

To embody  
True Love  
is  
The Purpose  
of all Creation  
and  
Existence

## Text on the back cover

This book is the first volume to convey insights centred on the theme of True Love as the core of all existence.

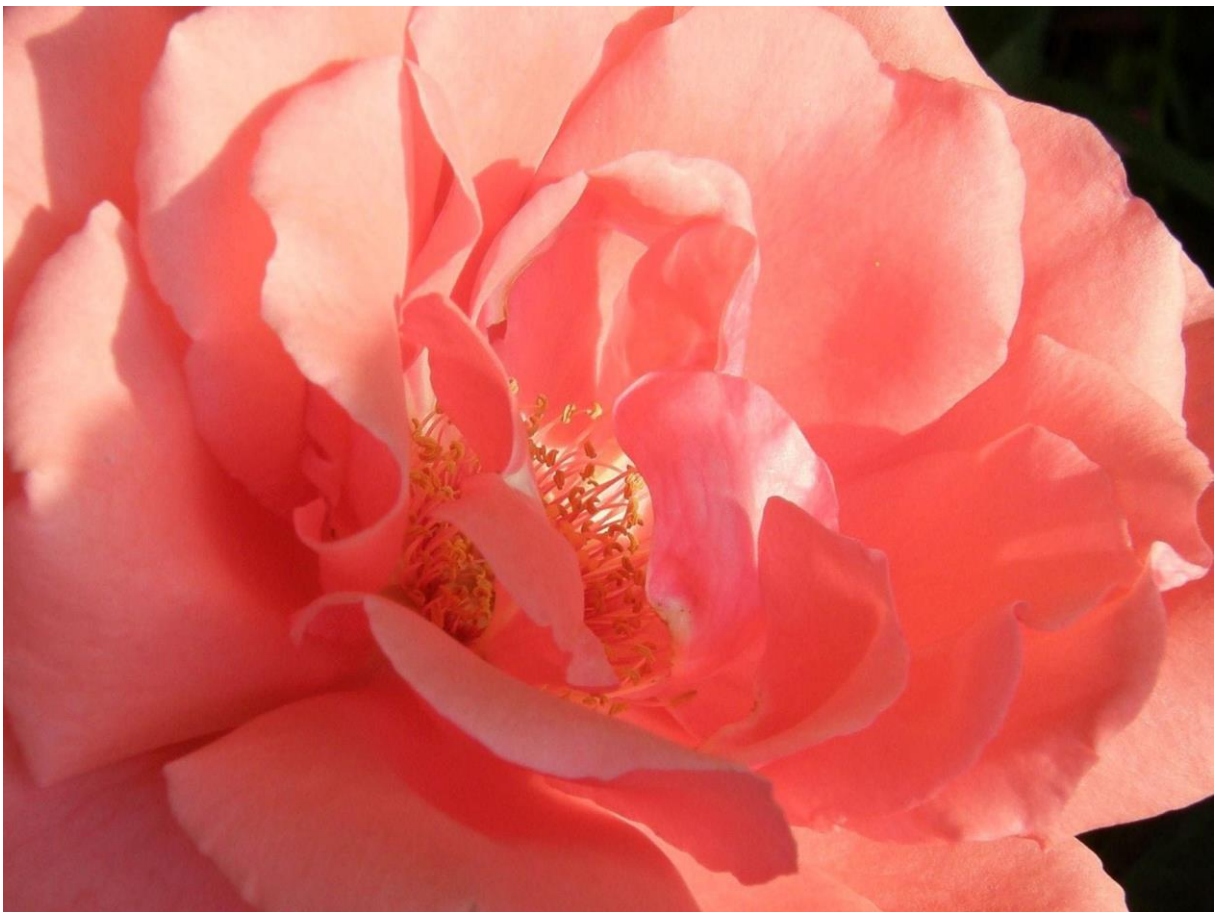
Whenever we do something we pursue a certain purpose. In the case of writing this book the task on my side is clear: To share with you my conviction that True Love is the key in the pursuit of finding deep fulfilment in life. It enables us to feel profound realms of happiness by acting in full alignment with the True Love Principle.

I am approaching this timeless challenge from various viewpoints to provide a wide foundation for further reflection on the centrally important theme of achieving oneness in us and with one another as members of the human family centered on the ideal of selfless love. Although a vast amount of information and educational materials exist already on spirituality, what is needed are the conclusive answers which allowing us to arrive at our ultimate destination as human beings by achieving oneness with our Creator.

The eternal Truth of life in the universe as an orderly and harmonious cosmos is the fact that it was created with True Love at its root and core purpose of all existence, which lies in our being truly happy based on loving one another as children of the Living God. To the extent that we put this understanding into practice we will see how one problem after another is resolved because we wholeheartedly care for one another so that in the end we all will live in Heaven on earth, in a world where everybody's needs are taken care of. This is not a theory but what I know absolutely for certain after having consciously searched for fundamental answers during the past six decades of my life. And I continue to do so in order to deepen my awareness of the core Truth of the universe, particularly how to best embody it in whatever situation I may be faced with. For this reason I am always open to look at reality from new perspectives, because in the end I can only benefit from finding new aspects of which I have not been aware yet.

This is also what I wish for you as reader of this compilation highlighting various aspects in connection with the qualities of True Love. Most of all I wish that this content will be a source of inspiration for you to do your own research to become profoundly familiar with what True Love is all about and especially to have the strength to always allow it to be the guiding force in everything you do. In this way you will definitely enrich your life and come closer and closer to where all people long to be in their deepest heart and soul, a state where your innermost desires are being fulfilled.

This book is dedicated to the living God,  
the ultimate Origin of True Love,  
and all loving sons and daughters  
who long for His ideal to be realized



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## Prologue

Dear reader,

The title of this publication expresses the core of what I have learned in my life so far. To manifest True Love is indeed the purpose of all creation and existence and should be therefore at the centre of our daily concerns. Life was never meant to be burdened with all kinds of problems weighing our hearts. To the contrary, we are destined to experience Heaven on earth, to be continued in our eternal existence thereafter.

This goal can only be achieved if we have become familiar with what it means to live fully in line with the True Love Principle. For this reason it is decisive to learn in depth about the characteristics of True Love and to know for certain how it can be put into practice while building a realm of loving relationships which brings joy to the hearts of all people.

We have many experts in this world, but the field where we are still greatly lacking is the most important area of realizing True Love, of knowing how to best manifest it in everyday life as well as in resolving the problems humankind is faced with due to people's inability to care for one another in such a way that everybody's wellbeing is secured.

To reach this precious aim requires more than anything clarity of heart and mind which can only be gained if we come to know the correct answers to the relevant questions in line with the universal Truth underlying all creation. I put on the second page of this book a few points which show that God must exist as Creator of the cosmos, because knowing this is the prerequisite for gaining the right view of life and the purpose of all existence. Upon having a closer look at the most fundamental questions it becomes clear that our Ultimate Origin exists as the Eternal Parent of humankind, because deep inside everybody longs for happy fulfilment in loving family relationships where bonds of heart are established between parents and children, brothers and sisters and of course mum and dad in their conjugal love which is meant to last without end.

Yes, these are the ideals which are alive in the depths of the hearts of all people because we are created in the image of God as His sons and daughters. To enable such noble dreams to become a reality requires profound knowledge not only concerning external factors to be considered, but especially in respect to what the practice of True Love includes. To be able to love in the right way under any circumstances is the most important lesson to be learned during our time here on earth and accordingly also the focus of my sharing in these pages where I am conveying my understanding of what acting in accordance with the True Love Principle means.



God is Love and everything is rooted in the Heart of our Loving Creator. Only if we look at reality based on this timeless Truth can we come to the right conclusions which enable us to enjoy a happy long life because then we will naturally live in accordance with the principles of creation. Among them the True Love Principle is the most important one. The quest for a deeper understanding of True Love as the strongest force in the universe is at the centre of this publication which looks at love from various standpoints, particularly at the qualities of selfless love. We are destined to embody it fully because this represents the original way of life, the only one which will bring us the kind of satisfaction and fulfilment everybody is longing for deep inside.

Life has only real meaning in connection with love, particularly for us as God's children who are destined to dwell in the warmth of His Love eternally. Our task on earth is to learn to love in a heavenly way so that we are able to perceive God's Heart and to share it with one another. I trust that as reader of these pages you will carefully study the content and find out for yourself which answers are correct in line with the universal truth underlying all creation. In this book I am sharing my insights while at the same time striving to deepen my own realizations based on what others have discovered about what really counts in the end, namely, that we have learned to wholeheartedly love ourselves and our fellow human beings.



The only way forward lies therefore in being honest to acknowledge “*I don’t know*”, and look deeper, including the spiritual realm into the research, so that in the end the full Truth can be understood based on the correct worldview which starts with the Ultimate Origin as the Creator of all existence, particularly the human heart with the desire for True Love. Only when we look at the world from this standpoint can we come to know what really counts in the end, namely the realization of the original intended ideal where the deepest desires of the human soul are fulfilled rather than being satisfied with some superficial knowledge which does not answer the most important questions in life based on scientific discoveries which consider primarily the spiritual dimension of all existence.

I am writing these lines on the day in 2021 when Christianity celebrates the birth of Jesus Christ who has become the prime example of embodying God’s Love for billions of people in the course of centuries. The original spirit of Christmas is expressed in spending time together with the focus on thinking about others, considering what makes them happy. It is a time where we enjoy the presence of loved ones and ideally also reflect on how we can improve our own behaviour, especially in preparation to make the upcoming New Year better than any previous one. We do not want to go backwards, more and more down in life but to rise to ever greater heights. Unfortunately, many people strive to do this merely on external levels, harvesting in this way inner dissatisfaction and frustration, whereas those who put their priorities right find ever more profound fulfilment and prosperity.

With the latter in mind, I am reaching out to you as the reader of these lines. It makes a huge difference whether we know for certain that we are meant to live in the Kingdom of Heaven on earth or think that we are here on a journey through the “valley of suffering”, as I thought while growing up in a Catholic environment. Meanwhile I have learned that it is indeed possible to allow the spirit of Christmas, of being there for one another while offering sincere care, to be our daily experience. To do so requires inner strength and maturity, which every human being is destined to gain during the time spent on this planet while building heartfelt relationships which are fully alive beyond time and space.

Jesus Christ is known as the saviour of humanity, whose life had ultimately such an enormous impact on history that the years are counted centred on his birth. Two millennia and 21 years have passed since he appeared as the light of the world. Tragically, instead of focusing on following his core teaching and example of loving even the enemy, Christians around the world have widely lost the original spirit of gladly sacrificing for one another, of willingly going through difficulties to make things easier for others. Self-centredness can therefore not only be found in the minds and hearts of unbelievers, but also in people of faith who claim to love God. The desire to contribute to bringing an end to this misery stands behind my putting down

these lines and all the content which you will find in this compilation of the essence of what I have learned so far centred on the task of embodying True Love.

To be able to act only out of love in every situation requires first of all the knowledge of how True Love can be practiced in the best possible way, both in theory and application. Ideally, we should be well familiar with the correct answers to such questions, but that is very sadly not the case because we have not received the kind of education which would enable us to fully embody God's eternal and unchanging Truth by the time we have reached adulthood. That reality should not stop us however from doing our best now to gain the insights we need to be able to fulfil the purpose of creation, which is realized when we manifest love in whatever we may be doing.

The profound fulfilment every soul is longing for can be experienced here on earth if we manage to act only centred on the most noble ideal of always putting other people's wellbeing above our own. This is the one and only way to secure utmost joy which arises from being able to lift others up and to contribute to their happiness. Such a mind-set is the opposite of what we see in today's world, where people are widely trying to save their own skin first rather than being truly concerned that everybody is fine. To turn this sad status quo around requires a lot of investment from all sides, whereby I am dedicated to contribute my part by sharing what I have learned, and trying to be there for others in a way which is beneficial for them in the long run.

My primary concern is always the long-term result, especially when it comes to issues of our spiritual development. The first step is clarity on the intellectual as well as intuitive level, to know for certain what is true and which attitude we need to avoid in order to not get stuck in one way or another. In my autobiography I am sharing about my path from wanting to become a Catholic priest to having come to know for certain that nothing else matters more than to grow in one's ability to love with the same heart as our wonderful Creator who only wants the very best for us. But we can only experience this ideal if we fulfil our portion of responsibility, which includes knowing the full Truth in theory and practice.

To gain profound clarity requires deep reflection, sincere prayer and in-depth meditation on the quest to recognize the universal Truth on new levels. This goal can be reached if we are able to distinguish clearly between right and wrong and leave any incorrect concepts behind. Therefore I am addressing many different themes and topics which are ultimately all connected with understanding the True Love Principle and learning how to apply it in whatever situation we may find ourselves in.

Religion and science can be helpful on the path of gaining profound insights, but we must not cling to one or the other but come practically closer and closer to God's eternal and unchanging Truth and learn to embody it in



every respect rather than being satisfied with having a theoretical belief system.

As soon as you have arrived at the point where you know the correct answers to the fundamental questions of life without any logical contradiction you will naturally be eager to practice what you know because by doing so we can reach complete wholesomeness in our being and reach the level of satisfaction which fills our soul. We are definitely meant to dwell in the warmth of loving and caring heartfelt relationships from morning to evening what everybody is longing for in their innermost being. To be able to establish this realm requires the ability to give and receive love in such a way that ever new stimulation and fulfilment is created, what is only possible when we have developed our heart to maturity.

With this task in mind I am addressing you as reader of these lines and the pages that follow to let you know of the conviction I have gained during the past six decades centered on the most important ability to be developed during our time on this wonderful earth, namely to love in such a way that expresses the Heart of our amazing Creator and brings ever growing fulfilment because everything is done in accordance with the True Love Principle. The aim lies in fully resonating with the Heart of God and with the heart of the beloved, all those with whom we are striving to become one to allow love to flow freely without end.

The content of this book needs to be refined further and further – with your input as someone who pursues the same goal of loving with the kind of heart that corresponds to the original human nature. I offer my insights in the hope that others do further research so that an ever deeper understanding of the strongest force in the universe, True Love, will be gained along with the knowledge of how to best embody it in our whole being so that we will only act with a loving heart while having the wellbeing of all humankind as our first priority.

I trust that you make this challenge your own and gladly welcome the difficulties you may meet on your path, while upholding the desire to turn them into victories won in the heart and mind by gaining more clarity concerning what is truly important along with the firm conviction that nothing is more precious in life than being able to love in such a way as to bring overflowing happiness to ever more souls, so that ultimately all people can enjoy the kind of fulfilment for which we are longing in our innermost being.

You are reading what I have come to know so far, whereby I am continuously learning and will therefore update or refine in the future what is expressed in these pages – including with your help if you decide to share your knowledge in respect to how to manage to behave in such a way that True Love is always at the core of our experiences. I am convinced that it is our collective task to uncover what was hidden or is not yet fully understood to

get to the point where we not only know all the needed essential answers theoretically but also are able to put them into practice in such a way that the best possible solutions are implemented. From this standpoint it is clear that this book is meant to be a study material to gain deeper realizations and stimulate further inquiry, because I do not want people to believe this or that but to know unmistakably clearly the correct answers to all relevant questions. It is my sincere hope that this publication will be helpful for you to come closer to this goal so that you can see your dreams and ideals realized with True Love as a substantial reality in everything you do.

Our challenge lies in contributing together to building the kind of world in which we all wish to live as one where everybody's wellbeing is secured based on the practice of True Love. I share my understanding on this topic in the book *"What is our common responsibility in order to create a truly caring, loving world"*. You can freely download the content as well as books in which I address health concerns at the (1) website <https://www.trulyhealthy.live>

If we are dedicated to this precious goal of a wonderful world for all people we will not leave any issue out but strive for the best possible solutions from which in the end everybody benefits. To develop such a heart of embracing all people is the ultimate goal to be reached because our Creator, in whose image we are made, manifests it as the Eternal Parent of humankind.

Let us make this precious attitude our own while going beyond existing religious teachings. Rather than clinging to them we need to focus on living life as it is meant to be experienced with a heart filled with God's Love, radiating to our surroundings.

To address this huge task is my objective in reaching out to you, while at the same time also my invitation for you to offer your input to this challenge of how to best embody a loving heart in the various situations one may encounter. You are wholeheartedly invited to share your insights at: [nikolaus21b@gmail.com](mailto:nikolaus21b@gmail.com).

Concerning my way of addressing you as reader of this book I would like to let you know that I see you as my brother/sister in the light of the fact that we are siblings in front of God our common Eternal Parent who created us in His image as His precious sons and daughters in His desire to share His love with us. May we all learn from one another as foundation for being successful in the lifelong quest of learning how to embody True Love in the best possible way.

Sincerely,

Nikolaus Beutl

## Part 1: TRUE LOVE AS THE ESSENCE OF LIFE





## The absolute necessity of True Love

Dear reader,

The very first timeless truth I would like you to know for certain is that True Love refers to the essence of life. Just as without a creator there is no creation, life does not exist separated from the its origin: True Love.

To become deeply aware of this fundamental reality is essential to be able to get there where all people would like to be, in a state where they are truly happy. That is what everybody wants more than anything else: To see his or her greatest wishes fulfilled while experiencing profound happiness and deep satisfaction.

From this standpoint it is clear that nobody wants to live in suffering but go beyond it into a realm where ideals and dreams become a reality. Depending on how much we invest for this purpose, you and I harvest what we sow or neglect to pursue. And here is where the decisive question lies: What am I doing in order to be able to get there where I am supposed to be as someone who came into this world with a clear purpose? Through the way we deal with this essential point everybody determines his or her destiny.

Because we did not create ourselves but were born with a certain potential, the wisest decision is surely to ask the Creator why He made us – in His image, as Judeo-Christian tradition tells us. In case people are not familiar with this foundation and believe in another religion or have even no religious association whatsoever, the challenge is for everybody the same: to give meaning to their existence. In this respect there is no better approach than to study the principles of creation we see in this universe and to adapt to them.

If you have read attentively the content I put as explanation in connection with the dedication of this book to the Living God, then you know that His existence cannot be denied when using your logical thinking and reasoning, because what we see around us and especially in our body is so complicated and at the same time wonderfully structured and finely tuned that it is absolutely out of question that it all came about by chance based on random mutations.

Please take this fundamental consideration deeply to heart because here is where ultimately our happiness or misery is decided: If we align ourselves with what is naturally provided and act in line with the principles of creation, we are bound to reach the goal of finding true happiness and ultimate fulfilment, whereas we will definitely end up earlier or later in all kinds of struggles if we are not prepared to address the most essential issues.

I am not talking about believing in something but about knowing absolutely for certain that there is a clear purpose behind every created being in the overall context of the cosmos having come into existence because its Creator had a crystal-clear purpose in mind, namely, the realization of the ideal of True Love. For this reason all people wish to feel boundless love as it represents the fulfilment of our deepest desires. In the end nothing else is more beautiful and satisfying than dwelling in the limitless sphere of eternal Love which originates in the Heart of God as our Ultimate Origin.

When you let these basic points sink into your mind then it will become obvious for you that we were created out of love for the sake of feeling it in every cell of our body because God is Love and life is only possible and meaningful in the context of True Love.



## True Love as the air we breathe continuously

Dear friend on the quest for Love and Truth,

What do you want more than anything else? If you reflect on this question you will surely come to the conclusion that ultimately no material possession can give you the kind of uplifting emotions and even extasy which arise when you are wholeheartedly loved by someone who wants to see you completely happy – out of love for you.

If we think it through then we will all come to the same answer when asked, *“What is most important for you and me to have?”* Love that is selflessly given is the core element every human being needs more than anything else to be able to prosper well in this world. Unless we become fully aware of this fact, we will not arrive at our common destination of enjoying a life of prosperity and lasting fulfilment based on receiving and giving love on all the manifold levels we are meant to experience during our time here on this earth.

The first step towards ultimate happiness lies in leaving any kind of ignorance behind regarding the fundamental questions of our existence, whereby I mentioned already the most essential one: Without love no life. Just as we need the oxygen in the air to continue to stay alive, every human being needs the experience of True Love to be able to develop properly and to be truly happy because life without love is not really worth living. In this respect it is decisive to know that whereas our days on this planet are numbered we exist eternally in the spiritual realm. For this reason whatever lack of love we may feel needs to be resolved earlier or later – best of course now by actively searching for God’s Love.

Yes, this is where we need to start, by realizing not only that God exists but that He is a Being of Love and therefore the issue is not to believe in Him but to feel His Love through the beauty of creation, most of all through the relationships we establish with fellow human beings, who are actually our brothers and sisters in the light of God as our Eternal Parent. The task at hand is therefore not simply to believe in His existence but to feel it in our whole being, in every cell of our body, most of all in our soul as a uniquely loved son or daughter who is unconditionally and endlessly loved.

Once we have reached the point where we know absolutely for certain that nothing is more worthy of our attention than making sure that we have enough air of love to breathe day by day, we will put all of our focus there where it should be, in the cultivation of our ability to love, because only if we have learned to care in a selfless way will we be able to become happily united



with our Ultimate Origin and with one another as true siblings of a worldwide family. To create such a consciousness of being part of the universal family of man, of souls dwelling here on earth and thereafter in the eternal spiritual realm, is the prerequisite to our collective prosperity as we depend on one another, most of all in the basic point of finding true happiness which can only be realized in harmonious relationships.

Please allow the here outlined aspects to sink deeply into your soul to know without any doubt that we were born to breathe the air of love all throughout our days on this earth and eternally thereafter in the spiritual world. Accordingly we must make sure that our hearts are indeed filled with selfless love for one another because this is the one and only way for all people to become truly happy. We depend on each other and do therefore well to support one another as much as this is possible to reach the goal of living in prosperity and inner wealth by gathering ever new treasures of True Love experiences as we move through the years and decades to dwell eternally in the embrace of God's unending Love.



## If we want true life, we must develop loving relationships

Dear friend of living a life that is truly worth living,

After having become aware of God as the source of all Love and our own purpose to become being of endless love the next question is obviously how we can accomplish this great task. Here is where the importance of this publication comes in: As a resource material to reflect in depth on the nature and characteristics of True Love. But it does not stop there. The task at hand is actually for you as reader of these lines to go ahead and to write your own book on True Love, how you understand and experience this strongest force in the universe which we all wish to have, yet struggle to truly make it our own.

The content you are reading now deals with the most important theme you will ever be challenged with, namely to know in depth about True Love and to embody it in all your actions. Just as God is Love, we are supposed to be able to confidently say the same about ourselves as His children: I am a unique expression of divine Love. No matter how distant you may feel from being in such a position, each and every human being is destined to arrive there one day by becoming the fully embodiment of God's eternal and unchanging core Truth, which is none other that we are meant to manifest 100% of the heavenly Love of our Creator and to expand the realm of His Love to ever new levels as eternal beings.

Similarly, to starting the motor of a car requiring an initial combustion, extra efforts are needed to create the spark of True Love and to cultivate the art of loving in a selfless way, yet once you have made up your mind to truly focus on the strongest force in the universe you will definitely be rewarded with ever deeper encounters with God's all-embracing Love. Because human history began unfortunately in an immature state of our first ancestors, it is quite tough to leave the burden and ballast we inherited behind to be free from any kind of ungodly nature. But it is surely worth the efforts because we will naturally be rewarded with precious experiences that give us the strength to move forward until we are completely purified from any kind of disturbances in our soul which hinder us to breathe freely the fresh air of God's wondrous Love. From this standpoint it is clear that nothing is more important than focusing on the development of loving relationships as they are the real foundation for you and me to feel the love we are longing for deep inside. The challenge every individual is called to deal with and to bring to a beautiful outcome is the task of learning to love in such a way as we are meant to do as sons and daughters of our amazing Creator who has put us into a position where we can grow and develop without any limits, endlessly, centred on the ideal of True Love being established in every aspect of our being.

It is certainly an irresponsible attitude which will never work if we want love without learning how to love properly. The task of improving the quality of how we express love should be on our heart and mind day by day because we are only advancing to the extent that we have learned to love in such a way that God's ideal of True Love is manifested in every aspect of our existence. We all are called to study the rules of love so that we will be able to handle it properly and to give in this way the greatest meaning to the time we spend on this earth by directly connecting with the Living God.

The goal is to be completely one with our common Parent in heart and mind so that we only act fully in line with the True Love Principle which stands at the centre of all creation. It is there to be embodied in you and me as God's precious children who can only find true fulfilment if we resonate with the Heart of our Ultimate Origin.



Let us do our best to establish oneness with our loving Creator and with one another.

## At the core of our existence is God's Love to be expressed in us

True Love is always connected with God from where it originally started and continues to emanate at every moment. The question is whether we feel it in our whole being and convey it to one another because it is only in love being shared that its purpose is truly visible, bringing the fruits all people are longing for.

The book you are holding in your hands - the content you are reading at the moment - is not about some belief or theory but more than anything about reality, the reality of our having been created out of Love for the purpose of experiencing True Love. To which extent this becomes your and my reality is decided by us and nobody else. This is what we need to become deeply aware of so that we will not blame anyone or anything for whatever misfortune we may be faced with but take full responsibility to resolve any issue which comes up as a hindrance on our way to ultimate fulfilment in the sphere of unending love.

On the level of the human body the fundamental truth has already been revealed through the precious research of excellent scientists who discovered the energetical and biological laws and functions which determine our existence on this earth. In my two books centred on health I compiled core content which we all must know concerning how the human body functions to deal with challenges, whereby it is clear that no harmful germs exist as cause of disease. Everything is designed to function well in support of our overall health whereas doctors ignorant of the true cause of illnesses offer mostly harmful drugs so that the third main cause of people dying prematurely lies in inappropriate medical treatment.

Whereas the central questions in respect to the proper function of the human body have already been answered by true experts who include the invisible aspects of our physical existence into their research, the task of finding the full Truth in respect to the human spirit still needs to be fully accomplished particularly in respect to the proper practice of embodying the ideal of True Love from the individual to the worldwide level. In other words. If we want to create a wonderful place where all people can live in prosperity, we have to study the essence of human nature thoroughly, most of all the human heart and soul, so that we will know unmistakably clearly which kind of attitude is required for us to feel the love and satisfaction all people are longing for deep inside.

The path of learning how to manifest God's Love in our whole being must be gone by each individual on a personal level. Nobody can do that for another, but what we need to focus on is supporting each other to reach the



goal of embodying the Truth concerning our existence on this earth, which is none other than that we were born and exist to dwell eternally in the realm of God's Love which we are destined to make our own to such an extent that we confidently feel: I am acting fully in accordance with the True Love Principle.

Just as there is only one Truth regarding the purpose of the universe the same is true concerning our own existence: True Love must be the absolute center of everything we do if we want to experience its wondrous fruits in the form of profoundly loving relationships which fill our whole being with no wish remaining unfulfilled. To reach this state of complete inner freedom must be our first priority in our efforts to lead a life worth living. For this reason we need to pursue a path of getting rid of any wrong concepts and substitute them with the full truth in line with the principles underlying all creation. This publication is dedicated to this huge task whereby it is clear that every human being destined to write his or her own story and testimony of love – and ideally to make it a glorious one to be proud of in front of God and the world as a truly loving son or daughter of God.





## True Love is the correct answer to all fundamental questions

Dear friend who is eager to know the right answers,

As young people go through adolescence, they usually reach the point where they ask themselves what life is all about. Of course, it depends on the individual how intensively teenagers go on this quest for the meaning of their life, but growing up is essentially connected with asking questions and finding the fitting answers to be well prepared for the manifold challenges one may meet along the way.

Most of us are familiar with the Four Great Questions of Life: *“Who am I? Where do I come from? What is my purpose? Where am I going?”* From the standpoint of God’s existence as the Parent of humankind the answers are clear: I am the beloved son/daughter of the Creator of the universe. My origin lies in His Loving Heart that longs for all His children to be truly happy. The purpose of life is therefore to act in such a way as to create ever more joy and fulfilment not only for myself but ultimately for all people.

Because we exist based on invisible energy life does not end with the physical death but continues eternally. That this is the case is all the more clear from the standpoint that once True Love is experienced one never wants that wonderful realm to end. Such a desire is deeply implanted in the human soul by our Creator who made us in His image with the desire for the fulfilment of the highest ideals which are all connected with the realization of a world overflowing with endless Love.

The question, *“What are my God-given natural talents?”* is relevant for every human being because each individual is destined to manifest a unique expression of God’s Love. In which way you and I are doing this concretely is up to us as we are called to make our own special contribution to a more loving society on the foundation of a free decision to do so, our voluntary decision to use our potential for the overall purpose of the wellbeing of all people.

Questions like, *“What are your values?”* and *“What matters most to you?”* are easily answered in this context: The greatest value in life is the experience of God’s Love and therefore it matters the most to me. I do my very best to be a wonderful channel of the unconditionally loving Heart of the Creator of life and all existence. This ability is not gained automatically but requires our wholehearted investment. In the light of this fact each one of us needs to consider: *“Do I seek to make a positive difference to the world I live in? What kind of legacy do I want to leave behind?”*

At the core of all inquiries we need to ask: *“To which extent do I take responsibility for my life, my dreams and ideals?”* It is clear that only if we gladly want to be held accountable for our thoughts and actions will we be able to enter the timeless realm of True Love which is always connected with feeling responsible for the happiness of the beloved.

Every person decides to which extent they unite with the Heart of God. According to the level of oneness you strive to achieve you will show concern for the wellbeing of others and do your best to support them in being successful in building loving relationships which always require a dedicated commitment to the ultimate satisfaction of all people. This will surely become a reality when everybody orientates their efforts on the True Love Principle which stands at the very root of the cosmos.

To align ourselves with this guiding principle towards fulfilment in all areas of life is the challenge every human being needs to make their own to be able to see their innermost ideals and dreams become a reality.



