lovers.

Sensuality creates lust,

lust makes you ravenous

for more sensuality.

You can't be satisfied acting out that way.

She acts on something subtle:

She acts with the understanding that

the named

was born from the unnamed,

that all being flows from non-being,

that the known emanates from

the unknown source.

She finds Love within herself,
becoming completely content.

So who can be still and watch the games
people play?

Foolish people act out impulsively,
the wise know that the end is decided by
something subtle.

They see that love exists before they have
even made a move.

This love deteriorates when contrived
actions are taken,

so be content not to disturb the peace.

Remain calm, quiet. Discover the love
within yourself.

Embrace it!

If you can do this, you will gain everything,
everyone,
your life will become healthy again.

Many who have gone searching for God,
have come back empty.

God is ultimately unknowable,
a great loving energy

emanating forever in the clear night sky.

Silent and unformed, creating all things.

All things were brought forth in Love
into the manifest world by intercourse of
heaven and earth.

Heaven gave forth the Word,
the earth is receptive,
and through their integration all things come
into existence.

This is known as the great dance.

Dance is an expression of integral truth.

Everything moves together in a dance:
your body, your spirit, appearance, wisdom,
energy, the unions of peoples,
the dispersal of time and space.
Each is brought into existence
through the integration
of giving and receiving,
maintaining and dispersing,
of its own free will.

Your creation, your self-transformation,
the accumulation of energy and wisdom,

the decline and cessation of your body:
all takes place with the divine dance of God.

The laws of nature are inviolable:
Energy condenses into substance,
food is eaten through the mouth
not your ears,
If you don't breath you will turn blue
and die.

Some things simply can't be dismissed.
It is also part of natural law that what you
say and do

determines what happens in your life.

Self absorbed people think this law is

external to themselves,

they feel confined and controlled.

Desires trouble their minds,

their mind troubles their emotions,

they live in constant turmoil within

themselves and the world.

Their whole lives are spent struggling.

She recognizes that She and nature are one.

Therefore She cultivates herself

to accord with it,
bringing clarity to her mind.
Doing this, She finds herself at one with all
that is divine.
Her days are passed drinking in serenity,
breathing out contentment.
Simply put:
You are the master of your life and death.
What you do is what you are.
Now and then, self and others,
body and spirit,

great and small, life and death:

Why affirm these concepts?

Why deny them?

To do either is dualism, She knows dualism
is a delusion, and contrived.

Hold one concept
and another competes with it.

Soon the two will be in conflict with a third,
and in time your mind is divided,
distracted with fantasies of arguments
against imagined enemies.

Seek instead to keep undivided,
undifferentiated and whole.

Connect all things, as all life is connected,
with the bonds of Love in God's oneness.

To be unshakable, befriend God.

To do this, quiet your thinking.

Stop analyzing, dividing,

making distinctions

between this and that,

self and others.

Simply see you are at the center with God.

When you perceive that an act done to
another affects you also,
you have realized The Way.

In ancient times, people lived holistic lives.

They didn't over emphasize the intellect,
but integrated, mind, body,
and spirit into all things.

This allowed them to become
masters of insight
rather than victims of concepts.

If a new invention appeared

they looked for the trouble it might cause,
as well as the short cuts it offered.

They valued old ways that were
proven effective,
they valued new ways if they could be
proven effective.

If you want to stop being confused,
then emulate these ancient folk:
Join your mind, body and spirit
in all you do.

Choose food, clothing, and shelter that
accord with nature.

Rely on your own body as your vehicle.

Allow your work, service, and recreation to
be the same.

Do exercises that develop the whole being,
not just your body.

Listen to music that bridges the spheres of
your being.

Choose leaders for their virtue rather than
their wealth or power.

Serve others and cultivate yourself
simultaneously.

Understand that true growth comes from
meeting and solving the problems in life in a
way that is harmonizing
to yourself and others.

Know that whatever happens to someone
else also effects you.

If you can follow these simple old ways,
you will be continually renewed.

This is the nature of the unenlightened mind:

The senses, which are limited
in scope and ability,
randomly gather information.

This partial information is arranged
into judgments,
which are based on previous judgments,
which are usually based on religion.
These false concepts are then stored in a
highly selective memory system.

Distortion upon distortion:

The mental energy flows constantly
through contorted channels,
the more you use this mentality, the more
confused you become.

