

IF THE GOAL

If the goal of human evolution is to attain
Unconditional Love Consciousness,
Then a preliminary understanding is required.

Unconditional Love has no emotional polarity.

In this state of consciousness everything is
Perceived as positive, necessary, and good.



Which means that we must stop living **AS IF**
Death is a bad thing,
Injuries and illnesses are accidents,
We can blame someone for our problems,
The past has anything to do with the future, and as if
We already know everything.

At the present degree of our evolution, we can't swallow that.
But, Baby Love, it's only part of how we're going to live, someday,
And here are some simple steps to begin.

- 1 Strive to achieve emotional equilibrium, the ability to see the good in all events.
- 2 Live the truth: that the material world is always *Becoming*, not already finished.
- 3 Have the presence of mind to respond, rather than have a knee-jerk reaction.
- 4 Exist in the certainty that all is well, always.
- 5 Embody compassionate action—caring without the drama.

And that's for starters!

Time to wake up and get ready.

First, practice on little Things:

- Like noticing when your mind shifts into negative judgment when driving...
- Like being patient with a rigid answering machine you must talk to...
- Like knowing the life-force of humans is anchored in eternal life, not in flesh...
- Like loving mean people, understanding that it's the best they've got, for now....

Okay, Baby Love, you're good to go.

Persevere, practice, one step at a time.

Recognize when you get all gnarled up and snotty over nothing,

And look deep within for the true source of irritation.

No kidding.

(Hint: Nothing out there has the power to irritate you without your permission.)