

**MeruUniversity.org**

# How to Use the Love in Your Heart and the Fire in Your Belly to Love People Unconditionally



# Our goals in teaching a Meru University class

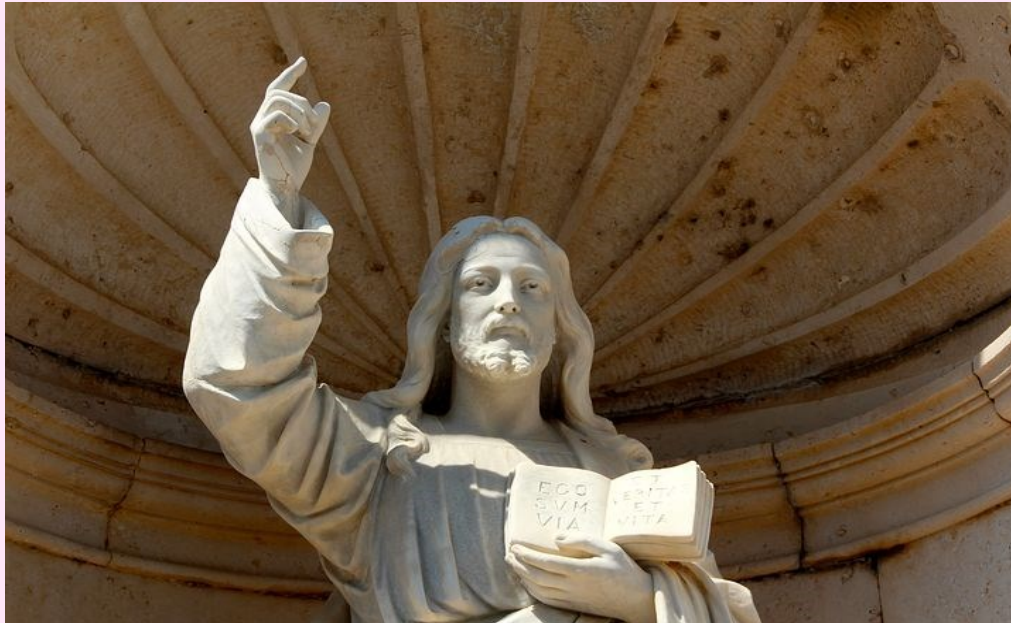
- Inspire
- Enlighten
- Empower

And these are my goals!



# Jesus, our Master Teacher

- The two great commandments
- “Be ye perfect as your heavenly Father is perfect”
- Made in the image and likeness of God
- Jesus, help me to love God as you love God and to love humanity as you love all humanity





# Some definitions of unconditional love



- Affection without limitations
- True altruism
- Love without conditions
- Love which has no bounds and which is unchanging
- Love with no strings attached

# Using the **Fire in the Belly** to Love People Unconditionally

## What does that mean?

- To have a determination and a passion
- To have will as well as love



# Another possible definition of having **fire in your belly**

- To be able to laugh heartily and easily
- Lightening up and not making a mountain out of a molehill (or a giant out of a pip-squeak!)



