

February, 2007



THE FOUNDATION FOR

*S*PIRITUAL
*L*IVING

Feeling Love, Loved,

In Love, and Loving

Twenty-Four Seven

Feeling Love, Loved, In Love, and Loving 24/7

GOD IS LOVE – 1 JOHN 4:8

From the start let me state my basic premise and that is... feeling love, loved, in love, and loving are gifts you give your self, by becoming consciously aware of the presence of God in, through and as you.

Since God is love, and he is expressing himself as you, love and all of its forms is expressing Itself as you right now. The question is, do you realize it?

To think that some one else can make you feel love, loved, in love and loving is naiveté. These emotions may seem to be coming from another, but in reality they are coming through another.

ceiving. The love you feel within yourself is the love you have to give to another. Love-filled people feel love within them and then let it flow to others.

Feeling love, loved, in love and loving are all states of your consciousness, built by your thoughts and beliefs and therefore becoming a manifestation of your thoughts and beliefs.

Whatever you live in conscious awareness of, you experience. What you are aware of internally is what you experience externally. For instance if I am thinking thoughts of being separated, distant and alienated

THE LOVE YOU FEEL WITHIN YOURSELF IS THE LOVE YOU HAVE TO GIVE TO ANOTHER.

experience. The principle is... as I am within, so it will be without.

The great illusion we have all bought into is thinking that these experiences of love, loved, in love and loving are dependent upon the “right person” showing up in our life. The second illusion we have fallen for is to think that even if the “right person” did show up, that he or she would possess the power to make you feel love, loved, in love and loving. No such person has ever been vested with those powers except

continued on page 3

TO THINK THAT SOME ONE ELSE CAN MAKE YOU FEEL LOVE, LOVED, IN LOVE AND LOVING IS NAIVETÉ. THESE EMOTIONS MAY SEEM TO BE COMING FROM ANOTHER, BUT IN REALITY THEY ARE COMING THROUGH ANOTHER.

The best scenario for a loving relationship is when both people are in-tune with God (love) within themselves. Then they both are open channels for sending and re-

ceiving from another, that will manifest as my experience with that person. On the other hand if I am feeling loved, connected, and at one with someone, that will become my

THE GREAT ILLUSION WE HAVE ALL BOUGHT INTO IS THINKING THAT THESE EXPERIENCES OF LOVE, LOVED, IN LOVE AND LOVING ARE DEPENDENT UPON THE “RIGHT PERSON” SHOWING UP IN OUR LIFE.

Continued from page 2

you. You are the only one who can make yourself feel love in any of its forms. The experiences of love, feeling loved, in love and loving are all internal experiences... something you feel within yourself. They originate within you. They don't come from some other person external to you.

We have probably all been in a situation where we really wanted a person to feel loved, but for some reason the other person never really got it. Perhaps the opposite is true also. Maybe someone has told you and shown you that they love you, but for some reason you just didn't feel it. The point being you can't make someone feel loved, and no one can make you receive his or her love. It's an inside job that begins and ends with you.

These loving experiences are not gifts from someone else, but rather are gifts that you give to yourself. Then when someone does show up in your life, that you want to share yourself with you aren't putting pressure on them to give you something that they can't give. Depending on someone else to make you feel loved is simply an unreal expectation. When someone senses that you are depending on them to make you feel loved, valued, and appre-

WHEN SOMEONE SENSES THAT YOU ARE DEPENDING ON THEM TO MAKE YOU FEEL LOVED, VALUED, AND APPRECIATED, IT LITERALLY PUSHES THEM AWAY; BECAUSE IN THEIR HEART OF HEARTS THEY KNOW THEY CAN'T DELIVERER WHAT YOU ARE DEMANDING.

ciated, it literally pushes them away; because in their heart of hearts they know they can't deliver what you are demanding.

So the solution is to give these gifts to yourself in silence and meditation. By sensing the Presence within you, you most definitely will experience the feelings of love, being loved, in love, and loving. Once you have experienced these feelings within yourself you now have something to give to another. Only that which you discover within yourself, can you give to someone else.