## Will you draw the consequences or remain stuck in problems?

Dear friend of resolving issues,

In the previous reflections on True Love as the essence of life I spoke about its absolute necessity like the air we breathe and about the importance to develop loving relationships which allow God's Love to be expressed through us in this world. The obvious question in all these points is again and again: To which extent are you and I dedicated to allow what we know to become a substantial reality so that we are truly focused on embodying the highest standard of divine Love in our earthly existence?

The issue in question is not one of intellectual knowledge because the core truth is simple and clear. It can be understood by anybody who uses his logical thinking and reasoning which confirm that a Creator must exist as amazing designer behind all the wondrous nature we can observe in and around us. What needs to be dealt with is the actual manifestation of what we know to be right and true. Here is where the real problem lies: We know much more about goodness than what we are practicing. We make false compromises because it is more easy for us in the present - but not helpful in the long-run.

How do you see yourself in this respect? Where do you stand concerning the challenge to apply your insights into daily life so that you are doing what you should make sure it is a concrete reality, like loving your neighbour as yourself? You may superficially answer that you are of course doing it, but upon having a closer look it is obvious that most people do not really love themselves and consequently struggle to care for others in the right way so that it will be beneficial for their future and not just for the moment.

What we are faced with in today's world are monumental changes which are largely going into a negative direction towards more and more division and destruction instead of building ever better living conditions for all people. Enough food is being produced to feed the whole worldwide population, yet it is not evenly distributed. Wherever we look we see injustice and people taking advantage of others, misusing them in manifold ways. An attitude of irresponsibility prevails and the overall situation is going down rather than improving although it would be easily possible if only... Yes, if people would listen to their inner voice and act in line with their conscience, we would see prosperity on all levels whereas reality shows the opposite. We are on a downward spiral with a tiny minority of people in powerful positions forcing others to behave in certain mostly harmful ways.

I am mentioning this tragedy because it is decisive that we are aware of the fact that all these miserable situations can only be fully resolved by applying the True Love Principle. This is the only way how we can secure a bright future for humanity by putting the practice of True Love at the center of

our daily pursuit. The crucial question is today surely more than ever before in the past: Who is ready to fight against the evils which are encroaching on the world in previously unseen dimensions?

We live in a time where certain people are pushing for a great reset towards total control over the vast majority of the population by a global government. Instead of a world centred on our Loving Creator we are swiftly moving towards an Orwellian future with little personal freedom. We are at the point of deciding whether we will see wonderful or very terrible developments during our own lifetime. Collectively we decide today how our tomorrow will look like, whereby each voice counts in the sense that even a small number of dedicated believers in God's ideal can still turn the wheel around towards the substantial realization of the Kingdom of Heaven on earth which is none other than a realm overflowing with selfless love for one another. But how many people are on the side of goodness who are making a change?

Please consider your own position and attitude in this respect and stand up for what you know to be in line with the desire of the ultimate source of True Love.





## True Love as the compass to make the right decisions

Dear friend of clarity in every respect,

Day by day we make minor decisions and from time to time we find ourselves in a position where we need to decide major issues which affect our life. In each case, especially in the latter, it is important to have a clear standard according to which we come to the appropriate conclusions as to how we need to act. If we do well in this fundamental task then our life will be rather smooth because we will always be clear about what we want and where our priorities are.

To have such a clarity of mind and timeless set of values is essential in order to be able to truly enjoy the days we are blessed to spend on this earth. But first we need to get there to know for certain what is truly important and in which areas we are not supposed to make compromises because any mistake we make in our decisions will result not only in our own disadvantage but we may also be harming others by acting inappropriately.

People are discussing all kinds of issues, but upon having a closer look it is obvious that there are always fitting and also not so good answers, especially in the light of the purpose of our existence which is none other than to be truly happy and to help others to do the same - because this is what we all want more than anything else. And here is where True Love comes in as the unshakable core of all existence: Everything was created with the ideal of fulfilment in True Love in God's mind and Heart. To the extent that we manage to act with such an awareness we will surely harvest beautiful fruits of our efforts.

Especially in challenging situations it is decisive to remember the essence of what life is all about with the awareness that true fulfilment and satisfaction can only be found if we are dedicated to uphold the True Love Principle as the standard according to which we align our behaviour in whatever circumstances we may find ourselves in. Based on this attitude we will surely advance well on the path of seeing our ultimate dreams fulfilled while advancing towards this goal by re-adjusting again and again our orientation to this absolute center.

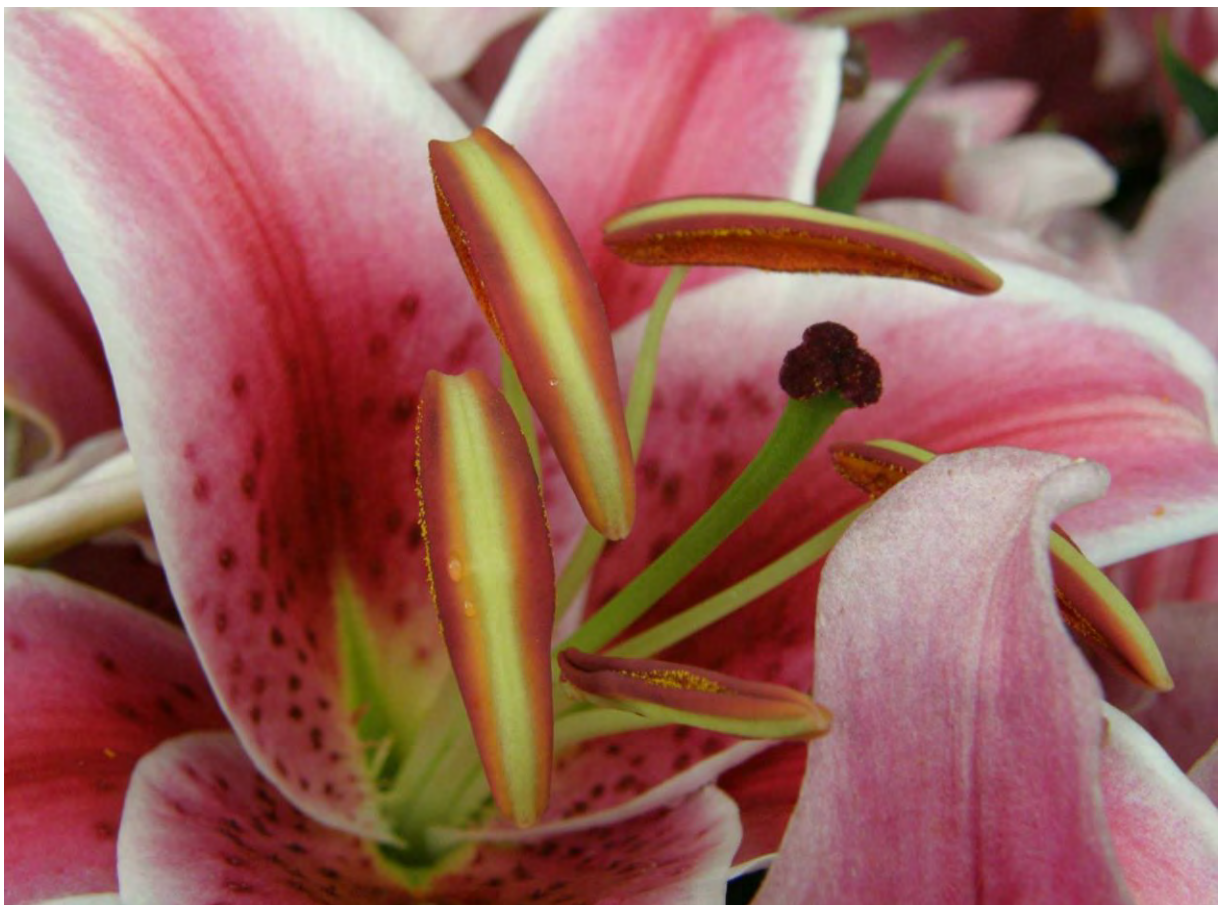
If we have learned to discipline ourselves we will experience a great deal of inner as well as external freedom because we will naturally move in the right direction in a focused way, not easily stuck in difficulties but always having the overview based on a clear priority of what is important to be accomplished. To gain this liberty rooted in a loving and caring heart is essential to be able to enjoy the fruits we all are destined to harvest on the



foundation of knowing how to respond to all kind of challenges with a loving heart.

Just as in sports repeated exercises and training making you fit for great results the same is certainly true for our personality as a whole: The more we practice the ideal of wholeheartedly living for the sake of others the closer we naturally come to where we long to be deep inside as God's children who are destined to feel unlimited joy and excitement due to our acting only in accordance with the principles of creation in resonance with the Heart of our Creator who surely wants the very best for each one of us.

True Love is indeed the compass to guide us well so that we will always make the right decisions which are beneficial not only for ourselves but also for our surroundings and ultimately for all people who are just like you and I longing to dwell in the sphere of unlimited love which will definitely substantialize once we focus on becoming one with the strongest force in the universe. That is where we find the happiness which will never end because it is directly connected with the desire of the Ultimate Origin and purpose of all existence.



## From believing to knowing absolutely for certain

Dear friend of leaving uncertainty behind,

Most people are looking for stability in their life which gives them some sense of security. We want to know the facts so that we can make the right decisions and not find ourselves in a situation where we feel regret that we erred or allowed ourselves to be deceived.

It is truly of great importance to deal with the actual reality and not to wander in the darkness of ignorance, which applies both to the external as well as the internal realm, whereby the latter needs particularly our special attention.

To have knowledge gives us not only power but also freedom because we will see clearly, recognize dangers, and know how to avoid them. First of all, we need to be clear about the most fundamental question as to whether we are bound to go through the valley of death on this earth to be liberated sometime in the afterlife, or whether we are meant to experience already during our lifetime deepest fulfilment and expand this precious realm limitlessly in the eternal spiritual world.

Those who have done their homework and reflected thoroughly on the most essential questions will know the correct answers in the light of God's existence. They will not be a theory but a proven reality once in your life if you make wholehearted efforts to directly connect with our Creator and His ideal for us as beloved children who are destined to feel ever greater fulfilment in the realm of unending Love.

Once you go to the point where you put True Love at the center of all considerations you are bound to find the right answers in every respect. From that time forward you will not speak about fundamental issues in terms of "I think" but based on knowledge confirmed by your own experiences of being well familiar with how to achieve complete oneness in heart in relationships on all the different levels which are open for us to enjoy.

In case you have been lacking in the most important aspect of life, the substantial encounter with True Love, you will still have some doubts, but as soon as you embark on the path of 100% dedication to the ideal of True Love to become your own personal reality you will get daily the confirmation that you are on the right path through the wonderful harvest you gain as you move forward on the path of living for the sake of others - just as we all are meant to do.

Such an attitude of wholeheartedly investing all we can to make others happy bears wonderful fruits not only in other people but also in ourselves as we move from being stuck with one or the other trait of selfishness to giving all

we can to enrich other people's lives. We will do all we can to lift others up and naturally grow ourselves in this way. True knowledge and even absolute certainty will be part of our daily life once we focus completely on acting only in line with the True Love Principle.

As soon as we go to this level of total dedication to the realization of God's original ideal we will dwell in a realm of having not the slightest doubts when it comes to the core fundamental questions, because we will know all the relevant answers not only in theory but based on our own concrete experience: Nothing is more precious than striving to be one with God and His ideal centred on True Love.

I wish very much that you as reader of these lines will have an open heart and mind to go yourself to the level where we know for certain that it is truly valuable to give your uncompromised attention to the realization of the noblest dreams people may have ever had, because we are indeed meant to dwell in a world overflowing with True Love. We are actually harming yourself by not focusing on what really counts, the daily experience of the warmth of selfless love being shared.

Let us therefore not miss out on what is most important but really give our utmost attention to building heart-to-heart relationships wherever we are with the goal of allowing God's Love to be present in our midst along with all the blessings which follow from our being there for one another with all of our heart and soul and strength.



## True Love refers to God's Love & Truth

The quest for finding True Love is quite challenging because it refers to searching for timeless Truth in connection with Love in accordance with God's original purpose of creation. In previous reflections I conveyed my conviction concerning God's existence being fully confirmed once you are prepared to face objective facts about the truly amazing universe, particularly the human body, which was clearly made to be the crown of creation with more potential and special functions than any other being.

To be well-acquainted with God as a concrete reality is the starting point of discovering the correct answers in every field. For this reason it is decisive not to be satisfied with some belief in a Creator but to know absolutely for certain the core Truth of the cosmos, particularly the purpose of its existence in connection with the ideal of True Love. In this respect it is clear that God's Truth & His Love are intrinsically connected so that one cannot exist without the other. As human beings we have intellect and emotions whereby the latter are central but they need to be in line with the logical principles of creation. What we know to be true must be in harmony with what we feel. In case we encounter some contradiction in this area we need to thoroughly resolve it.

The Judeo-Christian culture stands on the foundation of core teachings which include the task to love your neighbour as yourself and God with all your heart, with all your soul, with all your strength, and with all your mind, as recorded e.g. in Mark 12:30. To the extent that we take this challenge seriously we will realize that it is indeed a blessing to love others wholeheartedly, which includes using all of our intellectual and emotional capacity. If we truly love we want only the very best for the beloved and accordingly do all in our own power to allow ecstatic joy and bright happiness to become a concrete reality.

In other words, True Love can become our own on the foundation of my taking full responsibility to do everything I can to support the wellbeing of the object of my love, which includes of course using my intellect and emotions well to contribute to the internal and external wellbeing of those who are dear to my heart, just as well as other fellow human beings, including even my enemies. The latter may be quite challenging for some, yet it is the basic standard we need to make our own because the ones who are still incapable to care for others properly need our special attention and investment.

Unfortunately, the tradition of True Love was not established by our first human ancestors as a vivid pattern to be applied by all descendants. Very sadly, God's original ideal of a world overflowing with divine Love was not realized until this very day, yet this does not mean that this goal cannot be



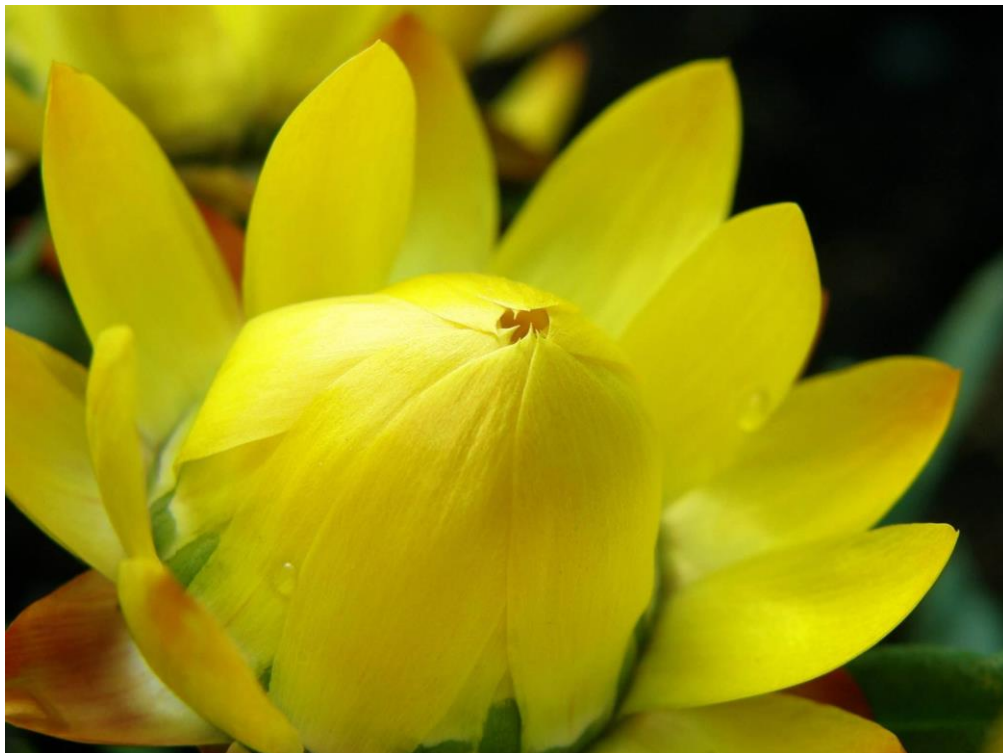
reached. We only need to set our priorities straight and focus on the core task of heart-centred restoration so that in the end we know how to express our love in such a way that it will always be in line with the desire of our Heavenly Parent as the Loving Creator of humankind.

To become clear about core questions, the study of the Divine Principle revealed through Christ at his Second Coming can be helpful, but in the end it is each individual who needs to find the correct answers to all relevant questions to the extent of knowing absolutely for certain rather than maintaining this or that (religious) belief. The stronger True Love comes to be a central content in a person's life the more he or she will be focused on embodying it in every situation, rather than being satisfied in believing in some ideal state which is to be accomplished sometime in the future. Let us therefore move from merely believing in some religious dogmas to being ourselves the embodiment of God's Love.





## Part 2: FUNDAMENTAL CLARIFICATIONS CONCERNING VARIOUS KINDS OF LOVE



## What is love for you personally?

Generally it is true that people think a lot about love, they sing love songs and dream about True Love entering their life, deeply longing for it. When they don't have it, they search for it, and when they discover it, they may not know how to handle it properly because it can be too overwhelming. Even when people arrive at the point where they feel that finally they have love in their life they may be concerned about losing it. In the face of such a reality it is obvious that to succeed in the essential task of building harmonious relationships requires the cultivation of a loving heart, capable of investing for others in a completely selfless way, because this is the one and only path which leads to eternal love.

You will have probably heard someone say: *"Love cannot be defined in words but can be expressed through actions."* Many people think that love is an unexplainable yet incredibly strong feeling for someone, whereas there are clear logical reasons why certain reactions are happening in people who are in love with one another. To like someone because of the way they look or their body has surely nothing to do with selfless love. Not even a state where you can't do anything without thinking about your dearest ones, wanting to be with them is an expression of real love which manifests on much more refined levels where true freedom and liberation dwells while being totally dedicated to the wellbeing of the beloved.

Throughout history people expressed their personal understanding of what love means for them. Katharine Hepburn put it in this way: *"Love has nothing to do with what you are expecting to get - only with what you are expecting to give - which is everything."* Yes, that is a wonderful definition for what love is all about, giving everything you can for the sake of enriching the life of the object of your love, whoever he or she may be.

Among the many poetic definitions of love, expressing truly memorable and timeless insights, is the one by Fyodor Dostoyevsky who says in *The Brothers Karamazov*: *"What is hell? I maintain that it is the suffering of being unable to love."* This insight points to the core of the matter: Because we were created to love, the worst we may experience is not being able to love properly so that we miss out on what is most precious in life, to harvest the fruits of our building bonds of heart which allow love to flow freely.

An important aspect of what love means can be read in one of the books by Antoine de Saint-Exupéry: *"Love does not consist of gazing at each other, but in looking outward together in the same direction."* This is surely a fundamental truth which applies to all mature relationships of love: They all have a common purpose and goal at the centre of the pursuit of the

individual's efforts. E. M. Forster wrote in *A Room with a View*: *"You can transmute love, ignore it, muddle it, but you can never pull it out of you. I know by experience that the poets are right: love is eternal."* It is indeed a timeless fact that love is intrinsically connected with human beings because we all have a heart at the center of our personality which longs not only to be loved but also to express love on profound levels. Intuitively everyone knows that living and loving is directly connected, mutually influencing each other and determining the quality of our existence, depending how well we develop our ability to share profound love with a selfless attitude.

We can only benefit if we reflect seriously about the question of what love means for me personally and how I intend to perfect the expressions of my loving heart towards others. Let us not miss out in this most important challenge because if we neglect it then not only we but also others will unnecessarily suffer frustration and disappointment although we could enjoy lifelong happiness in True Love if only we make sure to love centred on our Creator.



## In which way would you define love?

„*What is love for you?*” This is indeed a fundamental question because it is love what everybody wants: to be loved and to have someone to give my love. For this reason it is important to have a close look at the possible answers and to distinguish clearly, which are valuable and what kind of understanding leads ultimately to ruin.

We all know that a mother's love is not easily shaken. The deeper it is developed the stronger the bonds of heart that are being established. In a situation where a profound and caring attraction towards someone is manifested in a loving relationship it brings so much joy to the heart. The more we expand such precious realms of caring love the more important we become for one another, leading to expressions like *“Your love is the most important thing in my life.”* And rightly so, because precious experiences of love are the greatest treasure we can gain during the years we spend on this marvellous planet.

Obviously, people have different definitions and experiences of love that shape their concepts of what it means to them. For example, being in love is associated with intense feelings of passion, infatuation, etc. *“You can tell that you're in love with somebody if you feel like you miss them all the time, feel a desperate need to be with them, or feel like you can't concentrate on other things. Love can take up a lot of energy and feel very consuming...”* This is how many lovers feel due to the immaturity of their love, which may have started out with seeing an ‘idealised’ version of the other person. We all are familiar with the expression, *“Love is blind”*, whereby it is crucial to consider the positive meaning of not seeing differences as a hindrance to wholeheartedly connect with others.

If you ask the question *“How does love feel like?”* you can get a wide variety of answers because there are plenty of physical reasons as to why someone feels in a particular way when he or she is in love, whether that's excited, happy, or just a bit all over the place. Being in love causes changes in our bodies as we release dopamine, the ‘feel good’ hormone, which gives us a sense of euphoria or pleasure. This is a supportive reaction provided by our wise Creator for a good start into a lasting eternal relationship - as it is meant to be according to the principles of creation.

The negative expression of infatuation can be seen when people are in love and the body increases the production of norepinephrine, which makes the heart race and gives extra energy. That's why sometimes people ‘in love’ have less appetite and even experience insomnia and restlessness, which is often referred to as being ‘love sick’. We are not meant to experience that kind



of immature love but to control our emotions in such a way that we can easily avoid any negative consequences of loving wholeheartedly. When you are in love with someone, you always want to be together, and when you are not, you will be thinking about spending time together because you want to expand the realm of oneness in love which creates so many wonderful emotions. In such a situation you do not just feel you need your beloved and without them your life is incomplete. Much more than that you want to find ways to enrich the object of your love where you invest all you have. And it does not stop there: you wish to create more resources in you so that you have a larger reservoir of love to give, greater treasures of heart to be shared.

Everything seems brighter, happier and more wonderful when you're in love. Therefore the advice is given: *"If you find it, don't let it go."* Upon having a closer look, it is clear that nobody would voluntarily give up dwelling in an amazing realm of experiencing the warmth of love. People *"fall out of love"* because they never really practiced True Love but merely a state of infatuation or some deeper level of love, but not the depth of oneness which is the basis for love to flourish eternally.



To put it into simple terms so that we can see clearly the difference: One can say that immature Love is present when, *"I love you because I need you,"* whereas mature Love is achieved when, *"I need you because I love you,"*



particularly on the foundation of knowing that needing another person means nothing else than wanting an object for your love in the position of the special someone in whom you invest all your heart and soul because you wish to give everything you can.

Love may be defined as a deep and tender feeling of attachment or devotion to a person or persons. It is a strong feeling of affection and concern for the beloved, a feeling of brotherhood and good will toward all people, arising from kinship or close friendship with certain people that is expanded step by step to finally include everyone because we all are God's sons and daughters and therefore brothers and sisters in front of our Eternal Parent.



There are all kinds of ways how people see love. You only need to ask someone and they will give you their own view of love. Love is a variety of feelings, emotions, and attitudes. For some love is more than just being interested physically in someone, it is an emotional attachment. In so many ways love is not correctly understood and expressed. This reality is the root cause of the manifold problems people have been faced with throughout history.

Love refers to certain emotions someone feels for another person. Ideally it means to be deeply committed and connected to someone as the beloved through a heartfelt bond that is shared. To develop and cultivate such heart-to-heart connections is the core art to be cultivated in life. There are a few things you need to avoid when building a new relationship like being too demanding. To find out how to perfect the art of loving is the most important task to be accomplished during the days we are blessed to spend on this wonderful earth.

Especially young people talk about love a lot, but what actually is the definition of love? According to the dictionary, love is *“an intense feeling of deep affection.”* The Urban Dictionary defines love as, *“The act of caring and giving to someone else. Having someone's best interest and wellbeing as a priority in your life. To truly love is a very selfless act.”* Being in love means that you are connected with someone on all levels: spiritually, emotionally, and physically. It may even start with the feeling that even though you just met them, you feel like you've known them your entire life. The reason behind such a situation lies in the reality that we all are spiritual beings who are interconnected and the more common foundation we have, the more naturally we feel connected from the very beginning of the encounter with a new person.

Real love is a feeling of constant affection for a person, expressed through the hearts of parents as motherly/maternal and fatherly/paternal love. In partners it refers to a strong attraction that includes sexual desire, the strong affection felt by people who have a romantic relationship. In the bonds of heart between brothers and sisters we see sibling love, between friends love is manifested in the form of true friendship. Countless levels of quality and intensity of love can be found in human relationships.

Actually, love is a basic necessity in life. Everybody needs to experience loving relationships to be truly happy. This is a universal truth which everybody needs to know well. I hope that more and more people become aware of the fact that their bodily wellbeing is directly connected with the way they are relating to others. Problems with a person's health must therefore be first of all resolved in his heart and mind, a central task which I addressed in my two books centred on health issues.

From the standpoint of the psychological impact of love on a person's mind love is indeed powerful. It does not only feel really good when it is shared with the right attitude, real Love also brings many wonderful benefits for the lovers. In order to experience deeply loving relationships, you have to allow yourself to be open to giving and receiving profound care for one another. This is easy for some people and difficult for others, depending on a person's spiritual growth and the development of the heart from where love originates. In reality many people are hesitating to invest themselves wholeheartedly into close relationships because they have been hurt and don't want to go through such a painful experience again of feeling devastated because of a broken connection into which they have put so much hope. In the light that are meant to experience heaven in the warmth of profound heart-to-heart unity it is painful to see when the dreams are not being fulfilled.



Love requires allowing yourself to be vulnerable, which is one reason that the idea of loving someone can be frightening. But from the standpoint of the originally intended ideal we were never supposed to have any of the terrible suffering some people are going through due to the immaturity of the partners who are in love without having learned what it really means to love each other based on respect while taking full responsibility to make sure that

the relationship grows and develops further in a very healthy way. Bad experiences lead to people refusing to take a chance on love because they don't want to risk a broken heart. In this way they are losing out on priceless encounters which are possible for everyone who invests wholeheartedly into building bonds of love that can never be separated if they are centred on True Love and not one's personal preferences.

A person's first real romance tends to really stand out as unique and impactful. One may think that this is simply because a person's first love is usually their first exposure to the whirlwind of emotions associated with love and romance, whereas in reality it is the original design of our Creator who made us in such a way that first love is firmly imprinted into the soul as it is destined to be the starting point of a relationship that continues to grow without end. Sadly, that is not what people generally experience, but in most cases the relationships get stuck due to the immaturity of those who are reaching out to each other while being still incapable of handling intensive emotions properly in the protected atmosphere of a stable union to which both partners are wholeheartedly dedicated.

Feelings of attraction to another person trigger hormones associated with challenge and reward. This is why it is common to feel high-spirited and exhilarated when love is new, a state which should not be limited to first love but be the daily experience in intimate relationships throughout a person's whole life. Just as every morning represents the start of a new day, we should feel fresh love again and again in relationships, not only between spouses but also in all the other realms of heart where love is expressed and shared.

Everybody needs to know for certain that love and lust are not the same things. Both involve attraction, but lust is more about physical desire and a basic drive to procreate. There is a place for wanting to feel complete physical union, nevertheless such a desire can only be deeply fulfilling if the internal foundation is prepared well. Otherwise it always turns out to be only destructive in the end because harmonious unity on the sexual level absolutely requires the basis of having become one in purpose and direction, an unwavering commitment to one another, never to be separated. Once such a foundation is established, it is impossible for lovers to leave each other because they only want to move forward to ever greater depths and heights in their beautiful sharing of love which is renewed and refreshed again and again. From this perspective it is clear that True Love never grows old.

The attachment component of love is common to family relationships and friendships, as well as long-term romantic relationships, which naturally become inseparably if the preconditions are fulfilled of absolute commitment to one another. From a biological viewpoint, feelings of attachment trigger



hormones which are associated with bonding. It is true that cuddling with someone you love really makes you feel better as it is part of how our Loving Creator has made us to function. It can release a hormone that offers painkilling properties, enabling lovers to support each other well also on this level with many benefits for their physical body which become visible when people are well nourished with daily experiences of loving care being fully present.



Due to the tragic beginning of human history love has not been perfected by our first human ancestors. Consequently only immature love was passed on from parents to children, continuing a very sad history of suffering due to unfulfilled love. Unhealthy relationships lead to all kinds of problems that can be seen for example in co-dependent partners who have an extreme need to be needed by the other partner, to the point of losing all sense of self or identity separate from the relationship. There are countless variations of such sick states as a result of people not investing into laying the proper foundation for relationships to function well, resulting e.g. in narcissistic partners who tend to be very controlling. They typically belittle or tear down their partners to create vulnerability and dependence, causing souls to be deeply wounded. Further harmful relationships are mentioned in these lines:

*“Toxic partners seek out lovers with caregiving tendencies, then take advantage of their kindness and willingness to accommodate. Staying in a toxic relationship can have a negative impact on a person’s physical, emotional and mental health. Unrequited love occurs when a person loves someone who doesn’t love them back. This can result in grief, loss or feelings of rejection.”* Obviously, it is important to swiftly move on from unhealthy relationships because they will only cause more pain unless there is a fundamental change in the attitude of the immature lovers.