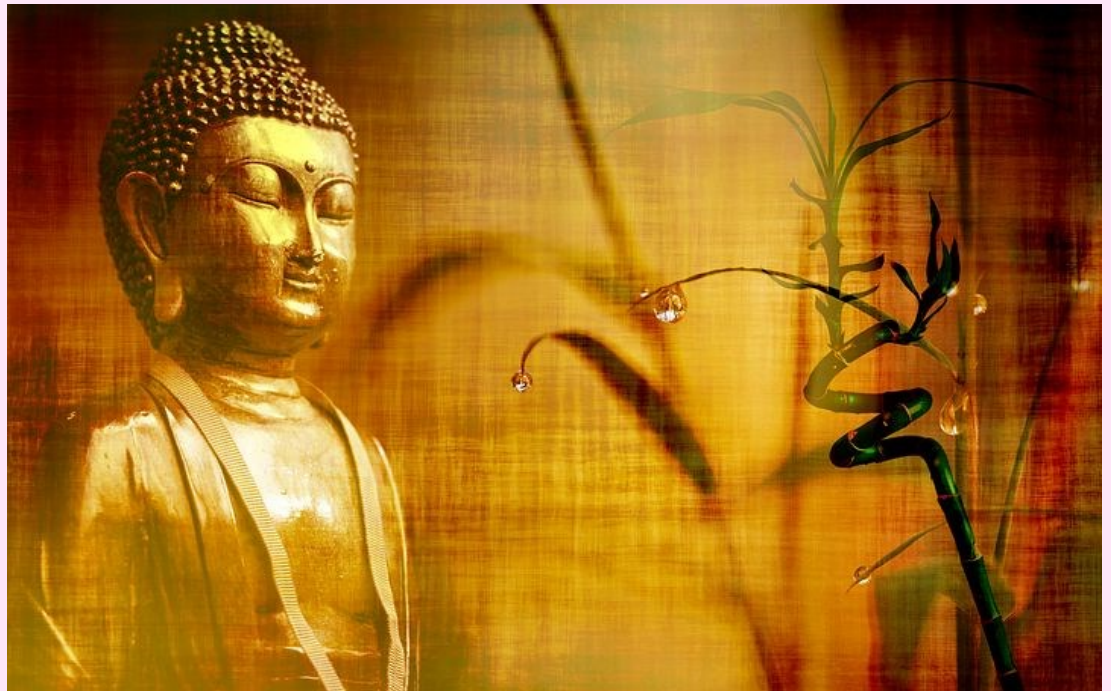
# Anecdote of Mother and me after my return from Vietnam and joining staff in Colorado Springs





# How Do We Achieve Unconditional Love?

- By walking the path of initiation
- By striving
- By mindfulness
- By heart-centeredness
- By focus
- By acceptance



# Quotes from Saint Teresa of Avila

“The surest way to determine whether one possesses the love of God is to see whether he or she loves his or her neighbor. These two loves are never separated. Rest assured, the more you progress in love of neighbor the more your love of God will increase.”

“Each of us has a soul, but we forget to value it. We don't remember that we are creatures made in the image of God. We don't understand the great secrets hidden inside of us.”



# More quotes from Saint Teresa of Avila

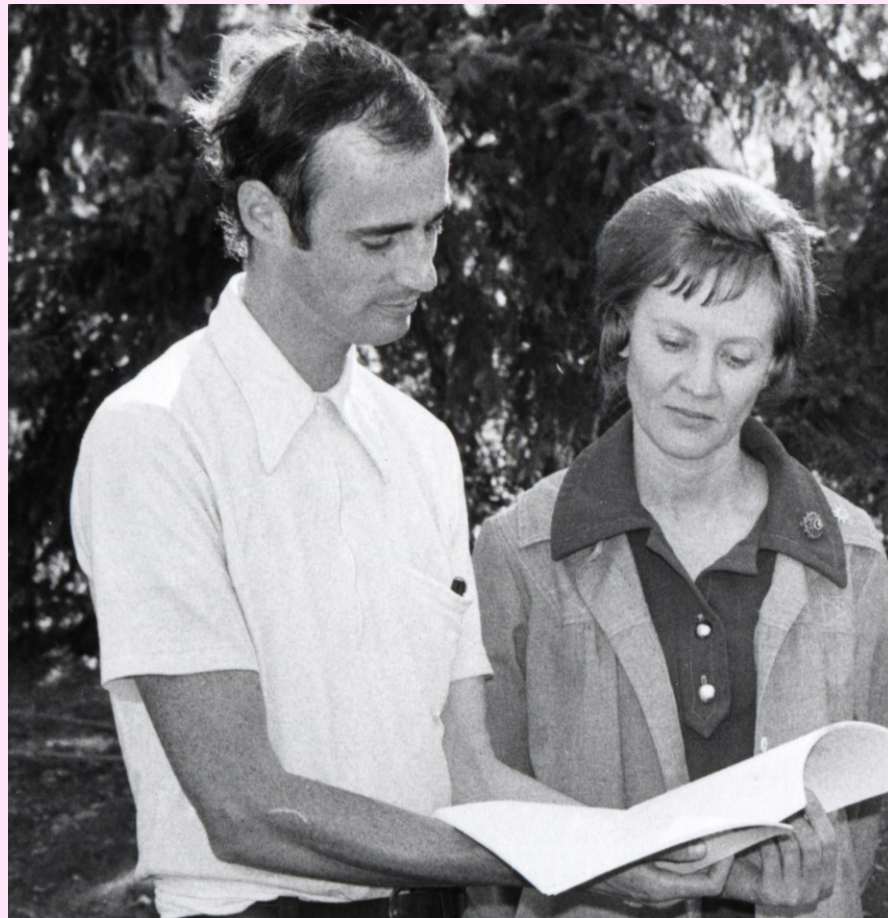
“May God protect me from gloomy saints.”

