

CLASS 6---CHAPTER 7

LOVE



QUESTIONS TO PONDER

- 1. Do you believe humans are potentially capable of living in joy, and harmony, and love?
- 2. How does each individual contribute to that potentiality becoming possible?
- 3. What spiritual and emotional maturity do you need to be able to be an integral part of Humanity's Evolution toward Divine Humans?
- 4. How will you attain that maturity?
- 5. Do you think it is important that you attain that maturity?

TWO ASPECTS OF LOVE---

1. CAUSE
2. EFFECT



- Imagine that love flows outward as the primal energy of God as God. This Love is infinite and boundless. We often say it is also unconditional.
- When we realize we are One with Source, we realize our potential of Love.
- Our natural state becomes empowered, comforted, and impassioned.

OUR FEELINGS OF SEPARATION FROM GOD FUEL US SEEKING LOVE



- It is a “wake up” when we feel unloved. It is a “wake up” when we begin seeking for love outside ourselves.
- This tells us we have forgotten our Oneness with Source. One with Source, we feel love, we know ourselves as love. We are love. **How can we regain the knowing of Oneness with source?**

LET US REMEMBER THAT LOVE IS **NOT** AFFECTION IS LOVE WHAT YOU GIVE OR WHAT YOU GET?

Love isn't really about how the other person loves you back. It's about your ability to know your own Divine Love.

Love does not judge by appearances.

Let's have a discussion about the statements above.



THE LENS OF LOVE DISCERNMENT



- Part of our spiritual education is to not judge by appearances, but if the lens we are seeing through is distorting the Truth all our efforts fail. No matter how hard we try, moments of clarity are few & temporary.
- We must replace our old lens by raising our consciousness. Through the lens of Love we see a clearer vision of humanity. When I look at the human world without judgment of either bad or good. I instead see that it is all one; it is God.

LOVE IS JOY; LOVE IS HARMONY; LOVE IS ALL WE NEED

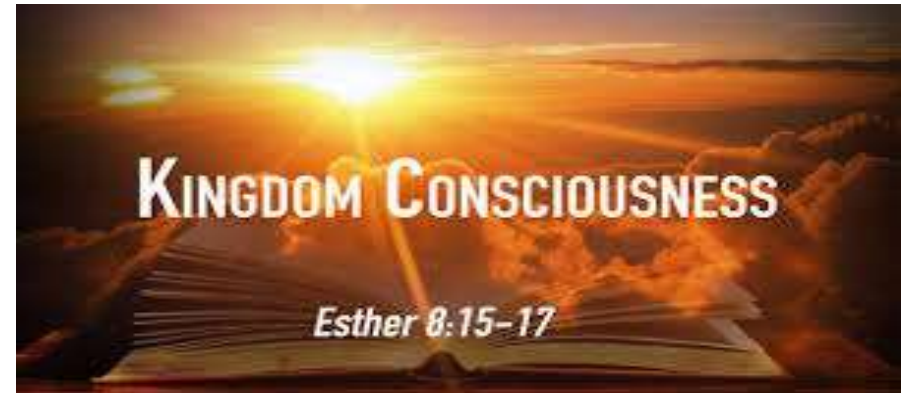
“To be loved means
to be recognized
as existing.”

— THICH NHAT HANH —

What is important is that we
“embody Love.” We must
“Be Love.” Then we always
experience love and we are
always bring the healing and
transformational power of Love
into manifestation.

Let us be Love in expression.

DIVINE LOVE MANIFESTS IN SUPPORT OF WORLD PEACE



- It is our job as Divine Humans to bring Harmony as Kingdom Consciousness here on earth, As Above, So Below. In this “New Age” we are Divine Humans with the mission of Transformation. **Let us create a World that works for everyone.**
- **Love is the greatest transformational power there is. This Love sees each at the deepest inner soul level and knows how to lead each into ever higher vibrations of an inclusive Harmony that dances with the Universe.**

WE ARE CALLED TO BE DIVINE LOVE. TO BE LOVING.



