

The
Answer
To All of Life's
Big
Questions

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To
all who
abide in love

A

snowflake

never falls in

the wrong place

*This book
Is not simply
To be read
But contemplated
And lived*

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My Vision

*I saw this
in a mystical experience.
It is confirmed
by many others throughout history
from all walks of life and faith
who have experienced the same Truth.
I believe it is intuited by us all.*

All there is is God.

All there is is Love.

There is a creative movement

out and back

within the being of God.

It is seamless and perfect.

How Could We Ever Have Forgotten

*“Among other things,
I did not merely come to believe,
but I saw that the universe
is not composed of dead matter,
but is, on the contrary,
a living Presence;
I became conscious in myself
of eternal life,
It was not a conviction
that I would have eternal life,
but a consciousness
that I possessed eternal life then;
I saw that all people are immortal;
that the cosmic order is such
that without any peradventure
all things work together
for the good of each and all;
that the foundation principle*

*of the world, of all the worlds,
is what we call love,
and that the happiness of each and all
is in the long run absolutely certain.”¹*

*“...It was just my personal intelligence
confronting that Universal Mind,
which clothed itself
in a glorious, living light
that was more felt than seen
since no eye could absorb its splendor.
...there was a reason
for everything that happened,
no matter how awful
it appeared in the physical realm.
And within myself,*

¹ Quoted from a privately printed account of the experience of Richard M. Bucke, by William James, *Varieties of Religious Experience* (London, 1929), p. 399.

*as I was given the answer,
my own awakening mind
now responded in the same manner:
'of course,' I would think,
'I already know that.
How could I ever have forgotten!'*

*Indeed it appears
that all that happens is for a purpose,
and that purpose
is already known to our eternal self...
We are aspects of one perfect whole,
and as such are part of God,
and of each other.”²*

² Quoted from *VISIONS OF GOD from the NEAR DEATH EXPERIENCE* by Ken R. Vincent, (New York: Larson Publications, Copyright Ken R. Vincent, 1994) p. 147.

Introduction

When using the word love, I do not mean romantic, erotic love or even the love of friendship. I am referring to the love of God which when expressed through romance or friendship makes them truly divine. When not inspired by divine love, romance and friendship are manipulative and destructive. There is often much psychological and spiritual confusion and pain on the journey of life and faith because of failure to distinguish between these different forms of love.

The Greek language avoids misunderstanding by using a different word for each form of love. In Greek the word for romance is *Eros*; friendship is called *Phileo*. These two forms of love are dependent upon and seek pleasure from the object of their love. This is why when *Eros* and *Phileo* don't receive fulfillment of their desire from the one they love they often turn hateful and vindictive. The word for divine love, considered to be radically different from other forms of love, is *Agape*. The closest English equivalent is the word *compassion*. It refers to the very nature of God. *Agape* differs from *Eros* and *Phileo* in that it loves simply

because love is its nature; it derives pleasure from giving love as an end in itself without requiring reciprocity, and it therefore loves freely, unconditionally, with no strings attached and without partiality.

Paradoxically, when one loves without seeking anything for oneself, even love, that same genuine love is returned a hundredfold! When inspired by divine compassion for family, friends, lovers and strangers, one's life becomes inundated with love. When others sense genuine, unconditional, pure, self-giving love, they are drawn from the cold, calculating, possessive clutches of seductive ego-based relation-

ships to the safe secure radiance of the divine heart, curling up like contented cats at the hearth, comforted by the gentle warmth of its eternal flame.

This love, Agape, even loves its enemies. It is not an emotion but rather a permanent attribute of Spirit that resides in the soul and therefore loves even when the human emotion of love is absent. It was manifested perfectly and painfully in the life of Jesus Christ who, as his tormentors spat upon him, mocked him, and drove nails through his wrists and feet responded with the words, "Father forgive them, they know not what they do."(Luke 23:34) Feel *that* love

and you are embracing God. Live *that* love and your life will be divinely inspired.