“The feeling remains that God is on the journey too!”

“I would never want any prayer that would not make the virtues grow within me.”



The saint Florence Jeanette Miller (Theresa of Avila) and me  
at La Tourelle in Colorado Springs  
in the early 70s





# Quotes from Mother Teresa

**“I can do things you cannot,  
you can do things I cannot;  
together we can do great  
things.”**

“If you can't do great things, do  
little things with great love.  
If you can't do them with great  
love, do them with a little love.  
If you can't do them with a little  
love, do them anyway.”





## Quotes from Mother Teresa, continued

“**Speak** tenderly; let there be kindness in your face, in your eyes, in your smile, in the warmth of your greeting. Always have a cheerful smile. Don't only give your care, but give your heart as well.”

“Kind words can be short and easy to speak, but their echoes are truly endless.”



# Background on Shams of Tabriz



- Born in Tabriz, Iran in 1185
- Teacher of Rumi, the poet
- Author of “Forty Rules of Love”

## Shams' Rule of Love #3

“You can study God through everything and everyone in the universe, because God is not confined in a mosque, synagogue or church. But if you are still in need of knowing where exactly His abode is, there is only one place to look for him: in the heart of a true lover.”



# Shams' Rule of Love #11

“The quest for love changes us. There is no seeker among those who search for love who has not matured on the way. The moment you start looking for love, you start to change within and without.”





# Shams' Rule of Love #14

God is busy with the completion of your work, both outwardly and inwardly. He is fully occupied with you. Every human being is a work in progress that is slowly but inexorably moving toward perfection. We are each an unfinished work of art both waiting and striving to be completed. God deals with each of us separately because humanity is fine art of skilled penmanship where every single dot is equally important for the entire picture.





## Shams' Rule of Love #15

It's easy to love a perfect God, unblemished and infallible that He is. What is far more difficult is to love fellow human beings with all their imperfections and defects. Remember, one can only know what one is capable of loving. There is no wisdom without love. Unless we learn to love God's creation, we can neither truly love nor truly know God.



## Shams' Rule of Love # 20

We were all created in His image, and yet we were each created different and unique. No two people are alike. No hearts beat to the same rhythm. If God had wanted everyone to be the same, He would have made it so. Therefore, disrespecting differences and imposing your thoughts on others is an amount to disrespecting God's holy scheme.



## Shams' Rule of Love #27

“Whatever you speak, good or evil, will somehow come back to you. Therefore, if there is someone who harbors ill thoughts about you, saying similarly bad things about him will only make matters worse. You will be locked in a vicious circle of malevolent energy. Instead, for forty days and nights, say and think nice things about that person. Everything will be different at the end of 40 days, because you will be different inside.”





# Rose of Light's Maxim

Given December 26, 2016 through David Christopher Lewis

The sanctity of your heart in full bloom is greater than that of all the roses living upon Earth.



# Excerpt from a HeartStream by Mother Mary

Given on May 14, 2005 through David Christopher Lewis

Many have spoken of unconditional love. The true unconditional love is that true charitable flow that does not set any particles of self or does not require any conditional return current in order for the extension of grace to occur, but simply releases love as God releases the sunshine to all.





