You are an eternal soul. You can never die. You have a temporary physical body. The fact that you are a soul and not a body is veiled from you while you are in this physical incarnation. This helps you to learn the lessons you came here to learn.

God created you. He is your Father and Mother. He loves you unconditionally. Through God we are all connected. God is not to be feared and He does not judge or punish you. We often see God as having a male gender and human characteristics because it helps us relate to Him while we are having a physical incarnation. Your relationship with God should be happy and loving, it does not need to be solemn and somber

You agreed to incarnate into a physical body in order to learn to love unconditionally. You may have reincarnated many times. Learning to love unconditionally is difficult, and you deserve great credit for being here. You should try to love God and all of His creation. This includes yourself, others, our planet, and all of the life that it supports.

Unconditional love is true love. It expects nothing in return. The great paradox of unconditional love is that the reward for giving unconditional love is so much more than the reward for giving conditional love could ever be.

Throughout history, those who know God have explained that we learn to love by treating others the way that we would like to be treated. In other words, we should love our neighbor as we love ourselves. This command is called the "Golden Rule".

The Golden Rule is the fundamental spiritual law of morality and ethics. It is a foundation of all mainstream religions, and it is proclaimed in all of them.

Learning to give unconditional love in the context of the Golden Rule is about the hundreds of choices you make during your daily life. Do you make loving choices about how to think and act?

You are a positive influence on God's creation when you set a loving example for others to follow. This is good leadership.

When you judge, compel or coerce others, you are engaging in dominating and unloving thoughts and behavior.

If you listen to your intuition, it acts as an inner guide and it will help to identify the most loving course of action.

The soul comes from without into the human body, as into a temporary abode, and it goes out of it anew... it passes into other habitations, for the soul is immortal.

Ralph Waldo Emerson

37 Jesus replied: "'Love the Lord your God with all your heart and with all your soul and with all your mind.' 38 This is the first and greatest commandment. 39 And the second is like it: 'Love your neighbor as yourself.' 40 All the Law and the Prophets hang on these two commandments."

Matthew 22

It is easy to understand God as long as you don't try to explain him.

Joseph Joubert

You can't escape karma ... It is what it is. It doesn't judge, it's neither good nor bad like most people think. It's the result of all the actions, positive and negative--a constant balancing act of events--cause and effect-tit for tat--reaping and sowing-what goes around comes around ... However you phrase it, it's the same in the end.

ALYSON NOËL, Shadowland

We have always been involved in spiritual evolution. We are spiritual beings, we have always been spiritual beings and we will always be spiritual beings. Gary Zukav

Consciousness is the glory of creation.

James Broughton

You must be able to love yourself before you can give love to others. This includes forgiving yourself for what you might think of as your faults or bad behavior. If you are hard on yourself, you will probably be hard and unforgiving with others.

Learning to love unconditionally is difficult. You may need to overcome your fears and your ego, or sense of self, in order to succeed.

Everything starts with a thought. Your thoughts are very powerful, but most people do not understand their power. What you think affects how creation develops around you. In other words, your thoughts create your reality. You are what you think, and your thoughts are just as important as your actions. Your loving thoughts and behavior benefit the world around you in ways that are not always readily apparent. You cannot be happy when you are thinking negative thoughts, so avoid negative thinking.

As a soul, you accumulate consequences from your thoughts and actions, both loving and unloving. This process is referred to as the "Law of Karma". Karma is an objective spiritual law of cause and effect. Karma teaches you by rewarding your loving thoughts and acts ("good karma"), and providing lessons when your thoughts and actions are not consistent with unconditional love ("bad karma").

Your karma follows you throughout eternity unless you cancel bad karma by learning to forgive, and by loving unconditionally. If you can do this, you will be forgiven, and you will avoid a karmic lesson. This concept is often referred to as the "Law of Grace".

You have freewill, so you control your own destiny, whether you do this consciously or unconsciously. You have the freewill to choose how fast you evolve as a loving soul.

God does not manage your life or keep you from harm, because doing so would be incompatible with freewill that He gave you. However, He will listen if you talk to Him and ask for His help. This is caller prayer. You do not have to be religious to pray, but you do have to be loving and sincere. The focused and loving intention of prayer is very powerful, but God responds according to your best interest.

However many holy words you read, However many you speak, What good will they do you If you do not act on upon them?

Buddha

This is what you shall do: Love the earth and sun and animals, despise riches, give alms to every one that asks, stand up for the stupid and crazy, devote your income and labor to others, hate tyrants, argue not concerning God. Walt Whitman, Preface to the 1st edition of Leaves of Grass, 1855

The whole history of science has been the gradual realization that events do not happen in an arbitrary manner, but that they reflect a certain underlying order, which may or may not be divinely inspired.

Stephen W. Hawking

Righteousness is good morality, and wrongdoing is that which wavers in your soul and which you dislike people finding out about.

Mohammed

You don't have a soul. You are a Soul. You have a body. C. S. Lewis

How people treat you is their karma... how you react is yours.

Wayne Dyer

God has promised not to intervene in our lives unless we ask.