To eliminate the confusion of the mind,
it doesn't help to do something;
this only reinforces the minds mechanics.
Dissolving confusion is instead a matter of
not doing:

Simply avoid becoming attached to what
you feel, see, hear and think.

Relinquish the notion that you are
separated from God.

Then you can recover your original insight,
see through all illusions.

Knowing nothing, you will be aware of
everything.

Because clarity and enlightenment are
within your nature,

they are gained without moving an inch.

If you correct your mind, the rest of your life
will fall into place.

This is true because the mind is the
governing aspect of your life.

If the river flows clearly and cleanly through
the proper channel,
all will be well along its banks.

The Way depends on decreasing.

To correct your mind, be still.

Stop obsessing and clinging to
complications;

keep your mind detached and whole.

Eliminate mental muddiness and obscurity;

keep your mind crystal clear.

Avoid day dreaming,

allow you pure original insight to emerge.

Quiet your emotions and abide in serenity.

Don't go crazy with the worship of

personalities,

idols, appearances and ideologies;

this is like putting a new head

on top of the One you already have.

If you can cease your restlessness

your serenity will increase.

6.

God gives birth to Thought.

Thought gives birth to Word and Breath.

The Word and Breath

give birth to all things.

Now forget this.

Oneness is Oneness.

So also is any aspect of God.

Forget this too.

Suffering and happiness

are perceptions of the ego.

Forget the ego.

Time and space are changing and dissolving,
not fixed and real.

They can be thought of as accessories.

Don't think of time or space.

Angelic beings without form extend

Pure Unconditional Love

Throughout the universe

to support all beings both formed and
unformed.

Never mind this.

The supernatural is just part of nature,
like the natural.

God emphasizes neither, includes both.

All life is in balance:
to cultivate the mind, body, and spirit,
simply balance the polarities.

If people understood this, world peace and
universal harmony
would rise naturally.

Forget about understanding,
harmonizing and making all things one.

Life is already a harmonious Oneness;
just realize it.

Dualistic thinking is a sickness.

Religion is a distortion.

Materialism is cruel.

Blind faith is unreal.

Chanting is no more holy than listening to
the murmur of a stream. Counting beads is
no more sacred than simply breathing.

Religious robes are no more spiritual than
work clothes.

If you wish to attain oneness with God,
don't get caught up in spiritual
superficialities.

Live a quiet and simple life,
free of ideologies and doctrines.

Find contentment in the practice of
undiscriminating virtue:

giving to others selflessly and anonymously,
radiating light throughout the world
and illuminating your own darkness,

your virtue becomes a sanctuary for
yourself and all others.

Do you wish to free yourself of mental and
emotional knots,
to become one with God?

If so there are two paths available to you:

The first is the path of acceptance.

Affirm everyone and everything.

Freely extend your goodwill and virtue in
every direction,
regardless of circumstances.

Embrace all things as part of

Gods Oneness,

then you will begin to perceive it.

The second path is that of denial.

Recognize that everything you perceive and

think is a falsehood,

an illusion, a veil over the truth.

Peel all the veils away, now you arrive at the

Oneness.

Although these paths are entirely different,

they will deliver you to the same place:

spontaneous awareness of Gods Oneness.

Once you arrive there, remember:
it isn't necessary to struggle to maintain
unity with it.

All you have to do is participate in it.

Thinking and talking about the Way
is not the same as practicing it.

Whoever became a good rider by talking
about horses?

If you wish to embody God,
stop chattering and start practicing.

Relax your body, quiet your senses.

Return your mind to its original clarity.

Forget about being separated from others,
from God.

As you return to the Oneness,

do not think of it, or be in awe of it.

That is just another way of separating.

Simply merge into God's Oneness,

allow it to surround you.

What good is it to spend life accumulating
material things?

What benefit in conforming your behavior
to the conventions
contrived in the pretense of religious
doctrine and ideology?
It violates your nature,
dissipates your energy.

Why separate spiritual life and practical life?

There is no such distinction.
Live simply and virtuously,
true to your nature,

drawing no line between what is spiritual,
what is not.

Ignore time. Relinquish
doctrines and ideologies.

Embrace the Oneness.

This is the Way of Love.

Those who want to know the Way of Love
should practice these four virtues:

The first is reverence for all life;

This manifests as unconditional love,

Respect for yourself and all other beings.