# Photos taken by me in Cairo after our pilgrimage to Egypt in 2006



Photo taken by me in Cairo after our pilgrimage to Egypt  
in 2006



Time for Sharing:

**Do you think you can love others unconditionally if you are not able to love yourself unconditionally?**



# Some anecdotes and stories...





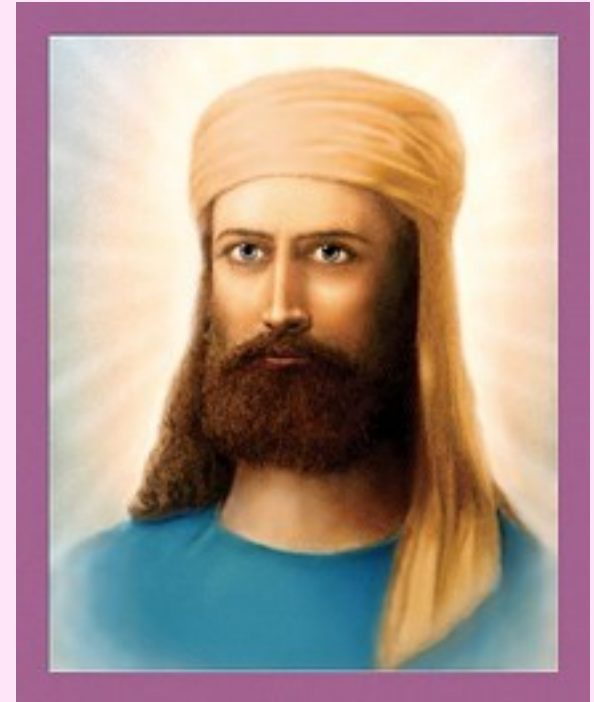
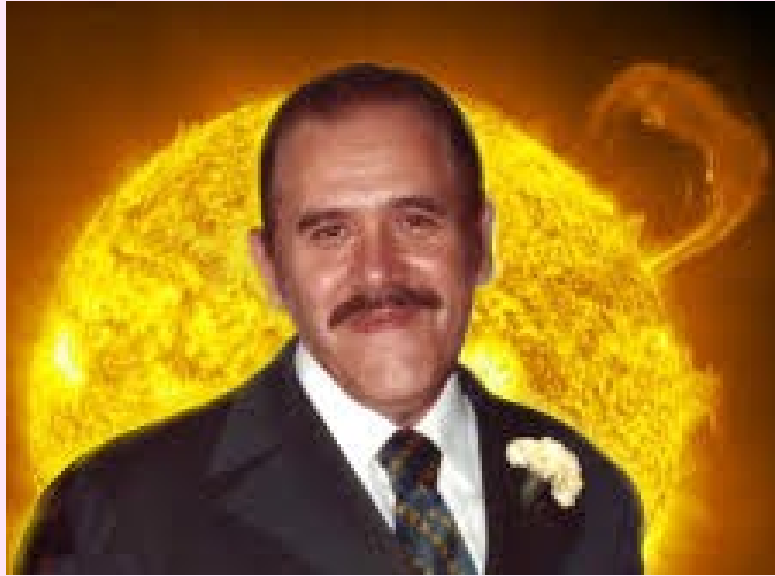
# An anecdote about a resident at Kenzington Condominiums and myself...



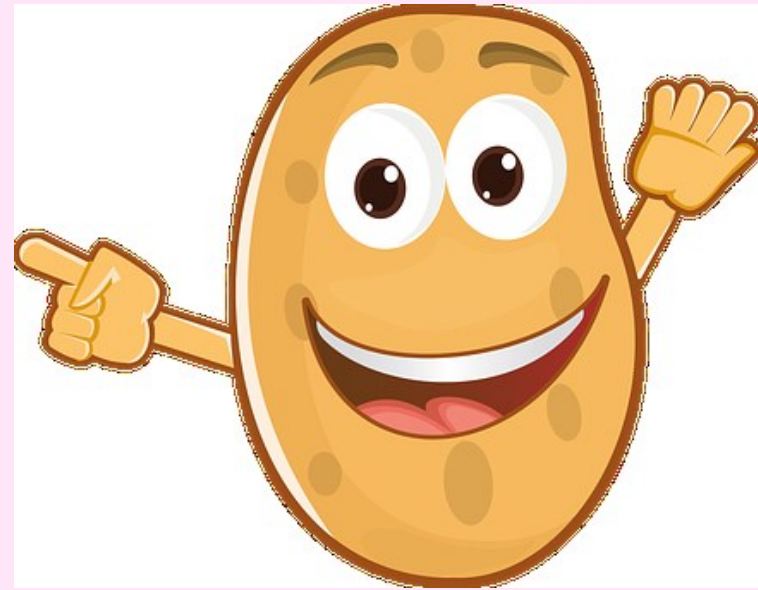
## Was He a Dog in a Past Life?