Envision someone you love for whom you would not hesitate to give your life. Feel your love for that person until it fills your whole being with warmth and joy. Then allow that love to radiate out from you until it includes all things, all people, all time and all space. *That* is the love and nature of God that fills the universe and also dwells in your heart, the center of your soul. *That* is the love to which I refer in the answers to the following questions. The answer to all of life's BIG questions is *that* love.

The
Answer
to All of Life's
Big
Questions

*Who or what
is God?*

“Love.” (1John 4:16)

God is infinite, eternal, all-inclusive Love, in whom “we live and move and have our being,” (*Acts 17:28*) who is “over all and through all and in all.” (*Ephesians 4:6*)

*Who or what
am I?*

Love; “spirit and soul and body.” (1 Thessalonians 5:23)

You are a child of God, a spiritual being, an immortal soul, having a human experience whose essential self is infinite, eternal, all-inclusive love.

*How can I know
God?*

Love.

“Everyone who loves is born of God and knows God. “

“Whoever does not love does not know God, for God is love.”

“If we love one another, God lives in us, and God’s love is perfected in us.”

“God is love, and those who abide in love abide in God and God abides in them.” (1 John 4:7,8,12,16)

What is Life?

Love creating love.

Life is a creative movement within the being of God by which every eternally safe soul providentially experiences precisely what is necessary to further its growth into the divine image of universal love.

*How do I find
meaning
in life?*

Abide in love.

Trust the answer to the last question, accept yourself as unconditionally and eternally loved by God, believe that your life no matter what transpires has loving purpose, and then contribute to the greater good by living as fully as you are able by expressing your unique personality, gifts, talents and abilities through love.

*Who was
Jesus Christ?*

*Divine love
in human form.*

*What did Christ
teach?*

Love.

“Love God.”

“Love your neighbor.”

“Love one another as I have loved you.”(Matthew 22:37,39; John 15:12)

*What is
true religion?*

Love is true religion.

All religions that teach and manifest agape-love are true religions. All people who love are truly religious.

“If I speak in the tongues of mortals and of angels, but do not have love, I am a noisy gong or a clanging cymbal.

And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but do not have love, I am nothing.

If I give away all my possessions, and if I hand over my body to be burned,

but do not have love, I gain nothing.”

“And now faith, hope, and love abide,
these three; and the greatest of these is
love. “ (1 Corinthians 13:1-3; 13)

*If love is
true religion
then what is
the purpose of
traditional
religion?*

*To manifest and nurture
agape-love in the world
through worship, devotion,
community and service.*

On the journey of life and faith we are not always called to travel within a religious tradition, but spirituality divorced from tradition and the legacy of those who have gone before often digresses into emotional eroticism or spiritual narcissism and like a cut-flower severed from its roots and nurturing soil, quickly blooms and dies.

*How do I get in
touch with this
love?*

Meditate on love.

Be still, quiet and open to the intuitive knowing of love that is the very essence of who you are and the source of all life. Think of people you love, savor and become accustomed to the feel of love. Eventually, all that will be required is a subtle shift in consciousness, an interior glance by which you remember God and reconnect your attention to the intuition of love in each moment.

*What does
it mean to
abide in love?*

Be present in love.

Choose to move your attention from the self-centered, self-preoccupied contraction that is the ego to being present and living every moment in love in all relations and situations.

This does not mean just thinking about love or focusing inward on it as a philosophical concept or spiritual meditation. That just continues to separate you from life by focusing you within yourself, cuts you off from your relationships and pulls you back into a self-absorbed black hole, a vacuum that snuffs out the light of love.

Nor does this mean you attempt to constantly conform to a concept or principle of love. This is a subtle form of legalistic spirituality in which self-conscious adherence to the law of love becomes a stifling straight jacket that inhibits the freedom, spontaneity and joy that characterize agape-love. A new way of being and living is required, a moral transformation whereby you live, work, serve and engage all of life in love or God-communion.

