

Communicating Living Love

One evening workshop with John Morton

Handout #1:

Source: *Living Love from the Spiritual Heart* by John-Roger

WHAT IS LOVE?

“Love is the essence of all creation, the ‘glue’ that holds everything in its place in relation to all other parts and that allows it all to function. Everything is a manifestation of love, and loving is about the closest term I’ve come up with for the energy of Spirit.”

WHAT IS LOVING?

“Loving is a process that happens inside you through the grace of Spirit and by your own ability to be in touch with the God within. The loving that you have for yourself and for one another is God’s love. There isn’t any other love. Your loving heart is God’s loving heart. Your body is God’s body. The God that you are is all the other ‘Gods.’ In God, you have your living and breathing, your coming in and going out, your death and your resurrection. The whole spectrum of your life takes place within God, and anyone who is residing in the power of love is never destroyed, never separated, always free, always up, always growing.”

WHAT IS LIVING LOVE?

“Living love is not just loving from some place deep within you, but living love with every breath. When you breathe in, love breathes in. And when you breathe out, love breathes out. Living love also means that your love extends unconditionally to all things. You love everything present, no exceptions. Living love doesn’t care whether you’re black or white, female or male, drunk or sober, this or that. It is the expression of the loving heart, which knows no limitations, conditions, or restrictions. It just is—equally.”

WHAT IS LOVING CONSCIOUSNESS?

“When you bring yourself into loving consciousness with all things and with the one consciousness that is everywhere, peace and harmony will unfold your heart and you will recognize within every level of your beingness that there is only love. Let love be your guide, your breath, your life. Then you live in the heart of God and are renewed every moment through His love.”

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Handout #2: Keys to Living Love

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LOOK AT EVERYTHING THROUGH LOVE

“God’s name is living love, and these are the actions of love: increase your Light, continue your development, be a joy to everyone you see, lift yourself continually. Do everything with your attention on getting a smile on your face and love in your eyes. Look at everything through love. Do everything in God’s name, and you will be walking straight towards God.”

GIVE UP EVERY REASON NOT TO BE LOVING

“...do yourself a favor. Live honestly, with integrity, with loving kindness and charity for your fellow beings. Your reward will be your ability to do better and the awakening of Spirit inside you to higher levels of expression. If the key is to be loving, you’ll give up every consideration, every hesitation, and every reason not to be loving, and you’ll be loving in every situation in your life.”

LOVE YOURSELF FIRST SO THAT YOU CAN LOVE OTHERS

“Living love is loving yourself first, so that you can love others. It’s taking care of yourself, so that you can help take care of others. It’s doing those things that are good for you, so that you’ll be happy, healthy, and a joy to be with... There is nothing wrong with being selfish. Eating and getting proper rest are selfish for the body, thinking nice thoughts is selfish for the mind, feeling good is selfish for the emotions, and doing spiritual exercises to rouse the Soul that may be sleeping is selfish for the Spirit. Those are all healthy activities... Experience the devotion to yourself that allows you to take care of yourself. Love is everywhere when there is loving in you.”

LOVE YOURSELF ANYWAY

“When things are going badly, sit down and say, ‘I love me anyway.’ Keep chanting your tone, keep loving yourself, and keep on keeping on. Even your negative experiences are gifts from Spirit to build your strength, your awareness, your empathy, and your loving, so thank God for them.

When you are secure in your knowledge of God’s love for you, you know that everything that happens is to lift you and move you closer to your own divinity. I found out a long time ago that what the Lord does is perfect, and there is nothing designed to hurt or harm you.”

LET DIVINE LOVING FLOW THROUGH YOU

“Letting divine love flow through you is very easy. All you do is move to a neutral position, not one of belief or disbelief, not one of judgment or prejudice, but one of receptiveness. As soon as you judge, as soon as you take someone else’s inventory, you strike against divine love. Loving is a very neutral state. It’s ‘I love you if you’re good, I love you if you’re bad, I love you if you’re not doing either one of those.’”

LISTEN WITH LOVING

“It will be tremendously rewarding for you and others if you become a good listener. Let people talk to you. Love them and let them know you care. You don’t have to offer any solutions; they’ll come up with their own if you let them. All you have to do is lovingly be there with them... Listening is one of the deepest, most profound signs of loving—listening to yourself and listening to others. Your heart goes out and wraps around them, and God’s spirit of loving embraces you both.”

SPEAK WITH LOVING

“Always speak kind words and speak from Loving.”

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Handout #3: Communicating Living Love Exercise

“This is the age of living love, and it manifests each time you enter into the love of the spiritual heart. The message of this age is that God’s love is manifest here and now, within each person. When love is manifested and precipitated down, accepted and expressed, there is no more to be done.”

—John-Roger (From: Living Love from the Spiritual Heart, p. 53)

- 1) What is an aspect about yourself, others, or a situation that you have experienced as difficult to love?
- 2) What limitation are you willing to give up to be more loving?
- 3) I communicate living love. Now say from your heart, I communicate living love. Take a moment to allow the words, I communicate living love, to go deeper into your heart.
- 4) Now say: The way I see (repeat the limitation above) through the eyes of love is...
- 5) How could you love yourself more so you could love others more?
- 6) Now let go of any judgments so you become accepting, neutral, and detached. Nod your head when you are complete.
- 7) Place your hands upon your heart. (pause) Let divine love flow through you. (pause) As you experience living love flowing from your spiritual heart say: This is love. This is divinity. (pause)
- 8) Now listen for words of divine love within you. (pause) 9) Now speak the words of living love from you