# A question I posed to Mark and Morya



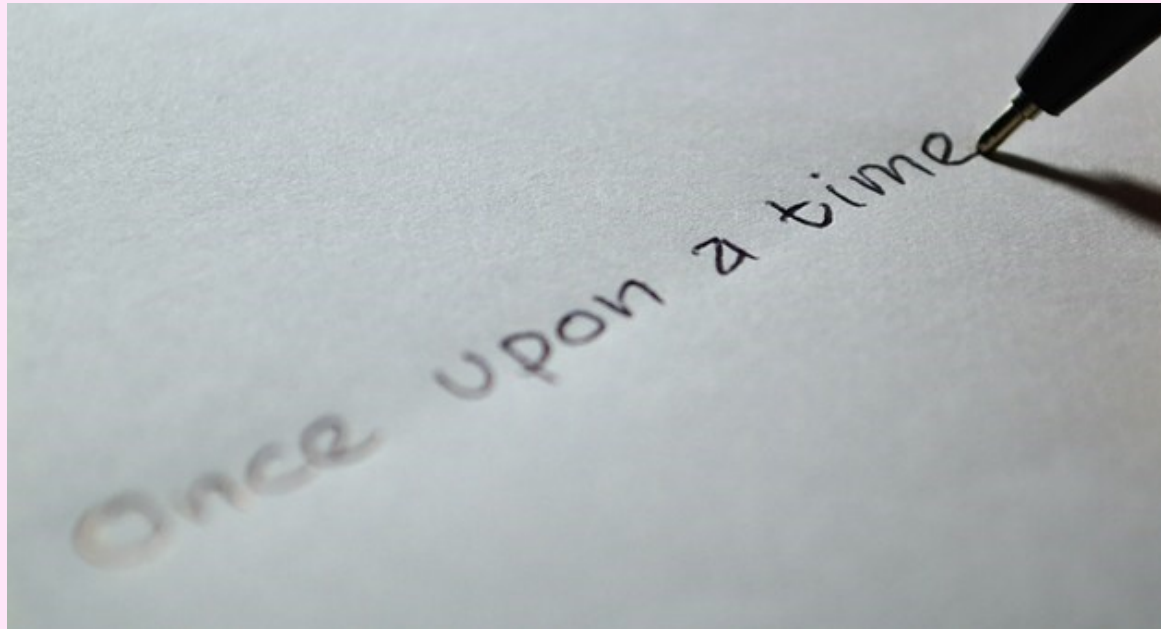
UPLIFT





And so now methinks it is time for many of you to share your initiations both passed and maybe some you didn't pass so that we can all learn from each other.

WHAT'S YOUR  
STORY



# Some affirmations. Becoming the Word by affirming the Word of Love

I AM a cell in the cosmic heart of the Creator.

I AM one with the hearts of the saints above and the saints below.

I AM one with my dad Alpha.

I AM one with my mom Omega.

I AM loving myself unconditionally so I may be able to love others unconditionally.

I AM daring to be the real Me.

I AM claiming my identity as light, love, joy and all the virtues that make all other people happy.

I AM galvanizing love in all peoples everywhere.

I AM forgiveness toward all as I behold the light hidden beneath the bushel.

With God all things are miraculously manifest.



*Love from Heaven Practicing Compassion for Yourself and Others* by Lorna Byrne, the Irish lady who has always seen and heard angels.