Partners who look outside of their relationship for the emotional support and intimacy they need are engaging in emotional cheating, which can destroy a relationship. Such a situation can of course never come up when conjugal love is rich with precious experiences.

Following a breakup, a person can experience very real emotional or psychological distress that manifests even as physical pain or insomnia. One could go on to describe more of the harmful results of immature love, but that is surely not necessary, because only the focus on what is right in line with the True Love Principle underlying all creation will lead to the desired result of fulfilling healthy relationships which result in ever more joy and lasting happiness.

One helpful advice: *“If someone you care for in a platonic way expresses romantic feelings for you, you will need to know how to tell them you just want to be friends. Being truthful is much kinder than allowing them to think another kind of relationship is possible.”* To be clear about relationships is surely an essential prerequisite for the realization of a truly loving world which begins in people’s mind and in their having learned to build lasting bonds of heart.

I would like to conclude this short reflection on the psychological impact of love by referring to the fact that research has shown that looking attentively into the eyes of your beloved can cause your heart rates to sync such that they beat in unison. The broader the common foundation that is being built in a relationship the more vividly lovers feel a strong affection for each other and have a sense that they belong together. When this feeling is cultivated on all levels a loving worldwide family will naturally become a reality.

### How can we succeed in loving selflessly?

There are many lessons to be learned in respect to how to love in the right way. For example, there is no room for jealousy and possessiveness. To the contrary, being protective and supportive are vital aspects of a well-

functioning relationship, based on a healthy mutual understanding. Being too much involved with the wrong attitude can make the other person suffocated in the relationship.

Love is giving yourself and others a chance, an opportunity to grow, whereby it is crucial not to have wrong expectations. We must not expect our partner to do things exactly the way we would be doing them. It is very likely that my expectations in a relationship are different from those of my partner or friend. Therefore it is crucial to have a very generous attitude of allowing others as much space as possible for a unique expression of their love. Needless to say, deep respect for one another is a prerequisite for succeeding on this path.



Avoiding misunderstandings is a task which needs to be given special attention, particularly not to have false or too high expectations of another person which will only lead to disappointment, ultimately my realizing that I have seen another person in the wrong light. To take enough time for attentively listening to each other is the key to avoid frustrations in relationships. That means giving the beloved the chance to put forward their

point of view. If you think that they are wrong, try talking to them about why you think they are not right in one or the other way of seeing things.

I agree with what is expressed in these lines: *“Ultimately, love is accepting the other person for who they are. Encouraging your partner to achieve their dream and respecting each other is true love. True love is a divine feeling that gives a feeling of being complete. It is worth fighting and taking efforts for each other. Love is being there for each other through the thick and thin. Love is being someone’s strength and love can be found in small gestures.”* Loving someone is about accepting them for who they are, even the things that you might not necessarily like about them, because you are building a real commitment to the other person.

Concerning accepting a person for who they are I would like to add that this is merely the first step. It is not love to just let other people stay wherever they are because we are responsible for one another and have the task to help each other. To accept someone does not necessarily mean to simply agree with the state a person may be in. The challenge is to love others at least as much as you care for yourself. Just as we strive to be fully ourselves without any pretending, we need to encourage those with whom we are connected to also freely express themselves. Being wholeheartedly committed to the wellbeing of the beloved stands at the beginning of securing the long-term success of a relationship.

While love is associated with being tolerant it is important to know that a truly loving heart is not tolerant towards evil but does everything in one’s might to protect the beloved from painful experiences. This is a very important point which needs to be understood by everybody, particularly those who believe in a wonderful Creator and at the same time in the theory of reincarnation, because a God of Love would never put His children into suffering. It did come about due to the immaturity of our first human ancestors, but it was never meant to be part of life on this amazing planet.

Unconditional Love is therefore dedicated to supporting the beloved in his/her personal development towards maturity in heart. It is about helping others to understand the things on deeper levels, enabling them to share profound content that they may have never told anyone else. True Love is concerned about enabling others to love themselves on new levels by supporting them to be better so that they can be more proud of themselves, appreciate their own value to a deeper extent and accordingly also show sincere respect for others.

Concerning the difference between loving someone and being in love with someone it is clear that you can love a person without being ‘in love’ with



them because truly loving a person is ultimately a conscious decision based on the readiness to take responsibility for another person's situation. It means being determined to do everything in your might to make sure that the beloved can be truly happy. The opposite is what we see expressed in plenty of books, films, poems and songs that have been written about unrequited love. As homo sapiens we were never meant to go through these kinds of truly painful experiences, but we should be wise to know that love needs to be cultivated and matured in the heart before it can be fully expressed.



According to relationship expert Dr Gary Chapman in his book *"The Five Love Languages: The Secret to Love That Lasts,"* the different ways that people show love are: words of affirmation, physical touch, sending gifts, quality time, and acts of service. You can listen to this content at this link [\(2\)](#). Such publications are surely helpful for many people, but it is important to go even deeper to gain a complete understanding of what love, particularly True Love, is all about and how we can best put it into practice.

Real love is manifested when a person makes you see things that you didn't notice earlier, when a person gives a new direction to your life so that it

helps you grow, when someone helps you find beauty in simple things, when someone fights for you and stands for you,... The list is very long of all the wonderful results which can be achieved when love is practiced. Those who have been walking on the path of loving others in a selfless way know very well of the wonderful fruits of such a precious mindset rooted in a truly caring soul.

To feel the emotion of love without unnecessary limitations and to be delighted in deeply loving relationships requires the foundation of cultivating the ability of your heart to love in a completely selfless way. A lot of investment is surely necessary to reach the goal, but undoubtedly it is worth every ounce of the efforts that are being made to reach that wonderful state of dwelling in the sphere of God's unending Love. In this way an intense emotional attachment is established which is not centred on the self, not egoistic in any way, but absolutely focused on the object of your love, while wanting nothing else than the very best for everyone.

What I am pointing out here can easily be understood, but unfortunately not too many are dedicated to put it into practice. While building profoundly loving relationships is the most important task to be achieved, it is at the same time the one which is widely neglected the most. Society is generally not very supportive of cultivating a high standard in the practice of love. Therefore it requires extra conscious investment to advance on this path.

It is up to the individual how serious a person is about refining and polishing one's ability to express sincere love, a process which continues throughout the years without end because True Love is not limited but always wants to move on to new precious experiences which enrich hearts on new levels of heights and depths. In this way we are destined to grow in our ability to love not only during our time on the earth but eternally in the world thereafter.

### In which context do we use the word love?

The term "love" can stand for a noun to mean a tender, passionate affection for another person; a feeling of warm personal attachment or deep affection, as for a parent, child, or friend; sexual passion or desire. When it is used as a verb related to an individual we speak about having love or affection

for someone. If we do not refer to a particular object we say that a person is being loved or loving, in a state of being in love, etc.

Love is the feeling that a person's happiness is very important to you, and the way you show this feeling in your behaviour towards them. At the core of expressions referring to real love stands the attitude that you care for someone to the extent of their happiness being truly very important to you, so that you wholeheartedly invest into creating a beautiful relationship which brings always joy to the lovers.

The word "to love" is used in a very wide variety of situation. If you love something, you like it very much. Accordingly, one may say that I love a particular food, outdoor activities, etc. and regarding spiritual activities that I love reading. In connection with another person the expression might be heard: *"I love it when I hear you laugh."* You can say that you love something when you consider that it is important and want to protect or support it. *"I love my country as you love yours."* Here we have an example of love relating not only to one or a few people but a whole country. Ultimately, it is crucial to reach the level of growth in the heart where the situation of all humankind is important for you, because this is the only way that lasting peace and prosperity for all can be achieved.

Love is a strong liking for something, or a belief that it is important. Therefore we need to pay special attention to what we consider to be indeed relevant, particularly from the standpoint that we were born to love – to develop our ability to love and to bring in this way joy to others in ever more refined ways. No limitations exist for the potential of creativity in expressing love to be further perfected.

We may speak about "my love" referring to the feelings that arise in our own heart, or when we think about the person whom we love ever so dearly, like *"She is the love of my life."* Merely from such widespread expressions it is obvious that there should be only one true love partner, one husband and one wife in conjugal union, manifesting the harmonious unity of masculine and feminine characteristics.

There are many expressions where people speak about loving to do or to experience something because they very much want to have it or do it. And there is also the tradition in some countries of using "love" not only as an affectionate way of addressing someone; the term may also be used merely informal without particular feelings being involved. If they are one may use *"beloved, dear, dearest, sweet"*, etc. at the end of letters. Many people use expressions such as *"love"*, *"love from"*, and *"all my love"*, followed by their name, as an informal way of ending a letter or email to a friend or relation, like

*“..with love from...”* If you send someone your love, you ask another person, who will soon be speaking or writing to them, to tell them that you are thinking about them with affection: *“Please give her my love.”*



In which context do you use the word love, and more importantly, what kind of thoughts and emotions are alive in you when you express your feelings with the help of this ever so widely used term? It is good to reflect about this question because we all want to see the best possible outcome when we connect with that most central value in our heart, longing to build relationships which will last beyond any challenges and difficulties along the way.

#### Qualities that arise when you love sincerely

Here are a few thoughts on characteristics of love: *“Love is giving them the last piece of cake, no matter how much you want it. Love is giving your whole self and never holding back. Love is when he remembers things that you forgot about yourself. Love is when he reminds you of these things. Love*



*is commitment. Love is looking forward to waking up early in the morning. Love is true when no one can take it away, no matter how hard they try.”*

Love is present when all you care about is the happiness, safety, wellbeing and health of the beloved. If they are gone for some time you miss and long for them to be next to you because you want the flow of love never to be interrupted. Their smile makes you melt and their presence makes you feel happy because profound resonance is experienced in the soul. Such is the level of heartfelt connection that is present in a truly loving relationship where you give everything and do not expect anything in return – while at the same time you already know that the beloved cannot help but wanting to give more, just as you are feeling in your own heart. In such a state you see yourself as the happiest person in the world and nothing else matters than the utmost joy of the one you love.



If you have reached the point where you trust with your whole heart and life you will readily do anything for each other. In such a situation you want nothing more than for them to be truly happy no matter what it takes, because that's how much you care about them and because their needs come before your own. You hide nothing of yourself and can tell the other anything because you know they accept you just the way you are and vice versa. That is the

ideal state each and every human being is destined to reach on earth or latest in the eternal spiritual world, absolute oneness in inseparable relationships of True Love.

Love can make you do anything and sacrifice for what will be better in the end. Love is intense and passionate. Once it is nourished and cultivated in the right way it will result in ever more amazing results because there are no limitations to what lovers wish to do for one another. Herein lies a fundamental secret of the universe: To love on ever more profound levels to create deeper joy and fulfilment. True Love is all about connecting the presence with the future because in it the sphere of eternity becomes fully alive.

Real Love is present when people build each other up with the desire to support and uplift the beloved. Not the slightest thought of wanting to take advantage of the other can be felt on such a level of maturity. To get there may include enthusiastically answering many questions with an unexpected level of depth to gain ever greater clarity not only concerning certain individuals, but also the collective purpose of humankind, which is none other than to experience endless joy. On the path towards this precious goal we need to show total acceptance of the other paired with the ability to trust and to openly communicate without the fear of judgment or rejection while always striving for the best possible outcome.

The final result of the natural blending of feelings that one holds toward another creates an emotion that is independent of the confines of time because True Love exists beyond time and space as the eternal center of the cosmos, destined to be embodied in the soul of each and every human being. In such a situation you have a feeling for another person so pure and sacred that nobody can define it to its true extent, yet it is so very real for you. It is what a person feels for another without any kind of physical or mental barrier between them, with no fear of being vulnerable because you know that you will never be betrayed as only pure desires centred on the wellbeing of all humankind moves the heart to invest in a completely selfless way.

### [We can distinguish between various kinds of love](#)

Traditionally, four types of love are defined as: (1) Eros: erotic, passionate love. (2) Philia: love of friends and equals. (3) Storge: love of parents for children. (4) Agape: love of mankind. It is important to have a thorough look at the various categories based on the understanding that love always arises from the heart, so that we can speak of four realms of the heart

regarding love expressed and shared by children, siblings, spouses, and parents.

Let us start with the term “eros”. It refers to sexual or passionate love which is in reality often all about “I want” and “I need” based on feeling sexually attracted, than about the person who is the focus of that love, with the result that it can bring momentary joy but also cause great sorrow. Passionate love includes deep physical attraction for another person. It is used to describe the all-consuming love combined with lust and desire. Eros is the name of the Greek god of fertility. Erotas (romantic love) is the modern Greek terminology used to describe romantic love, the feeling of being in love with another person.

Ludus (playful love) is an ancient Greek word that refers to love that is playful in nature rather than serious. It does have a romantic element, but is not serious in nature. This kind of love is more like a flirtation than a long-term relationship, expressing feelings in a fun and flirty way rather than making a declaration of romantic or enduring love. In this respect it is crucial to be aware that such kind of short-lived experiences make nevertheless a deep impression on people which may accompany them all throughout their life. For this reason it is truly important to have a serious approach towards playful love which is only intended to be experienced in the context of a stable lifelong relationship.

In the worst case, immature love leads to mania or obsessive love, which has of course nothing to do with True Love and is very harmful for everybody involved. This type of “love” typically begins with strong feelings of eros that take a dark or destructive path. People who experience this type of immature emotion can exhibit extreme jealousy or become obsessively co-dependent on their partners. It can lead to stalking behaviours or worse, as the person who feels mania is desperate to keep the relationship going. As human beings we were never meant to have this kind of destructive experiences, yet they have become a reality all throughout human history because at its outset stands the immature love between the first human ancestors Adam and Eve, which has even led to their first son killing his younger brother – all for the feeling of lack of love.

Philia is the Greek word for love of friends and equals, also called brotherly love or sisterly love. Phileo love is based on common interests or bonds and shows a heart of welcoming the love of good friendship. When you love someone on this level then it shows a relationship where you give to receive. If such love is practiced in the right way then it is good for your health, expressed e.g. in the touch of a loved one which lowers the blood pressure.

Statistics show that people in loving relationships have few doctor visits, less pain, and more positive emotions.

Philia, mentioned by Aristotle, meant a dispassionate, virtuous and unselfish love, whereby xenia includes hospitality and refers to a type of love most would consider charity or giving. An example of philia love is what a mother feels when looking at her sleeping baby or what a husband feels when his wife winks at him from across the room. Other examples include what friends feel when spending a beautiful moment together, when love is being shared among family members, called familial love or love based on kinship ties. Examples of philia love can be seen in loving your neighbour based on the Christian teaching of expressing concern and charity for all people. Love for your country is known as patriotism. The most noble form of love is the love of God.



Love is defined as: to show or have deep attraction, affection or emotional attachment to a person, people or thing. An example of love is showering someone with kisses whereby the experience is all the more precious according to the extent of heart that is being invested. Love may be felt when greeting a good friend with a big hug, just as there are countless other ways of expressing one's love and appreciation for a person.



The name of the 3<sup>rd</sup> of the four traditional types of love, storge, is probably not familiar to most people. The ancient Greek word storge is used for familial love, natural or instinctual affection, the love that family members have for one another. It includes the love of parents for their children, and the love of children for their parents and siblings. This term is one of many powerful words to describe family. Unfortunately, this profound emotional connection between parents and children is widely not appreciated enough, with the sad consequences we see today in modern societies where children do not spend much time with their mom and dad. From the side of loving parents unconditional care is offered to their sons and daughters without asking whether the beloved is worthy of the investment.

Agape, love of mankind, is central to people of faith who see God as their Father in Heaven. From the standpoint that we are made in His image as sons and daughters it is clear that our Creator is in the position of a Parent for all people who are therefore our brothers and sisters. Therefore it is natural to feel a love for humankind, just as our Eternal Parent is surely doing towards each one of His children. In the Buddhist tradition it is the central foundation of loving kindness for all mankind. It's the love that is given whether or not it's returned without any self-benefit in mind. This kind of love is important in the process of forgiveness which in turn is crucial for our health, because the inability to forgive is associated with anger or frustration and a number of health outcomes that are not very good.

Agape is the foundation for happiness and contentment, ultimately the wellbeing of all inhabitants of our beautiful planet. "Agape" literally translated means "charity" while loving someone/something on no conditions (no matter what). When you agape-love, you give for the sake of making the other person happy because you truly want the best for them. Ideally you have no intentions of receiving. In ancient times this term referred to a pure love that is gladly given. The modern spelling of agape is agapi, which represents a very general term for expressing universal love. It does not refer to love for a particular individual, but to love in a more general sense, the love that ideally all people should have for every member of humanity. It involves compassion and empathy and represents a very encompassing concept. In Christianity, the word agape is used to describe the unconditional love of God toward believers, as well as the love believers have for God.

The ancient Greek word philautia is used also today for the love that a person has for themselves. Love of yourself is the starting point of being able to love others in the right way. Philautia leads people to take care of themselves, take pride in what they do and have self-esteem. Taken to extremes, it can manifest in a destructive form (narcissism). Otherwise, philautia is considered to be healthy and a good thing.

The Greek term pragma refers to committed, long-term romantic relationships. This is the kind of love experienced by partners who are in a strong relationship that will stand the test of time. The partners are in love and will work through problems with an eye toward a common future together. Lovers who share pragma are patient with one another, show kindness and are willing to compromise. Let us advance towards the noblest realms of love.



### Revaluating, redefining, and rearranging priorities centred on Love

The path from self-centred love to being absolutely focused on the wellbeing and happiness of other people is long, even very long, because profound changes need to take place in the mind and heart of every human being. We all did not grow up receiving the kind of unconditional pure love and guidance which is necessary for maturity in heart being fully developed by the

time adulthood is reached. Therefore we are in a position where we need to get rid of all kinds of wrong concepts that are hindering us to act only in line with the original nature endowed by our endlessly loving Creator. We have not learned to resonate with His heart and to live in such a way that only truth, beauty and goodness centred on True Love are manifested in everything we do. For this reason we have to go through a thorough purification process which starts with finding out in which points I have incorrect concepts and ideas which are not rooted in the principles of creation, but represent some distorted version of the ideal for which we were made in the image of God so that we will embody only godly characteristics centred on heart.

Once we are clear where we should be and why we are not there the way will be open to reach the goal. To be able to have this clarity we need to know for which purpose the universe was created and how the ideal looks like which we as children of our Eternal Parent are destined to realize. As we grow up we learn to take care of our body, to respond to its needs in such a way that it will remain healthy. Illnesses only come about when mistakes are being made. You can learn more about what we need to know to live happily without getting sick in the two books mentioned in the introduction to this publication. If you have read them then you will know how very far conventional medicine is from understanding the human body correctly, and therefore also unable to offer the right healing methods if the balance of the many functions is disturbed or lost. Concerning the healthy state of the spirit and heart of a person the overall situation is even worse, because there are seemingly countless wrong concepts out there in which people believe whereas they do not see their innermost desires fulfilled. Everyone has his or her way of seeing the world and act accordingly while we are collectively in a big mess due to the great lack of knowing exactly why we are here and what we are supposed to do to secure the happiness and wellbeing of all humankind.

The task to be accomplished is therefore a thorough re-evaluating, redefining, and rearranging of our priorities based on the correct view of life according to the purpose of creation which is none other than every soul on earth and in the spiritual world being able to experience the utmost joy and fulfilment in an atmosphere of True Love. That is the goal we need to reach, no matter how impossible it may seem from the present standpoint of living in a world filled with deep suffering due to injustice and misuse of all sorts. Such a huge amount of work needs to be done to transform the present world of confusion full of contradictions into the one where we were destined to live from the very beginning. The Bible describes that state as the Garden of Eden, lost due to the mistake made by our first human ancestors. To know exactly what went wrong at that point is the prerequisite for being able to restore the originally intended ideal world where every soul comes to full bloom and finds

true joy based on having learned to love in the same way as our endlessly loving Creator.

If your car or computer does not work, you bring it to a specialist who can find out what is wrong and is able to repair it in such a way that it will regain its original state. In the case of human beings, this process of getting there where we all are meant to be requires the wholehearted investment of each and every person to restore their dignity as a true son or daughter of God who resembles our Eternal Parent to such an extent that it will be impossible to act against the True Love Principle because your heart would never allow you to behave in such a way as to hurt our fellow human beings who are indeed our siblings.



I understand that the majority may find it hard to imagine that such an ideal world is possible because all throughout history people have been trying to make it a reality but failed again and again. People came up with all kinds of justifications as to why it is not possible to reach the ideal state, presenting explanations which seem plausible, like the theory of reincarnation. In such a situation it is decisive to have a close look at every solution that is presented by religious or other spiritual teachings and to find out exactly in which points



they are wrong and how the correct view looks like. To achieve this task it is inevitable to use all of one's intellectual capacity, the ability of logical reasoning and to draw the right conclusions from what is understood to be good and true. It is the personal responsibility of every human being to be successful in this challenge to distinguish clearly between good and evil, right and wrong in the mind and heart so that all relevant questions are answered. Only when we have reached the level where we know for certain what is correct are we in a position to accomplish the many tasks to be mastered before we can enjoy living in the ideal world of peace and harmony in every soul, and in the relationships among people.

Unless we are prepared to leave no stone unturned, to question every concept to make sure that it is truly correct, we have no chance to reach the destination. To do so is unfortunately difficult for most people of faith who cling to their respective religious dogmas. Because they think that they have already the right answers they are not open to look twice and to question their ideas about God and salvation, restoration, heaven and hell, etc. Atheists on the other hand are widely not prepared to consider the possibility that a loving Creator exists and that everything in nature has a purpose. In this way both groups find it hard to believe in the realization of an ideal world here on earth although some Christians are convinced that it will become a reality through God's miracle, which in turn is again a wrong concept because only if we ourselves build wonderful societies centred on freedom will we be able to truly enjoy living in them. That means God cannot do that for us, because otherwise He would have made an ideal paradise where everything is already preprogrammed with no human responsibility involved.

To become 100% clear concerning these fundamental questions is the first step towards arriving at the wonderful goal described at the end of the Bible as the New Heaven and New Earth which will become a reality one day. When this time comes is fully in the hand of man and not God because we gave us freedom and along with it responsibility. Unless we fulfil our portion of responsibility as God's children the originally intended ideal cannot be realized. To study such questions in detail I recommend that you study the Exposition of the Divine Principle which answers such questions in logical comprehensive ways. Knowing this content represents an important step in coming closer to the Truth, but one must not stop there but on the foundation of this deep expression of God's eternal and unchanging Truth move forward to gain an ever deeper understanding of how the originally intended purpose of creation centred on True Love looks like.

To support this precious aim, I am writing this book to share what I have come to know as core of God's design for the universe with men and women as the crown of creation, destined to live in utmost joy and fulfilment based on

having mastered the art of loving. I am presenting what I have learned so far and wish that others add what they have come to understand clearly so that together we can provide the urgently needed profound insights which allow us to leave the realm of sin and suffering fully behind.

May we all be successful in making God's standpoint our own, what should be natural for us as His children and realize the purpose for which we were made because this will surely allow us to experience the happiness we were meant to feel from the very beginning.



### What are unchanging elements throughout your life?

Have you been thinking about which elements are not changing in you? In this article [\(11\)](#) the question is addressed whether the human eyes remain the same size from birth to death, and the answer is that babies eyes do grow but not very much compared to eyes of adults. In fact, the dimensions differ among adults by only one or two millimetres.

People speak about the eyes being the window to the soul, showing what is going on in a person so that he has shining eyes or to the contrary they are dark. In Matthew 6:22-23 we can read: *“The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. But if your eyes are unhealthy, your whole body will be full of darkness.”* It is important to be aware that shining eyes have their origin in a bright spirit and a radiant heart, ideally filled with True Love. Based on that inner brightness not only the eyes emanate light but the whole body will be well as it is directed by the mind and heart of a person.

Eyes are probably the most important symbolic sensory organ. They can represent clairvoyance, omniscience, and/or a gateway into the soul. Other qualities that eyes are commonly associated with are: intelligence, light, vigilance, moral conscience, and truth. Someone whom you cherish above all others may be referred to as *“the apple of my eye”*, expressing a metaphor for something precious. Just as the qualities connected with the symbolic meaning of the eye like light and truth are timeless, it is natural that eyes are associated with what is most valuable for people, their beloved. Deeply loving relationships are treasured by all people because they not only fill our whole being but represent what is most precious in life: the experience of True Love arising from a selfless heart. That is the value which should be present in every person’s life from birth to the time of entering afterlife.

In the here-introduced article you can read that in a normal, physiological birth, the hormone adrenalin plays an interesting role: *“It has the physical characteristic of helping a woman in labor to birth her baby. But it also has a behavioral characteristic – that of dilating the baby’s eyes at the moment of birth so he/she can see his/her mother more clearly. This is just another wonder of the workings of the human body... It is fascinating to know that the collagen tissue in the human body forms a criss-cross pattern everywhere except one place – the eyes. There, the collagen tissue forms parallel to each other allowing for transparency, which allows us to see. This is so perfectly orchestrated by the master designer of the human body that we may see it as still another sign of the sacredness of birth, and of divinity.”* Yes, there is indeed such an amazing design behind the human body, created by our Eternal Parent who prepared the best possible foundation for us as His children to ultimately find endless joy and fulfilment. But to arrive there we also have to do our part and develop our whole being to reach perfection so that we can fully resonate with the Heart of God.

Another quote from that article: *“We love to see light and we feel peace when we feel loved. One characteristic of love is attraction. Newborn babies are full of love – oxytocin is the hormone of love and what helps a woman’s uterus contract to birth her baby. Therefore, levels in the mother and baby are*

*very high at the moment of birth. The gift of birth is love itself. Newborn babies fill us with awe and wonder. We want to be near to hold and touch them. Women's lives are transformed when they become mothers. This is because of love's transforming potential.*" Love can indeed transform people while at the same time it becomes unchanging once it is matured to the level of True Love, the highest force in the universe. Once the ability to love is perfected it will always be only concerned about the complete wellbeing of the beloved, manifesting the most stable centre because it is rooted in the Heart of God who created us to dwell in the embrace of His endless Love.



### Manifesting a mature heart overflowing with True Love

To embody a heart filled with love is what this book is all about, because once this state is reached, all problems can be swiftly resolved. What has been missing throughout history is people having developed their ability to love so that they would care wholeheartedly for one another. To do so is the starting point of heaven on earth whereas leaving this most central point of being dedicated to the wellbeing of all people allows the present tragic reality to continue – until people become truly serious about doing what their innermost original heart tells them.



To advance on the challenging path of improving our ability to love we need to learn from many people, ultimately from every person who has invested into this central realm. In my reflections on the qualities of love and what needs to be done to resolve the manifold problems we are faced with in society I am sharing what has become clear for me. I am offering you the result of my years and decades long search for deeper understanding of what is required in order to come closer to the realization of the originally intended ideal.



I am speaking about things which must be done and about the attitude we need to have if we want to succeed on the path of becoming the embodiment of God's eternal and unchanging Truth, whereby of course Love is the most central element. I am not asking you to believe in this or that teaching as a theory but to see for yourself to which extent what I am conveying resonates with your heart. My goal is not that people believe in this or that dogma but that they know absolutely for certain based on using their intellect, logical thinking and reasoning, to come closer and closer to the complete understanding of what we need to know in order to experience what we all are longing for because we are meant to live in the ideal world where all our dreams will ultimately be fulfilled.

The bottom line or essence is clear: We are created in the image of God. Therefore it is our task and responsibility to act accordingly by manifesting the same heart as our Loving Creator. Ultimately nothing else matters than our being one with God as our Eternal Parent because then true parental love will be fully alive in our whole being. In such a situation nothing can deter us from the path of wholeheartedly caring for fellow human beings as our brothers and sisters because we know for certain that we all are siblings, brothers and sisters of one worldwide community, the human family as sons and daughters of God.

What I expressed in this paragraph is the core of what every human being needs to know and to realize: Yes, I am a child of God, destined to receive all the love of God, but this is only possible if I learn to love in the right way with the same attitude as my True Parent in Heaven. Practically this means that we need to stand in the position of being ourselves a father or mother for the people of the world, prepared to love them more than the inhabitants of our own nation. And not only that, to have a heart big enough to embrace all people who have ever lived and who are now in the eternal spiritual world. There are no limits to the depth of heart we can develop, even to the extent that our love will be greater than the Love of God. Our Father in Heaven would surely feel excited to see us embodying such a level of love just as we are proud when our children are better than we, achieve more than their mom and dad have been able to accomplish.

