



Spiritual Warrior Training 101 ~ Lesson 8

Emissary of Love

*“Simple kindness to one’s self and all that lives
is the most powerful transformational force of all.”*

~ David Hawkins, *Power vs Force*

During the 1990’s, an ancient wisdom teaching was brought into focus through some amazing young people dubbed the “Indigo Children.” Their message is gentle, inspiring, and ultimately the most profound teaching of all. *We are all here to be emissaries of love.* Simple, wondrous and elegant, this message echoes the wisdom of the Masters. Jesus the Christ came to earth to teach us that like him, we also could manifest miracles with the transformational power of Love. The Dalai Lama, in his joyful manner, urges us to be the essence of compassion. Can you imagine a world in which we all love one another? Is this not the heart of peace? So, just what is Love in its highest form?

Love, with a capital L, is the highest vibration in the universe. Love is the all. It is everything that is. If I may quote God, from the book *Conversations with God* by Neal Donald Walsch, “You are life expressing life, love expressing love, God expressing God. All these words are synonymous. Think of them as the same thing: God, Life, Love, Unlimited, Eternal, Free. You are all of those things.” Love is our natural state of being. We arrive into this world a soul with a body, the purest essence of Love. Yet through the process of growth as human beings, we so easily lose touch with the inner dimensions of heart and soul. So, what is it that keeps us from naturally expressing Love?

Undoubtedly, it is the ego-mind, the guardian of our safety in this three-dimensional world. Utilizing fear as its tool, the ego separates rather than unifies, judges rather than accepts, and clouds our perception of the oneness of life. We easily fall into the illusion of separation we have come to know as reality. In actuality, however, the universe can be likened to one energetic heart pulsating to the rhythm of life. And with every act of Love, as we increase our light, the impact is felt throughout the universe, as a tiny ripple effect, brightening all in its path and adding to the brilliant sea of consciousness. It is said that the loving fields of Christ and Buddha were so powerful that people were healed in their presence. Both of these remarkable avatars teach us that Love is the essence of Life. So how can we awaken our heart light once again?

Meditating on our heart center is one way to stir the inner flame. Heart cardiologist, Dr. Paul Pearsall, shares in his book *The Heart’s Code*, “There are cellular memories within us that can remind us of the importance of ‘being’ and not just ‘doing’, of how to lead a more blissful, heartfelt life, and that contrary to the powerful, protective, evolutionary drive toward individuality contained in our brain, ‘We are all One.’ To find these memories, we have to understand the difference between the brain’s disenchanting short-term memories of the hectic world it has created for itself and the enchanted ancient remembrances of the heart.”

According to Mahatma Gandhi, the answer is simple, *be the change you wish to see in the world*. If you seek to live in a world of Love, be Love. In essence, this only requires you to make two new choices, 1) to perceive the world with reverence, and 2) to act in a loving manner. For love and fear are your only options. Any response that is not Love, is generated by fear. In his book *Healing With Love*, Dr. Leonard Laskow explains that, “When you create a coherent, loving field, everything within that field begins to vibrate as one, to dance with the same rhythm. When all begins to vibrate as one, separation disappears and there is only oneness.” A Spiritual Warrior takes responsibility for the quality of energy he or she emanates into the world, saying no to fear and yes to an open heart. I invite you now to make the conscious choice to walk the wisdom path of Love. How would you act if you were an emissary of Love?

Dancing Lesson For Your Soul ~ Choose Love over Fear

For the next few weeks, be aware of your motivation for each choice you make.

- ⑥ Each day, with every choice, notice where you are leaning toward making a choice out of fear, and do just the opposite. Trust and choose instead a Loving response.
- ⑥ Journal how this has made a difference in your life.

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