The key is to do within while you are doing without. In other words you can experience love even if you're in a loveless relationship. You can feel loved even when the other person is not making the effort to make you feel that way. You can experience the joy of being in love, even though there is no spark left. You can feel loving toward another even when there is a lack of logical reasons why you should.

Until you do create these loving experiences within your self, you will never experience them

Continued on page 4

ONLY THAT WHICH YOU DISCOVER WITHIN YOURSELF, CAN YOU GIVE TO SOMEONE ELSE.

Continued from page 3

with others; at least not on a long-term basis.

The spiritual Law of Attraction states that “like attracts like.” That means, loving people attract loving people. And cold calculating attitudes attract others with the same.

The key is to experience God’s presence. Since God is love, when you experience His presence you experience love in all of its many expressions.

**THE SPIRITUAL
LAW OF
ATTRACTION
STATES THAT
“LIKE
ATTRACTS LIKE.”
THAT MEANS,
LOVING
PEOPLE ATTRACT
LOVING PEOPLE.
AND COLD
CALCULATING
ATTITUDES AT-
TRACT
OTHERS WITH
THE SAME.**

**THE KEY IS TO EXPERIENCE GOD’S
PRESENCE. SINCE GOD IS LOVE,
WHEN YOU EXPERIENCE HIS
PRESENCE YOU EXPERIENCE LOVE IN
ALL OF ITS MANY EXPRESSIONS.**

It is damaging to your mind, emotions, and body to be in a prolonged period of loveless-ness, or a relationship lacking the consciousness and feeling of love.

Since what is in your consciousness is always being manifested, a deficiency of feeling love, loved, in love and loving will manifest itself as a deficiency in your body’s health in one form or another. It may show up as a lack of energy, absence of joy or apathy for life in general.

In order to feel completely satisfied and fulfilled we need to feel all four aspects... love, loved, in love and loving.

LOVE

Love: First we have to realize that love is actually our true nature, it’s who we are. Since scriptures tell us that God is love, and that we are made in his image and likeness, that is our nature also; it is our true identity. Since we are made in his image and likeness and we are his sons and daughters, then what is true of the Father is true of us. When our self-concept agrees with the fact that love is our true nature then it is

**SINCE SCRIPTURES TELL US THAT
GOD IS LOVE, AND THAT WE ARE
MADE IN HIS IMAGE AND LIKE-
NESS, THAT IS OUR NATURE ALSO,
IT IS OUR TRUE IDENTITY.**

Continued on page 5

Continued from page 4

easier for us to speak and act in loving ways. Anger, resentment, hatred, and other negative emotions have nothing to do with love, therefore they should have nothing to do with us.

Again scriptures and sacred wisdom's of the world teach us that "perfect love casts out fear." Fear is one of the deadliest emotions we can experience. Fear seems to drive many of our decisions. Fear comes wrapped in many packages. For instance fear of making a wrong choice, fear of taking a chance, and even fear of loving and being loved.

So the first step into being a complete, fully functioning human being is to realize your true nature is love. Sometimes we have to dig deep past the hurts, pains and disappointments to find love. It

**LOVE MUST
FIRST BE
EXPERIENCED
WITHIN YOUR-
SELF BEFORE IT
IS ADEQUATELY
EXPRESSED
TO ANOTHER.**

is definitely worth the time and effort.

Love is a state of consciousness that is both experience and expression; because the inner experience of love appears as the outer expression. Love must first be experienced within yourself before it is adequately expressed to another.

Love is the atmosphere you live in. Love is your natural environment. If you think about it, you are most at peace when you are feeling love and expressing it.

Feeling love in any and all of its forms is healthy! And it is a must if you are to live a happy fulfilled life.

What is love? In its true essence it is the presence of God within you. When you are consciously aware of God's presence within you, you can't help but feel love. As a result of feeling love within you it resonates through your mind, emotions, body, actions and relationships.