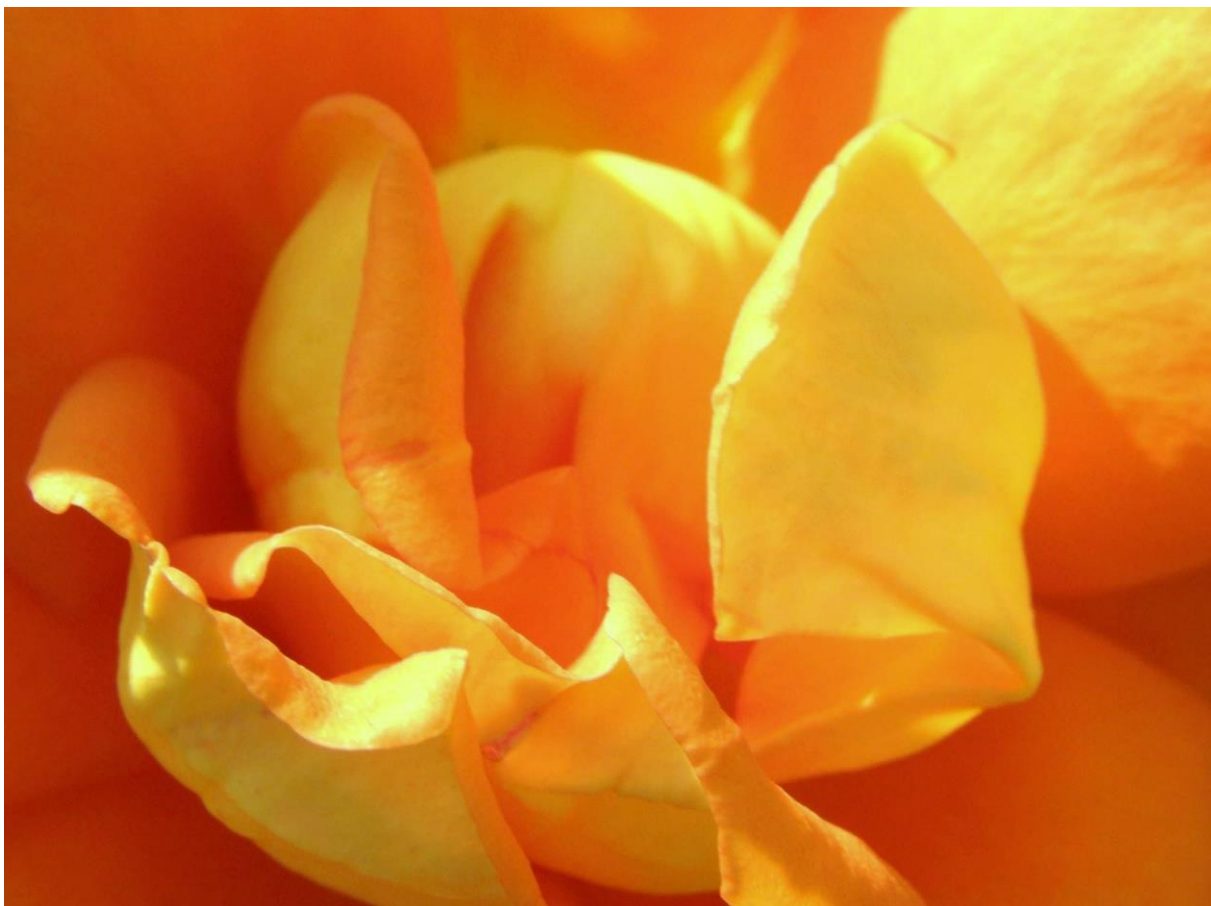
This is the very essence of what I would like to convey to you through this book, whereby the same applies as I mentioned for the other two about health. If you know already how to live without any illness there is no need to read them. Equally, if you are already one with True Love, you do not need to read about it but can use 100% of your time to express it to others, helping them to also reach the level of oneness with God where we all can live in His presence every moment of our existence on this earth and in the eternal realm thereafter.

Such a very high standard is the goal we are destined to achieve. The first step lies in making that precious ideal our own by fully believing in it, knowing that this is the one true way to find ultimate fulfilment because we are indeed created in God's image and should therefore embody the same characteristics as our wonderful Eternal Parent who poured His Spirit into us, the breath of life originating in His Heart of True Love. In this way we become ourselves owners of True Love, the strongest force in the universe, which opens up the way to resolve any conflict.

To reach this level of spiritual development is the true meaning of becoming one with God. It is about being enlightened regarding the precious qualities of God's love and to make them fully our own so that we will live day by day with a heart overflowing with True Love, which we would like to express to others. In such a situation nothing else counts for us than the extent to which we are able to convey the Love of God to His children.

The Truth is very simple and clear. The few paragraphs of this reflection about manifesting a Heart filled with unending love would be already enough to know with what kind of mindset we should spend our days on this amazing planet. But to get there to have this absolute clarity without the slightest doubt is the challenge every individual has to personally win by finding the correct answer to any open question. It is a process of true liberation where the Truth sets us free, step by step, as we come to understand it on ever deeper levels with the help of our intellect, heart, and intuition.

While focusing on the good qualities we need to develop we also have to make sure that we get rid of any traces of self-centredness so that barriers which is hindering us to love unconditionally are fully removed. The ultimate inner goal of all education is to help people to raise their level of heart - to increase one's ability to love. Once we are determined to walk on this path we will not allow a certain spirit of self-righteousness along with some traces of hypocrisy or false pride to obstruct our path towards perfection. We will move forward day in and day out with a strong desire for thorough purification so that no egoistic emotion can stop us from being there where we are supposed to be as loving children of God. Nothing can deter us in that state from focusing on the practice of True Love with an unending desire to refine our ability to express it, so that ever more uplifting feelings can emanate from ourselves to others, enriching their lives.



There are many precious lessons to be learned from one another. For this reason I am always eager to have an open heart and mind towards others, especially when I know that Heaven has prepared encounters that are important for pioneering the path of becoming the embodiment of God Love and Truth. This is the c to focus on because this is what makes life truly worth living in the warmth of God's Love wherever we are, whatever we do, in every moment of our life. This is the ideal which we are meant to experience already here on earth and not in the indefinite future of eternity.

My gratitude goes out to every soul who is ready to walk the path of True Love with the readiness to help others to do the same because only in this way can God's Love finally settle in the hearts of His children, one by one, until in the end everybody has learned to love in the originally intended way which is none other than to embody the same Heart as our Loving Creator who made everything for the purpose of fulfilment in ever growing and expanding love, which is the foundation for feeling joy without end.



## The task of going beyond prejudice and wrong concepts

I spoke about the need of revaluating, redefining, and rearranging priorities to be able to move victoriously forward on the path of embodying a mature heart overflowing with True Love. This is a task which needs to be accomplished by each individual, whereby the main hindrance lies in past experiences which resulted in emotional barriers having been built as well as the tendency of clinging to certain beliefs no matter how irrational they may be.

Upon having a closer look, we see that ultimately fear stands behind people being stuck in one way or another, emotionally or intellectually, refusing to look at logical arguments or unable to trust their own intuition as well as the advice of others. People tend to cling to what they have personally experienced while being distrustful towards what others may be talking about. Such behaviour leads to inner contradictions which are ignored due to insecurity. In that way a person may easily fail to recognize and to face reality as it is. That is the overall situation of most people, although they may strongly deny that this is the case. The exit from such a reality lies of course in being truly honest towards yourself and others.

When their irrational or contradictory worldview is challenged, people generally respond with strong emotions as if they are personally attacked, desperately trying to defend their standpoint through subtle or open ad-hominem attacks of the person who is questioning their views. Such a reaction does not solve the problem at all. Only the readiness to have a sober look at facts and to think things through from beginning to end is the way out of the narrow confinement of people sticking to their respective little world. Such a readiness seems to be ever more rare in today's societies where countless people feel overwhelmed and even show signs of burnout because their life is filled with more than they can carry. If a proper spiritual foundation is not built and cultivated then people are certainly rather weak inside. On the other hand, the more firmly such an inner basis of strength rooted in clear convictions is established the more likely people are to welcome new ideas and gladly question their own views to learn from others.

The corona crisis has brought the actual overall situation in this respect to light, revealing how miserable the internal situation is in most people who are afraid of something invisible that was not even scientifically proven to actually exist. 2020 and 2021 have shown how easily the majority of people can be deceived to believe in something imaginary, even fairy tales that are presented as science. The readiness to ask questions and to challenge the narrative is rather weak, which shows how much most people have made themselves dependent of other people's opinions rather than thinking for themselves and to be able to make an informed decision. The result can be seen in the division in many countries where strong corona measures have been implemented.

Behind such an unhealthy reality stands each individual's unresolved problems, issues that are not addressed, leaving a person vulnerable. Whatever negative situations one may observe they all are rooted in a lack of love, which usually goes back to a person's childhood and upbringing because children are not raised with the abundance of love which would be required for them to be completely healthy, both in their spirit as well as in the body. From this standpoint it is obvious that at whatever human problem you may look, they all have the same root cause in people's inability to love themselves and others properly while compensating the resulting lack of love through substitutes which do not bring real satisfaction but in the end ever more problems.

To be clear about this and so many other questions is decisive to be able to go beyond wrong concepts that are hindering people to see the correct solution. Everybody needs to find out where the core Truth of the universe lies and adjust their ways accordingly.



## From self-centredness to loving others more than yourself

In my sharing about manifesting a mature heart overflowing with True Love I spoke about the ideal state we all are destined to reach one day. Most people have quite a long path ahead of them to move from wherever they may be now in their spiritual life to reach the level where their heart is fully aligned with our endlessly loving Creator.

On this road from being more or less centred on your own preferences to being inseparably connected with our Eternal Parent in True Love, resonating with His Heart, many obstacles have to be overcome, starting from getting rid of erroneous concepts that are not in accordance with the principles of creation. Religious practices and spiritual teachings can be very helpful along this course of liberating yourself from any kind of egoism to be absolutely focused on bringing joy to others by supporting them in their challenges to unleash every burden that they unconsciously may carry without being aware that they could be so much more happy if they would let go. Because there is such a vast realm of aspects that need to be understood on deeper levels ever more clearly, it is decisive not to restrict oneself merely to one kind of teachings but to have an open heart and mind to look at things from all sides.

For example, when deeper love unfolds in a young man for a girl he may experience the feeling that his life would be totally empty without her. In such a situation he will probably tell his friends and family that she may be The One, even thinking about marrying her. He introduces her to his family: It becomes important to him that his parents like her, and that she gets along with everyone close to him. We all have probably seen such a development in our surroundings or even experienced it ourselves, a process which becomes successful if each partner wants to help the other to become a better person. In this course of growing closer the beloved is challenging as well as motivating you. She makes you happy, and you would do anything to make her happy, and that applies also to the girl who wants to do everything to see her most beloved shining with joy in the eyes.

On one hand *"love is blind,"* and on the other it is just as well a reality that the more you love the deeper you see what is going on in others. You use all your knowledge for the best of those for whom you care deeply. You wish to support them in the best possible way to their and not your own advantage once you have learned to put the wellbeing of the beloved high about your own benefit which is anyway guaranteed if you treat others in a heavenly way. You do not mind if a loved one has some flaws because you know that earlier or later the shortcomings will be gone as in True Love everything strives towards perfection.



All kinds of changes may be necessary to come closer to maturity or perfection, including the improvement of the way one expresses thoughts and emotions. Ideally a continuous upgrading is taking place in all of us as we learn from mistakes and do better next time in our effort to refine the way we show that we care. The important point is that we believe in ourselves and others, and collectively strive to reach the goal of overflowing happiness for everybody rooted in selfless love for one another.

Because I know that herein lies the timeless truth of our existence, that we are meant to embody True Love in everything we do, I am dedicated to making it a reality in my own life and to support others to reach this precious goal. For this very reason I am writing this book about True Love while at the same time hoping that more and more people will come forward to publicly share their insights concerning what is most precious in life. Please do not hesitate to offer your input based on what you have learned in your efforts to wholeheartedly love those whom you can reach in your surroundings, near and far, as the internet allows us to connect closely beyond the limits of the external space we may presently be in.





## Being you is being love: embodying a heart filled with True Love

In 2000 The Love Foundation Inc. was established as a non-profit organization with the mission of inspiring people to love unconditionally, providing precious resources for sharing the awareness of unconditional love. The vision is to assist people by building a practical foundation and understanding of unconditional love within individuals and society as a whole.

When you visit the (3) website <https://www.thelovefoundation.com/> you find a rich abundance of material centered on the practice of selfless love which has been a source of inspiration for me, particularly the daily quotations by Harold W. Becker at the Facebook page of The Love Foundation, presented along with beautiful pictures which are in most cases a joy to behold along with reflecting on the content that is presented on a daily basis.

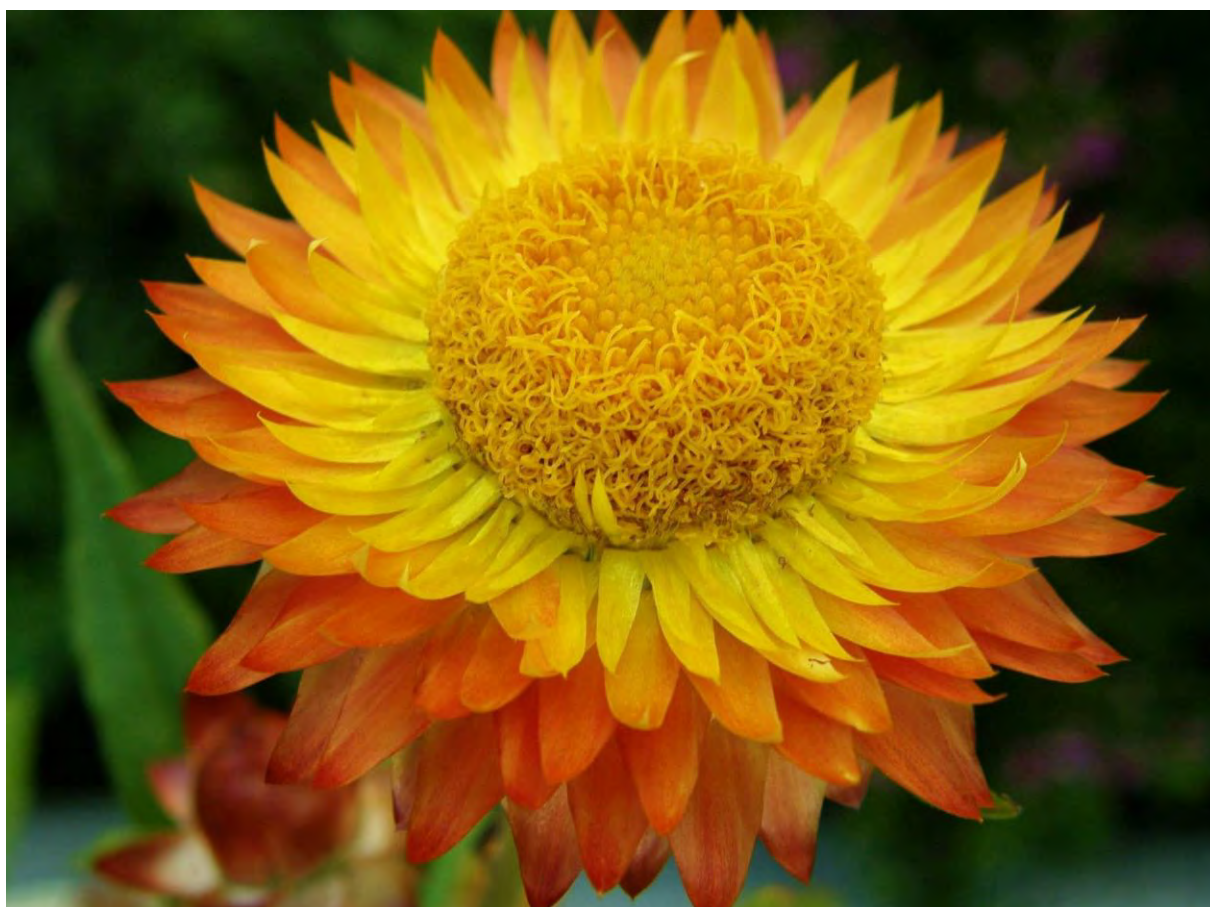
For the first day of 2022 the theme was: *“Embarking upon a path of joy, compassion and kindness become our gift to others.”* For the 2<sup>nd</sup> day: *“The beauty of our earth brings joy to our heart just as our joy touches the hearts of those around us.”* For the 3<sup>rd</sup>: *“Knowing we are creating from within, we open the gateway to joy.”* Day by day valuable thoughts and insights are offered, which have been indeed helpful for me personally to uphold a positive spirit and hopeful heart no matter how tough my circumstances may have looked like. Personally, I like it very much when memorable content is presented in connection with pictures of nature, flowers, which naturally stimulate uplifting emotions in the soul.

I chose the theme *“Being you is being love: embodying a heart filled with True Love”* as topic for this short reflection because this is what I consider to be the core essence of life. To manifest only love in whatever we do is the ideal which must not be an unreachable utopia but it will be one day reality for each and every human being, here on earth or later in the world thereafter if maturity in heart is not reached during a person’s lifetime.

Because I am aware of this fact, I am wholeheartedly dedicated to deepen my understanding of what True Love is all about, and how it can be practiced well in the manifold situations one may encounter. It is my firm determination to never stop learning about this most important content one can study because I know well that in this way I am laying the foundation for my long-term happiness to be secured. In the certain situations it may be tough to go beyond my limitations of heart, my inability to love unconditionally under any circumstances, yet I know this is what will bring ultimately the greatest joy and fulfillment.

The Love Foundation is designed to be an open organization built on the universal recognition of unconditional love: *“As such, we are not affiliated with any religious creed or perspective. Our focus is on the personal appreciation and pragmatic experience of unconditional love. Through education, research, and charity, we strive to share in this timeless understanding and expand our individual and collective consciousness.”* In my heart I feel much gratitude for the valuable work that is being done in this way as I consider it to be truly essential to be done as foundation for the complete healing of humankind.

In his “New Year’s message” for 2022 Harold Becker wrote: *“We are love made manifest and are here to delight in the journey of creation here on our magnificent planet. It is such a simple awareness when our hearts are open and our minds are calm. We are a willing ally, contributor and experienter of life itself. Love unites everything in its cosmic dance of eternity.”* I wish everybody can feel the same and experience that *“The beauty of our earth brings joy to our heart just as our joy touches the hearts of those around us.”*



## Terminology related to human beings seen from the perspective of heart

In order to gain a clear picture concerning the relevance of Heart and True Love in a person's life it is helpful to have a look at various terms which are commonly used in connection with human beings. Some people consider the *original human nature* to be part of our essence as sons and daughters of our Eternal Parent. Because we are created in the image of God our soul naturally longs to be united with our Ultimate Origin who made the universe out of love.

*Intuition* enables people to perceive emotionally what is important, correct, and necessary. The stronger spiritually is developed and the more sensitive a person is, the better can reality be perceived intuitively as it is, avoiding our being deceived. Such a sensitivity can only be achieved if we strive to live in line with the True Love Principle.

The *soul* comprises the realm of the invisible inner life of a person. It needs to be nourished with the fundamental elements of Love and Truth which originate in the Heart of God. For this reason it is decisive to lead an active spiritual life of searching for deeper insights and learning how to best practice what I know in daily life.

The *intellect* enables us to analyse our behaviour, reflect on our past and to make plans for the future. It is crucial to use logical reasoning to gain clarity and profound conviction rather than being satisfied with believing in some theories. Coming closer to understand the universal Truth is intrinsically connected with learning to embody God's Love on ever deeper levels.

*Conscience* is like a compass, appearing like an inner voice whenever serious decisions have to be made. In this respect it is important to be aware that on one hand conscience is endowed by God as an inner compass while at the same time it needs to be sharpened by striving to understand the absolute and universal Truth more deeply.

The gifts characterized in these short paragraphs can be consciously understood and they need to be used to make the correct decisions for which each individual is personally responsible. Prayer and meditation are helpful to gain and maintain inner balance, which can only be fully achieved if our decisions are rooted in a clear understanding of the True Love Principle so that we will never go against it but always do our best to act fully in line with it by embodying the same heart as our endlessly loving Creator.

With the help of spiritual practices aligned with the principles of creation every human being needs to learn how to best put unconditional love into



practice, in every situation, under any circumstances. To achieve this level of maturity stands at the core of what we are meant to achieve during our life on earth, whereby every individual is responsible that all his activities are in accordance with the True Love Principle as it is the guide to arrive at our ultimate destination.

Based on such a view of life one will always strive to improve the status quo to become ever more closely united with the Heart of God. It may be a long course from being stuck in all kinds of problems due to the inability to love in a completely selfless way to reaching the goal of oneness with our Creator, it is worth any effort because only by resonating with the vibrations of God's Love will we be able to experience the level of joy and fulfilment which all people are destined to feel from birth to the time of moving on to the eternal spiritual world.





## The task of differentiating between true and false ways to love

Dear friend of intellectual and emotional clarity,

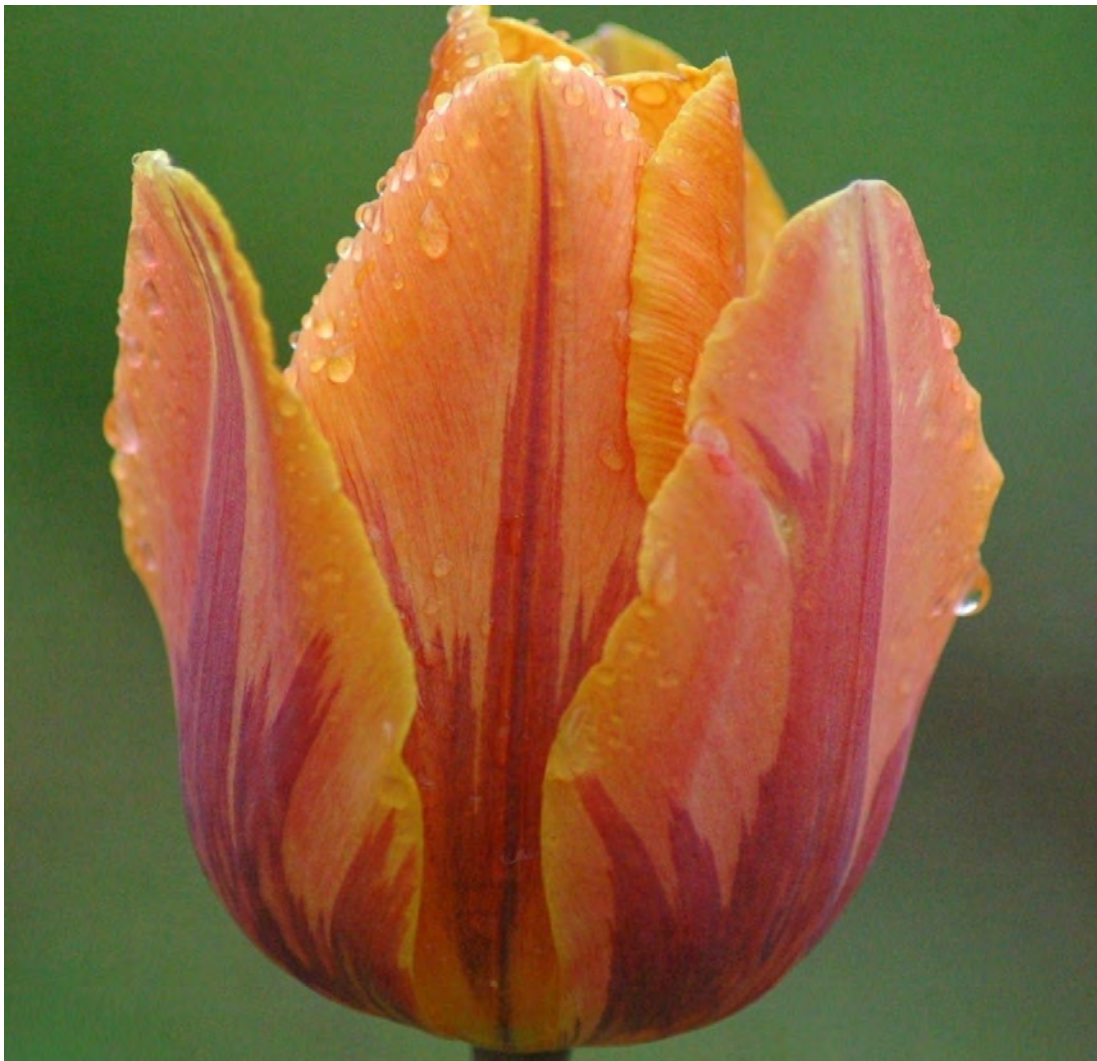
I hope that by now it is crystal-clear for you as someone who searches for universally valid answers that God does exist as the Loving Creator of our amazing cosmos and that although His ideal is not yet realized, it is indeed possible to let it become a concrete reality once we determine to only pursue the path of True Love without making any kind of false compromises. Because every human being is faced with the consequences of the Fall of the first ancestors, as described in the Bible or other sacred scriptures, it is only by eradicating the consequences in ourselves of that unfortunate beginning of human history that we can come to know the ideal world – arising from our own heart.

Something is scientifically true if it applies universally and can be checked and confirmed anywhere at any time. Particularly fundamental truths exist beyond time and space: they have always been and will always be valid and correct. In respect to the human body it is a fact that it was created with the potential to function well all throughout the around 100 years we are meant to spend on this earth. From the standpoint of Love being the most central aspect of our existence it is clear that any kind of health issues can be traced back to emotional problems in connection with problematic relationships, to unresolved traumatic experiences which cause special biological programs to be activated in support of maintaining the overall wellbeing of a person, which are in most cases falsely interpreted as some disease. In my two books centred on questions of health you can learn more about the fact that all illnesses have their root cause in inner conflicts of people which are directly expressed in the symptoms appearing in the body.

Once you become deeply aware of the reality that any kind of conflict in individuals as well as between people originate in unresolved problems in connection with love you will know that nothing is more important than to make sure that we maintain inner balance as foundation for our external wellbeing centred on cultivating a high standard of practicing selfless love. If we do well in this respect we will definitely enjoy bodily wellbeing, especially if we make sure to go get good nourishments and to avoid the manifold poisoning with which people are widely confronted, including those through artificial products prescribed by doctors as medicine which are generally more harmful than beneficial. This statement alone will make many people upset who are well brainwashed by the widely present advertisements of the Big Pharma lobby to believe that their products are healing people, whereas such a claim is not really proven in most cases as valid control experiments are greatly lacking or even absent.

We live in a world where so many aspects of life are controlled by people pursuing an evil agenda at the cost of the majority, a fact which is particularly obvious in a tiny minority being in possession of the vast majority of financial resources. Self-centredness stands at the root of all these tragic realities which in turn goes back to immature love relationships. So, wherever we may look in society, nearly all of the existing problems go back to unfulfilled love, and for this very reason it is only in learning to care for yourself and others in a mature way that the correct solutions can be found and implemented.

Considering this very unfortunate overall situation from the standpoint of God's Love it is clear that the only way out of misery lies in learning to distinguish between the right way of building loving relationships and the countless wrong ways which bear all kinds of evil results. Let us therefore focus on healing the hearts of people by restoring True Love.



## The challenge and task to remain forever young

Dear friend of keeping young in spirit,

Do you know the song *“Forever young”* by Diana Ross? It starts with: *“May God bless and keep you always - may your wishes all come true. May you always do for others and let others do for you... May you stay forever young, forever young.”* At this link [\(4\)](#) you can hear Joan Baez sing this beautiful and uplifting song that encourages the listener: *“May you build a ladder to the stars.”* Yes, we are destined to reach the stars – to see our ideals fulfilled.

It is equally our destiny to see the further wishes fulfilled in our own life: *“May you grow up to be righteous - may you grow up to be true. May you always know the truth and see the lights surrounding you. May you always be courageous stand upright and be strong.”* To be true to yourself and honest in front of others is surely a basic inner quality we need on the path of learning to embody the universal truth regarding the purpose of our existence on this beautiful earth.

I like this song as it corresponds with how I feel in my heart. I am deeply convinced that this is the state we all are supposed to be in – feeling young with the heart full of hopes to be fulfilled and dreams to be realized. Accordingly we need to *“have a strong foundation when the winds of changes shift.”* This is surely the kind of solid basis I have been striving to firmly establish in my whole personality to be able to cope well with whatever challenges may come up.



I suppose it not only resonates with my but also with your heart as reader of these lines when you hear the wish, “*May your heart always be joyful, may your song always be sung, and may you stay forever young.*” This is what we are destined to experience, eternal youth from the standpoint of heart. No reason whatsoever exists for us to grow old inside – and we never will if we do not stop loving.

You will probably have heard of some great-grandmother taking care of her child who is also already in an advanced age. Parental love never dies in the hearts of those who have learned to truly care. The same is true for conjugal love once it is firmly established in the depths of the soul. Equally sibling relationships will remain young and fresh as they have been in the good old times of long-gone days if the heart remains alive and truly concerned for one another.

The conclusion is easy: You do not become old because you lived for many years but only if your heart gets tired and you stop investing with a loving mindset. This will not happen when relationships are blossoming because issues that may be coming up are swiftly addressed and resolved. To support this task one helpful tool is the *Systemic Family Constellation* method developed by Bert Hellinger. Please take the time to learn about this valuable method of getting rid of unnecessary burden rooted in unclear family relationships. At this link [\(5\)](#) you can learn about this valuable method. Here [\(6\)](#) Dr Dietrich Klinghardt offers insights and practical examples.

A Family Constellation can help you in freeing yourself from inherited unwanted baggage. While we receive lots of good things from our families, we are also vulnerable to carrying burdens, emotions, beliefs and traumas that inhibit our potential to make the most of ourselves and our relationships. The Family Constellation session allows you not only to see and feel the dynamic you are caught up in, but also to find better solutions with the ability to free yourself in a way that no other process can. This takes place in a relatively brief process, yet leads to permanent change and a new perspective based on profound internal liberation. which is essential to remain young while being free from unnecessary burden.

What is the foundation for remaining forever young, for never feeling to be old? If you listen to your heart the answer is clear: We were created to be born in love, grow up receiving unconditional love, and to practice selfless love throughout our whole life to be continued in the next world. If we do, we can never feel old because True Love always gives us the feeling of being young in heart with new energy arising which allows us to live a long, truly happy life on the face of the earth while being provided by *Mother Nature* with valuable nourishments besides pure water full of energy, fresh air and the uplifting beauty of natural sceneries which lift up the soul.