Neither beliefs nor cognitive knowledge give the knowing that comes only from divine communion. As you abide in agape-love your sense of separation from God will

fade and you will come to know with Jesus that, “I and the Father are one,” (John 10:30) and that this is true of everyone and everything. This realization is the dawning of perfect peace, unending joy and eternal beatitude.

As you abide in love you will be drawn by providence to people and literature with which you feel a spiritual affinity. They will confirm, support and nurture your growing awareness of the truth of Universal Love and provide the comfort that comes from knowing you are in good company with millions of fellow pilgrims and the world’s greatest spiritual teachers.

*What is
the fruit
of a life
lived in
divine
communion?*

“Love,

joy, peace, patience, kindness, goodness,
faithfulness, gentleness, and
self-control.” (Galatians 5:22)

Whenever you see these fruit borne by a stranger, family member, friend, teacher, leader, book, group or tradition, regardless of the religious or non-religious label, know you are in the presence of the Sacred.

*How
do I recognize
true love?*

“Love is patient; love is kind;

love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth.

It bears all things, believes all things, hopes all things, endures all things.

Love never ends...”(1 Corinthians 13:4-8)

Just be patient and kind; that is the whole way.

*What should I do
when faced with
injustice,
dishonesty,
cruelty,
victimization,
abuse
and other
destructive
behaviors?*

Abide in love.

To abide in love does not require always being nice and not challenging negative attitudes and behavior. It means being fully present, connecting with the love that is your essence and the source of wisdom and discernment, and then inspired by that heartfelt love speaking or acting in the best interest of the person or situation that you are addressing while vigilantly avoiding self-righteousness.

Agape-love is not always nice, but it is always deeply concerned about the well being of the other, even if that means brutal

honesty and risking rejection, persecution or even martyrdom; thus the gruesome fate of Jesus, many of the prophets and saints, Gandhi and Martin Luther King.

*What is
a practice
or discipline
that will help me
to grow
spiritually?*

Abide in love.

When alone, as meditation, be still and present in love. When active, seek to be present in love in every moment. You may find it helpful to use the word “love” as a verbal or nonverbal mantra to still your compulsive thinking and calm the troubled waters of life that swirl within and without.

But also, always remember, you do not grow yourself any more than a flower grows itself. Everything is grace, each moment is a sacrament, every breath you take is holy, and each step you take is sacred. The divine life in you will emerge, grow and bear fruit

in its own time. It cannot be forced. Just abide in love, pay attention, be kind, serve, and all will be well.

*How does love fit
into prayer?*

Abide in love when you pray.

Understand yourself as a channel through which God's love flows. Envision your loved ones, feel your love for them and enfold them in your love. Remember love transcends time and space so the love you express in prayer actually touches those for whom you are praying. It may also help to send your love verbally or simply through thought with expressions such as, "I love you," or "I bless you and surround you with love."

Include in your love those who have hurt you and those you consider enemies. Loving adversaries in prayer affects the relationship even though you are not physically present and helps dissolve residual pain, anger and resentment into peace and forgiveness.

Since we are all one, whatever you give you get. This principle applies to all of life. In your prayers or in daily encounters, silently in thought or quietly in words, bless people with love and that same love will return to grace your life.

*What should I do
when I can't
pray;
the words
just won't come?*

Abide in love.

Just be still and surrender into a faith-filled rest in divine love. God knows your needs and the deepest longings of your heart even before you ask. “Be still and know I am God,”(Psalm 46:10) is best translated, “**Cease striving** and know I am God.” Curl up like a cat in a lap and let God love you.

And remember, we are all one. Resting in God is a form of contemplation by which your loved ones and the whole world are drawn more deeply into Eternal Love and the world thereby becomes a little better because of you.

How

do I

deal with

loneliness?

Abide in agape-love.

“When inspired by divine compassion for family, friends, lovers and strangers, one’s life becomes inundated with love.” (Quoted from the introduction) Go love somebody, perhaps someone else who is lonely, such as a shut-in.

As you abide in agape-love you will also discover you are never really alone and will not feel as lonely. The divine love that is the essence of who you are is one with all people and all things. To abide in this love is to experience wholeness with or without others.