So when you feel the presence of God within you, you are feeling love in all of its many expressions. The opposite is true also. When you feel love in any form, you are actually experiencing the presence of God.

Love is a spiritual quality manifested in many forms... spiritually, mentally, and physically. That's why even in the physical act of making love two

Continued from page 8

**WHEN YOU ARE CONSCIOUSLY AWARE OF GOD'S
PRESENCE WITHIN YOU, YOU CAN'T HELP BUT FEEL LOVE.**

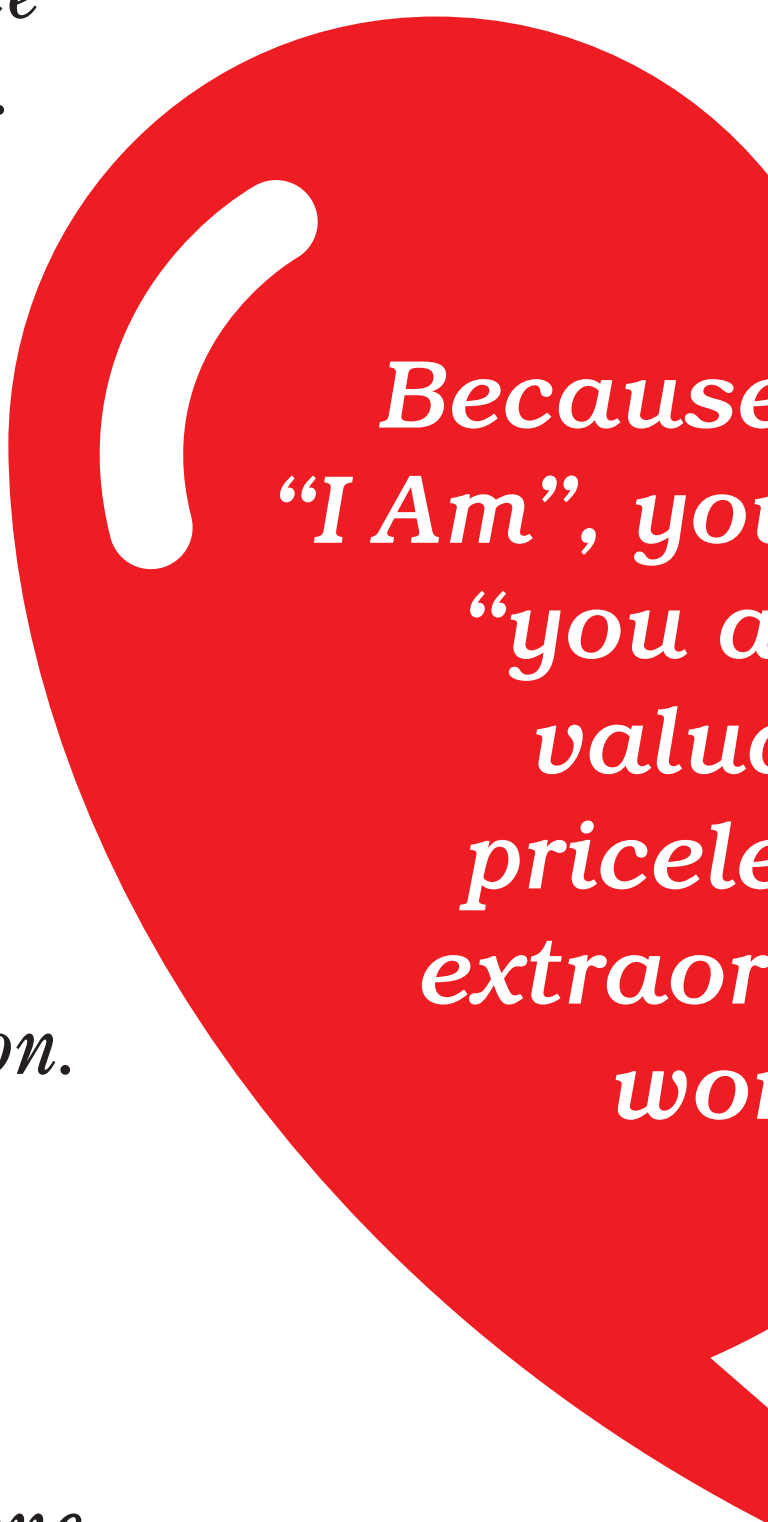
*When you develop a loving world
within, you'll experience
a loving world without.
Loving people live
in a loving world.*