Samuel Ullman emphasized in *"Youth"*: *"Youth is not a time of life, it is a state of mind"*. He also wrote: *"You do not become old just because you lived a certain number of years. You become old because you turned away from your love and your high ideal. Years wrinkle your skin. Giving up your high ideal wrinkles your soul. Petty preoccupations, doubt, suspicion, fear and desperation are our insidious enemies that slowly make us round-shouldered and transform us into dust even before we die."*

Young is the person who loves always while being curious about the future, amazed when discovering mysteries where other people don't see anything out of the ordinary. He or she always asks questions, such as *"Why?"*, *"What happens next?"*, etc. Such a person determines the events of his/her life through creative thinking and finds new happiness in daily encounters.



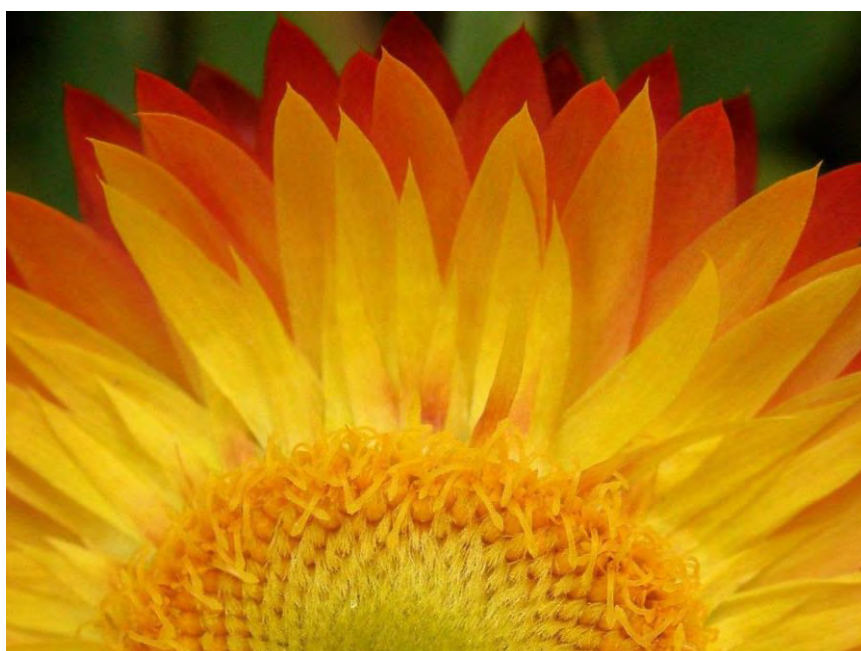
It is good to remember: You are as young as your love and faith. You are as old as your isolation and doubt. You are as young as the greatness of your self-confidence and hopes. You are as old as your discouragement. You will always stay young as long as you will be full of love and goodwill and open

towards everything that is beautiful, good, true, great and divine, receptive to the voice of love, to the people around you, to the infinite...

Once we have made such an attitude our own, we will gladly invest our love day by day into caring for others, actively supporting solutions for problems wherever we may see them. We will know for certain that love is what everybody needs more than anything else and adjust our priorities accordingly. At that point we will feel in the depth of our being that nothing is more important than making sure that we live in the realm of God's Love day by day while perfecting our ability to love with a completely selfless heart.

God has created the body so wonderfully that it can heal itself of any kind of illness. The decisive point is to find out what your body tries to tell you through the external symptoms you experience. With the help of good internet pages you can learn about the internal root causes for illnesses and the natural way to healing them.

Beyond all the information that we can gain, what we need to know absolutely for certain is the fact that True Love is the panacea which can heal all sicknesses, both on internal and external levels. If you wish to stay many more years on this planet and enjoy good health you need to make sure that you listen well to what your own body tells you and make use of the remedies Mother Nature provides along with hearkening to the voice of your conscience, your innermost heart, because it is there where the final decisions are made which determine whether we will see the fulfilment of our God-given desire to remain forever young in our soul.



### Part 3: GOD'S LOVE MANIFESTED IN OUR LOVE FOR ONE ANOTHER





## The path from homo sapiens to homo amanda

Dear friend who strives to be loving and kind,

We all learned at school about the appearance of the species "*homo sapiens*", human beings who are capable to use their intellect to make wise decisions. When we look back in history we see that not much wisdom was put into practice because again and again people have failed to make sure that reasonable decisions are made by all people, especially by those in power. In the past the majority may not have been in a position to bring about lasting positive changes, but today we do not have any excuse to move forward with true mutual understanding.

What is it that humankind needs to know more than anything else? If you meditate on this question you will surely find the correct answer: Love. Without people loving each other and caring for one another the way towards a happy future will always be blocked. Once we have internalized this simple fact, we will surely focus on cultivating a loving heart that is capable of being there for all kinds of people in the awareness that we all are members of one worldwide human family with God as our common Parent.





If we reflect deeply it will become clear for everybody that nobody planted the desire for love into his soul. It was there from the very beginning because we are meant to live in love and nothing less. To be able to get out of the overall rather miserable state into a wonderful realm of deeply loving relationships, we need to focus on resolving issues of unfulfilled love. The wise decision in this respect is to recognize the fact that our Creator gave us the wonderful potential and desire for profound love, and therefore the first task lies in connecting with Him to find out more about what kind of ideal we are destined to establish in our midst.

The challenge each one of us is ultimately faced with is to develop not only loving relationships with others but most of all to find deep peace inside, rooted in the experience of being unconditionally loved – because that is what we long for most of all. This highest level of love is unfortunately rather poorly manifested in people's behaviour and therefore every human being needs to make the ultimate step of connecting in heart with our Creator where all Love originates. The insights taught by spiritual leaders may be helpful on this path, but ultimately the point needs to be reached where I do not need any teachings in the awareness of knowing for certain that life is all about becoming the embodiment of True Love.

This absolute focus to embody God's Love in everything we do is the key which each and every soul needs to make his or her own in order to get there where we are destined to be as homo amanda – as loving beings who long to share beauty, truth and goodness with others to enrich their lives. Loving care opens the door to the heart, and once hearts are connected love can flow freely, stimulating further investment of heart for deeper love to be expressed. As soon as we have entered this precious realm of building bonds of heart centred on the Love of God we will always want to remain there and expand it further, no matter the difficulties that may need to be overcome in the present.

I wish that more and more people will make this precious goal their own without allowing any false compromise to interfere so that only pure unconditional love is shared, which in turn is the guarantee for long-lasting happiness. May we all meet in this timeless ever so precious realm where we are destined to live eternally without end.

## The fruit of the Spirit is Love, joy, peace, kindness...

Most dedicated Christians are familiar with the words of Paul written in his letter to the Galatians as recorded in chapter 5 verse 22 and 23: *“The fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.”* These are qualities which not only those who believe in Jesus as the Messiah but all people of faith are called to manifest in their behaviour.

As always, the first step in accomplishing something, in making virtues our own, lies in understanding them well so that we can know clearly what we should focus on to make sure that we are doing well in practicing these wonderful qualities which are all connected with love, ultimately with the Heart of God who put such desires into our soul as potential to be developed.



In the Christian tradition the seven gifts of the Holy Spirit are emphasized: wisdom, understanding, counsel, knowledge, piety, fear of the Lord, and fortitude. These help the person who possesses them to make proper choices and to do the right thing, ideally enlightened with profound insights concerning God's desire for humankind.

The 12 fruits of the Holy Spirit are defined as:

(1) *Charity*, the love of God and of neighbour, without any thought of receiving something in return, expressed in concrete action toward our fellow man.

(2) *Joy*, seen in a wide spectrum, not only emotionally uplifting in the sense that we commonly think of joy, but also including the state of being undisturbed by the negative things in life.

(3) *Peace* as a tranquillity in our soul that comes from trusting on God, yourself and those with whom you are communicating closely.

(4) *Patience*, the ability to bear the imperfections of other people while being aware of our own imperfections and the need for understanding and forgiveness from their side.

(5) *Kindness*, the willingness to give to others above and beyond what we own them with a heart of gladly wanting to share with them what we can give.

(6) *Goodness*, the avoidance of evil and the embrace of what's right, even at the expense of one's earthly fame and fortune.

(7) *Longanimity* or *long-suffering*, patience under provocation. While patience is properly directed at other's faults, to be long-suffering is to endure quietly the attacks of others even when you are completely innocent.

(8) *Mildness* or gentleness manifested in behaviour that is to be forgiving rather than angry, gracious rather than vengeful. The gentle person is meek and does not insist on having his own way but yields to others for the sake of the greater good.

(9) *Faith* in God meant to be expressed in living our life in accordance with God's will at all times, while it is equally important that we have faith in others that they can and will change towards becoming better and more loving.

(10) *Modesty* - being modest means humbling yourself, acknowledging that any of your successes, achievements, talents, or merits are gifts from God.

(11) *Continence*, self-control, or temperance. It does not mean denying oneself what one needs or even necessarily what one wants (so long as what

one wants is something good); rather, it is the exercise of moderation in all things.

(12) Chastity, the submission of physical desire to right reason, subjugating it to one's spiritual nature. Chastity means indulging our physical desires only within the appropriate contexts which need to be studied in depth.

I am presenting these 12 so-called fruits of the Holy Spirit because they are columns providing guidance for Christians in the form of virtues that are important to be practiced with the help of God and our own best efforts based on the readiness to take full responsibility to make them our own so that they are not a theory or belief but what is firmly established in us as part of our human nature as a child of God.



One can never emphasize the great capacity for love enough, whereby the daily challenge is of course to find out how we can best convey what we feel in the heart to those who are open to receive our love. The here-introduced fruits of God's Spirit are essential qualities which should be naturally part of our personality as we strive to perfect our ability to love. To



read and reflect about them is surely a helpful step to coming closer to embodying them in every situation, no matter how challenging it may be.

In the end it is all about loving one another, which may begin by saying, *"I love you."* or *"I deeply appreciate who you are and what you are doing."* There are so many ways how we can express our respect for one another and create an atmosphere of welcome where we feel like embracing each other as sibling of one great human family.

Even if such a mindset may seem to be still very far in your imagination, at the same time it can be very close to each one of us if we think it through. We all are striving to be good, and naturally show ourselves if possible from the best side, because that is how we are meant to be as wonderful children of our amazing Creator who provided us with so much potential to be developed. You and I decide in which direction we move in our personal development and will harvest the fruits of our efforts accordingly.

For me it is surely worth my wholehearted investment to try to become more loving and caring day by day. Although at the moment one may make only small steps, in the long run there is steady growth towards ever more stability on the side of goodness, so that in the end nothing can deter us from pursuing the path of unconditional love for all people just as our Father in Heaven loves each and every one of His sons and daughter, no matter how far or little they may have progressed on their path towards maturity. That is my determination as I move forward step by step, at the moment writing one line after the other, one page and the next, continuing to share what I have come to know to be good and true, so that others can benefit from what I have learned and the experiences I made on the path of striving to realize the originally intended ideal, which is none other than the Kingdom of True Love on earth and in Heaven.

I am deeply grateful to every soul who is ready to wholeheartedly contribute to creating this wonderful world where only goodness dwells. Together we can build it now.

True Love may be expressed in manifold ways, but it is always God-centred

We all are challenged to embrace the ones for whom we are responsible with a truly loving and embracing heart. There are many aspects to be considered concerning how to do this best, whereby we can learn a lot from one another. It is indeed crucial that we are open and ready to share deeply about what it means for us individually to **live a life of True Love**. The more we share with one another as brothers and sisters about this essential theme, as siblings and members of the human family who care for one another, the more we can profit from each other according to the respective foundations each one of us could achieve so far.



How to live in resonance with the Heart of God as the Ultimate origin of True Love and all existence, is definitely the most central theme about which we should be concerned. It is not enough to follow one or the other theological tradition or spiritual teaching because life is all about love, being the embodiment of God's Love. Therefore we can only arrive at the goal of realizing the purpose of creation if we walk the **way of True Love**, and in so doing we can bring liberation to all humankind. There is no true freedom without matching the human conditions with the principles of love.

If we are serious about doing our part, we need to ask ourselves honestly: How well am I familiar with the qualities of selfless love after having striven for years and even decades not to be an egoistic narcissist but to do good for others, just as all truthful teachers throughout history have been affirming? The honest answer to such a question is the best starting point for swiftly advancing on the path of real love for humankind, which can only be walked successfully if we know for certain what practicing True Love means. An honest personal reflection on this question is a prerequisite for improving our performance in this very essential aspect of our eternal existence, namely to manifest endless love. In concrete terms, this means investing into building bonds of heart, heart-to-heart relationships where the warmth of love can blossom and come to full bloom, never to wither again. This is only possible in a realm that is absolutely aligned with the True Love Principle, without even the slightest deviation, which would cause conflict and be a hindrance for God's original ideal of creation to be firmly established.

In other words, especially people of faith are called to be the ones who are dedicated to be representatives of the spirit of sacrificial love, light-bearers for the world by embodying a heart of True Love in accordance with the universal Truth upon which the cosmos rests. To be a shining example of practicing heartfelt care for others is surely not an easy task, but if we want to dwell in ultimate fulfilment, there is no substitute for people pioneering this precious realm where God's presence can be felt with everybody being satisfied and truly happy in the warmth of God's all-embracing love.

The timeless task at hand for all sincere people is none other than to create loving relationships among us beyond any national borders or cultural barriers. On the foundation of reflecting on how well we are doing in manifesting a heart of True Love it is important to ask ourselves how seriously do I take this task? What am I prepared to invest based on the readiness to melt the hearts of people by offering them true parental or brotherly love, the heart of unchanging friendship where their souls can be fully healed? Once we focus on this quality of loving one another wholeheartedly we open up the realm of unlimited creativity because we will want to give, forget what we have given and give again, whatever I can personally offer to enrich another person's life. The more people are prepared to act in the spirit of real brother/sisterhood, the quicker we will enter the world overflowing with joy and happiness rooted in people gladly being there for one another with an all-embracing heart.

## From 10 biblical commandments to the 10 aspects of practicing True Love

The 10 commandments are the foundation for Jewish and Christian ethics. Children in these cultural spheres learn about them and the faithful strive to be fully obedient to them. They are so central in the Judeo-Christian cultural sphere that some people created their own versions, like the 10 commandments for men, for women, for the new socialist human being to promote the ideology of socialism, to advocate that god-less ideology, etc.

In the present situation of the “Great Reset” 10 commandments are presented that express what globalists want people to do: (1) You should not think for yourself (2) You should not ask questions (3) You should welcome surveillance (4) You should like chemtrails (5) You should eat chemically modified food (6) You should honour the pharmaceutical industry (7) You should believe in the RFID chip (8) You should save the banks (9) You should pay to help other countries (10) You should basically believe only the mainstream media.

In dealing with the internet 10 commandments of digital ethics are suggested: (1) share as little as possible personal information about yourself (2) Don't accept that you are observed and your data is collected (3) Do not simply believe what you see online but get informed through various sources (4) Do not allow that people get mobbed or hurt (5) Respect the dignity of others and consider that also online certain rules are valid (6) Do not trust anybody with whom you are in contact online (7) Protect yourself and others in front of too drastic content (8) Do not let your self-esteem depend on likes and posts (9) Do not evaluate your body on the basis of numbers and statistics (10) Switch the internet off from time to time and allow yourself time out.

How should the time without being connected to the internet be used? The answer is simple: To connect with natural things, with the nature surrounding you, ideally to reflect on and experience what makes life worth living. I mentioned examples of 10 commandments in support of good as well as evil goals because it is important to have a sober look at what is actually happening. There is only one universal Truth underlying all creation. So whatever people are doing is either in line with it or represents a deviation, a distortion of the natural state, or a pseudo-version of the originally intended ideal. Only when we know exactly the difference are we in a position to bring an end to all falsehood and contribute to the realization of the world we all are supposed to live in.

I would like to invite you to have a look at the biblical 10 commandments from the standpoint of the centrality of love:



(1) *"You shall have no other gods before Me."* There is only one Origin of the universe and one purpose of all existence: The manifestation of True Love.

(2) *"You shall not make idols."* The unique center and foundation for a happy world lies in the practice of True Love. Whenever other values are set up as the center of your pursuit you are bound to end up in misery because only fulfilment rooted in God's Love can satisfy the deepest longing of your soul.

(3) *"You shall not take the name of the LORD your God in vain."* Because only one eternal and unchanging Truth exists, anything that is not aligned with it will fail. Ultimately, there is no need for theologies and religious teachings other than content that is helpful for gaining a deeper understanding of what it means to live centred on True Love.



(4) *"Remember the Sabbath day, to keep it holy."* Nothing is more important than putting God into the centre as the Loving Creator and to uphold His ideal of a world overflowing with True Love. Jews and Christians have

been encouraged to focus at least one day of the week on God and human relationships centred on the family rather than being busy with physical activities. This practice needs to be expanded so that in the end everything we do is done in the awareness of the preciousness of selfless love.

(5) *"Honor your father and your mother."* New wonderful life arises out of the love of a father and a mother who gives birth to children, when they raise them in the warmth of love. For this reason the position of parents is central to the realization of a world filled with love which can only become a reality when parental love is manifested on all levels of society.

(6) *"You shall not murder."* Life rooted in love is endlessly precious and must therefore be protected at any cost, most of all the spiritual life of every person, which needs to be cultivated to stabilize the consciousness of the value of all forms of life, especially when it is connected to True Love.

(7) *"You shall not commit adultery."* Pure love is the foundation of trust. To cultivate it to the deepest extent allows us to experience complete oneness as husband and wife. In such a situation there is not the slightest desire to break or destroy this precious treasure of absolute resonance in True Love.

(8) *"You shall not steal."* True ownership is only determined by love. All things want to belong to those who love and care for them the most. Based on such an awareness the idea of stealing somebody else's property would never come into your mind. You want the mineral, plant, animal, and human world to be treated well by true owners who know how to appreciate them well.

(9) *"You shall not bear false witness against your neighbour."* Truthfulness allows us to see everything clearly whereas ignorance and falsehood represents darkness which we do not want to have in our mind and in the relationships we are cultivating. Once we have internalized this attitude, we will have no desire whatsoever not to be honest in all we say and do because we do not want to harm anybody.

(10) *"You shall not covet thy neighbour's wife, nor his man servant, maidservant, nor his cattle, nor anything that is thy neighbour's."* When you have reached the point of knowing that true happiness can only arise from what is gained with honest means of investing your heart and soul into loving relationships, you will not have the slightest desire to possess something for which you have not laid a valid foundation because you know that without such a basis whatever you may claim for yourself will not be a blessing for you.

The time has surely come to move from merely sticking to the 10 commandments recorded in the Bible to understanding the manifold aspects of

what it means to embody True Love as the key for the realization of the world where humankind wanted to live in from the beginning. Throughout the ages, young and old have been longing to be appreciated and loved. Without this essential desire being fulfilled true and lasting happiness cannot be found.

The conclusion is clear: Only through practicing True Love in everything we do can we reach the ultimate goal of living in a wonderful world here on earth and in the eternal realm thereafter with ever more precious love resonating fully alive in our whole being.





## The wonderful qualities of love advocated by traditional Christianity

In the Christian cultural sphere, the believers learn about content which was recorded two millennia ago yet shown to be fully valid today. To be deeply aware of such timeless truth is important when cultivating one's personality to be guided by principles which are beneficial for everybody. The most important in this respect is obviously the True Love Principle.



In one of the widely known verses of his letter to the Corinthians Paul expressed his understanding of what love is all about: *“Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away. For we know in part and we prophesy in part, but when completeness comes, what is in part disappears.”*



How do you feel after reading these lines? They have been resonating with people's hearts in the course of centuries, one generation after another until today, and they will surely do so further into the future because we are indeed meant to embody the wonderful qualities of love Paul described as recorded in chapter 13 of his letter addressing the early church community in Corinth. These insights are rooted in the personal conviction of a man who had at first been persecuting Jesus Christ but then realized that he was very wrong.

We all have such sobering experiences where we thought we are right but then recognized that we are erring. The important point is that we learn from mistakes and draw the right conclusions and consequences, which is ultimately the determination to focus on the practice of True Love in every aspect of life rather than allowing myself to be stuck in one way or another. Real freedom can only be gained through sincerely loving people, with all of our heart and soul and strength. This attitude stands at the root of the Judeo-Christian culture. Only if this precious understanding is put into practice will we be able to harvest its fruit, the experience of the wonders arising from the beauty of deeply loving relationships.



In day-to-day life it means practicing the very qualities Saint Paul has been pointing out 2000 years ago, by being patient with others, showing a heart filled with kindness while remaining humble. Those who have learned to love will always gladly lift others up and rejoice together with them rather than seeking their own satisfaction first. True Love swiftly forgets what was given and wants to invest anew because the desire to make others happy is ever present. These are a few of the fundamental qualities of selfless love which always protects, always trusts again, always hopes for the best and always perseveres until the object of your love is truly filled with joy.

The goal we all need to achieve is to gain the kind of knowledge and wisdom that enables us to reach out to any kind of person with a loving heart. The issue is not to like everybody, but to invest my own wholehearted effort to support others on their path of learning to love themselves and others in the right way, so that it will be beneficial for them and their surroundings in the long run. Any kind of false concepts concerning love need to be fully eliminated so that the heart will be completely free to love in each and every situation, under any circumstances, rooted in the conviction that the practice of True Love is the one and only solution to achieve lasting happiness and fulfilment in life.



## The liberating power of experiencing True Love

Dear friend who likes to live in freedom,

Do you feel liberated in your heart, free of worries burdening your soul? I hope that this is the case. If not, then it is important to have a closer look at what is making you feel heavy or restless. To address such questions requires taking time for serious reflection and meditation because only if we deal with them in depth can we get there where we all wish to be, enjoying peace of mind which allows us to remain strong and stable inside no matter how intensive the challenges we may meet on our path.

I am writing these lines in the morning of the first day of the year of the tiger, the Chinese New Year's Day. Before I began to write I watched beautiful sceneries of nature in a video with calming music, while observing also the first light of the new day through the large window beside me, where many kinds of pot plants are placed, one of them a blooming daffodil which brings the feeling of spring although it is still winter with snow outside... So I am in an uplifting atmosphere with hope inside and the desire to share my blessings with others, whoever may benefit from what I am putting into words.

What I would like everybody to be clearly aware of is the fact that inner liberation can only be gained if we know the correct answers to the fundamental questions of life. Ideally we have found them already while growing up and know absolutely for certain in theory and practice what makes life worth living: the experience of True Love. Nothing is more precious than being able to invest wholeheartedly into making others happy while feeling the Love of God through the surroundings, particularly through heart-to-heart connections in the four great realms of love which parents, children, spouses and siblings share with one another.

I am deeply grateful for all the precious experiences I could make in these areas from the time of my childhood of growing up with six brothers and three sisters in a little village with ample possibilities to be out in God's creation until today, with manifold unforgettable encounters to look back to while being filled with hopes and plans for the future. At the same time I try to live consciously each and every day in my desire to use the time well from morning to evening to be there for others while making sure to cultivate my own internal situation so that my spirit will always be open to live in the presence of God's Love, in the warmth of loving relationships by connecting closely with others rather than circling around myself in one way or another.

For me true liberation means to feel free inside to deeply perceive what others may wish to express while being able to respond in such a way that



beautiful relationships are created. The art of loving needs to be developed and refined in the course of many years and decades, ultimately throughout eternity in the endless realm where all people are destined to live. Therefore this task is on my mind as the basic tenor of my life. However imperfect I may presently still be, my heart is always directed towards the future, dedicated to learning day by day to love in a more refined way.

I know absolutely for certain that true liberation and fulfilment can only be gained through profoundly loving relationships. Therefore this theme occupies my heart and mind more than any other, and I wish that more and more people will go through their days with such a conviction because to do so is definitely the one and only way for the soul to dwell in deepest peace as well as ever fresh excitement, rooted in the practice of True Love.





## Bodily intelligence aligned with the principles of creation

Dear friend of making wise decisions,

When we observe the human body we see that it has an inborn intelligence according to which it acts and reacts continuously, always pursuing the overall wellbeing. The closer you look the more inborn wisdom you will find. Ultimately you will realize that everything happening in the body has a clear cause and represents the best possible solution to whatever issue may have to be dealt with.

Unfortunately, allopathic medicine is not studying the body from this standpoint because it is rooted in a materialistic worldview which denies a higher intelligence underlying all existence. For this reason conventional medicine is unable to answer countless questions in respect to where the origin of the ever increasing number of diseases lies which they are defining. If you have a sober look at their method you can see that medical doctors got trained in Big Pharma sponsored universities where they learned to prescribe a pill for every symptom. What they did not study and what nobody knows is how the many pills people are putting into their mouth react in combination with each other. Every artificially produced drug has adverse side effects which are multiplying and adding up, creating new symptoms for which more pills are prescribed. That is the vicious circle of modern medicine which leads to ever more people being chronically ill, poisoned through all kinds of chemicals.

Please imagine you got ship-wrecked and stranded luckily on a paradise island where only pure spring water is available, wonderful plants are growing, trees producing plentiful fruits, no pollution whatsoever. Now tell me: If you continue your life on that island, will your health improve? Everybody who is asked such a question answers, “*Yes, of course...*” and I trust that your response will be the same. Why? Because we are destined to live in a clean surrounding and feed on natural products. That is how the human body is designed and how it functions best.

In modern societies we see people living with ever more ailments rooted in stress and other harmful factors which all could be avoided. It is up to you and me to refuse to believe in pharmaceutical medicine and to choose instead the natural way of life, allowing the body's inborn intelligence to do its job. If we have this attitude then we will definitely harvest the wonderful fruits of how God designed the dwelling place for His children. It is self-healing in every respect. Nothing that is happening in the organs and other functions of the body is bad or evil but to the contrary in each and every case beneficial. The problem is that today's doctors are not educated to recognize this fact and misinterpret what they see as malignant because they do not realize that e.g. a

tumour grows in response to what is going on in a person and it will naturally disappear again once the root cause is resolved. By studying the biological laws discovered by Dr Ryke Geerd Hamer you can learn all the details for which purpose such processes are taking place.



Our bodily existence is “automatically” aligned with the purpose of our presence on this earth, which is none other than to live a happy long life based on acting only in line with the True Love Principle. The body always makes sure that its overall wellbeing is secured and equally we need to use our conscious thinking and reasoning to make good decisions in line with the principles of creation, rooted in the Love of God who built the foundations for our cosmos to come into existence.

Let us therefore align our intellect and reason fully with the core and essence of the universe, which is none other than True Love.

## True Love as the connection between God and us

Dear seeker of loving relationships,

It is universally true for people of all times that they have been longing for love and desiring to build close relations which allow the warmth of love to be present. Why this is the case can easily be understood from the perspective that our existence originates in the Heart of God who created us in His image to resonate with His Love.

When we internalize this knowledge to feel with our whole being that God's Love is our Ultimate Origin we will realize that nothing is more important than striving to get to know the precious aspects of True Love to be able to become a being of love as a unique embodiment of God's wondrous Love which can be found in countless variations and expressions in the beauty of creation. It is indeed our original human nature to act only in line with the True Love Principle and therefore it is decisive that we give this task our first priority.

Based on deeply meditating on the timeless theme of the purpose of our existence from the standpoint of the centrality of love we can only come to the conclusion that it is in this realm where we need to put our main focus in life, exploring the beauty of nature whenever we have the opportunity to do so, which is basically every day when we eat natural food, vegetables or fruits besides all the other encounters we may have with the natural world when we go for a walk, looking out of the window from the car or bus when we are travelling, etc. The more we pay attention and prioritize our time centered on connecting with nature, the more opportunities will open up to us to recognize and appreciate the wonders of creation and to get great satisfaction from being out there in close connection with whatever may surround us, fields or trees, mountains or the seaside,...

I understand that we all have limited resources and cannot easily realize our dreams regarding our desire to connect with the unspoiled original world due to external reasons, but there is always the internal aspect of quality which is unlimited when it comes to cultivating our ability to perceive the beauty of flowers, birds, butterflies, insects and all kinds of other animals, which may even become our friends. Most of all, profound human relationships allow us to dive into the realm of overflowing love once we have learned to develop them in such a way that True Love stands always at the center.

Just as every human being is unique, there are countless ways of showing that we care. To welcome the manifold expressions of love is one of the keys to expand your heart, what I am striving to do in the awareness that



every man and woman is God's child. This is surely the safest path to come closer to our Eternal Parent - by building bonds of heart with His sons and daughters whenever the circumstances allow it. Ideally, we are able to see the face of God in each other. Once we have reached this level of spiritual maturity we will definitely be beyond the point of doing evil to others.

The greatest challenge as well as the most amazing reward in life lies in creating unity between hearts, as parents and children, as brothers and sisters, as husband and wife, as friends or colleagues, as relatives or as co-workers, etc. There are so many levels of relationship possible, yet in each and every one of them the decisive question is the same: How much am I investing my heart and soul for profound mutual understanding and oneness to be established? To the extent that we excel in this timeless challenge we will be moving closer to experience the Heart of God and His presence as a living reality in our daily life.





## Colours are one of the countless expressions of God's Love

Dear friends of a colourful life,

I suppose you have heard about personality tests centred on colours because they can tell a lot about one's personality. Here [\(7\)](#) you find one example where you are invited to pick your favourite coloured leaf, which is in my case yellow. The explanation seems to fit well to me as a person with *"a happy disposition, cheerful and fun to be with. You are creative, often being the one who comes up with new ideas... You can be very critical of yourself as well as others – a perfectionist. You analyse everything, all the time, and are methodical in your thinking."*

That is what I have been particularly busy with during 2020/21 when I wrote two books to convey my conviction concerning what is necessary to be fit our whole life long. Also now as I am focused on putting my understanding of True Love into words, I am striving to have an analytical mind to recognize many aspects of this strongest force in the universe to share it with others as a source of inspiration for further research so that collectively we can come to a profound understanding of what kind of original love we are meant to practice as God's sons and daughters.

