

LOVE and WONDER

When you look at a tree and perceive its stillness, you become still yourself. You connect with it at a very deep level. You feel a oneness with whatever you perceive in and through stillness. **Feeling the oneness of yourself with all things is love.** *ET Stillness*

I call this capacity of entering other focal points of consciousness -- love; you may give it any name you like. **Love says: 'I am everything'. Wisdom says: 'I am nothing.'** Between the two my life flows. *I Am That Ch 57*

Where the heart goes, there soon or late the other faculties will follow. This is why it is so important **to let the Overself take possession of the heart by its total surrender in, and to, the Stillness.** *24.4.90*

Let me offer you this practice: **See all things with love, as part of you.** Do you see how I have slipped in the necessity to love yourself? Some of you didn't even notice. For example: a flower. Touch it with your love, not just visually, but experientially. Breathe in its aroma; it is part of you. See its beauty; that is who you are. Touch its softness; that is your softness. Feel the strength of its roots. That is your strength, your rootedness in your world. You would not see that flower if it were not already a part of you. --*Emmanuel's Book*

Emmanuel: Your first task is to **fall completely in love with yourself.** Fall completely in love with yourself and you become the miracle worker that you are.

Q: how can I fall in love with myself?

Emmanuel: How could you not? How could you perceive yourself not through your distorted history and not fall in love? ...

How to fall in love with yourself? Remember who you are: with every breath.

How could you perceive yourself truly and not fall in love... --*Emmanuel's Book*

God is in everything I see because God is in my mind.

The idea for today is the springboard for vision. From this idea will the world open up before you, and you will look upon it and see in it what you have never seen before.

Thus, we are trying to join with what we see, rather than keeping it apart from us. That is the fundamental difference between vision and the way you see. *A Course in Miracles*

There is a dimension, a presence, that we can call sacred. It is not separate from your own presence. ... You notice the sacredness that otherwise is just a concept. You can't really define it. It is so immediate. Everything is an expression of life.

There is a sense of the sacred presence within and without of which you are an inseparable part, and yet a presence which is vast... It shines through the life forms, but is also found in the formless stillness. The acknowledgment of that, one could call gratitude—and gratitude is really in a deeper or wider sense: acknowledging the sacredness of the present moment. Not grateful to something or someone, it is a state of consciousness: appreciation of the beauty and sacredness of life. *Eckhart Tolle Omega 2012*

Four Buddhist Immeasurables: Loving Kindness, Compassion, Joy, Peace