*How should
I respond
to suffering
and pain
in the
world?*

Abide in love.

In whatever loving way you can, help alleviate it and then comfort yourself with the assurance that even in the midst of horrific pain and suffering the spiritual being, the true self or soul of every physical person is safe, learning and enfolded in infinite love. To the immortal soul even a whole life of suffering is simply the human equivalent of a trip to the dentist.

Suffering is woven into the fabric of all life. Abide in love and you will discover its hidden grace.

*But some people
live lives
of unremitting
grief and die awash
in tears of despair.
Where is love there?*

There is nowhere where love is not, though it is often veiled from our vision.

To the soul the life you describe is like a child falling, scraping a knee, and crying to sleep cradled in the arms of a loving parent. Jesus was “despised and forsaken,” “oppressed and afflicted,” “a man of sorrows and acquainted with grief.”(Isaiah 53:3,7) Was there no love there? Always remember, no matter what happens, “The Eternal God is our dwelling place, and underneath are the everlasting arms.” (Deuteronomy 33:27)

*How can I
most help change
the world?*

Change yourself by abiding in love.

You can't change the whole world single handedly, but you can bloom where you are planted. Since we are all one, everything you think, say and do affects the whole like a stone thrown into the water causes ripples out in all directions. This doesn't mean showering everyone you meet with hugs and kisses, although when appropriate they are fine. Just quietly be present in agape-love, serve with love, and radiate love out to all you encounter in every situation and watch the world transform before your eyes.

*How
can everything
be perfect
when there is
so much
chaos, tragedy
and terror
in the world?*

Because everything exists in perfect love and ultimately works together for good.

Chaos, tragedy, and terror are finite and temporal. Behind their fearsome façade is purposeful, infinite, eternal Love that incorporates everything into the great perfection.

Even though they are one and both good, the spiritual, not the physical, is the primary reality. God is Eternal Loving Spirit. We as immortal souls are eternal, loving spirit. The physical as we all know exists only for a short time and then disappears. The spirit

lives forever; it cannot be hurt, cannot get sick, cannot die; it can only learn.

View life as a divine drama, a play. Behind the often frightening and scary props and costumes are the actors, immortal souls always safely connected to eternal love and guided by the divine director. When we have all learned what we are here to learn and have returned Home to celebrate our graduation, we will recognize even the most horrific scenes in the drama of life as indispensable to the divine masterpiece.

Think of what you consider to be the perfect movie or play or novel: what if all the “bad” stuff were removed? It would be

meaningless. Without bad, good has no meaning; by experiencing hatred, we learn the meaning of love. Through suffering we become compassionate. We learn through our participation in history (God's-story) the divinely authored drama titled Life, just as we learn from our favorite novel by allowing ourselves to be drawn into the story. See how it works!

Faith in the perfect plan is also the antidote to guilt and judgment. Until you relinquish your personal guilt and negative judgments of self and others into the great perfection, you will never experience the freedom and peace for which you long.

*But won't
accepting
everything
as perfect
lead to apathy?*

No, it will lead to the “peace of God that surpasses all understanding,” (Philippians 4:7) where action motivated by love rather than fear can flourish.

People act according to their nature regardless of their beliefs. That is why there are bigoted believers and secular saints. If compassionate people accept the world as perfect they will not suddenly become apathetic fatalists. True to their nature they will continue to serve in love, but they will be freed from the crippling despair that often

devastates the hearts of sensitive people who comprehend the magnitude and depth of the world's suffering.

*Do we
have freedom
of choice?*

Every moment you have a choice; choose love.

Life is a river of love flowing into the ocean of love that is God. Our lives are individual rafts that we are navigating down the river. To misguided rafters who choose to strenuously paddle against the current, life is a tiresome, unrelenting effort going nowhere. Others, determined to beat everyone else to the ocean, choose to charge ahead by paddling faster than the flow of the river and become exhausted and discouraged. (This is often true of spiritual seekers who by trying too hard push ahead of grace.)

