

Thoughts to Ponder

Building a Love Consciousness for Mankind

November 2006

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What is love? It is a hard word to describe when you think about it. You can say that love is a feeling, an emotion, a combination of caring and compassion that comes from the heart. But more than that, love is a high-frequency energy, a powerful energy which is an expression of God.

For the love energy *is* God energy. To express God and not express love is impossible. The converse is also true. So love should be kept holy. It is a holy expression, a holy energy. It is also a creative energy.

Love is the power from which all things are formed.
It is a magnetic, manifesting, and transmuting vibration.
It is all that is. Without love there is nothing.

Love is the forerunner and the nucleus of matter.
Love is the essence of life—the God spark, the paradigm,
the creative thought in the mind of God.

Love is a frequency that expands and attracts.
It is infectious and self-replicating.
It is all encompassing.

Love is the Force that animates
every molecule, every organism, every living being.
It is the undercurrent in which everything grows and evolves.

Perfect love is total serenity.
It is the nourishment. It is the fulfillment. It is the goal.
It is the real you.

Reach deep within and connect with your essence;
you will find Love.
When you find perfect love, you will have found God.

Poems from SECRETS EXPLORED, Book Two, By Jean Warner (In Process)

On September 11, 2001, we witnessed the worst of mankind, the ultimate example of man's inhumanity to man. Following that event, we were privileged to witness the best of mankind. We saw—portrayed within our own homes and throughout our country—brotherly love in action, unity in demonstration, loving devotion in practice.

Sometimes it takes great tragedy to bring out the best in humankind. During the weeks following 9/11, we observed this effect. It harbored great hope for the human condition. It changed the outlook of people everywhere. It pulled us out of our own little worlds and showed us the greater picture. We gained a new perspective. We lost much of our complacency.

Each of us felt ties to those in mourning. Each experienced the horror. The question *Why do they hate us* resulted in self-examination and introspection. It led to a common bonding; to a connecting with our individual conceptions of God; to a search for understanding; to united goals; to compassion.

If it takes tragedies such as this to bring us into the Oneness, then let us be accepting. For in our deepest sadness, within our greatest grief, do we find a better understanding of life, a discernment of what is important in our lives and what is trivial. If it takes tragedy to bring us together, let us accept the tragedy, with empathy for people everywhere who are suffering and feeling the isolation of loss.



Let us pray that it will not take another tragedy of this magnitude for all of us to wake up to the true relevance of our daily experiences, which we so often overemphasize. Let us take the broader view, a connected view of the interwoven tapestry of world affairs and human conditions.

We create the world we live in by all the ramifications of our actions and inactions, our judgments, or our love and compassion, through the vibratory frequencies of our thoughts and feelings.

Judgment, condemnation, anger, and hate, breed more of the same and draw them inevitably to us. We can overcome such negativity only through love. **Love is our greatest weapon against evil!** Let us unite in sending so much love and good will into the ethers that evil cannot withstand it. Darkness cannot penetrate light, but light dissipates the darkness. Lower frequencies cannot withstand the high frequencies of love and will withdraw or perish.

Let us pledge to build a halo of light around our world—light too brilliant for darkness to permeate. Only love can accomplish this, the love we bestow upon others, the love we gift to ourselves, the love we emanate around the globe.

We are stronger, we are greater, than the evil around us. In the innermost being of our soul, we are love. Our very essence is love. Within this essence, no darkness can endure. Love will prevail!

How do we develop a loving attitude? First we must learn to love ourselves. To promote world peace, one must first develop peace within oneself. Come to terms with your own inner conflicts. Look objectively at the probable causes of any negative feelings you may harbor. Own the pain and the frustration. Feel it, and let it go. Don't hold on to it. Give it to the Father and release the inner conflicts.