What I would like to emphasize in this short reflection centred on colours as an expression of God's love is the fact that God could have just as well made everything in black and white without any colours. Yet it is out of His love that He invested so much into making a beautiful surrounding for His children to be born into a colourful world, each one as a unique soul with a special potential to be developed at our own pace, according to our personal priorities. God gave us freedom to decide what we do day by day. To be able to make wise decisions it is necessary first of all to see clearly. For this reason it is important that we not only take good care of our eyes but also of our spiritual sight to make sure that we gather valuable insights which are truly beneficial for our life in the long run.

You may be familiar with the ancient Greek aphorism *"know thyself"* as the first of the maxims inscribed in the forecourt of the Temple of Apollo at Delphi. In the light of God's existence as the Parent of Humankind the most important understanding everybody needs to become deeply aware of is that our existence originates in the Love of God. To come to know this fact for certain is ideally the core content behind the expression, *"I saw the light."*

To be certain that we were created out of unconditional love for the sake of practicing selfless love as foundation to find deepest joy and fulfilment is surely the most important insight a person can gain in his or her life. If that

understanding is paired with the determination to live up to what you know to be right, then a happy future without end is certainly guaranteed because this is the way of life we all are destined to make our own.



I wish for every reader of these lines to enjoy a colourful life in the awareness that nothing is more precious than allowing God's Love to shine in this world with all the colours of the rainbow through our personality having become mature to only choose the path of True Love in whatever challenging situation we may find ourselves in. We can use them all to see ever more clearly that all existence is rooted in love, bound to shine with this very quality.

May we all be successful in going beyond any kind of self-centredness to be able to fully radiate the Love of God in this world shining with the brightest colours in our own unique ways according to the enormous potential each one of us has received from our Creator.

## The amazing abilities of the human eyes reveal the greatness of God

Dear friend who likes to see things clearly,

In my reflection *“What are unchanging elements throughout your life?* I mentioned the special position of our eyes which are widely seen as the door to the human soul. Ideally, they are shining with light arising from a bright mind and deeply loving heart.

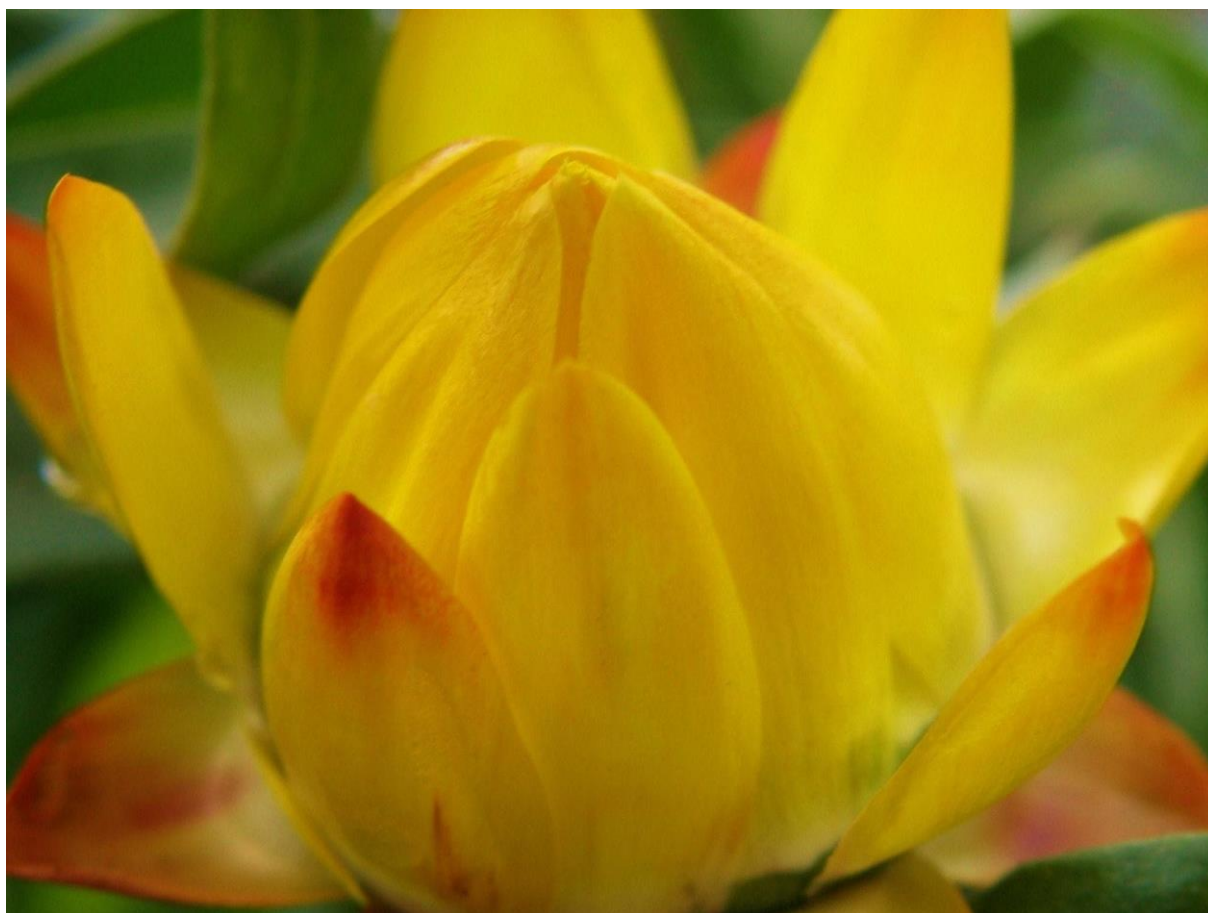
Our wonderful Creator gave us eyes which are even more capable than the best camera. You can learn the details e.g. in these words: *“The eyes’ retinas have unique types of photoreceptors; some register wavelengths of light, while others record the amount of contrast in a scene. We know these photoreceptor cells as cones and rods. The 120 million cone cells in your eyes register short, medium and long wavelengths of light. The length of these wavelengths determine the colours we see. There are also 6 million rod cells that activate in low-light. They do not perceive colour, only varying amounts of contrast. That’s why you can’t see the colours of otherwise identical objects in the dark, although you can make out their shape.*

*There are also photoreceptor cells called intrinsically photosensitive retinal ganglion cells. These cells do not contribute to your vision. Their purpose is to help regular your body’s circadian rhythms, and the pupillary reflex. The cones at the edges of your retina’s actual purpose is to detect motion, not light. That’s why you turn your head when you detect motion – so you can focus on it properly. Your eyes actually change shape when they focus, all thanks to the muscles that surround them. That’s why when you squint, your vision becomes sharper. Your eyes have changed shape. Your eyes are focusing on different parts of a scene as you scan over it. Your focus changes as you view the unique parts of the scene, zooming in-and-out on the objects within the scene. So far, there is no camera that can do what your eyes do without combining multiple frames, and multiple focus points in post-production.”*

Please reflect on such amazing abilities of the eyes. How can someone say that all these refined ever so amazing qualities which even the best scientists are unable to copy with advanced modern technology has come about by chance? It is out of question that there is no wonderful Creator behind this ever so great work of art manifested not only in the eyes but in the whole human body.

Additionally, we have the brain filling in and filtering out a lot of visual information for us. It ignores information it doesn’t feel is important to the overall evaluation of the scene. Such a helpful cooperation can be observed in

many other areas of the body in support of spending our days on this earth in the best possible situation of enjoying ideally every moment of it. We can both be excited by the brightness of the day allowing us to see everything clearly, as well as with taking a walk in the moonlight when the eyes adapt to night vision with larger pupils. Countless processes are happening automatically to enable us to focus on what is really important, the building of bonds of heart which allow the warmth of love to flow freely among us as God's beloved sons and daughters.



Wherever we look, if we use our eyes well, we will recognize the greatness of God's creation which is rooted in the loving heart of our Eternal Parent who wants us to not only admire the wonders of creation but to add also our own unique footprint of True Love on this blue planet which provides so well for all of us if only we treat nature properly with love.



## The principle of resonance in the light of True Love

Dear friend of living in harmony,

We experience the principle of resonance every day when we feel either positive influences from our surroundings which correspond to our own internal situation and accordingly we feel harmony, or we find ourselves in a situation of perceiving unpleasant disharmony when relating to others. Ideally, we are meant to live in a healthy environment which provides only experiences that resonate with our whole being in a constructive way.

I am writing these lines after a walk in nature with the rays of the sun letting snow crystal glitter in rainbow colours which bring back memories of other journeys in a winter wonder land like when I was doing cross country skiing on sunny winter days. At the spot where I took a rest I could enjoy a swarm of around one hundred birds flying in harmony with each other, coming down again and again to step over the frozen snow as a united group and then flying up again to do another circle while the wind was blowing quite strongly, not minding these conditions at all but they seemed to enjoy them, using them to stay up in the sky... During this half an hour the birds did sometimes larger circles around me and at other times they swiftly landed again close to my resting place.

To watch such a scene naturally resonates with us because harmony is expressed which we all want to experience throughout our life. That is what is definitely possible if only we set the right conditions for it. The starting point is of course the correct understanding of human nature including the body which was made in such a way that it can freely cope with any health issue. This fact is scientifically confirmed. Those who want to know the details I would like to encourage to become familiar with the content of the book by Dawn Lester and David Parker: *“What really makes you ill? Why everything you thought you knew about disease is wrong.”*

Walter Russell came to the conclusion: *“The universe exists solely of waves of motion... There exists nothing other than vibration.”* When we delve into the physics of frequency, vibration and resonance we can find out that all existence is based on these fundamental qualities. What is even more important to realize is that it was made in this way for a clear purpose, namely, as an expression of God’s Love to stimulate us as His children to become co-creators who resonate with the True Love expressed in manifold ways in nature, and to make it our own so that we become the embodiment of this most noble quality and strongest force in the universe.

Recently I read that we should live with three E's, namely energy, enthusiasm, and empathy. This is what I am trying to do based on the conviction that we are meant to express a loving heart inspired by the ideal of True Love, showing compassion with other people's situation while using our energy well to support them, just as we are meant to welcome the love which may reach us through the beauty of creation in all its manifold forms.

For me it is clear that God made the cosmos in such a way that the law of resonance finds its ultimate and highest expression when we act only in harmony with the True Love Principle which will lead to resounding joy to be ever present in our life. This is what I am striving to do as I go through my days with the desire to be a real blessing for others not only in my immediate surroundings but for as many people as possible by sharing what I learned over the years and by inspiring others to also walk on the path of resonating with the Heart of our Eternal Creator who longs for us to see our dreams fulfilled.



## Listen to the heart and follow its guidance

Dear friend of responding the impulse arising from your heart,

As human beings we have a “mind”, the element of a person that enables them to be aware of the world and their experiences, the ability to think and reason, and a body. The word “spirit” refers to the non-physical part of a person regarded as their true self and as capable of surviving physical death. It can also mean the attitude to life or to other people, your mood or your attitude, enthusiastic or determined,... Every person has an inner life, described with all kinds of terms which may be understood in manifold ways.

To gain clarity about your internal situation is only possible if you take the time to reflect about what is going on inside of you. When you sit down to meditate you will probably find that it is not easy to empty your mind, to calm down and to reduce the many thoughts in your “brain”, nevertheless it is decisive to really focus on deeper awareness of your internal reality. The more efforts you make to gain a deeper understanding of yourself the more it will surely become clear that you are indeed a spiritual being who acts based on what you feel in your soul rather than merely following some intellectual considerations. Our behaviour is generally governed by the emotions and desires arising from the heart rather than what kind of thoughts may be going on in the head. For this reason we see so much irrational and contradictory behaviour, which has become visible to a greater extent than ever before during the artificially created corona crisis where fear is the determining factor.

We need to use both, our ability to think clearly as well as our emotions in order to come to the correct conclusions centred on timeless Truth and pure Love. This requires dedicated efforts to sort things out in our mind so that we can gain ever more clarity on the intellectual and the emotional level based on thorough studies and personal discipline to develop good habits. Only if we take good care of our spiritual life will we be in the position to hear the voice of our conscience well and sense what the intuition tells us.

Ultimately, all relevant decisions are made in the heart, the core of our being. For this reason the number one task in life is to put it into the center of our attention. It is the place from where the love we express to others originates. The better we have taken care of perfecting our ability to love the more beautiful expressions from our heart we will be able to share with others, naturally leading to more joy and deeper fulfilment. Once we have clearly understood and internalized this fundamental point, we will absolutely focus on cultivating a loving heart towards ever more people, eager to improve the quality of how we express compassion and care, and all the other beautiful



emotions which originate in the Heart of our Creator who gave us an unlimited potential when it comes to being there for others to enrich their life.

From this viewpoint, listening to the heart means for me to hearken to the voice of God, to perceive what our endlessly loving eternal Parent wants me to convey to others. I am determined to becoming an ever more pure channel for His Love, which requires of course daily conscious investment. Accordingly, I am asking myself in many situations: How can the Love of God reach His children through me on this new day? No matter how poorly I may have done in the past, there is always the chance for another try, to improve my sensitivity to recognize the voice of God in my heart and to respond to what it is showing me. Personally, I am wholeheartedly dedicated to be always centred on this most important task of embodying God's Love in my whole being.





## Purification as foundation for experiencing Love

We all have the experience of taking a shower or a bath and feeling very good afterwards. Washing our face or our hands is something we do on a daily basis as we like to be clean. But when it comes to internal purification, things are problematic for many people. This task is widely neglected because it is not easy to go through an inner cleansing.

Yet it is of utmost importance to cultivate a clean internal situation, manifested in peace of mind and a good conscience, as foundation for being able to experience the beauty of loving relationships. To reach this goal, efforts on both the external and internal level are necessary in the form of keeping a good standard of cleanliness towards my body and my surroundings as well as making sure that my thoughts and emotions are clear and sincere based on allowing the light of Truth to shine in my mind and heart.

In respect to taking care well of the temple we all have received as dwelling place for God's and our spirit, it is decisive to know that it is indeed made so wonderfully that you do not need any pill or other artificially made product to maintain its health. What is needed is the cultivation of inner harmony and the body will respond by serving us well until the end of our days on this planet before we enter the eternal spiritual realm. Based on this kind of awareness we need to make sure to nourish our body with food that is not processed – as much as this is practically possible – and do the same with our spirit by providing it daily with precious knowledge and insights which are helpful to gain the wisdom we need to arrive at our destination where we have learned to take care of ourselves and others in such a way that in the end only joy and satisfaction remain. That is certainly possible if we are dedicated to learn to embody the original ideal of creation which is none other than to be one in True Love, allowing it to be present in every aspect of my being.

Due to the collective history of confrontation and conflict behind us it is inevitable that we pay special attention to resolving issues of the past as prerequisite to move forward. This is a process which needs to be done on so many levels, in all the relationships we are involved in, so that one problem after another has completely until only love and beauty reigns in everything we do. Besides the daily process of removing obstacles, periods of extra efforts may be needed like fasting for the purification of the bodily systems and times for special attention to gaining more clarity as it is usually done in the form of retreats, be it to spend time alone at the seaside or at a lake, on the mountain or in the forest. Such times outside of the busy schedule of daily life are essential to advance in spiritual development.

If the possibility to be directly in nature is not available, we still have a wide variety of video presentations at our disposal as alternative. We can observe the beauty of creation in this way while listening to wonderful calming or stimulating music in support of taking good care of our internal situation to

make sure we are in a positive spirit, for which also countless other kind of helpful video material is available. Most of all it is again and again necessary to take the time to stop and allow the thoughts to calm down so that God's Spirit can have more space in us. Such efforts will be rewarded by our being able to build strong bonds of heart and to connect closely with others, allowing love to flow freely, stimulating the cells of our body and giving us the strength to go victoriously through the challenges we may meet on our way.

It is in becoming quiet inside, for which various practices like focusing your attention for a long time on a burning candle can be helpful, that we are laying the foundation for more love to reach our soul, because we will be not only calm inside but also open to welcome the loving care others may want to offer to us. At the same time we will be eager to respond with our additional input of wanting to offer my unique expression of True Love. That is how we are meant to live during the time we are blessed to enjoy on this amazing earth.



## Aspects to be considered in leading a True Love life

Dear friend who wants to love wholeheartedly,

As the realization of True Love is the ideal and guiding principle of all creation the efforts to allow this highest value to be present in our midst must be focused on making True Love the guiding light in our daily efforts to contribute to the building of a worldwide family where all members are harmoniously united in loving relationships.

With True Love being in such a central position the obvious conclusion is to really concentrate on making this most precious quality our own through manifesting this standard which all of us are destined to achieve substantially. This is certainly a challenging task and therefore it is decisive that we support each other in our common pursuit to **embody a heart of True Love** in our daily life.

At the core of our earthly existence lies the desire to experience being loved and to express selfless love through actions. In this way we mature as spiritual beings. Because the realization of a world overflowing with endless love is the goal which our Ultimate Origin had in mind when He set out to create this universe, it should be natural for us to focus on this challenge to perfect our ability to love in whatever we may be doing. To do so represents the straight path towards perfection which means refining the way we express our heart to the extent that we automatically think and feel only in accordance with the True Love Principle.

A good starting point is always to look at yourself, to take the time to become aware of your strength and weaknesses in the light of God's ideal for humankind, and then to concentrate on those aspects which need to be resolved or strengthened. It is truly worth the effort to reflect deeply about your inner situation related to being able to love unconditionally and absolutely centered on the Heavenly Heart in order to be well equipped with the necessary internal foundation to be victorious in whatever we are doing. In addition to personal meditation we also need to recognize the great value of listening attentively to others who recognize the points which are lacking in us more clearly than I myself am able to due to the tendency not to see the impediment or lacking standard in oneself.

Once we have embarked on the path of True Love we must not allow ourselves to be distracted from pursuing a deeper understanding of this noblest of all qualities which we can only make our own if we concentrate on developing heart-to-heart relationships wherever this is possible. This requires very conscious daily investment which may include overcoming personal

limitations and putting our own preferences aside in favour of connecting more closely with others. However difficult that may appear to be in certain situations, the long-term result is guaranteed to be wonderful because every human being is destined to dwell in the realm of True Love.

From this viewpoint it is clear that efforts in this direction will naturally result in deeper liberation in myself as well as in the person to whom I am expressing my care rooted in a selflessly loving heart. Deep in their soul all people are indeed longing for complete freedom which means most of all to be free to love because without bonds of love being established lasting happiness cannot be experienced. This is an essential point which every human being needs to become conscious of as foundation to walk in the right direction and not to waste the time each one of us is blessed to spend on this earth.

Let us therefore do our very best not to lose our focus on refining our love day by day.





## Harmonizing the conscience with our original heart

Conscience is defined in this way: *“a person's moral sense of right and wrong, viewed as acting as a guide to one's behaviour.”* It is obvious that a fundamental moral standard exists and accordingly every person aligns the actions to how they understand and perceive this inner guiding force telling them how they should ideally behave.

When we look at our existence from the standpoint that God created us with a clear purpose in mind it is obvious that He provided us with everything that is needed for us to realize the ideal we are meant to enjoy. He gave us a heart that is longing for True Love because it is in experiencing the wonders of this miraculous power that we find the deepest fulfilment. But this desire in the original heart which is ideally fully expressed through the conscience, is unfortunately not the only driving force in a person's soul. Due to receiving immature love from the side of parents and the inadequate education that children generally get, the conscience is not aligned with the absolute Truth but what people learn as the standard they are supposed to follow.

The task to be achieved is the return to the originally intended state where no contradiction whatsoever exists in our whole being, with the original heart and conscience being one centred on God's Love and His view of the world. The longing to reach this precious goal is not only the desire of men and women who are aware of God's Heart as the Parent of humankind but it is also unconsciously active in the soul of every person as the invisible guide to direct all people back into the embrace of our endlessly loving Creator.

How far someone has advanced on the path of becoming one with the Ultimate Origin of the cosmos can be seen by the extent a person has learned to act in accordance with the True Love Principle. To be able to excel in this essential task one needs to first gain a profound understanding of the many ways to develop God-centred relationships, which in turn requires absolute clarity in respect to the unchanging Truth which originates in and is defined by our Creator, who only wants the very best for us as those who are made in His image. For this reason, the starting point of true spiritual development lies in reaching out and connecting in heart with God based on the desire to become one with Him.

In other words, because we did not create ourselves, the wisest thing to do is to ask the One who made us which blueprint He used. He is invisible, and therefore we need to make good use of our spiritual senses to relate to Him, which works best when we really go deeper to listen to the soul, to what our innermost voice wishes to tell us. As I mentioned, ideally it is the same as what the conscience is asking of us. Because we are not in a position where we can automatically know what we are supposed to do, we definitely need to make extra effort to search for the Truth and to come closer to it as we pursue the quest of finding and manifesting the eternal Truth underlying all existence.

*"It is a long road to Heaven"* because we have to cross quite a large distance from living in relative ignorance of the true desire of our Creator to being completely one with Him, whereby even the compass, our conscience, is not finely enough tuned so that we need to make extra efforts to study daily the Holy Scriptures and high-quality materials to gain ever greater clarity concerning the correct scientific view of the world. By checking with our innermost self, the God-given original heart, we will be able to find ever deeper peace of mind whenever we have found the correct answers which correspond with the viewpoint of the One who initiated all creation.



I wish that we all can be truly successful in this challenge to not only know but to embody the Truth to the fullest extent. This is my sincere desire for every reader of this reflection on our common path of learning how to harmonize the conscience with our original heart.

## Through repentance and forgiveness to inner liberation

Dear friend of a conscientious life,

I shared some thoughts on the task of being fully aligned with our original heart, whereby ideally the conscience tells us what we need to do to get there where we are supposed to be, which is none other than the state where we are completely free in the heart to love all people. Generally people are stuck in all kinds of situations of not being able to convey only pure emotions due to struggling with one or the other unresolved issue. For this reason the very first task in coming closer to embody a heart filled with True Love lies in removing barriers which hinder us to be there for others in the way it was originally intended in a realm where people love with all of their heart and soul and strength.

You may feel either rather empty, struggling with contradictory thoughts and confused emotions, or your heart and mind is filled with precious content, especially the longing to reach out to others in your desire to share your heart with them. To honestly face your inner reality is a prerequisite for being able to liberate yourself and others. First of all, we need to become aware of our actual inner situation and then clean it up by removing any barrier that stops us from connecting with other people's hearts. The more thoroughly we research our internal reality the more content we may find for which repentance needs to be expressed, followed by a change in behaviour. All people have to go through profound experiences of repentance in order to purify the soul to be truly free inside as foundation to advance on the path of becoming one with the center of the universe, the Love of God which every human being is destined to feel continuously.

If we do well in this much needed work of repenting for what we have done wrong and gain an ever-stronger determination to only walk on the path of True Love, then we will definitely harvest the fruits of our investment. On the foundation of our inner freedom which we achieve in this way we will be able to go forward with deep conviction and determination rooted in a focused mindset and heart of pursuing only beauty, truth and goodness, which are a direct expression of God's Heart manifested in nature as the embodiment of His artistic vision and ideally in each one of us, reflecting His very nature as a Being of all-embracing and all-forgiving Love.

When we take the time to honestly meditate on our personal past, we are likely to be reminded of situations where we have not been successful in responding with love and have hurt others. Such painful encounters need to be resolved, ideally here on earth and not postponed to the afterlife. What we need to be profoundly aware of in this respect is that repentance and a sincere

apology for the hurt one has caused along with wholehearted forgiveness for the mistakes others have made are the key to our own liberation. They are the basis for our being able to freely love again without any negative emotions from past experiences hindering us to invest 100% into new relationships as well as cultivating those where we have established already a victorious foundation.

In life we cannot avoid having to go through one or the other challenging situation, but with the right attitude we will be able to deal with them well. The main task lies in making God's heart of unconditional forgiveness our own because it is only in applying this standard that we will arrive there where we are destined to be as sons and daughters of God who express the same emotions as our Eternal Parent. However difficult it may appear to us today to reach this precious goal, we will surely not regret making it our own because this is the safest way to swiftly advance in our spiritual growth towards perfection in heart.





## Clarity in mind and heart as foundation to practice True Love

Dear friend of knowing reality well,

People are either confused or clear, with countless variations in between. With an ever-growing amount of information being available on a daily basis, many people feel overwhelmed and struggle with knowing what is really true and which content does not correspond with the facts. At the outset of human history stands the lie or untruth which was spread by the angel of light, Lucifer. We are supposed to know the truth as foundation to discern right from wrong and to be able to act fully in line with the desire of our Creator. Whenever we allow ourselves to be deceived, we will end up in difficulties and confusion.

How do you feel about yourself in this respect? This is a very important question because living in ignorance and not being able to distinguish between what is correct and which information is fake or a hoax may bring us into all kinds of troubles. Most of all this point is decisive when it comes to knowing what True Love is all about: If we make grave mistakes in the way we express our love deep pain and misery may be the result. Our first human ancestors did not reach maturity in heart. The manifold problematic relationships in society originate in the Garden of Eden. For this reason it is of utmost importance to know clearly, what went wrong in the first human family and how we can avoid repeating the same mistakes. It is surely not an easy task to leave the realm of not seeing the whole picture behind and to know with clarity how the full truth looks like, especially in respect to True Love, the strongest force in the universe, because the ideal of embodying it is yet to be established. On the way to that goal we really need to support each other. Therefore I try to have always an open heart and mind to learn from others. In line with such an attitude I am writing this book to share what I have come to know for certain so far by presenting my insights.

At the moment I am sitting beside a large window where I see the bright sunshine being reflected in the snow, with the blue cloudless sky above. What I would personally like to do now is to put on the shoes and go outside for cross-country skiing to enjoy the beauty of God's creation on this sunny day while exercising my body. I really enjoy such trips where I can be in the midst of nature, outside of my normal surroundings, to look at things from a distance so to speak, to reflect in order to gain more overview, and ideally to get new inspirations concerning what I can do best in support of the overall goal of the realization of a world overflowing with endless love - where all people wish to live.

To be clear what we want is an essential part of life. For me it is important to use my time effectively while being focused on the most important task, which is none other than acting in such a way that what I am doing becomes a blessing for others as we are created to live for one another. That

is the core truth of our existence, namely, that we can only find true fulfilment if we express our heart in line with the True Love Principle. To gain ever more clarity about what this means is my first priority as I go through my days which pass by swiftly, motivating me to be ever more concentrated on what really matters.

Accordingly, I am fully dedicated to turn every new day into a victory of love by overcoming the respective challenges I may be faced with. To get enlightened means for me to find out what True Love is all about and how I can embody it in each one of the manifold situations I will encounter along my path. The desire to become one with this highest standard and most noble quality is what moves my heart more than anything else. I am determined to pursue this path until my last breath, and to continue to do so in the eternal world where we all will dwell one day. That realm is meant to be a sphere of Love, whereby it is important to know that we can only enjoy it if we have learned to express our heart in a heavenly manner. May we all excel in this core task and harvest the ever so beautiful fruits of such efforts already in the here and now of our loving one another wholeheartedly.



## Overcoming my limitations opens the way for more love to flow

Dear friend of living in an unlimited realm,

I suppose you like to dwell like me in a sphere of complete freedom where you can enjoy endless opportunities of further development. Such a desire is alive in human beings because we are created to live ultimately in the eternal spiritual world where we will feel the ever so amazing Heart of God and experience the never-ending flow of His all-embracing Love on the foundation of having learned to care for others in the right way during the days we spend on this beautiful planet.

The ideal would have become a reality from the very beginning of the creation of Adam and Eve as the first human ancestors if they had fulfilled their portion of responsibility well. Alas, they did not do well in this essential task with tragic consequences for all their descendants. So we see a history of people being stuck in all kinds of problems due to their not having received the right kind of loving education, which in turn resulted in their being unable to deal with challenges in the right way.

From this viewpoint it is obvious that what is needed most is for people to overcome limitations in their ability to allow love to flow from their hearts to the loved ones and to welcome the expressions of a caring heart offered by others. Immaturity easily leads to misunderstanding and swiftly people are caught up in fights, be it merely on the invisible level of struggling inside with all kinds of resentments, or expressed physically in an aggressive attitude towards those who are supposedly the cause of one's own suffering. Unfortunately, most people do not realize that they themselves can determine how they react to whatever challenging circumstances they meet. It is up to you and me to decide whether we forgive or we keep negative emotions alive in the soul. To encourage people to really resolve issues is one of the motivations behind the compiling of my insights into books like my autobiography, the sharing centred on health, and this final work of presenting my conviction concerning what True Love is all about and how we can make it our own.

The ability to focus fully on heart and love can only be gained by each person individually based on the decision to pursue the path of selfless love rather than permitting any lower standard to dominate one's actions. It is a reality that for many people only a truly challenging situation in their life brought them to the point where they made a firm decision in this respect, but you do not have to wait until a wake-up call reaches you. We can voluntarily take the step of consciously deciding to put the task of going beyond

limitations in the heart at the top of our priorities as the most urgent challenge to be tackled during our lifetime.

Am I able to love my neighbour, whoever that person may be? Such a question cannot easily be answered because nobody has reached the level to be able to love in the same way as we are meant to do in resonance with the Heart of God who lets the sun shine over good and bad people. Unconditional love is the goal we all need to strive for, no matter how impossible it may seem to completely forgive those who have hurt me the deepest. In this respect it is essential to realize that walking the path of unconditional forgiveness leads to my own complete liberation, opening the way for more love to flow in my life, making it ever more rich due to being able to store a continuously growing number of treasures in my heart.

For me definitely no alternative exists to pursuing the course of restoring True Love on the different levels of responsibility which I voluntarily made my own based on the conviction that going beyond inner barriers opens the way for more love to flow in ever wider and deeper realms of heartfelt union.