Some choose to just drift and crash upon the rocks, often over and over again. Others, fearful of the unknown choose to tie up to the shore only to stagnate in safe, secure, fetid backwater.

Those who abide in love however, choose to surrender to the gracious flow of the river and also accept responsibility for navigating their craft by being fully present and attentive in love each moment.

Everyone is destined to reach the ocean; the length and the nature of the journey are determined by our choices. The perfect plan allows plenty of room for freedom, yet because the riverbed is carved out by

benevolent Providence, everyone's freewill choices will eventually wend their way Home to Love.

*What should I do
when I am sick?*

Abide in love, the essence of who you are that is not sick.

Then love and comfort your body as you would a good friend who is ill.

As you recover, continue to abide in this love, which actually permeates every cell of your body, and you will become sensitive to your physical needs and will then be able to alter your diet and lifestyle to maximize your health and well-being.

*What can
I do when
I am unable
to connect
with love?*

Let someone who is connected love you until you can.

*And if there is no
one to call upon
for help, then
what can I do?*

Accept that there will be such wilderness experiences when you are called to walk alone in darkness without love's consolation.

These dark nights of the soul purge the ego's spiritual hubris, and leave one humbly surrendered, open and longing for love's gracious embrace and direction.

During such times be present in the moment and live from the memory of what you know love to be until you are led again beside the still waters of pure intuition and

into the comfort of green pastures, there to be nourished and restored by love.

*How do I
overcome
fear?*

“Perfect love casts out fear.” (1 John 4:18)

Abide in love. Love is infinite; fear is finite. When you abide in love you are dwelling in the depths of your being where you are one with God; fear is just a disturbance on the surface like a wave on the ocean. Just watch fear from the deep soothing comfort of your soul. Then embrace it and watch it dissolve into the ocean of your love. There is always a choice involved when you feel fear. Choose love.

*How do
I overcome
fear of death?*

Recognize that there is no such thing as death; there is only love.

Read the last question and answer again. Then accept yourself as an immortal spiritual being who will be released through death into perfect love and the joyful greetings of those you love who await your return Home.

If you surrender to love, there is nothing to fear in death; it is the happiest of events. The first thing you will do when you pass into the love of spirit reality is laugh and say something like, “Oh yes, now I remember.”

*How do I deal
with grief when a
loved one dies?*

Grief is an outpouring of the wellspring of your love.

Accept, allow, and express the grief and in time it will dissolve back into the love from whence it flows.

Acknowledge that your loved one is not dead but has returned to perfect love. Abide in the love you have for your loved one; the bond of love is eternal and never broken. Continue to share love with your loved one as you always have. Trust that you will be with this person or animal again, sharing greater love than you ever imagined was possible.

*What should I do
when I
am dying?*

Surrender into the Great Love that is the womb from which you come and the home to which you return.

Allow pain, fear, regret, guilt, grief, and any other burdens you feel to dissolve into this gracious, forgiving, compassion until you feel at peace.

Trust that even your apparent mistakes and failures are transformed by the gracious mystery of providence into benevolent contributions to the perfect plan. Then, if you are able, comfort and bless with your love those around you who are sad and afraid.

*What happens
when I die?*

You return to perfect love.

If you abide in love, as you die you will blend into this love and experience bliss and joy. If you reject this love, as you die you will remain in your present state of consciousness isolated from this all-inclusive love like a black hole in the midst of the Sun until you are willing to surrender into it's benevolent, beckoning brilliance.

To the repentant thief crucified next to him who humbly surrendered to agape-love incarnate, Jesus said "today you will be with me in Paradise." To the other crucified thief

who chose to mock and scorn him, death did not carry the same promise. (Luke 23:43)

*How do I
rid myself of
resentment
and anger?*

Abide in love.

Cradle the resentment and anger in the arms of love until they fall asleep. Then in your mind, kiss them goodnight and goodbye, lay them down at the feet of their cause, bless with love and walk away. If they resurface send them back with love until they realize your love offers no place to lodge.