- “Day 1 Acknowledge that you are pure love.
- Day 2 Choose to love yourself more.
- Day 3 Loving yourself is not selfish.
- Day 4 You are deserving of love.
- Day 5 You are unique. There is no one else in the world like you.
- Day 6 Notice the love that is around you.
- Day 7 Celebrate when you love yourself more. You will be happier.”



Our baby picture—my sister and me!





# A Few More Sharings from Lorna Byrne



# Musical meditation with panpipes and banjo on love



# Manifesting unconditional love

Wayne Dyer's suggested practice





# Pure, unconditional love

“There is no greater power in heaven or on earth than pure, unconditional love. The nature of the God force, the unseen intelligence in all things, which causes the material world and is the center of both the spiritual and physical plane, is best described as pure, unconditional love. This God force is the oversoul to which we are always connected because we are localized extensions of that force.”





# Experiment: Practice only unconditional love

“I suggest you embark on an experiment in which you practice only unconditional love for several days. Vow to yourself that you will only allow unconditional loving thoughts to emanate from your consciousness. Make an intense proclamation to live unconditional love. During this time, refuse to have judgmental or critical thoughts. In your quiet time, think only peace and love. In all of your relationships, think and act in only loving ways. Extend loving thoughts and energy wherever and whenever you encounter anyone or anything. Become unconditional love for this period of time.”



# Experiment: Practice only unconditional love

“By pouring love into your immediate environment and practicing gentleness in all of your thoughts, words, and actions, your immediate circle of friends will begin responding in a whole new way. This act becomes expansive very quickly and you can radiate this love to your whole community. You become detached and loving toward all. You are not loving the hostile acts of others, but you are loving the spirit that is blocked in those who are harmful and unloving. When you can live this way and reject all thoughts and actions that are not of an unconditionally loving nature, you will experience the essence of your spirit and discover how to overcome limitations in your life.”



## Experiment: Practice only unconditional love

“What can you expect as you practice a few days of being total unconditional love? If all of your meditations are devoted to love, and if you pour love into every single situation and every single person you meet, and beyond that to everyone on the planet and to the infinity of the universe, you will feel yourself becoming a different person. You will sleep more soundly.” (That hasn’t worked for me yet.)

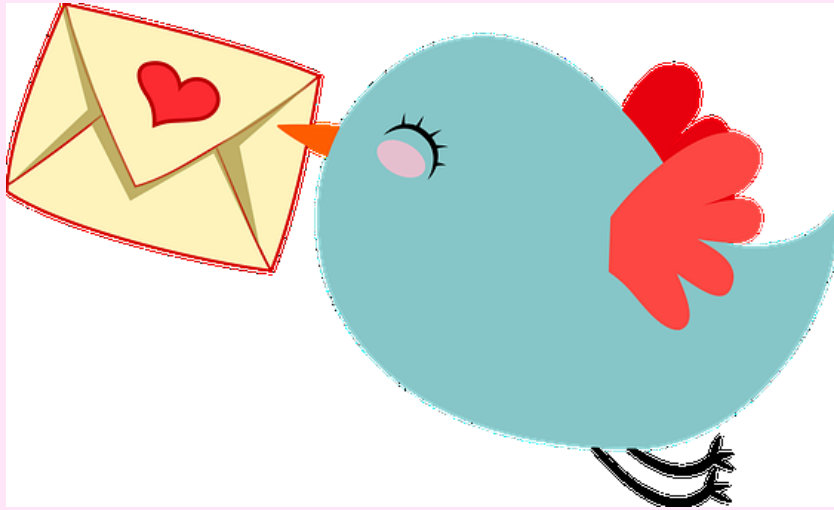
“You will feel at peace virtually all of the time. Your relationships will be more deeply spiritual. You will begin recognizing the “coincidences” of your life with greater regularity. Your thought forms of unconditional love will begin to produce what you desire without your even being aware of how it is happening. Your dreams will be more intense, and the vision of your purpose will become clearer.”



# Introducing the Angel of Vitality!







# Thank You

Donald Galvin

Meru University Staff

The Hearts Center Creative Arts Team



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