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Preparing For the Journey

Introduction

The purpose of this book is to empower you to more masterfully embody and live from deeper and more authentic levels of Love. We seem to intuitively know that coming from Love somehow puts us on a higher path in life. More than simply *bringing* us greater rewards, living in Love *is* our greatest reward. When we are in the presence of expanded Love, we know that to be true; it just feels obvious to us that Love is the answer.

Being a blessing is a function of Love. When you are functioning in a state of Love Consciousness, it is natural and obvious to want to be a blessing to others – and to yourself. This book is for learning how to be a source of Love in the world, a true blessing in life – as a function of your self-mastery.

Most people on the spiritual path will admit that learning to Love unconditionally is one of their primary goals. Yet few people consider this a real possibility – or at least "not in this lifetime." In fact, despite the many books that have been written about the importance of Love, the obstacles we encounter when we try to give and receive love sometimes appear to be overwhelming. While some of the seminars and books on love have helped us understand the behaviors that have been keeping us from experiencing love more frequently and/or more deeply, real mastery of living in unconditional Love still seems to elude most of us.

Part of the process of mastery is becoming conscious in areas where you were previously unconscious. As we become more and more aware of previously unconscious limits and influences, we begin to have some choice in the matter of showing up more masterfully.

Every now and then we become aware that we live and operate within a system of beliefs, and that that system shapes what is possible for us. However, we tend to forget about the system, and overlook that we are still at its effect. We strive for things in reaction to the limits of the system we operate in, not noticing that we're simply reaching for more, or better, or different – while functioning within the limitations of the system.

*If there's something that you can't create in your
current structure of thoughts, beliefs, concepts, and conclusions,
you will need to step outside of that structure in order to create what you want.*

This book is designed to make available the distinctions necessary to shift your current system entirely; rather than just settling for the options your current system allows. As you gain clarity in identifying what's necessary to create new possibilities in your life that your current structures cannot allow, you may find yourself empowered to leave your old structures behind forever.

It's not that I'll be telling you a new truth that you have to accept and substitute for your old truth. Nor am I telling you that what you knew before was wrong, while this is right. Rather, I'll be offering you places to stand and places to look from that will point your seeing in such a way that you can create a breakthrough in your experience of reality, and your ability to Love.

Effective coaching is simply shifting your vision to a more powerful point of view. All that's required is your willingness to hear, be with, and create a new world view that can contribute more fully to your well-being than your immediate view.

*Rather than try to steer or guide you into a new set of beliefs,
my commitment is that your steering of yourself be an act of creation;
rather than a reaction from within a system of limited possibility.*

The beauty of this approach is that it allows us to think and act beyond the limitations of our reaction-based strategies. It's not about agreeing or disagreeing with the commonly held beliefs and interpretations regarding the attainability of Unconditional Love.

Rather, it is about looking freshly, from a clear place, at the possibilities we are willing to call forth. Then, as a Self-determined choice (as distinct from a reaction to your circumstances), selecting a "possibility for living" that is an authentic expression of who you are – and taking a stand about your role in causing that to show up.

*This work is about committing to bringing forth, committing to making real,
a consciously designed Self and a new universe to play in.*

There are literally whole new realities you can experience, that are yours to create. Anyone who is attracted to this book has probably already begun to transcend some of the limitations of their current view of reality, whether it's just the first few steps, or major leaps in consciousness. I offer this book as a way of supporting you in following through on the commitments you already have, and furthering the progress you have already made.

What is Seeing Through Eyes that Bless?

What does it mean to *see through eyes that bless*? What does it mean to bless? Well, loosely speaking, to bless is to bestow a benefit upon another, to enhance the well-being of, to contribute to the success of, to empower the magnificent expression of someone. Blessings are not limited to physical things – they can be gifts of Love, a gift of joy, a gift of laughter, a gift of reassurance – anything that increases that sense of grace and being supported.

To *see through eyes that bless* is to embody a state of consciousness, a state of being in which bringing your awareness to another, causes a blessing. When you see through eyes that bless, you are the commitment to be a healing presence for another, an enlightening influence, a

space in which others can experience love. When you see someone through eyes that bless, both the *blessor* and the *blessee* receive a blessing.

One of the most cherished blessings we can offer another is the gift of seeing and recognizing the quality of "being lovable" in the other person. In other words, you see the beauty of the other person, you recognize the glorious being within the other – that glorious being that may only seem like a potential for the other person, but is now being recognized as an actuality by you. Sometimes the greatest blessing you can give is to see them as valid and lovable – especially when they are not feeling okay about themselves.

A person will feel blessed when you are seeing them in this way. You feel blessed when someone sees you in this way. This is seeing through eyes that bless.

As you master the ability to see through eyes that bless, it becomes less of a struggle to tolerate or put up with someone (including yourself), and you more authentically recognize their (and your) Perfection.

About Sourcing Perfection: "Seeing Through the Eyes of God's Perfect Love"

Before we go on, I better say something about "perfection." There are two very different ways of hearing that word, and the two different ways of hearing reflect two different states of consciousness.

The first way of relating to perfection involves judging and comparing "what is" to ideal models of "the best it could be." In this state of consciousness, every person, every thing, and every performance must measure up to the highest standards in order to be called perfect.

The second way of relating to Perfection involves an *elevation of consciousness*, in which *you perceive differently*. In this state of elevated consciousness and perception, it is as if the hidden beauty and magnificence of every person, every thing, and every performance is revealed to you – leaving you in awe of the richness of life.

We can call the first way of relating to perfection "judging against perfection," and we can call the second way of relating to Perfection "seeing Perfection," or "creating Perfection," or "sourcing Perfection." When you are seeing Perfection, you are seeing through the eyes of God's Perfect Love.

Not everybody can see Perfection when looking at the same person. So clearly, this is not something that is an automatic, given quality within the person you are looking at. This is something the *blessor* brings to the *blessee*. That doesn't mean it's not true; it just starts to show you who the source of Perfection is in your world.