The second is natural sincerity;
This manifests as honesty, simplicity and
faithfulness.

The third is gentleness;
This manifests as kindness,
consideration for others,
sensitivity to spirituality.

The fourth is to be supportive;
This manifests as service to others
without expectation of reward.

These four virtues are not

an external dogma.

They are a part of your original nature.

When practiced, they give birth to wisdom,

insight,

health and wealth, happiness,

longevity and peace.

Do you think you can clear your mind
by sitting constantly in silent meditation?

This makes the mind narrow, not clear.

Integral awareness is fluid and adaptable,

present in all places at all times.

That is true meditation.

Who can attain clarity and simplicity by
avoiding the world?

Who can enjoy enlightenment
while remaining indifferent to the suffering
of the world?

That is not in keeping with the Way.

The Way is clear and simple,
it does not avoid the World.

Only those who increase their service a
long with their understanding

can be called men and women of God.

Why not simply honor your parents,

love your children,

help your brothers and sisters,

be faithful to your friends,

care for your mate with devotion,

complete your work

cooperatively and joyfully,

assume responsibility for problems,

practice virtue without first demanding it

from others,

understand the highest truths yet retain an
ordinary manner?

That would be true clarity, true simplicity,
true mastery, true meditation, true prayer.

True understanding has two attributes:

Awareness and Action.

Together they form a natural spirituality.

7.

In ancient times,
various holistic sciences were developed by
highly evolved people
to enable their own evolution
and that of others.

These subtle arts were created through
linking individual minds
with the universal mind.

They are still taught by traditional teachers
to those who display virtue and desire to
assist others.

The student who seeks out and studies
these teachings furthers the evolution
of mankind

as well as their own spiritual unfolding.

The student who ignores them hinders the
development of all.

If you wish to become a person of God,
then study that which serves

the nature of life,
offer it to the world.

Allow your devotion to learning God's Way
to be complete.

Partial practice and partial discipline won't
do:

You can't know the body
by studying the finger,
you can't understand the universe by
learning one science.

If you love God with your whole heart,

mind and soul, then everything in your life
will reflect it.

The universe is a vast net of energy.

The primary energy is that which emanates
from God,

it is entirely positive, creative, constructive,
Pure Unconditional Love.

Each person converts the energy of God into
their own energy.

These energies can be either
positive, or negative,

constructive or destructive,
bearing love or lacking love.

An individual who is not evolved can be
adversely affected
by negative energy of the people
around him.

For example:

The combined influence of several negative
people around him may cause an
underdeveloped person to believe
that his life

is being controlled by an oppressive spirit.

Such a misconception can be
a barrier to enlightenment.

To attain mastery as an integral being,
you must be aware of this net and its
influence upon you.

By integrating the positive energy with the
positive nature
of your own being,
and eliminating the negative
thoughts and emotions,

you can enhance all aspects of life.

In order to eliminate the negative influences,
simply ignore them, not dwelling on them.

To integrate the positive influences,
consciously reconnect yourself with
the Pure Unconditional Love of God.

Then all the energies in the net around
you will merge back into One.

Unless the mind, body and spirit
are equally developed and fully integrated,
no spiritual peak can be sustained.

This is why extreme religions and
ideologies do not bear fruit.

When the mind and spirit
are forced into unnatural austerities
or adherence to external dogmas,
the body grows sick and weak
becoming a traitor to the whole being.

When the body is emphasized
to the exclusion of the mind and spirit,
they become trapped,
frantic, explosive, poisonous to the person.

All imbalances inevitably lead
to exhaustion,
expiration of the life.

True cultivation involves the integration of
Mind, Body, and Spirit.

Balancing them through the various
practices of the Way,
you achieve complete unity,
within and without.

Greed for enlightenment and immortality
is no different than greed

for material wealth.

It is self-centered and dualistic,
an obstacle to true attainment.

Therefore, these states are never attained by

those who covet them,

they are a reward for the virtuous.

If you wish to become
a divine immortal angel,
then restore the angelic
qualities of your being
through virtue and service.

This is the only way to gain
the attention of the immortals
who teach the Way
of energy enhancement and integration
that are necessary to reach the divine realm.
The angelic teachers cannot be sought out;
it is they who seek out the student.
When you succeed in connecting
your energy
with the divine realm through awareness
and the practice of indiscriminating service,

the transmission of the ultimate
truths will follow.