## The restoration of Love is the most important task to be accomplished

Dear friend who readily takes responsibility,

Unfortunately, the originally intended world did not become manifested due to the first son and daughter of God failing to keep up their alignment with God's Will. They went off-track in their development, distracted through giving in to immature love. From that time forward until today the decisive question in each and every person's life has been whether they do well in pursuing the path of True Love, or they fail to act in line with that fundamental principle of all existence.

It is essential to know that our Loving Parent made the best possible surroundings for us as His children with the ideal of True Love in mind. The goal of the originally intended world can only be realized if we are created to be free. True freedom is only possible in connection with responsibility. Therefore God had to take the risk that His children may make grave mistakes and fail to reach maturity. In such a case, which has sadly become a reality, the only solution lies in repairing the damage and rebuilding the basis for lasting happiness in the right way. This course is manifested in the events of history which show that people wanted to live in a peaceful world, yet failed again and again to resolve issues properly.

The key knowledge which has been missing until today is a profound understanding of how to resolve issues of love because people have not been clear about what acting only in accordance with the True Love Principle means. I am determined to overcome my own ignorance in this central point and to help others to do the same. Writing this book is my attempt to advance in this task by putting into words what I know. It turned out to be more difficult than I originally imagined because it means becoming first myself ever more clear about core aspects and finding a way to express what I am aware of in such a way that it can be helpful for others.

From this viewpoint, every new page is the result of overcoming a challenge, whereby I do not know in most cases what I will write on the next page. I did not make a plan what I will write in this book because the theme of True Love is such a vast one where it seems impossible to be clear about each point to begin with. It is based on having understood one more aspect that the door opens to deeper realizations in other areas. Once this task of completing this work is accomplished, the content can be restructured and presented in another way. The possibilities are numerous and ultimately unlimited because ideally every person is called to express his or her understanding of True Love as there are countless unique ways of sharing it with others.

This publication is meant to be more than anything a source of inspiration for the reader to pursue his own quest of finding answers to the most important questions of life, whereby it is obvious that the theme of love must be at the very top because nobody can experience true happiness unless this central issue is properly resolved. When we let these basic facts sink into our mind and heart then we will know for certain that indeed the restoration of True Love is the most important task to be accomplished and should therefore occupy our thoughts and considerations more than any other theme on the path of finding the answers we need in order to see our dreams realized. My heart is longing that more and more people become aware of the fact that to restore unconditional Love is the most important task to be accomplished and should therefore be the number one theme among all the many topics we are concerned about in daily life. Learning to love in the right way is definitely what counts more than anything else.



## The ever-new beauty of deeply loving relationships

Dear friend of beautiful connections of heart,

Most people like to go out into nature, be it on a mountain or at the seaside, in the forest or walking past fields and meadows, ideally with flowers in full bloom... I am writing these lines on a windy day, sitting in a warm room where I can observe through a window stretching over 6 meters how the strong wind is sculpturing all kinds of scenes on the surface of the snow. Yesterday the snowfield was calm and plain and today it seems to be alive, changing its appearance as the fine snow carves ever new pictures, like the surface of a rough landscape. In this way I am blessed to enjoy the beauty of creation in a special way, just as I did a few days ago at the seaside after a storm when the air was calm but the waves still high.

To find positive stimulation through the natural world is not difficult, but when it comes to experiencing it in relationships, the situation can easily become rather complicated because every person has weak points which may disturb the flow of love among people. On the other hand, there is an endless realm of ever more uplifting emotions that are present in loving connections of heart where everybody is dedicated to live for the sake of others, to find ways to make the other person happy rather than being focused on one's own needs.

To be able to become someone who has perfected the art of creating an atmosphere of mutual understanding requires much training and wholehearted investment, a task that is unfortunately neglected by most people. The result can be seen wherever we look in society: People want to feel love but have not learned how to care for others in the right way to allow a continuous flow of pleasant emotions rooted in deep respect and appreciation for one another.

When we take the time to meditate on this central theme of relationships, we will surely come to the conclusion that they require commitment: I want to be able to trust those with whom I relate on profound levels, and equally I have to be someone who is very reliable. Such a timeless quality does not simply arise, but is the result of cultivating your own personality to become ever more attentive to the needs of others and to respond to them in such a way that only positive feelings are created.

The decisive question is always: Where am I putting my attention? If I take the time to uphold a state of inner peace, I will be free to focus on others because no unwanted thoughts are disturbing when I am listening to what people would like to share with me. To make sure that my own mind is calm and my heart in good shape, filled with the desire to give and receive the

warmth of love, is the prerequisite for enjoying the endless beauty of relationships. Therefore it should be natural for every human being to put most attention to one's internal situation to make sure to be spiritually well-fed and healthy based on taking enough time to read or listen to inspiring content.

I am certainly dedicated to uphold such a standard as good as I can and to improve it while going through my days of reaching out to those who are open to connect in heart and to move forward together to expand the realm of ever-new relationships that are centred on the ideal of True Love. There are no limitations when it comes to expressing our loving care for those with whom we have established bonds of heart where we feel oneness. The more we cultivate this realm the more happy and fulfilled our life will definitely be.





## It only takes a spark to get a fire glowing

To grow in Heart means to go beyond our limitations to love. Our personality is refined and completed or perfected through loving others with all of our Heart and soul and strength. A loving. To do so must be our absolute priority as fundamental attitude in life.

Because all people are destined to dwell in the warmth of Love which originates in a selfless Heart the number one task is to make sure that this is concretely manifested and not just some nice ideal situation. It is surely possible for every soul to feel deeply loved and appreciated and it is only a question of time until this will be a reality. The precondition is surely the arrival of the full manifestation of True Love so that this precious starting point is established from where God's Love can reach the hearts of each one of His children.

A man or woman with a deeply caring Heart will always walk the way of loving people no matter how they are treated. In the present state most people need to resurrect, recreate and reform their heart and mind to be able to experience the realm of True Love we are destined to feel throughout our life. A lot of investment is needed whereby it is important to be aware of the fact that once such a process is started it will naturally expand just as it is symbolically expressed in the song *"Pass it on"*:

*"It only takes a spark to keep a fire going and soon all those around can warm up in its glowing. That's how it is with God's love: Once you've experienced it, you spread His love to everyone, you want to pass it on."*

*What a wondrous time is spring, when all the trees are budding. The birds begin to sing, the flowers start their blooming. That's how it is with God's love: Once you've experienced it, you want to sing it's fresh like spring, you want to pass it on*

*I wish for you my friend this happiness that I've found. You can depend on Him, it matters not where you're bound. I'll shout it from the mountain top, I want my world to know: The Lord of love has come to me, I want to pass it on."*

After having watched this version [\(8\)](#) you may also want to listen to the young people [\(9\)](#) singing about God taking care of us through every day, all the way.

The experience of being loved and surrounded by the Love of God is essential to be peaceful inside which in turn secures that one will not use any wrong methods but always strive to act in line with the True Love Principle.

Here [\(10\)](#) you can watch another group of teenagers sing in the midst of nature “*Amazing Grace*”, one of the timeless songs that has moved hearts around the world for centuries. Serious questions are being asked in between the singing to stimulate the listener to think and to reflect. That is what is surely very much needed in this world, the readiness to meditate on fundamental questions and to search for answers. Those who make this quest their own and continue until valid answers are found will ultimately end up with the same conclusion: True Love is the answer.

It is in the world of Heart that the original desire of man is realized and deepest fulfilment is found. When we invest into loving people deeply new energy will arise from our Hearts and we will become even better transmitters of pure and selfless Love.



## Deep appreciation as basis for God's Love to flow

Dear friend who enjoys loving relationships,

You will probably be aware of gratitude being a key factor to enjoying happiness. The importance of feeling gratitude is generally emphasized a lot, but to be able to manifest this timeless sense of being thankful one needs to first of all have sincere appreciation for whatever may enrich your life. To gain a deeper sense of cherishing what is in and around me requires paying special attention. This is the task which we need to focus on if we want to advance in the ability to have truly precious experiences which we want to keep as treasures in our memory.

The first step forward is like in so many other cases to stop and ask: What am I occupied with from morning to evening? However busy you may feel you are with no time to spare, to step out of your daily routine is always worth the effort because it opens up the way to look at yourself from a new perspective than the one you are used to. For many people it is only when they are forced by a serious accident or some sickness that they check on what they are doing from a more fundamental perspective. Yet there is also the option to voluntarily take the time for a thorough re-evaluation of my lifestyle to adjust what needs to be improved. Here is where deeper appreciation followed by more gratitude comes in.

Personally, I am doing regularly yoga exercises both to keep my body fit as well as to give meditation enough space so that I will always calm down from moving swiftly by keeping myself busy with numerous activities from morning to evening for the sake of making sure that I have the right attitude and to reflect on how I might improve my attitude, my approach towards the tasks and goals I am pursuing. I find it always truly rewarding when I take the time for extensive meditation, in my case also combined with sincere prayer for more understanding and clearer insights as to how I can improve the pursuit of my goals in such a way as to be a blessing for more and more people to the extent that their wellbeing becomes more important for me than my own.

It is each person's individual decision how far he or she goes in putting one's own preferences behind those of other people. My own experience is surely that the more I succeed in this challenge the richer the beneficial effect on myself, because in this way bonds of heart are built which allow joyful love to flow freely. This development is also directly connected with learning to value other people to a greater extent, to recognize more of their unique qualities and abilities, to delight in their special traits rather than feeling jealous or any other negative emotions. For me it is like an art of living to see the face of God in others as we all are created in the image of God. The better I do in this fundamental task the more manifold blessings I am inviting in this way into my presence on this earth.

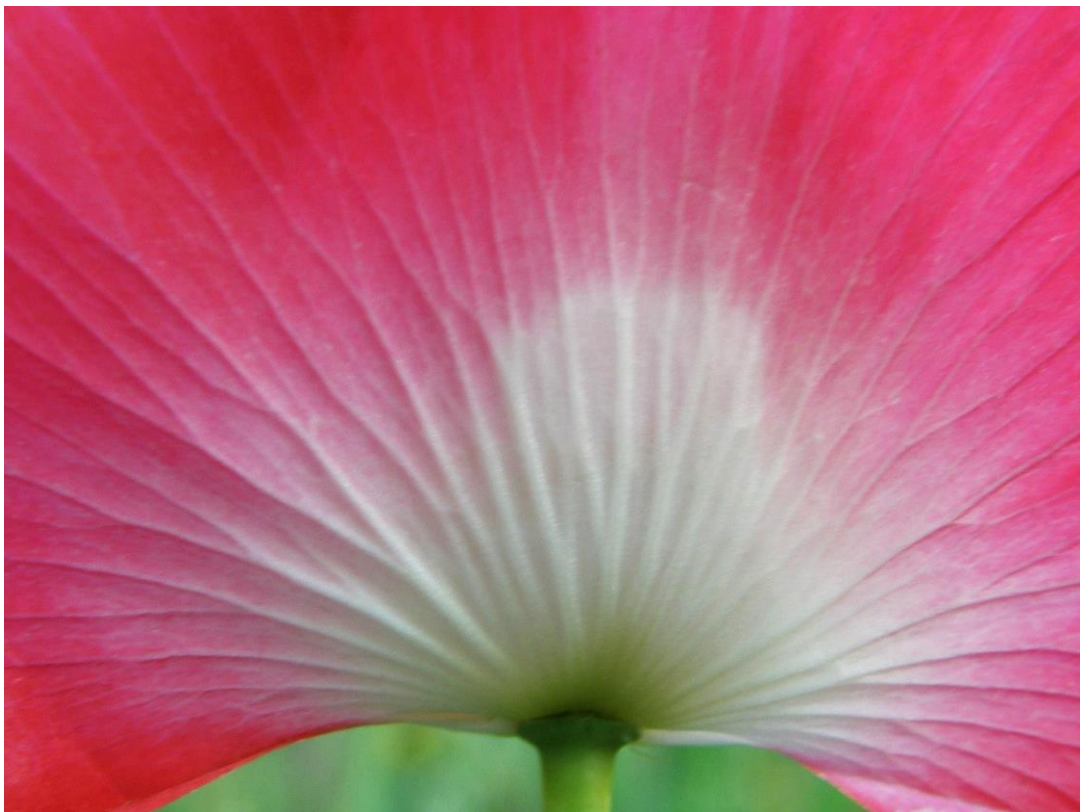
All in all, I am the kind of person who gains a lot of satisfaction from being out in nature. I can recharge myself to gain new energy through walks, bicycle tours, cross-country skiing, and especially mountain hikes beside swimming or other sports. Such activities are truly uplifting for me, especially if I can do them in natural surroundings. I feel richly blessed to have so many possibilities to keep my body fit as well as to take good care of my spirit by taking enough time to feed it well by reading uplifting content, to listen to music or to watch films about the natural world of plants and animals. Such direct or indirect encounters with the beauty of God's creation inspires me again and again to feel deep appreciation and gratitude for what our Creator has invested into bringing about the wonderful place where we are meant to live in as His beloved sons and daughters, enjoying each other's company.

May we all do well in expanding our awareness of the wonders of existence and use them well to relate to one another in such a way as to allow love to flow abundantly among us, enriching each other to find joy and fulfilment on ever higher and deeper levels.





#### Part 4: HEART AND LOVE AS THE CENTER OF OUR BEING



## The task of listening to the voice of the Heart to express True Love

It is decisive to know when your Heart is speaking to you. For this reason we need to be continuously attentive to the voice from inside which is all too easily drowned in our daily activities that hold our mind occupied. It is truly important to learn to tell the difference between the voice of your Heart and all the other voices and sound you hear as you go through your day. The voice of the Heart may speak to you through premonitions, dreams, and intuition, as well as through examples of other people. Therefore we need to uphold a high sensitivity to recognize what Heaven may wish to let us know through our fellow human beings, whoever that may be in a given situation.

At times it seems that everything starts speaking to you: the wind, the ocean, a bird that sings his song, the joy-filled laughter of a child, the tears of a friend, etc. Actually, there are countless ways how we may perceive the voice of our Loving Creator reaching out to us.

Just as success in your efforts can resonate with your Heart, giving you a message that the way is open and Heaven's blessing is with you, failures can also be messages of guidance from within telling you: not this way! The skill to be gained is to know which situations represent signs of guidance from above and when we are just faced with challenges which are merely obstacles that need to be overcome. Accordingly, we have to be very sensitive to the inner voice to recognize what it wishes to let us know - in whatever circumstances we may find ourselves in.

Going through difficulties out of Love for others naturally causes our Heart to grow. To the extent that our Heart grows the realm of happiness we can enjoy expands. The more Heart and love are invested the greater the joy that arises when our efforts bear fruits. Understanding the concept and reality of True Love is the beginning point of ever-increasing prosperity in the realm of Heart. Once we have become one with God's Love we stand at the beginning of a wonderful life where each person's Heart is filled with Love.

Heart and True Love are not just a concept but the most fundamental reality in this universe which is itself a manifold manifestation of expressions of True Love and Heart being invested. All the conflicts between people can definitely be overcome by recognizing that Heart and True Love are the highest values which we are destined to embody in our life. Only through practicing True Love can we become a true individual, a true husband or wife, a true father or mother and true brothers and sisters as members of a worldwide family of man.

We can touch, embrace and educate conflicting parties by True Love which is the only basis on which we can bring about peace on earth. True Love cannot be found by just looking within, but we will encounter this precious value when we reach out to build Heart to Heart relationships. Once our Heart is filled with True Love no shadow can darken our soul and spirit. This will naturally result in the building of amazing relationships.

The destruction of the family which is the foremost school of True Love has led to manifold problems which all can be resolved by returning to healthy lifestyles centered on Heart. The gap between generations can only be overcome through the practice of selfless Love because it is True Love what enables people to become one in Heart. If we focus on maturing in our ability to love we will naturally come closer to the realization of a worldwide family of True Love.

May we all do well in becoming a precious member of such a wonderful community of sons and daughters of God who love each other dearly.



## Responding to what the heart tells us as the core of our being

When we reflect seriously on the question of whether to live centered on our mind or focused on our Heart it will become unmistakably clear for us that putting priority on matters of the Heart is a most rewarding attitude to have. We may consider the mind as the surface of the Heart. The mind is an extraordinary tool which allows us to understand the world and achieve great things. Yet if our mind is allowed to be the central decision-maker, we may end up feeling miserable, especially if we do not cultivate our thoughts and emotions to be directed towards the wellbeing of all people rather than our own personal comfort.

Your mind cannot determine what is truly important unless it is well aligned with the principles of creation expressing the Heart of our Creator. Only on the level of Heart can we come to the correct understanding on the foundation of the mind considering what really matters. Actually, our innermost Heart is the best friend and advisor we have. If we listen to it attentively we will secure the unending happiness of our eternal soul.

By looking at life from the perspective of the mind we may come to the conclusion that people are separate, isolated, individuals, each with competing interests. But when we are Heart-centered, we feel that everyone is connected through the Love of God. With such an attitude of focusing on what the Heart tells us we become not only clearly aware of our own emotions but we will feel the emotional energy in others. Ultimately, we come to perceive that all beings have an inner mind or instinct, some internal nature that is expressed in whatever external form they may have.

In this way we will be conscious of the fact that Heart and True Love are the absolute centre of all existence, originating in our Amazing Creator who made everything for the sake of fulfilling the respective purpose in accordance with the True Love Principle. As His children we are part of One Heart, in the position to live eternally in the realm of God's unending Love. To be able to perceive this precious realm we need to learn to love in a heavenly way during our days here on earth so that we will be qualified to dwell in this infinite, timeless sphere where God's presence can be felt in our whole being after having perfected the art of sharing divine Love.

By moving deeper into the Heart I discover my personal Heart as an ever-present precious centre which allows me to connect with others; in this process I discover the Universal Heart, which shows me that ultimately we are all one and should therefore treat each other in such a way based on deep respect for one another's individuality. Let us therefore invest into becoming clearly aware of what our Heart wants to tell us and follow its



guidance as it will surely direct us toward the purpose of our life which will give us our greatest fulfilment and deepest happiness once we manifest it in the right way.

Heart-based living is the process of using the intelligence of the Heart to help us make the decisions we need to make in life, big and small. It leads to increased health, greater wellbeing, improved performance and a higher ability to use our emotions in ways that serve us well. Focusing on Heart gives us the ability to have a greater intuitive sense of what we are doing, sensitivity to ourselves, to others and to our environment.

Much more than the intellect, the human Heart is a very powerful intelligence that all of us have, that we are born with, providing us with the information necessary to be able to enjoy a healthy and deeply fulfilled life. May we give this precious core of our being our full attention and respond to whatever it tells us on a daily basis.



## In the Heart experiences are transformed into feelings

The human Heart has the capability for empathy, to sympathize with others, and it allows us to keep memories of experiences as feelings. When we attune ourselves with the vibrations of other people and perceive the beauty they are radiating from their heart we are enriching our own soul. Similarly, we can gather inspiring impressions through nature, music, the visual arts and poetry, etc. In countless ways we may feel enriched by inspiring images, words and sounds which are transformed into positive feelings.

The yearning for deep intimate contact, oneness, harmony, love, just as well as sorrow, pain, fear of separation or loss of Love are manifested in and expressed through our Heart. When it is completely open and centred on the Love of God we can make profound encounters which we will always cherish. Enroute towards this goal, our heart must learn to love, to understand others and to accept ourselves which is the prerequisite of our being able to build truly profound relationships where God's presence can be felt.

Our experiences, wishes and emotions have a deeper sense and purpose, which ideally guide us to a loving acceptance that all positive feelings and expressions of life originate from the longing for God's Love which we all have deep in our Hearts.

With every negation and rejection, we regenerate separation and negativity, whereas a positive and loving acceptance, a conscious 'yes', produces vibrations which neutralize, unpleasant thoughts and feelings. We can dissolve intense feelings of grief, anger or despair with our loving, unbiased and undivided attention, positive thoughts and uplifting emotions. We definitely possess a great potential for healing others as well as ourselves.

If we can learn to love from the depths of our Heart and fully accept our entire personality, this can have a healing or transforming influence on ourselves and others through helping to accelerate the recuperation period for the body. On the foundation of being wholesome ourselves we can contribute to positive changes in the world around you and unite, reconcile, or even heal the person within your surroundings.

Our entire being radiates natural warmth, sincerity and happiness when the Heart, our ability to love, is well developed. These wondrous energies can open the Hearts of the people around us, inspiring confidence and creating joy among them. Let us use our potential in this respect by letting the light of our Love shine in this world.

For the sake of gaining a deeper understanding concerning how we can best develop our Heart, we need to be aware of that there is physical and

there is psychic energy. We attain physical energy through what we eat, drink and breathe, and psychic energy whereby all energy vibrates at different frequencies, with the highest being manifested in the practice of True Love.

As you become more aware of your words and actions, you will come to realize that you have adopted a higher standard, and that many of your worries, frustrations, and defeats will no longer trouble you. You grow in Heart, in the realm of Love, and consequently find a deeper level of inner freedom. With higher awareness, you will gain a better insight into the way things really are and acquire the knowledge of root causes. This valuable awareness you will help you to gain the ability to act fully in resonance with our Creator.

You and I are the end product of our own decisions, actions, thoughts, ideas, desires, passions, etc. Our good or bad intentions also have not only an effect on ourselves but also on others. When we listen to the voice of conscience every time we are faced with a new and unique situation we will become well familiar with the never failing guidance in us which is designed to keep us within the realm of True Love.



## Countless ways to recognize the centrality of Heart and Love

It is said that one cannot change people, each one has to do this himself or herself. All the more it is true that you cannot convince others of something unless they themselves want to know the full truth. This reality becomes particularly obvious in respect to trying to help people to recognize the importance of Heart as the center of our existence.

You have to look closely to recognize the quality of a person's love. All too many (young) people are deceived to believe that someone truly loves them only to find out that not only the ability of the beloved to express love is rather limited but also one's own. Because not enough attention is given to the cultivation of mature love countless lovers end up being broken-hearted because their immature relationships do not last but are bound to fail earlier or later. In the face of such a very sad overall reality we do well to be determined to pay special attention to the quality of love we express and to study in-depth about the wonderful characteristics of True Love. This may be challenging to practice at first but it will always lead to ever more beautiful fruits the greater our investment from the bottom of the heart with the desire to be a blessing for others.

That everything was created by God centred on Heart and True Love can be seen in unlimited ways because wherever we look we can see love expressed if only we have eyes to see how much Heart is actually invested. Such a practice will naturally lead to our wanting to give greater attention to refining the ways in which we ourselves show to others that we truly love them. In this way we secure not only that our relationships last but also that they bring ever more joy into our life based on our recognizing how much was given with a selfless attitude.

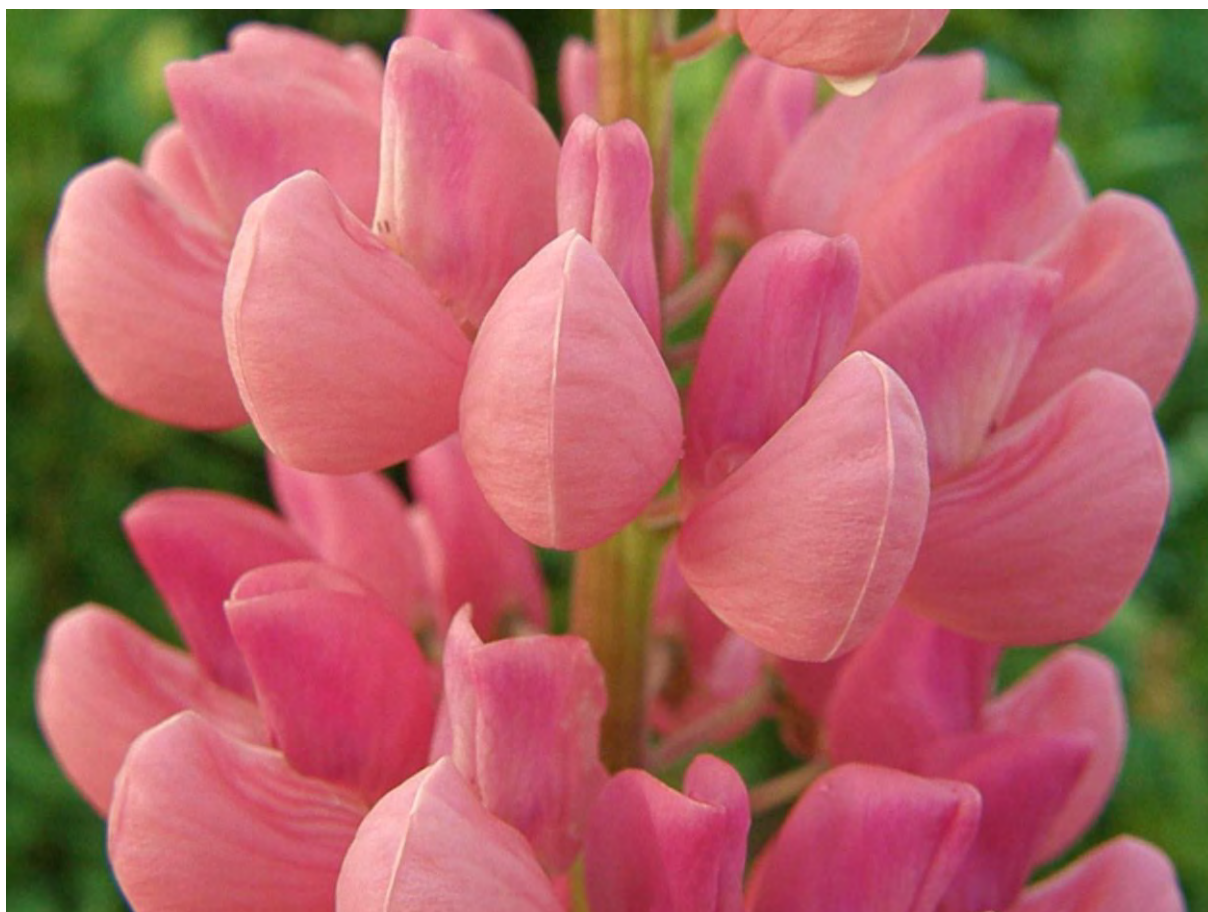
I would like to mention here an inspiration which I found today:  
*"Remember that you are water: cry, cleanse, flow, let go... Remember that you are fire: burn, tame, adopt, ignite... Remember that you are air: observe, breathe, focus, decide... Remember that you are earth: Ground, give, build, heal... Remember that you are spirit: connect, listen, know, be still..."* For me such thoughts are inspiring because they point to the great potential present in us as human beings. Endless opportunities exist for us to express ourselves in meaningful ways, showing that we love and care, connecting with others on the level of soul by building heartfelt connections which last beyond time and space. We only need to use our precious potential on the foundation of the sacrificial Heart having been invested into us by our endlessly loving Creator.

The key to advance well on the path towards perfection, the mastery of the art of loving, lies definitely in whole-heartedly giving 100% and not less for



the sake of establishing bonds of heart which are unbreakable because they are rooted in the dedication to act only in resonance with the strongest force in the universe, True Love. This means that we have to absolutely focus on the internal realm of building eternal bonds of unchanging unity between hearts as this is the way to allow God's original ideal to become a reality in our midst.

May we recognize the preciousness of fulfilling the desire of our amazing Creator to see us overjoyed and jubilant in the warmth of His all-embracing Heart due to giving our utmost attention to the eternal sphere of True Love to be embodied in each one of us to the extent that we can never lose it again because we have made it completely our own. This is only possible if we are focused on resonating with the wonderful vibration emanating from our Eternal Parent who made us in His image to be ultimately even greater than He just as all good parents wish for their children to be better than they.



## From drowning in information to swimming in the sea of Love

When we look at history from the viewpoint of the knowledge that was obtained over the years we find that if we put the knowledge which humanity gained until 1900 as one unit, then this amount which was gathered in the course of thousands of years doubled in only half a century until 1950. The knowledge gained by humanity quadrupled during the next two decades until 1970, and in the following decade that amount doubled again, expanding further exponentially so that today an enormous amount of knowledge is available to us.

At the same time, we are missing fundamental insights in the realm of Heart and True Love even though everybody would like to live in a world where loving relationships abound. For this reason we must really focus on deepening our understanding concerning the proper ways of the Heart, how it functions as supreme organ in the body whose commands or input even the brain is following – and not the other way around as most people think.

Many internet users feel overwhelmed by the sheer amount of information reaching them day by day and find it hard to decide what to read or which video to watch. In reality they are dominated from the stimulus they receive through the countless messages rather than being fully in control based on knowing well which areas to focus on and to dive into.

Our hunger for knowledge can be more than stilled, yet we are lacking greatly in true wisdom in the realm of the Heart. We may consume much knowledge day and night in the seemingly endless world of the internet which is growing day by day, but the hunger for True Love can only be satisfied when we connect with others in deep heartfelt relationships.

How little has been generally invested into developing the realm of True Love can be seen when asking Google: the results show that the word “Love” appears 70 times more often than the term “True Love”. You can a similar result when you search for the word “knowledge”, which means that people write nearly 70 times as much about what is known than about True Love although they are surely longing much more for Love than for some knowledge.

What we see is a serious imbalance in respect to putting knowledge into the centre of people’s life while neglecting to delve into the realm of True Love, failing to examine this core content carefully. If we set the priorities right and study this most important theme thoroughly, then we will surely not struggle with too much information reaching us through modern technology but we would use it to serve us well in our quest to live fully in accordance with the True Love Principle.