Betty Eadie

Pain and suffering is used by some to support the contention that God does not exist, or if he does, he could not be a loving God if He allows such things to happen. These are judgments that we are not able to make accurately from our limited earthly perspective. We are here to learn to react to pain and suffering with unconditional love. Many advanced souls willingly incarnate and accept suffering, because they know that their suffering is temporary and that it brings out the love in others.

God expects us to use our freewill to think for ourselves and make loving choices, rather than bow to the pressures of a world that often demands conformity. If you subvert or delegate your freewill to others, you will share karmic responsibility for the choices that they make. Nations, societies or groups of souls accrue karma in the same way as individual souls.

You cannot ignore what you know to be right. Karmic consequences will be incurred if you are indifferent, apathetic or inactive in situations where unconditional love is required.

Your behavior is a much better indicator of the love in your heart than your beliefs.

Religions are successful when they teach unconditional love, but they are not the only path to God. What is vital for your growth is that you try to behave with unconditional love. This is much more difficult than claiming religious affiliation and beliefs.

During your current incarnation your body is located in a physical universe consisting of three dimensions of space (height x width x length) and one of time. The physical universe is not the primary reality of creation. Your true or real home exists beyond time and in dimensions that are not generally accessible to your physical senses.

Dimensions that are not generally accessible to your physical senses are sometimes referred to as the "Spiritual" dimensions or realms. The totality of dimensions is referred to as the "Multiverse". String theories speculate that the multiverse contains at least 10 dimensions, and maybe as many as 26.

When your physical body dies, you leave it and return as a soul, or unique consciousness, to the spiritual dimensions. As a soul, you generally maintain the level of soul growth you have achieved; you do not regress, but your character does not become perfect because your body dies.

We are not human beings having a spiritual experience. We are spiritual beings having a human experience.

Dr. Wayne W. Dyer

And when the earth shall claim your limbs, then shall you truly dance.

Kahlil Gibran

We do not need to proselytise either by our speech or by our writing. We can only do so really with our lives. Let our lives be open books for all to study.

Ghandi

If everyone completely understood the afterlife, they'd quit trying to keep up with the Joneses and start learning how to live unselfishly. Here [in the world] we can change ourselves quite easily and should use this life to make ourselves into the kind of people we want to be in the hereafter. [The spirit world] is a miserable place for anyone who hasn't learned internal harmony - characterized by unselfish love.

Arthur Yensen

It is better to conquer yourself than to win a thousand battles.
Then the victory is yours. It cannot be taken from you, not by angels or by demons, heaven or hell.
Buddha

Every act, every deed of justice and mercy and benevolence, makes heavenly music in Heaven. Ellen G. White Heaven and hell are not either/or alternatives. They are conditions that exist at opposite ends of the God's creation. Heaven is the obvious presence of God and His love, and hell is the absence of God's love because He respects your use of freewill to reject His loving way. You do not go to heaven; you grow to heaven through love, and where you find your home in the spiritual dimensions depends on the love within you. Even in hell, God will not abandon those who ask for His help.

There is no conflict between God and science. God wields a multidimensional science that is far beyond our ability to understand while we are anchored in this three dimensional physical universe.

The physical universe was sourced from dimensions that exist outside of itself. It was created by the one and only God. It is full of life.

God loves you unconditionally. You are here to learn to love Him and His creation in the same way. Your reward for doing this is an eternal life of unimaginable love, happiness, joy and beauty. Take heart, have fun, and be joyful; you are much closer to God than you know.

God wants us to humbly and sincerely ask him things. How often do you enjoy people talking about you without taking the time to get to know you?

Criss Jami

Love does not inquire into the character of the recipient but it asks what he needs. It does not love him because he is such-and-such a person but because he is there. In all this it is quite the opposite of natural love: it "does not seek its own". It does not perform the characteristic natural impulse of love and life. Therefore it is basically independent of the conduct of the other person; it is not conditional but absolute. It wants nothing for itself but only for others. Therefore it is also not vulnerable. It never "reacts" but is always "spontaneous", emerging by its own strength -- rather, from the power of God. Love is the real God-likeness of man for which he has been created. In so far as love is in man he really resembles God and shows himself to be the child of God.

Emil Brunner

What you think about yourself is much more important than what others think of you.

Marcus Annaeus Seneca

Death and love are the two wings that bear the good man to heaven. Michelangelo

Life does not end when we die.

Death is a rebirth into a spirit
world of light and love, a
transition from the physical to
the spiritual that is no more
frightening or painful than
passing between rooms through
an open doorway. It is a joyful
homecoming to our natural home.

Betty Eadie

Compassion means to lay a bridge over to the other without knowing whether he wants to be reached.

Henri Nouwen

The heart is wiser than the intellect.

Josiah Holland

God does not care about theology. God cares mostly about your heart. Rev. Howard Storm

It doesn't matter what you call God. The different religions have different ways of explaining the same God. Mellen-Thomas Benedict

To give and not expect return, that is what lies at the heart of love.

Oscar Wilde

Intense love does not measure, it just gives.

Mother Teresa