- Let's revisit the 2 Star Keys again.
- 1. You are called to know that we are one with God, One with All that is.
- 2. As Divine Humans we are called to give of our Divine Self. To be God expressing Divine Harmony with every action. **(This is truly loving our neighbors as ourSelf. Because we are all One.) We create only Love, Joy, and Harmony for that is what we are.**

LIVING THE WAY OF THE HEART, YOU BECOME LOVE IN EXPRESSION



Self-awareness comes from understanding your actions, thoughts, and emotions, and how they affect others.

BRENE BROWN

- Love begins with you, as you. All you have to ask yourself is---Is what you are doing loving? If it is loving, it is moral. If it is not loving, it is not moral.
- The Way of the Heart becomes our highway to Being.
- God is not merely loving. God is Love. And so are you. Spiritual Globalization transcends ethnicity & religion, getting to the Heart of each individual. The Two Commandments of Love, expanded consciousness into a an evolutionary leap of new possibilities.---

UNITY KNOWS THAT WHEN WE KNOW ONENESS, WE DO NOT SEEK GOD OUTSIDE OURSELVES

- *It isn't how another person loves you back. It is how you know yourself as Divine Love.*
- **Love is knowing the internal Spiritual nature of yourself and any other.**



“Oneness is the source of love. Real love is the One celebrating itself as two.”

Ram Das

 TheMindFool

**IN THIS NEW CYCLE,
WE KNOW LOVE AS
THE BEATING HEART
OF THE UNIVERSE.**



- **From time to time or at different stages of our lives we look at life through different colored lenses, from various shades of darkness to lighter and lighter ones, as we expand in awareness.**
- **The only real solution is to take off the old consciousness and put on a new set of glasses with brighter lenses.**
- **We can grow into looking at the human world without judgment, knowing that it is all one, and experiencing it is all God, all Love.**

THE GOOD, THE BAD, AND THE UGLY.... IT'S ALL GOD



- Be in love with the trees, the rocks, the traffic, the crowds, the individual smiles that sparkle, not because of their appearances, but because It's All God. Love is Joy. Love is Harmony. Love is all we need.
- Our lives must become love in action as we move into greater awareness. **BECAUSE** "You are alive today; you are on the path. You have chosen to be a transformer. You have chosen to be a Global Human and you are Divine.

FINDING THE DIVINE WITHIN ANY ONE AWAKENS US TO THE DIVINE IN ALL



- **As Divine Global Humans we first see each other as the spiritual Beings that we are, which is Kingdom Consciousness, then take actions to live in the Kingdom. Again, these are the First and Second Star Keys!**
- **Let us all become the Way of the Heart and Light the World. Amen. And so it is.**



Just Breathe

*Mastering Breathwork
6-Week Zoom Class*

Rev. Bryan Sawchuk
March 10th 2026 / 7-8:30pm

"A timely and essential book for our challenged world."
—MARK DIVINE, retired Navy SEAL and New York Times bestselling author

JUST BREATHE

MASTERING BREATHWORK

DAN BRULÉ

FOREWORD BY TONY ROBBINS

QUESTIONS TO PONDER

- 1. What are the 2 Star Keys? How can you use them to bring Heaven to Earth?
- 2. What is the Diving Process? How should you respond to the Divine Process?
- 3. What is a double thread and what is a complement? How can you use this information to integrate seeming paradoxical Truths?
- 4. What is double think? Is this a skill you can use to help you raise your consciousness?
- 5. Did Starcke give you an idea as to what your purpose is?
- 6. How can you best fulfill this purpose?
- 7. During the 6 weeks studying this book did you change your concept of yourself? Of God?
- 8. How do you create your Reality? Does this impact the consciousness of the Whole of Humanity?
- 9. What was your main take away from studying this book?
- 10. How has the study of this book changed how you will live your life?