

POINTS TO REMEMBER

Today, the **Third Sunday of Advent**, we celebrate the **Power of Love**. **Love is the harmonizing, unifying Force** that provides each of us the ability to respond to the innate Spirit within us that unites all of Life.

Jesus told us that **the great and first commandment** is to **Love God and other people**. (Mt22:34) So it merits our utmost focus and commitment.

Actually Love begins with how we treat ourself. To change how others treat you, **first change the way you treat yourself**. Unless you learn to love yourself, fully and sincerely, there's no way you can be open to love. **How we see God is a direct reflection** of how we see ourself.

In addition to the foregoing, consider the following **Ten Rules of Love**:

- 1)Pursuing Love changes you.** The moment you start pursuing Love, you start to change within and without. And it is never too late to change. Though many persons are not aware, you who practice love benefit most.
- 2)Only Love purifies** your heart. Your body may be cleansed by medical treatment or other practices. But the real contamination is hatred, bigotry and resentment that infect your soul. This can only be resolved by Love.
- 3)The path to Truth is a labor of the heart**, not the head. Make your heart your primary guide,not your mind. Trust your heart to show the way
- 4)Discover your divine spirit within** and live it. Humans are unique of God's creation. **Each of us is** designed to be God's delegate on earth.
- 5)Unless we learn to Love God's creation**, we can never Love nor even know God. We were all created in God's image, yet are different and unique. Disrespecting these human differences disrespects God's plan.
- 6)The Universe is one** being. Everyone and everything is interconnected. So it is vital we do no harm, practice compassion, and treat others well.
- 7)Live in the now**, putting past and future out of mind. Destiny does not mean your life is predetermined, so leaving things to fate is not wise.
- 8)Soften your inside.** Expanding your heart brings you closer to Truth.
- 9)Seek balance.** Our earthly time is a temporary loan. The world is a mere imitation of reality. So be neither infatuated nor distressed by it.
- 10)Don't seek to identify what or where to Love.** Just Love.

With Jesus, one thing is paramount. How much are you loving?

When you give yourself over to the Power of Love, you allow The Christ to take over your life, moving you into alignment with God.