This is the path that angelic beings take to
the divine realm.

The techniques for achieving everlasting life
are revealed to those who have dissolved
all ties to the gross worldly
realm of duality,
conflict and dogma.

As long as your shallow worldly ambitions
exist,

the door will not open.

Devote yourself to living a virtuous,
selfless life.

Refine your energy from gross and heavy to
subtle and light.

Use the practices of the Way
to transform your superficial
worldly personality

into a profound divine presence.

By going through each stage of development
you learn what is important today

in the subtle realm rather
than what appears
desirable tomorrow in the worldly realm.

The spiritual door will open,
and you can join the serving ruler
and loving creator of the universe.

Do you wish to attain purity?
Then you must understand and integrate
within yourself
the three main energies of life.

The first is earth energy:

Centered in the belly,

it expresses itself as sexuality.

Those who cultivate physical energy attain

partial purity.

The second is heaven energy:

Centered in the mind,

it expresses itself as knowledge and wisdom.

Those whose minds merge with the

universal mind

also attain partial purity.

The third is harmonized energy:

Centered in the heart,

it expresses itself as Love.

Those who attain this Love also attain

partial purity.

Only when you achieve all three;

mastery of physical energy,

open universal mind,

Pure Unconditional Love,

and express them in virtuous life,

can you attain pure being.

There are three layers in life:

In the lower, Body,
and the middle, Mind,

The hindrance of a physical existence is
required.

Those who fail to live consistently in accord
with God live here.

In the upper, Spirit,
the bondage of form is broken,
and the only thing existing is the exquisite
energy dance
of immortal divine beings.

Those who wish to become spiritual
should simplify the personality,
refine sexual energy upward, integrate mind,
body and spirit,
practice non-impulsiveness, make your
conscience pure,
and you will uncover truth after truth,
and enter the exquisite upper realm.

The Way is clearly defined
and simple to follow,
yet most lose themselves in ideological,
intellectual and doctrinal fogs
of their own making.
Simplify.

8.

In earlier times, people lived
simply and serenely.

Sensitive to the changes of the seasons,
they were able to adjust comfortably to the
energy of the day.

Today people lead hysterical,
impulsive lives.

Ignoring the subtle alterations
of the environment,
which influence all things,

they become confused,
exhausted, and frustrated.

However, even today you can restore
wholeness and clarity to your mind.

The way to do this is through
virtuous service
and personal development.

Like the cycle of day and night,
everything is a dance incorporating
movements of energy.

If you do not see the patterns in these
movements, you are lost.

But if you observe life with an open mind,
you will begin to see patterns
underlying all things.

Knowing that daybreak will come,
you can rest peacefully at night.

When you accurately perceive
the fluidity of things,
you also perceive
the constancy behind them:

the creative, transforming, boundless,
immutable Way.

To see this is the ultimate education,
and the ultimate solace.

The interplay of energy within God creates
the expansion and contraction of nature.

Although the entire universe is created out
of this reproductive dance,

it is but a tiny portion of God's being.

God's heart is the Universal Heart,

God's mind the Universal Mind.

The reproductive function is also part of
human beings.

Because energies are not complete within us
as individuals,
we pair up to integrate them and bring forth
new life.

Although most people spend
their entire lives
following the biological impulse,
it is only a tiny portion of our beings as well.
If we remain obsessed with seeds and eggs,

we are married to the fertile reproductive

valley of God

but not to God's Universal Heart and

Universal Mind.

If you wish to unite with God's

heart and mind,

you must integrate energies and refine the

fire upward.

Then you will have the power to merge with

the whole being of God.

This is true evolution.

The first integration of energies
is the union of seed and egg
within the womb.

The second integration of energies is the
sexual union
of the mature male and female.

Both of these are concerned with
flesh and blood,
all that is conceived in this realm must one
day disintegrate and pass away.

It is only the third integration which gives
birth to something immortal.

In this integration,
a highly evolved individual joins the subtle
inner energies
in spiritual understanding.

Through the practices of integration
the gross heavy energy is refined into
something pure,
ethereal and loving.

This divine love has the capability of
penetrating into
the ocean of spiritual energy
and complete wisdom of the Way.