We can allow ourselves to be a victim, or we can choose to rise above the forces that prevent us from being all that we would like to be. It is a matter of choice. First, forgive yourself for any mistakes you may have made in the past. They were then. This is now. Do not dwell on the words, thoughts, or deeds that you are forgiving yourself for. We've all made mistakes. Just wipe the slate clean and start a new page in your life. Look at the blank pages before you, not the soiled ones behind. No matter what you may have done or said that you now regret, know that you were doing the best that you could at the level you were on at the time.

You came to Earth in order to grow. The fact that you feel you would do things differently now than you did in the past shows that you are achieving your goal. You are growing and expanding in spiritual awareness. Give yourself credit for this! If you had not grown, you would feel no regrets for past mistakes. So look upon all your mistakes as learning experiences, and your regrets as an indication of your spiritual growth. Then be proud of your accomplishment and love yourself for the advancement you have achieved.

If you do not love yourself, accept yourself as you are, how can you accept or love God? You are His beloved child. And if you cannot accept or love God, how can you accept or love others? So first, love yourself. Second, realize the oneness of all, for we all have a spark of the Divine within us.

We have talked about learning to love ourselves and about realizing the oneness of all. These are the prerequisites to loving others. Once one has obtained peace within oneself, getting along with others will be easy. But, in this process, one must discover the common ground of unity. We are all one. We are a part of each other. Because we are all a part of God! When you can see your brother or sister as a part of *you*, how can you not get along?

Serving God is serving self. Through the growth of self, all the cosmos is affected in a positive way. The rise of each individual consciousness affects the frequency of all, and alters the thought forms going into the ethers. The "cloud" of positive/negative energy which forms a canopy over the planet is impacted by each individual's thoughts or words. All life on the planet is influenced by this canopy of energy.



Happiness comes through spiritual growth, so as each individual grows spiritually, he/she becomes happier. Joy raises the vibrations and the consciousness of that individual. This provides a more positive energy in the ethers, which affects all. Do you see how influential you, as an individual, can be?

How you choose to live your day as you get up in the morning can make a difference in your world and in the lives of all beings, be they human, animal, or plants. You are powerful in your influence! Wake up in the morning with the realization, "I can change the world!" Hold this thought throughout the day.

Not only your actions, but your reactions—how you choose to perceive the circumstances that occur during the day—will control, to some extent, how others act or react. This will be a chain effect.

How you choose to live—whether to serve ego or all life—determines how all life responds.

Surround yourself with those who see the needs of the whole instead of the petty needs of self, and the impact will be magnified. Uniting with those who work for the common good, by being the best that they can be, provides a powerful impetus for growth of all humankind.

This kind of service does not require hard work or a lot of time. It simply requires an attitude of love and good will, a cheery countenance, a kind word, a sympathetic understanding. Such an attitude can fit into any schedule, at work, at home, or during any social or recreational periods. It demands nothing of you but right choices. Choose to be happy. Choose to be kind. Choose to be loving. Choose to look at your world and see the beauty, the wonder, the excitement of its daily miracles, *and you will be serving God.*

The Power of Love

One day the darker side of life was closing in on me.
Destruction, hatred, greed and strife were all that I could see.
I looked into the looking glass and asked, "Why am I here?
Why was I born into this mass of misery and fear?"
My image, framed in darkness, spoke through a murky night:
"Just look beyond the starkness into the world of light,
and view the world around you with love for all you see.
Then beauty will surround you wherever you may be."
Beyond my image I could see a throng of burdened souls
whose hopelessness appeared to be from aimless, useless goals.
My heart released its grim despair and looked beyond the fright
into sad faces everywhere who longed for love and light.
I reached my arm toward the glass, and love flowed through my hand,
and as I touched the saddened mass I saw a light expand.
The light revealed a loveliness I had not seen before.
The faces in the murky mist had beauty as their core.
The dismal fog surrounding them took on a gentle glow
and slowly dissipated when my love began to flow.
The earth appeared to be reborn and blossom in the dawn.
A lovely sunrise framed each form my love had touched upon.
The promise of a bright new age must start with me, I thought.
For love has power to assuage the havoc hate has wrought.

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