The term 'Heart' can be found on the internet similarly often as the word 'knowledge', not because we are experts in questions related to the human Heart as the center of our love, but because we have generally a lot of problems in this respect, manifested on the external level in the form of cardiovascular diseases being the number one cause of deaths worldwide. From these simple facts it is clear that it is our first task and responsibility to invest into the realm of deepening our understanding of True Love. Nobody wants a false Love while in reality so many people have a struggling or even broken Heart internally, causing all kinds of physical problems in the body.

If we are serious about leading a happy and fulfilled lives then we need to have first of all a close look into our own Hearts to find out what we are really looking for, deep in our soul. People speak about consciousness on various levels but more than being conscious or aware of something precious we need to experience it in our Hearts. Once we feel truly loved unconditionally we want to respond to this most precious Love by loving ourselves without any conditions. If we collectively start this process we will all benefit greatly from it and find ourselves swimming in a sea of love rather than being overwhelmed by dry knowledge.



## Let us strive for a deeper understanding of the human inner Heart

The term 'Heart' is one of those words that is often used but rarely is it made clear what it means. Heart refers to the physical, emotional, energetic, and spiritual centre located in the centre of your chest. The physical Heart pumps blood, but also plays an important role in the endocrine system, regulating numerous activities in the human body. The great extent of the physical heart in health is becoming clearer with new research that shows it also plays a role in cognition, as it contains actual brain cells and it determines not only our blood pressure but also many other aspects of our expressing how we feel inside.

The emotional Heart is the centre of all feeling, where our emotions are held, and our most deeply-held convictions. The energetic Heart is even more basic, and is often described as the Heart chakra. The Love and energy of the Heart is manifested as feelings along with the many kinds of thoughts which occupy our mind from morning to evening. Feelings are sparked by emotions and shaped by personal experiences, beliefs, memories, and thoughts linked to particular emotions.

Most of all, the Heart is the spiritual centre, which holds the individuality of the human soul and remembers the reason you have come into being: the purpose that is your unique contribution to life and the happiness in the world by adding your personal way of loving not only nature but especially people as the masterpiece of God's creation.

When we are in harmony with our family, friends, and co-workers we learn to truly appreciate all people in our life and all that we have received from them. This feeling of gratitude naturally lifts up our Heart. In order to grow the inner Heart, we need to cultivate openness, and perfect our ability to build loving relationships while showing an attitude of forgiveness and trust, always striving to respond to encounters with people in a way that is beneficial for all and helpful in the long-run.

If we are open to feel the emotions of others as your own we will not only become more tolerant and understanding but we will naturally develop empathy for others. To treat every relationship in the context of our common Origin, is a precious art which will connect us with the Heart of our Heavenly Parent in very deep ways. This is the core challenge we need to focus on if we want to contribute to the wellbeing of the human family.

Living from the Heart is an ideal of continually creating a life based on Love, harmony, and beauty which leads to some very clear results in four areas of life: health, relationships, purpose, and spirit. Just as we need to learn



methods to calm or energize our body and mind, it is essential that we become familiar with ways of enriching our spirit by filling our Heart with precious content which we would like to gladly share with others.

Taking responsibility for the material, emotional, and spiritual welfare of others may be challenging but it is a very rewarding investment which brings many fruits from which we ourselves benefit the most. Our lives will be stable and safe when we make the invisible world a reliable presence in whatever we may be doing, dedicated to connect on the level of Heart with others while maintaining our innermost core deeply connected to the Ultimate Origin of all existence.

As we radiate light from our Heart these internal sunrays will be reflected in our surroundings, opening the way for Heart-to-Heart connections to grow which in time will bring ever more joy not only in our immediate surroundings but contribute to a world of True Love.



## A loving Heart will always guide you to deeper insights

Many people are familiar with the expression, “*Love is in the air.*” All people would like to experience such a reality of being surrounded by Love. This desire originates in the Heart of God who created us for the very purpose of living surrounded by love.

From where does Love come? From the heart of those precious souls who give it to others. There is nothing more precious in this universe than a loving Heart. This is the core realization which stands at the starting point of an ideal world where everybody wants to live.

In our innermost soul, we all are longing to live in the embrace of the warmth radiating from a Heart filled with true unconditional Love. We strive for that highest standard because only in this way can we enter the realm where we are destined to live eternally, a sphere of selfless love where caring for one another’s wellbeing is the highest priority.



Heart – the ability to love – is the most precious quality of a human being. Among many aspects that we can develop in order to have a



harmonious personality, the really important one is to love with a pure and sincere Heart. Once we are dedicated to embody this noble way of life we will be richly blessed with the fruits and blessings resulting from our dedication to put other people's happiness above my own.

To embody a loving Heart is our greatest treasure. The utmost happiness and deepest fulfilment is connected with the experience of profound Love being shared in heart-to-heart relationships. To be able to enjoy that invaluable realm our wholehearted investment is needed with the focus on making sure that we care not only for those who are already close to us but for ever more children of God who all long to feel unconditional love.



Our original Heart and Mind want to express sincere Love in an atmosphere of mutual understanding. To build such a foundation requires listening to each other attentively and showing sincere interest in how others think and what is important for them. If we do well in this basic task, we will naturally grow in our ability to develop bonds of heart which enable love to flow to such an extent that complete satisfaction and fulfilment is experienced.

A Heart filled with God's parental Love feels responsible to help other people to live in joy and to reach the point where lasting happiness is secured due to having gained the ability of always making sure that everybody is fine.

This process takes a long time with many challenges to be overcome, yet it is definitely worthwhile to do your very best to focus on this core task of learning to love with the same heart as our Creator because as His children we all are brothers and sisters of one worldwide family.



A wholesome Heart wants to bring joy into the lives of those whom we care for. Showing a Heart of True Love is the only way that can bring people together in reconciliation and complete forgiveness so that lasting peace may prevail on the earth. To achieve this task is today more relevant than ever in human history because evil has been multiplying with ever more victims and broken hearts who all need to be liberated and healed.

For this reason each and every soul is called to make good use of the potential to love which we received from our Eternal Parent and to develop it well in our daily efforts of caring for one another so that in the end all people can enter the timeless realm of feeling the warmth of love and radiating it to the surroundings, brightening up this world with the wisdom and practice rooted in allowing the True Love Principle to be embodied in our whole being.



To learn to love all people is the core challenge to be successful in

A person with a true Heart longs to give and to receive Love in honest and sincere relationships. The desire to reach this level is deeply implanted in every soul, endowed by our Creator, the Eternal Parent of Humankind, who wants each one of His children to be able to share love which is completely pure and expressed in line with the True Love Principle.

A loving Heart longs to see other people's noble dreams realized. Rather than being concerned about one's own wellbeing, a selfless person is focused on finding ways to contribute to the prosperity of fellow human being because he knows that this is the way to secure the happiness of all people in this world where we all are interdependent. One may go to an island and live there alone, yet it is impossible to find real fulfilment in this way because we all have a heart and soul and therefore it is only in well-functioning human relationships that true satisfaction is experienced.



Deep mutual understanding among people can be achieved if we focus on the desire of the original Heart provided by our Creator who gives us

freedom to develop our character and personality in a unique personal way - whichever we chose – but this path must be in accordance with the principles of creation because otherwise it is impossible to be wholesome. Just as we can never be fine if we do not respect the various bodily functions properly and act accordingly, e.g. by eating not too much and not too little, it is equally decisive to be well familiar with the internal aspects of our being and to act only in accordance with the universal principles of God's Love.

True Love does not measure how much was given but invests limitlessly from the bottom of your soul. Once we have reached the point where we know of the priceless value of the strongest force in the universe we will never want to go back to be satisfied with anything less than 100% both in the extent of what is done for others as well as in respect to the openness to welcome what is offered by those who reach out to us.



The depth of fulfilment we experience in life corresponds to the level of growth in the realm of the heart that was achieved. Whenever we feel a certain lack of love our attention must be first of all drawn to our own attitude and behaviour to ask honestly: In which way am I limiting myself to receive what is



offered? If I do not wholeheartedly welcome the investment on the side of those who want to share with me I am actually blocking the way to my own happiness. For this reason it is an essential task of every human being to always check on the quality of what is freely given to others and also on the attitude when receiving the content others wish to share.

Our original nature strives for goodness centred on Heart. When we live according to the innermost desire of the human Heart then we will be eager to secure the wellbeing of all people and not stop in our dedication until that goal is achieved. The actual internal growth of a person can be easily seen in the extent to which he or she is concerned about the greater good of all people and the overall future of humankind. The more I have learned to love with the same desire as our Eternal Parent the greater will be my dedication to serve others on the worldwide level in the awareness that God loves all people and as His children we are destined to do the same.

This the essential task for each one of us: To expand our heart to encompass an ever-greater number of people in our concern for others and to widen it so that we will have an embracing love for whomever we may come in closer connection on our path.



At the core of the art of loving lies the ability to invest 100%

Because Heart represents our innermost centre we need to focus on developing deep bonds between parents and children, as siblings and later as husband and wife, which allow love to flow freely and abundantly. The more Heart is invested into a relationship the greater the fulfilment one can enjoy.

Supreme happiness can be found in a position where we give freely from the depths of our soul and wholeheartedly welcome the response from the Heart of the beloved. Herein lies the core of the art of loving – to be able to build heart-to-heart connections of high quality which are further and further refined throughout your lifetime here on earth and in the eternal world thereafter.

The precious realm where we should invest all of our energy lies in developing bonds from one heart to the next, encompassing more and more souls without excluding anybody just as our Father in Heaven would never do that.





Heartfelt relationships require obviously wholehearted investment, for which in turn the prerequisite is none other than having learned to love myself and others in the proper way. Accordingly true life and lasting fulfillment will not become a reality for us without our having matured in the ability to relate properly on the manifold levels which are possible as we pursue our tasks day by day.

If we want to put the key to success and true happiness into a simple formula one can say: Heart gives love and that brings joy which is shared with others. In this way love is multiplied and even grows to reach ever new heights and depths of profound experiences.

When we focus on cultivating the realm of Heart, we can overcome many kinds of difficulties for the sake of sharing True Love with others.

The deeper our Heart the more strength we will have to go beyond whatever personal situation we may find ourselves in. How well someone is doing in this fundamental task is a direct witness to the qualities of heart this person has developed.



The beauty of life arises from wonderful relationships which are all rooted in loving souls. For this reason nothing is more precious than putting your utmost attention into cultivating a very high standard in the way we relate to others.

Giving love and forgetting what you have given guarantees that your Heart will be free to give more and to experience in this way deepest fulfillment.

The problems of the world can only be solved when we apply the logic and wisdom of True Love which needs to be practiced properly in each situation according to the circumstances and requirements of the people involved. The key lies in recognizing what is best for the overall situation and to find out which decisions are wise in the long run because there may be a big difference between what is decided if a person seeks immediate satisfaction and pursuing long-term goals.





To win the Heart of another person is the first step to experiencing True Love in a close relationship. Because all people are the fruit of a rather miserable history of suffering and unresolved problems, it is quite a tough challenge to aim for the realization of God's ideal of a world where everybody's needs are met so that all people can live well. Whatever the level you and I may be presently in, it is our collective task to help each other to advance on the path of learning to love in the same way as our Father/Mother in Heaven.

Together we need to move forward while helping one another along the way to be victorious in the manifold tests we may encounter as we are tempted to pursue an unprincipled shortcut which will anyway only bring momentarily satisfaction but never lasting happiness.



May we all gain ever deeper wisdom to make the right decisions while focusing on what is most important, namely to master not only the art of living but especially the ability of caring in such a way that the most benefit is conveyed to our surroundings.

## A mature heart is willing to embrace all kinds of people

In order to be able to live in the realm of True Love we need to invest our Heart into loving unconditionally. This level of dedication can be seen in the sacrificial Heart of a mother who is day and night there for all children in oneness with her husband who is also working hard with the selfless Heart of a parent to enable their sons and daughters to grow up well so that they can enjoy a wonderful future.

When divine Love grows in our Heart our shortcomings will naturally disappear. Raising children is a very good training ground to go beyond limitations and to learn to serve others with an attitude of unconditional giving. Accordingly, the family represents the best school of love for both parents as well as the young ones who are learning to love each other. To develop sibling love is the training ground for deep friendship, culminating in the conjugal love of husband and wife, besides the manifold other levels of being united with others in close connections of heart.



True Love seeks for a great variety of ways how Heart is being expressed to bring joy to others. Everyone who has learned to love in a selfless way wants to make others happy by sharing the blessings one has received. Such a quality of love is spontaneous and flexible, sensitive to the



needs of others rather than being preoccupied with one's own preferences, while always being attentive to what is helpful for the individual as well as the whole of the community and ultimately the worldwide family of man.

When we establish bonds of Heart we will naturally want to share everything with one another and not keep things back in an egoistic manner. Our concern will always be centred on the wellbeing of those living in our surroundings in the context of what is best for the greater good of all people being able to enjoy prosperity. Once we have reached this level of maturity we cannot help but naturally put the purpose of the whole above the individual desire just as it is manifested in the human body where all organs and systems functions are working harmoniously to preserve our health from birth to the time of leaving our body to live eternally in the spiritual world.



To be closely connected with others in Heart is the most precious level of relationship we can achieve. As soon as we have reached this awareness our ideas and desires in respect to possession will all be centred on embodying a Heart that is filled with True Love. With such a Heart we will be striving for the highest ideals manifested in becoming a man or woman who only embodies selfless Love in its finest form as son or daughter of God. To live with such a consciousness is the standard every human being is destined

to reach because we are meant to be one with the all-embracing Heart of our Eternal Parent.

A mature Heart has learned not to ask to be loved but to love others with a joyous mind, wanting to gladly give to others rather than seeking your own advantage. Because at that point you feel in every cell of your body that we are born to love and to live in an atmosphere of love you will be absolutely focused on allowing the wonderful ideal of a loving human family to become a reality. No matter how miserable the present situation may be, you will always strive to go beyond it, willing to endure discomfort for the sake of a great future for our descendants.

To manifest an unconditionally embracing Heart shows the greatness of our character and the maturity of our personality as someone who is fulfilling the purpose of creation which lies in expanding the sphere of ever-growing happiness based on the practice of True Love.





## 100% investment from the heart is needed to achieve wonderful results

When you sincerely strive to reach the point where you have established your own God-centred personality you will naturally be interested in how others are doing in this fundamental task. You will want to know what has been helpful for them to advance and to succeed in this challenge to live in oneness with our Creator.



Respecting other people's beliefs and preferences is an expression of a loving Heart.

Caring for others from the Heart allows us to understand them deeply. Because misunderstanding is the cause for all kinds of conflicts it is decisive to always strive for a good mutual understanding, especially when relationships grow deeper. This process is surely not a short one and it requires taking time to listen attentively to one another. Those who are dedicated to expand the realm of True Love will always want to have an open ear and especially an open heart for what others may want to share.

Prosperity for all people can only be achieved on the foundation of allowing the Heart of God as our wonderful Creator and True Love to be our common centre. Because God made us in His image in accordance with the principles of creation which He has set up, it is obvious that we can only be truly fulfilled and wholesome when we dwell in this precious realm that was

prepared for us. To get there is the individual responsibility of each and every human being, whereby it should be natural for us that we need to help each other on this path because only through developing profound relationships can we reach the goal of fulfilling the ideal and purpose of creation.

The degree and quality of Love is naturally different in each person. Because it is a long road to Heaven, a challenging path to reach perfection, let us help each other to grow in our ability to love with the same Heart as our common Eternal Parent. Ideally, this desire to share what I have learned is happening automatically due to the fire burning in the heart to see my brothers and sisters shining with the Love of God in the most radiant way.





We can only obtain true happiness when we have the victory of Love manifested in our whole being. We naturally look up to those who are more caring than the level which we embody because we are meant to reach the highest standard of being able to love with the very same attitude as our Creator. He has invested everything to prepare the best possible surroundings for us and therefore we are also called to offer our 100% investment to achieve the greatest results possible in the light of the practice of True Love.

As we build an inner connection with people, we need to continuously nurture the relationships that are being established. When we cultivate a loving attitude we will naturally harvest the fruits in the form of a joyful mind, which is one of the signs of a person having advanced in their spiritual growth. In a community of mature people heartfelt laughter can be easily heard because nothing is hindering the people to express the joy they feel in their hearts on the foundation of having learned to love in a God-centred way.

Once we grasp the infinite value of building true Heart to Heart relationships we will be ready to pursue this greatest ideal willingly at the sacrifice of present benefits which will anyway be returned to us in the future. There are no limits to the greatness of Heart and mind a person can develop as we all are eternal beings, destined to live in the unlimited realm of the spiritual world. Accordingly, we do well not to hold anything back but to do all we can to leave any traces of self-centredness behind to dwell in the sphere of endless freedom centred on True Love.



## The way to resolve conflict always lies in applying the True Love Principle

Barriers on the level of Heart between people can only be overcome through investing True Love which can heal the soul and mind. For this reason the quality of love we give to others is of utmost importance.

In these lines which you are reading I am sharing what I have come to know in respect to the centrality of True Love. It is not necessarily a logically structured content but what comes to my mind and heart as I reflect on what the Love of God is all about and how we are meant to embody it.

I am trying to convey the insights I gained in the course of six and a half decades of being loved and striving to respond, to actively express my love, from the level of a small child to an adult who takes responsibility for what I know to be right and true.

Goodness may be defined as the practice of True Love which can be seen in manifold ways whereby all expressions have one common point: they all are aligned with the True Love Principle.

The experience of receiving pure unselfish Love resurrects the Hearts and minds of people, inspiring them to practice this noble standard themselves.





As I am writing these lines on a cloudy day in the early spring I noticed two little birds in the garden, just a few meters beside me, walking on the ground and picking up some grass seeds along the way. This scene of their being busy with getting some food naturally gives me an uplifting feeling because it is like all of God's creation an expression of His Love for us as His children – to bring joy to our soul and to inspire us to do the same towards each other.

True unification is achieved based on the Heart and Love people share with one another. We are meant to live in heartfelt oneness as brothers and sisters of one family encompassing the whole world. This is the state where we are supposed to be according to the purpose of our existence – to make each other happy without leaving even a single child of God being left out. Every individual's problems need to be resolved until the last soul is liberated from the inability to love themselves and others.



A Heart of True Love is able to trust others even though you are betrayed and to bless your enemies so that one day they will become your friends. There is no alternative to always applying the logic of True Love which does not support the use of force but always strives to find peaceful ways to resolve conflicts. To gain the wisdom how to achieve this task is today needed more than ever before in human history because the problems have become

so very complicated and manifold. Yet the challenge can be met well if we are totally dedicated to be peacemakers and unifiers who use the one and only weapon to win over enmity, which is none other than the practice of giving unconditional love to move and melt even the most hardened minds and frozen hearts.

A person with a truly loving Heart invests continuously without expecting a direct return. When we live with the desire to be a true parent, a true husband or wife, and a true sibling who loves wholeheartedly, then we will become those who create a wonderful culture which is centred on Heart. What the world needs are messengers of peace who embody the precious wisdom that is gained through a profound relationship with the Heart of God, the Eternal Parent of Mankind. In order to establish a Movement of True Love we obviously must first become people with an unconditionally caring Heart.



Ours is the task of opening up a new era of liberation in the world of Heart where people love wholeheartedly even those who are not easy to deal with. Therefore we need to focus on developing harmonious relationships no matter how hard it may seem to be.



### The challenge to be there for others with a selflessly loving heart

When we allow the world of relationships that are based on Heart and True Love to be our first priority we will open the way to experience the warmth of loving bonds of Heart which all people are longing for. In such a situation heartfelt communion will be present in our life with the center of our attention being the manifold relationships between parents and children, siblings and spouses, between friends and relatives, etc.

Heaven can be felt where we love each other with a deep Heart based on the longing to be there for one another in whatever way may be appropriate in the given situation. To live in the realm of wholeheartedly caring for one another is the atmosphere every human being was originally destined to experience. No matter how far your personal situation may be from dwelling in this sphere of precious love being shared with one another, the ideal will be reached one day. You and I decide when this will become a reality on a personal level and together we determine the speed how quickly the promised new Heaven and new earth will unfold on this earth through the level of earnestness and inner fire we maintain for such a world overflowing with True Love to become a substantial reality.



As we strive to give with a selfless Heart we will reach a supreme and unchangeable level of Love where we want to give and invest more and never go back to being centred on some egoistic desires. It may be tough to build up the inner momentum of raising our spirit to be ever more dedicated to the greater good of all people being able to live in prosperity which arises from a loving mind, but such efforts are never in vain because whether people express it or not, they are touched when they receive selfless love.



Only True Love that originates in a sacrificial Heart can satisfy the spiritual hunger of people and revive them. It is essential that we are deeply conscious of this timeless fact. In a world where people are starving for love the solution lies in God's Love reaching each one of His children. On one hand, everybody has to make his or her individual efforts of reaching out to connect with our amazing Creator, but at the same time it is also decisive to have the experience of being unconditionally loved, ideally in all Four Great Realms of the Heart that can be felt in a truly loving family where parents and children, husband and wife, as well as all siblings are united in heart.

To look at others with the desire to give Love and send out messages from our innermost self to those around us is the timeless task each one of us is called to make our own and to do our very best to make it our daily



experience by looking at everything with the eyes of our Eternal Parent who wants all of us as His children to be truly happy.

There are no limits to the creativity in whatever way we may see it fit for love to be expressed. The centrally important point is always that it is given with the desire to lift the object of our love up to feel the Love of God more vividly present in his or her life.

A True Heart moves us to give our deep Love and to show sincere concern towards whoever we may feel responsible for. Once we have developed such a level of maturity we will always be focused on finding out what may be needed the most in whatever situation we find ourselves in. Obviously, this will be in most cases the expression of a caring attitude in the state the world is still in with the majority of people being stuck in one way or another in the inability to love themselves and others in the right way.

Let us do our best to be a channel of God's Love to heal this world of pain by turning it into a place where laughter rooted in truly happy hearts can be heard wherever we go.



## The ultimate victory of love is won when we love even our enemies

If we focus on living with True Love in the Heart we can penetrate any kind of obstacles on our way which enables us to reach our ultimate destination, which is none other than to dwell eternally in the sphere of God's all-embracing love.

The one and only way that enables us to arrive there lies in learning to love one another with the same Heart as our wonderful Creator.

The summit or pinnacle of True Love being practiced can be found in the attitude which completely forgives and welcomes even the enemy with the desire to melt his or her heart. To do so is the most difficult challenge in which every soul needs to be victorious in order to become one with the Origin of all life. As we all make mistakes and hurt others it is decisive that we have this mindset that no matter what others may do, we will respond with a loving heart and never allow feelings of revenge or resentments to dominate us. Such an attitude must not only be limited to the relationship we develop with those who care for us, but also towards those who may want to hurt us in their miserable state of not being able to love themselves and others. To win the heart of the enemy to turn around and to leave any unprincipled desire behind is the ultimate test in our spiritual development.

Once bonds of Heart are firmly established the way is open for True Love to flow freely. With this goal in mind we need to go forward and strive to find ways to move people's hearts to turn towards absolute goodness because by realizing this standard can lasting happiness be secured. We must not make false compromises in this centrally important area of acting only in line with the True Love Principle which always puts the wellbeing of others at the first place, including even those who may have a hostile attitude towards me.

The timeless teaching of Jesus to love your enemy is today definitely more relevant than ever with hurt and pain in the hearts of people having reached unprecedented levels. The healing of the world can only take place when people are willing to forgive and reconcile, leaving the suffering past dominated by struggles and conflict behind, once and for all. That is only possible by walking the path of True Love which does not exclude anybody but cares especially for those who need love the most – those who express hate due to their miserable internal situation of not having received the love they need. In this respect it is decisive not to ask *"Who is more guilty?"* but only: *"What is the way forward, out of the pain of hurt and enmity?"* The answer to this question is obvious: The practice of True Love. To find out what this means in concrete terms is the challenge we are called to make our own. In the manifold situations we may be faced with the ultimate question is again



and again: How do I express my heart towards others? In which way am I loving them so that it can be really beneficial for them and their future – and not only in the present moment.



The healing process of the world is one of gaining inner freedom with people getting liberated being stuck in hatred of themselves and others. This is certainly only possible if there is the readiness to calm down and to honestly face your own internal situation. With every person who is prepared to sincerely look at themselves in the light of what the human soul is longing for most of all – True Love – we are coming closer to the ultimate goal of God's ideal being manifested here on earth. In the light of this truth what needs to be done is clear.

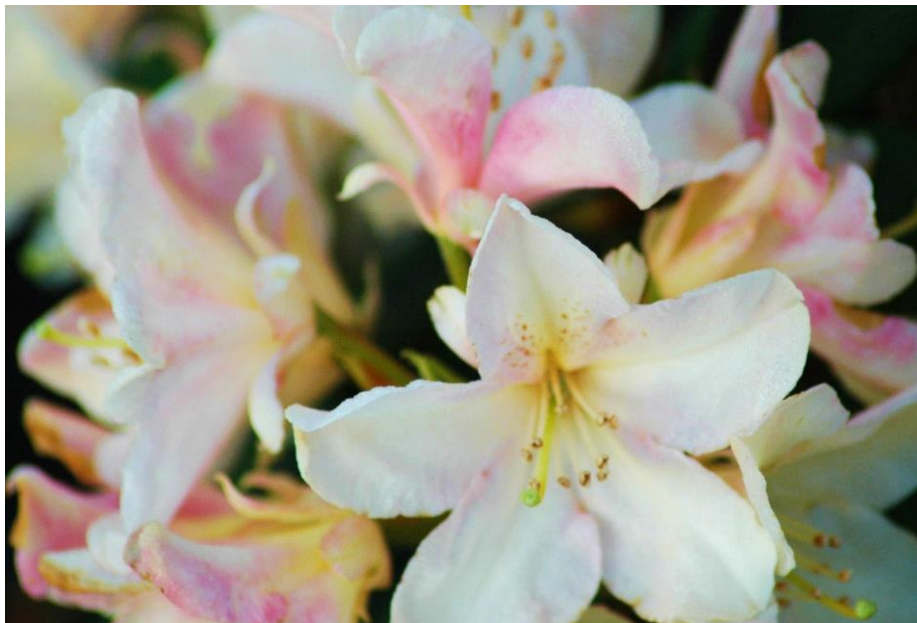
We must to live with the desire *"Let peace begin with me"* and do all we can that this will become reality, not out of duty but because we know in the depth of our soul that this is the correct way.

## The path we are destined to walk is centred on the practice of True Love

We need to open our Heart fully in order to feel another person deeply. In the realm where we are truly united as children of our common ultimate Origin we are able to echo each other's Heart, resonating with what is going on in my brother or sister.

When we unite our mind and body centred on the Living God we open the way for True Love to reach our soul and to flow from there on to others. To develop and perfect this fundamental ability of communicating freely on the level of heart is where we need to put our greatest attention.

Once we have entered the realm of original Heart and encounter God's precious True Love we could lose "everything" and not miss it because we have found what counts the most in the awareness that the key to experience rich levels of fulfilment lies in making others happy by loving them with a selfless Heart. With that level of maturity we will not focus on gaining external treasures but only those which are invisible and lasting throughout eternity in the spiritual world where we are destined to live without end.



A person who has perfected his/her character will always welcome people with a loving Heart. When we embody True Love we will gladly reach out to others to touch them with positive stimulation because we wish to see them in good shape, both physically and spiritually. At that point our thoughts and desires will be centred on bringing joy to others rather than circling around our own personal situation.



A man with a True Heart will gladly initiate the giving of Love to others. In order to develop our character and to reach maturity we need to focus on embodying a Heart of True Love beyond and above any other goals we may be pursuing.

As soon as we have experienced the value of profound relationships we will readily empty ourselves by giving everything to others as we know that our Hearts will be filled again with God's Love.

The main concern of a fully matured son or daughter of God is how to give well to others so that their lives will be enriched in the realm of Heart. To be able to reach the goal of completion we have to go through many inner changes until we have become one with the realm of True Love based on having learned to act in line with the strongest force in the universe. On this path towards perfection we may encounter all kinds of temptations. By overcoming them we become all the more strong and in the end unchanging so that nothing in the world can move us to act outside of the True Love Principle.

Heart and True Love are the ultimate source of life. At the point where we become one in Heart as children of God we will naturally inherit each other's good qualities. Equally it is true that when we live in the realm of God's Love our Hearts will be completely filled and we will be a joyous person who lacks nothing. That is the state we are called to aspire as our ultimate goal to be achieved during the days we are blessed to spend on the earth.



A man or woman who has become one with God will embrace everything centring on Love. The wider the scope of things we welcome with a caring Heart the deeper we enter the realm of True Love. On this course we must always remember that Love is not for ourselves but for others. If we do, we will harvest the wonderful fruits of investing our Heart into others.

A Heart filled with God's Love moves us to freely give with unconditional devotion. That is the ideal our wonderful Creator has been looking forward to see realized since the dawn of human history. He gave us freedom to choose how to develop our potential, whereas we will lose our liberty if we leave the path of True Love and go astray. For this reason it is decisive to strive to act only in line with the timeless principles of creation.



In order to build lasting relationships we must first be clear in the soul about the purpose of life and then reach out from the Heart with a completely open mind and desire to understand others well as foundation for love to flow freely.

## Links mentioned in this book

- (1) <https://www.trulyhealthy.live>
- (2) <https://audiobookss.com/the-five-love-languages-the-secret-to-love-that-lasts-full-audiobook-by-gary-chapman.html>
- (3) <https://www.thelovefoundation.com/>
- (4) [https://www.youtube.com/watch?v=Kz70\\_zqNWKE](https://www.youtube.com/watch?v=Kz70_zqNWKE)
- (5) <https://familyconstellations.com.au/fc-explained/>
- (6) <https://www.youtube.com/watch?v=pVr5PywldOA>
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