

You Gotta Have Heart

Consider the ideas presented in Sunday's message (or listen to it here).

Concepts to Consider

On Sunday we continued our month's "official" focus on Love. We considered that though we may have an excellent understanding of New Thought teachings as set forth in *The Science of Mind*, *Unity*, and *A Course in Miracles*, and though we may have read numerous books on Eastern religions, ancient wisdom, and current spiritual interpretations, and though we may be able to have intelligent discourse on *things* metaphysical and spiritual, if we "have not love" in our heart, we are "*nothing*."

We considered that spirituality is an experience of the heart; a state of being that transcends conversation and becomes spiritual intimacy; a conscious holy union of the Divine within us with the Love that is God. Our being satisfied simply to be able to articulate spiritual principles and concepts that we understand in our head, but have not actually experienced as *personally true* keeps us spiritually superficial and holds us back from the deep healing power of true spiritual experience.

God is not a concept in our head, anymore than Love is a concept in our head. God is Love, and love is an experience of the heart—a personal encounter with our True Self, the one that is One with God.

Let us take a trip to that place *within* that we've been reading about, and studying in New Thought groups and classes, and hearing about on Sundays:

Meditation: Sit quietly with your eyes closed...breathe slowly, in and out...as you allow your thoughts to become as still as possible without effort (allow as much time as needed)...the Love that is God passes our human understanding...we cannot experience It through intellectual analysis or human perception...*real love* is an unreserved surrender...an unconditional openness to holy union...a silent communion beyond words and concepts...be still now...quiet your mind...open your heart...and listen to the Voice of Love speaking to you there...

This week: The Holy Spirit, the Inner Guide along our spiritual path to deeper Truth, often speaks to us through intuition and inspiration. All of us have had a "feeling" that we couldn't seem to put into words, a "sense of rightness" that we couldn't explain. It takes courage to act from intuition and inspiration, and to speak from our heart. But, unless we are willing to *surrender to Love* and to put the essentials of the heart before the dictates of our "head," we won't travel far along our spiritual path. So, this week, if there is a decision to be made or if there seems to be a conflict that needs resolution, "think with your heart." Let your thoughts originate beyond "pros and cons" and human analysis.