*How do I forgive
someone
who
has
hurt me?*

Love them until forgiveness becomes unnecessary.

Remember, the plan is perfect even when it hurts; all there is is God; all there is is love; don't let the masks fool you. "Love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you."(Jesus, Luke 6:27-28)

*How can I be a
good parent?*

Abide in agape-love with your children and you can't fail.

Whatever happens (and you have no control over this) you will have done all that is required. And remember, no matter how they turn out from your perspective, to the greater love they are immortal children of God, as are we all, perfectly imperfect, experiencing just what they need in order to learn and grow. There are no failures from the perspective of the greater knowing.

*How can I be a
good husband or
wife?*

*Abide in Agape first,
Eros and Phileo second.*

“Agape differs from Eros and Phileo in that it loves simply because love is its nature; it derives pleasure from giving love as an end in itself without requiring reciprocity, and it therefore loves freely, unconditionally, with no strings attached and without partiality.” Re-read the introduction.

This does not mean you become a doormat for an abusive spouse. Where physical or psychological abuse exists, love both your self and your mate enough to get out and get help.

*How do
I discover
God's will
for my life?*

Abide in love.

Love aligns you with the divine will and empowerment. Your intrinsic potential and unique destiny will then naturally unfold and you will eventually delight in the realization that God's will for you is none other than your own deepest desire.

As you are present in love you will also notice that providence is guiding you each moment by placing before you what may appear to be simply the insignificant responsibilities of ordinary life. Each of these apparently mundane duties is a stepping-stone to the fulfillment of your

divine mission in life. Accept and engage them in love.

And remember, God's will for you above everything else, is that you learn to love.

*What career
should I follow?*

Do what you love from a desire to serve and help.

Divine love wants to express itself through your unique personality, gifts and talents. That is why you are here. When you are surrendered to the divine will and doing what you love from a desire to serve and bless and help others, you are in alignment with your life purpose. You will experience joy and well-being and your material needs will be provided.

Until you find your life work, abide in love in the midst of whatever you are doing and you will find fulfillment

*Whom should I
marry?*

*Marry someone you love,
not someone with whom you
are simply “in love.”*

“In love” is Eros. Marry someone with whom you share Agape, divine love, soul love, someone whom if you never had another moment of romance, you would still love and want to live with the rest of your life. This, by the way, is why all religious traditions encourage sex after marriage or at least in the context of long-term, committed relationship. Love first, then commitment, then sex. Otherwise we get seduced into

believing Eros is Agape and marry the good feeling.

*How
do I find
happiness?*

*Stop trying
to find happiness
and
abide in love.*

*How do I find
the answers
to questions
that are
not listed
here?*

Answer them yourself, with agape-love.

This is true even for many queries that are not BIG questions. For example:

Where should I spend my vacation?

Abide in love and you will go where your spirit will find refreshment.

What clothes should I wear?

Abide in love and you will choose clothes that are appropriate, comfortable and expressions of your unique personality.

What should I eat?

Abide in love and you will eat food that is a gift of love to your body.

Conclusion

*What is
the Answer
to All of Life's
Big
Questions?*

The
Answer
to All of Life's
Big
Questions and a few others
is

Love

My Faith

This is how it comes together for me at this time on my adventure of life and faith. I am encouraged and comforted on the journey by many saints and sages, usually disguised as ordinary people, who have traveled different paths yet discovered along the way the same truths.

**God is Love
All there is is God
All there is is Love
Everyone and Everything is One in God
All people are Children of God
Immortal Souls, Spiritual Beings
Having a Human Experience
History is a Creative Movement
Within the Being of God
Teaching Each of Us
What We Need to Know
To Learn and Grow
The Plan is Perfect
Don't be Afraid
No One is Lost
We are Safe
Surrender
Trust
Love
Live
Serve**

Postscript

All is God

All is Love

All is Perfect

Abide in Love

Peace my friends,

Amen

To order

**The
Answer
to All of Life's
Big
Questions**

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