The new life created by final integration
is self-aware yet without ego,
capable of inhabiting a body,
yet not attached to it,
guided by wisdom rather than emotion.

Whole and virtuous, it can never die.

To achieve the highest levels of life,

continually combine new levels of energy.

Because higher unions of energy are

necessary

for the conception of higher life,

some students may be instructed in the art of

dual cultivation,

in which energies are directly integrated.

If the student is not genuinely virtuous

and the instruction is not that of

a true master,

dual cultivation can have destructive effect.

If genuine virtue and true mastery come
together,
the practice can bring about profound
balancing of the students
gross and subtle energies.
The result is improved health,
harmonized emotions,
the cessation of desires and impulses,
and at the highest level,
integration of the entire energy body.

In angelic dual cultivation,
one learns to follow the Way.
To approach God, you will need all your
sincerity,
for God is elusive,
first revealed in form and image,
then dissolving into subtle essence.
Though unformed, God creates all things.
Because God has no substance,
God can enter into where there is no space.
Exercising by returning,

winning victories by remaining
gentle and yielding,
softer than anything, love overcomes
anything hard.

What does this tell you
about the benefit of non-action and silence?

A person's approach to sexuality
is a sign of his level of evolution.
Ordinary people practice ordinary sexuality.

placing all emphasis upon
the sexual organs,
they neglect the body's other systems.
Whatever physical energy is accumulated is
summarily discharged,
and subtle energies are similarly dissipated
and disordered.

It is a great leap backward.

For those that aspire
to higher realms of living,
there is angelic dual cultivation.

Because every portion of the body, mind,
and spirit yearns for integration with God,
angelic intercourse is led by the spirit
rather than the sexual organs.

Where ordinary intercourse is of effort,
angelic cultivation is calm, relaxed, quiet,
and natural.

Where ordinary intercourse unites genitals,

angelic cultivation unites

spirit with spirit,

mind with mind,

and every cell of your bodies.

Culminating not is dissolution but in

integration,

it is an opportunity for a man and woman to

mutually transform

and uplift each other into the realm of bliss

and wholeness.

The sacred ways of angelic intercourse

are taught only by She
who has herself achieved
total energy integration,
and taught only to students who follow
the Way of Love
with profound devotion,
seeking to purify and pacify the entire world
along with their own being.
However, if your virtue is especially radiant,
it can be possible to open a pathway to the
subtle realm

and receive these teachings directly from
the immortals.

The cords of passion and desire weave a
binding net around you.

Worldly confrontation makes you
stiff and inflexible.

The trap of duality is tenacious.

Bound, rigid, and trapped,
you cannot experience liberation.

Through dual cultivation it is possible to
unravel the net, soften the rigidity,

dismantle the trap.

Dissolving feminine energy into the source

of universal life,

attracting masculine energy

from that same source,

you leave behind individuality

and your life becomes pure nature.

Free of ego, living naturally,

working virtuously,

you become filled with inexhaustible
vitality

you are liberated forever
from the cycle of death and rebirth.

Understand this if nothing else:
spiritual freedom and oneness with God
are not randomly bestowed gifts,
but the rewards of conscious self-
transformation and self-cultivation.

The transformation towards eternal life is
gradual.

The heavy, gross energy of mind, body,
spirit must be purified and uplifted.

When energy ascends to the subtle level,
then self mastery can be sought.

She teaches the powerful principles
of self integration
only to those who have already achieved
a high level of self purification and
self mastery.

In addition, Her teaching follows the law of
energy response:

the most effective method is always
that to which the student's natural energy
most harmoniously responds.

For one person,
celibacy and self cultivation will be
appropriate;

For others, properly guided dual cultivation
will derive the greatest benefit.

She will determine the proper balance
of practices for each individual.

In any case, know that all

teachings and techniques

are only transitional:

true realization comes from the direct

merger of your being

with the divine energy of God.

If you wish to gain mastery and become

one with God,

then develop your virtue

and extend it to the world.

Abandon theologies,

ideologies, and speculation

and do some ordinary daily work.

Let go of conflict and strife.

Practice kindness and unending patience.

Avoid following impulsiveness and

ambitions:

which destroy the wholeness of your mind

and separate you from God.

Neither become obsessed with

circumstances

nor forgo awareness of them.

The teacher cannot aid the student

as long as the students spirit is
contaminated.