*Remember, there is
always another way of
responding to anger
and hatred.
Love is always an option.*



*Think God.
Send out love to everyone.
Be at peace.*



*Because
“I Am”, you
“you a
value
pricele
extraor
wor*

Love respects our differences, unites around our similarities and seeks harmony in diversity. Uniqueness and individuality add beauty and variety to life. Joy comes in learning to love and appreciate the full spectrum of contrasts in life.



A great awakening will occur in our lives when we realize that the critics, petty tyrants and abusers in our life will keep showing up, one after another, until we are enlightened enough to forgive, and consciously extend the same kind of unconditional love to them that we offer those we value most.

*God is
you are who
re” . . .
able,
ess, of
dinary
rth.*

Continued from page 5

**WHEN YOU
FEEL THE
PRESENCE
OF GOD
WITHIN YOU,
YOU ARE
FEELING LOVE**

people can sense a whole other dimension of caring and tenderness. This is the spiritual quality of love manifesting in the physical relationship between two people.

**WHEN YOU
FEEL LOVE IN
ANY FORM, YOU
ARE ACTUALLY
EXPERIENCING
THE
PRESENCE
OF GOD.**

FEELING LOVED

Feeling loved: Once you find and feel this source of love within you, you are free from “needing” other people to love you. It feels good to enjoy being loved by others but it feels pretty rotten on the inside to “need” their love in order to feel good about yourself.

When you are free from “needing” love from another you are actually free to give love without expecting it in return. Once you feel the completeness of love within you, the endless pursuit of trying to acquire love ends.

**WHEN YOU ARE FREE FROM
“NEEDING” LOVE FROM
ANOTHER YOU ARE ACTUALLY
FREE TO GIVE LOVE WITHOUT
EXPECTING IT IN RETURN.**

The third ingredient is that of allowing ourselves to be loved. This, sometimes is the hardest task of all. It seems so easy to express love through things we say and do but often so difficult to receive love. Yet without the ability to receive love, the circle is broken. All of nature is set up on giving and receiving, sowing and reaping. Those who give are meant to receive. Those who don't give short circuit the process from the beginning.

The juice of life is in both the giving and receiving of love. One without the other creates a sense of incompleteness in our heart and soul. To have both the courage to love and the

**IN ORDER TO BE LOVED YOU HAVE TO
SEE YOURSELF AS LOVABLE.**

o o o o o

**YOU HAVE TO FEEL THAT YOU ARE WORTH
LOVING BEFORE ANYONE ELSE WILL.**

Continued on page 9

Continued from page 8

graciousness to receive love is one of life's greatest gifts. The human personality flourishes when it is giving and receiving love ... its magic! On the other hand our spirit literally dries up as if in a draught, when we're not actively involved in both giving and receiving.

In order to be loved you have to see yourself as lovable. You have to be able to honestly look at yourself and realize you have qualities that are attractive to others. You have to feel that you are worth loving before anyone else will. Your sense of self worth is like a magnet in that it literally attracts other people who have a healthy sense of self worth also.

So let's make every effort to enjoy life to the fullest by actively being who we are, giving the love we have to give, and receiving the love that is given to us.

Up-grade your "need" to be loved to a preference to be loved.

**YOUR SENSE OF
SELF WORTH IS LIKE A
MAGNET IN THAT IT
LITERALLY ATTRACTS
OTHER PEOPLE WHO
HAVE A HEALTHY SENSE
OF SELF WORTH ALSO.**

BEING IN LOVE

Being In Love: Being in love is that ecstatic emotional high which empowers us to live with intense passion, and joy. It's truly wonderful!

