

Br. Allen – “Divine Love”
Glendale Temple, April 7th, 2011

Quoted from “How to Cultivate Divine Love” in The Divine Romance

The world as a whole has forgotten the real meaning of the word love. Love permeates every part of creation. You have to taste the fruit to know its flavor. So it is with love.

Real love is much more than we feel for others. You can't contain real divine love.

Master—very few people know the meaning of true love. The “manifestation of divine love is joy.” Love gives joy. We love because it gives us happiness. But bliss is better than love.

Love is not outside of ourselves. Finding divine love is simply becoming aware of what we are. “Finding divine love is a matter of seeing our true selves.” We are not these bodies, feelings and thoughts. We are divine love.

“No matter how many mistakes we've made nothing will change what we are inside. We are like diamonds covered with the mud of delusion. We will get the mud off one day and realize what we truly are.”

Everything is meaningless without joy. Divine love brings bliss. Manifest love to know who you really are.

We may see the flaws in ourselves, but we have attracted a guru into our lives. We could not have done that if we didn't have a strong base of divine love within us.

Developing love – without this love, man cannot keep company with the gurus and his life becomes a burden. Love is needed for realization. A requisite for finding God.

How do we cultivate divine love?

- 1) Meditation – when you sit in silence, joy bubbles up within. This is real joy and divine love.
- 2) Use divine love in our daily lives. Divine love is born of usefulness. That is love. “The greatest love is born of utility.” Be useful to others as much as possible. Be cooperative, grateful, useful—that's how we manifest divine love. Everybody who crosses our path gives us an opportunity to be useful. Divine love will manifest. Be a friend to all who cross your path. Share your divine love.

“The highest form of love is the love of friendship. It's meant to evolve into God's eternal love because it is born of the free choice of the heart. If you can be a friend to all unconditionally, that is divine love. You will find God.”—Master

Everybody is a part of God. Be a friend to all and you will attract God into your life. If we express love and service, we are giving that same service and love to God.

Wisdom is better sought from a man of realization, a Guru.

One of the greatest hindrances to divine love is having expectations. "Expectations are great at destroying inner peace." If we are giving unconditional love, we shouldn't have expectations.

Forgiveness can give us peace of mind. But not having expectations is far greater than having to forgive. We won't be hurt if we don't have expectations.

The surest way to get down on yourself is to expect too much from yourself. Do your best. Try harder next time. If we get down on ourselves too much we won't have inner peace.

To experience Divine Love Practice the Following for at Least One Week:

- 1) Be useful to those who enter your life—this can be as simple as being kind. You'll never know how this ripples, the kindness multiplies. Kindness and a word of encouragement can be a turning point in someone else's life. We don't know what the ripple effect will do. Pay it forward. It multiplies.
- 2) Keep an eye on your expectations. Don't expect and divine love will fulfill you. Watch when you get bothered. You can find out which expectation caused you to be bothered. Watch the expectations you have for yourself.
- 3) Affirm the following: "As I radiate love and good will towards others, I open the channel for God's love to come to me. For divine love is the magnet that will draw all good unto me." ~ Master