The cleansing of the spiritual contamination
is not the responsibility of the teacher,
but of the student.

It is accomplished by offering your service,
resources, and life to the world.

To the teacher and to the immortal angels
that surround her,
a healthy student can offer
his pure energy,

a depleted student can give at the very
least work or service.

When you give whatever you can
without restraint,
the barriers of difference break down.

It no longer is possible to tell
whether it is the student
offering himself to the teacher,
or the teacher offering herself to the student.

There is seen only two immaculate beings,
reflecting one another.

9.

Would you like to liberate yourself
from the lower realms of life?

Would you like to save the world
from the degradation and destruction it
seems destined for?

Then step away from shallow mass
movements
and quietly go to work on your own self
awareness.

If you want to awaken all of humanity,
then awaken all of yourself.

If you want to eliminate
the suffering in the world,
then eliminate all that is dark and negative
within yourself.

Truly, the greatest gift you have to give
is that of your own self-transformation.

Who can save the world?

She who devotedly
follows these teachings,
who calms her mind,
who ignores all divergence,
who develops a high awareness
of subtle truths,
who merges her virtue with God's virtue,
Who extends it to the world without
expectation of reward.

Humanity grows more and more

‘intelligent’,

yet there is clearly more trouble

and less happiness daily.

How can this be so?

It is because intelligence

is not the same thing as wisdom.

When a society misuses partial intelligence,

and ignores holistic wisdom,

people forget the benefits

of a plain and natural life.

Seduced by their desires,
emotions, and egos,
they become slaves to bodily addictions,
luxuries, to political power,
unbalanced religion,
and psychological excuses.

Then calamity and confusion begins.

Nonetheless, wise people can awaken during
these times of turmoil
to lead others out of the mire.

How can one liberate the many?

By first liberating his own being.

He does this not by elevating himself,

but by lowering himself.

He lowers himself to that which is simple,

modest, true; integrating it into himself,

he becomes a master

of simplicity, modesty, truth.

Completely emancipated from his

former life, being born again,

he discovers his original spiritual nature.

Freely and spontaneously releasing his
divine energy,
he constantly transcends
complicated situations
and draws everything around him
back to Oneness.

Because he is a living divinity, when he acts,
the universe acts.

There are many religions,
and then there is the Way of Love.

Religions are desperate,
contrived, human inventions;

Unconditional Love is a deep expression
of the pure, whole, universal mind.

Religions rely on the hypnotic manipulation
of undeveloped minds;

The Way of Love is founded
on the free transmission of

Unconditional Love.

It is a total reality, not an occult practice:

The Way of Love

eschews conceptual fanaticism,
vanity, extravagant living, fancy dress,
violent music.

These spoil the serenity of your mind
and obstruct your spiritual development.

Renouncing what is fashionable and
embracing what is plain,
honest, and virtuous.

The Way of Love

returns you to the subtle essence of life.

Adopt this practice and you will become:

honest, simple, true, virtuous, whole.

In partial pursuits

your transformation is always

partial as well.

In integral self-cultivation
you achieve a complete metamorphosis,
to transcend your emotional and biological
limitations,
and evolve to a higher state of being.
By following this simple path,
you are extraordinary,
unfathomable, profoundly subtle.
You outlive time and space by realizing the
subtle truth of Love.

Those who study the Way of Love
and practice the truth of these teachings are
blessed.

They acquire the subtle light of wisdom,
the mighty sword of truth
that cuts through all illusion,

and the understanding
that envelopes the entire universe.
They will attain insight necessary to
perceive
the Oneness of God.

With all of this talking what has been said?

The subtle Truth can be pointed at
with words,
but it can't be contained by them.

Take time to listen to what is being said

without words,

to obey the law too subtle to be written,

to worship the unnamable,

to embrace the unformed.

Love your life. Trust God.

Employ Pure Unconditional Love

in all you do,

you will give yourself all

you really need.

You won't need to hide away forever in
spiritual retreats.

You can be a gentle, contemplative person
right here
in the middle of everything,
with God,
unaffected,
sustained and rewarded.

Love.

Encourage others.

Giving yourself freely to all,
awaken and purify the world
by each movement and action,
ascend to the divine realm
in broad daylight.

The Word of God speaks:
“Those who are in harmony with me
hear me quite clearly.”

END