

# Reaching Love

Love is the dominate factor and great harmonizing power in your life, yet we are liable to doubt this because we doubt our own innate loving nature. We believe that we are separate and apart from the Eternal and one another; that we are human and nothing more. Yet, we can rise above doubt which cripples us and begin to reach True Love which harmonizes us through some very simple ways.

## **Be Sincere**

Love is the most sincere thing there is, so be as sincere as you can, and care about what you project into this world. Sincerity encompasses truth, and therefore, say what you mean, be as accurate as you can, choosing your words and actions carefully. There is no such thing as an insignificant or white lie. Sincerity is all about being the true and genuine you; being the same when you are alone or with others. You must search for that feeling of sincerity within you - you know what it feels like - and once you do express it, then others will feel it too. Sincerity feels so liberating because you are connecting with your Higher Self, releasing the subconscious grip and opening your heart to reach Love.

## **Be Compassionate**

Be compassionate, kind and considerate of others. When you awaken to compassion you want to be of service to humanity. Mentally you realize that others are just like you and suffer because this is the human condition. We are alike on earth because in the realm of Harmony we are like the Eternal. And, as you come to conceive of this, you may begin to have an Inner awakening and see yourself in others and others in yourself! It's amazing to experience! And, you feel grateful for that awareness and for the opportunity to be of service in some way. That service can take infinite forms, from having a great attitude at work to community aid, according to your Inner guidance.

## **Be Friendly**

Have you ever noticed that someone you may have considered a friend, later you may consider a foe? And those that you may have considered an adversary you later come to think of as an ally? It's like a pendulum that swings back and forth, but that is the way the subconscious thinks the Law of Rhythm works. Even thinking logically, in the realm of Harmony all your fellow beings are friends, perhaps some closer than others. Therefore, consider approaching everyone as a friend. If friendship is temporarily contrary, then keep your distance and love them unconditionally as much as you can.

## **Be Impersonal**

You have a personality to help you interact in the world and work out your karma. As you harmonize your personality you bring out and develop your Individualized spiritual character which has a great ability to be impersonal and love unconditionally. Being impersonal means being evenhanded, objective and not taking things egotistically (personally). For example, if a disparaging statement is sent your way you let it pass you by, instead of becoming emotionally attached to it. An impersonal attitude, in both momentary meetings and long term relationships, can block subconscious entry of resentment, jealousy, hatred and other negative traits in your thinking. It can help you be forgiving of others and your self, freeing you to reach True Love. Relationships are opportunities to know love; to help liberate you from subconscious traits and round you out rather than enslave you. Therefore, you are to show affection, yet not get lost in desire and emotional expectations.

## **Trust in the Eternal**

Trust is something you have confidence and faith in. If you look at the back of a U.S. dollar bill, right in the middle is the dominate message: ONE, in capital letters. Above that: IN GOD WE TRUST. The back of a dollar bill is a good analogy of the way this thought is at the back of your mind. Bring this thought of gratitude of being One with the Eternal to the forefront of your thinking to help you pursue happiness and align with Harmony, especially in the morning before you start your day and just before falling to sleep. Trust in and use Universal Life Energy, which is the Spirit of the Eternal, in your activities throughout your day. As you begin to be conscious of being loved and being loving it will help harmonize your life in the human world.

## **Remember the little things as well as the big things!**

When you appreciate any quality of love it encourages you to love more because it is so harmonizing. Be aware of and appreciate beauty in art, music, nature, and other countless forms. Develop a sense of enthusiasm for the moment and enjoy it as best you can. And remember to be grateful for the little things as well as the big things. The more you live this way, the more you reach True Love. It is close at hand.

With Light and Love Portia SLB

# Reaching Love Provision

Use your right to pursue happiness, and consider some of the following methods to help you reach True Love, which is near at hand. Be conscious and aware of your feelings and behavior, writing down your self-observations and thoughts. You are your own best teacher!

**Being Sincere** Be a self-observer! Consider the practice of Relaxation, Silence and Mental Contact with Universal Life Energy, going inward to connect with your inner awareness. Release your mental desires and open your heart to feel love within you and expand it out in a radiant ring of caring and sincerity, then carry that feeling into your active life. Are you conscious of feeling sincere? Do you recognize how it manifests?

**Being Compassionate** Be a people watcher! Then note if you are aware of being compassionate and can see parts of yourself in others and others in yourself. What actions of caring have you considered and why?

**Being Friendly** Be aware of approaching everyone as a friend and note your observations within yourself and others. If you genuinely smile, do they return it with a smile? Do you feel rejected or insulted if they do not return your smile? What action do you take when friendship is not reflected back to you? Do you keep your distance and remain independent of their reactions, focusing on your connection with the Eternal instead, including them in that realm of love?

**Being Impersonal** Be conscious of your interactions with people and observe your attitude. Do you hold on to memories and judge harshly or are you open, considerate and kind, living in the moment?

**Trusting in the Eternal** Consider making efforts of conscious connection with Universal Life Energy and use it when you work, play and interact with family. Upon awakening and before sleeping mentally realize that You are connected and One with the Eternal. Notice and record your self-observations, including self-talk throughout the day. Do you reject negative self-talk and focus instead on your connection with All Love?

**Appreciating Life** Be a nature watcher! Then, note your observations of appreciation and beauty in the sounds, colors and forms, fragrances, taste and touch sensations. Do you sense an inner beauty of life in art, music and people? Are you appreciating this very moment?