So you have been hurt in a relationship and you have come to the deduction that you don't ever want to be in love again. Probably the problem was not that you were in love but that you weren't really operating in love, or from a loving consciousness in the first place. If you weren't coming from a place of being in love within yourself first, your experience of being in love with another probably came up lacking a great deal.

**SO THE POINT IS YOU
REALLY DO WANT TO BE IN
LOVE, YOU JUST DON'T WANT
TO EXPERIENCE IT THE
SAMEWAY YOU HAVE BEFORE.**

••••

**WHEN YOU TRULY
ARE IN LOVE YOU ARE
LIVING IN AN ATMOSPHERE
OF LOVE WITHIN YOURSELF.**

So the point is you really do want to be in love, you just don't want to experience it the sameway you have before.

When you truly are in love you are living in an atmosphere of love within yourself. The key to being in love is to live in that higher consciousness of love, which knows no fear of loss, disappointment, or jealousy.

Continued on page 10

Continued from page 9

Remember, God is love and there are no negative emotions in God; so there are no negative emotions when you are in love or in a conscious awareness of God.

Since God is love, when you are “in love” you are living in a conscious awareness of God; expressing Himself as you and as the person you are in love with.

Being in love means you live in a consciousness of love. Unless you are living in a consciousness of love within yourself you will never feel in love with someone else.

It is absolutely possible for you to feel love in a loveless situation, because the feeling of being in love, like all other feelings originates in you.

However it is also possible for your relationship with another to be void of expressing love. You can personally be experiencing love within yourself, while at the same time your relationship is not expressing love. The reason being, you cannot control the consciousness of another person.

Relationship means... relating to each other. If you are relating love to your partner, but you partner

is not relating love to you then the relationship as a whole is not expressing love; even though you may be experiencing it within yourself.

Scriptures teach is, “So long as it is possible with you, live in peace with others.” The same can be said of love... “So long as it is possible with you, live in love.” But that doesn’t guarantee that your partner or the other person will accept it or that they will relate in love back to you. Therefore your **experience** of love in the context of the relationship is lacking or void.

Continued on page 11

**SINCE GOD IS LOVE, WHEN YOU ARE “IN LOVE”
 YOU ARE LIVING IN A CONSCIOUS AWARE-
 NESS OF GOD; EXPRESSING HIMSELF AS YOU AND
 AS THE PERSON YOU ARE IN LOVE WITH.**

Continued from page 10

LOVING

Loving: To understand that our true nature is love will lead us to the next factor of life's equation, and that is the importance of loving. Loving is simply the act of giving who and what you are. You can't give what you're not, or what you don't have. The nature of love is that it must express itself. Love that doesn't express itself usually withers and dries up much like a rose bloom which never opens; its simply misses the opportunity to come into full bloom, naturally expressing itself and bringing beauty and joy to others. Much like an arm atrophies, which is inactive for an extended period of time, so our ability to love tends to lose its power. Scriptures tell us that "God so loved the world that He gave." It seems in spiritual and human reality that love and giving go together.

In summary it is possible to feel love, loved, in love, and loving, once you realize that these feelings are already within you and they are gifts you give yourself. They are available to you 24/7 as you become consciously aware of the presence of God within you, manifesting Himself (love) as all that He is, as all that you are. When you are consciously aware of God, you are simultaneously of love, expressing itself in all its many forms and faces.

**LOVING IS SIMPLY THE ACT
OF
GIVING WHO AND WHAT YOU ARE.
YOU CAN'T GIVE WHAT YOU'RE NOT,
OR WHAT YOU DON'T HAVE.**

The Purpose
of
THE FOUNDATION FOR
SPIRITUAL LIVING

*is to present a whole-istic
approach to Spiritual Living through
the seven key areas of our lives . . .
Spiritually, Mentally, Emotionally, Physically,
Relationally, Professionally and Financially.*



– Being all things to all people that we may include everyone. –