

Our vocation ...

**“through every form of effort
to raise the powers of Love
UPWARD
to their highest fulfillment.”**

—Teilhard De Chardin

How does Love shift and evolve?
What might be Spirit's next move?



“Glorious Lord Christ, your main purpose in revealing to us your heart was to enable our love to escape from the constrictions of the too narrow, too precise, too limited image of you which we had fashioned for ourselves.

“What I discern in your heart is simply a furnace of fire and the more I fix my gaze on its ardency the more it seems to me that all around it the contours of your body melt away and become enlarged beyond all measure, till the only features I can distinguish in you are the face of a world which has burst into flame.

“You are the divine influence secretly diffused and active in the depths of matter, and the dazzling Center where all the innumerable fibers of the manifest world meet.

“All of us exist in you, the universal Milieu in which and through which all things live and have their being. I beg you in the name of all that is most vital in my being to hearken to the desire of this thing I dare to call *my soul* even though I realize more and more every day how much greater it is than myself.

“For me, my God, all joy and all achievement the very purpose of my being and all my love of life all depend on this one basic vision—the union between yourself and the universe. I preach only the innumerable prolongations of your Incarnate Being in the world of matter ... You the Soul shining forth through all that surrounds us.

Teilhard de Chardin, *Hymn of the Universe*, 34-37

Teilhard's concern was to bring Christ and evolution into line with each other. The belief in Christ the Center, the heart of God, as the power of Love in an evolutionary universe led Teilhard to claim that the universe is a divine milieu centered in Christ. “The delight of the divine milieu is that it can assume an ever-increasing intensity around us. It is an atmosphere ever more luminous and ever more charged with God.” DM, 132

Teilhard urged Christians to participate in Christogenesis: “All the good I can do is physically gathered ... into the reality of Christ. Everything I endure with faith and love, by way of diminishment or death, makes me a little more closely an integral part of Christ. Quite specifically, it is Christ whom we make or who we undergo in all things. DM, 123

“If we want the divine milieu to grow all around us, we must guard and nourish all the forces of union, of love, and of prayer that grace offers us. By the mere fact that our transparency will increase, the divine light that never ceases to press in upon us will erupt the more powerfully.” DM. 134

“Love is the most universal, the most tremendous and the most mysterious of the cosmic forces ... Huge, everywhere, and always unsubdued—this wild force seems to have defeated all hopes of understanding it. ... Is it truly possible for humanity to continue to live and grow without asking ourselves how much truth and energy we are losing by neglecting the incredible power of love?” Human Energy, 32-33

“We must direct our love toward creatively shaping the community in ways that pull all things together in unity. ... Love is the greatest power for evolution.”



*Our challenge today~
to let ourselves be seized by love,*

*to create and invent ways
for love to evolve
toward a consciousness of interbeing—*

to live as one interweaving body of love.

—Ilia Delio

Becoming Persons by Actualizing Love

The more we actualize love, the more we are truly being ourselves. Our love for others fulfills us as persons. And that love at the very same time creates and benefits community, creates and benefits the cosmos.

Love is the necessary condition for our life's organic flow forward. Human energy is activated when one is loved—because only love can enable us to realize ourselves as utterly worthy, valuable and secure.

This love forms creative unions—driving the next level of human being.

How can we contribute to the forward movement of evolution?

- Understand that love is the energy driver.
- Do shadow work to help you let go of ways of living that do not allow you to live as Love.
- Open yourself to being loved as persons (not for our gifts and talents)
- Be willing to accept love when it is offered.

Insofar as we have received love, we can freely project the energies of love toward those we meet.

—Beatrice Bruteau

Breathe Love into the Interior of Your Heart

—First thing in the morning!

Try this exercise to attune yourself to the Presence of Love. You might do it before you get out of bed in the morning and repeat it 100 times a day.

Start by shifting your attention to the interior of your heart and breathe in the Presence of Love that completely surrounds you and comes toward you from every direction all the time. You are never separate from this Presence of Love.

As a starting point, it can help to think of an actual experience of love, care or appreciation you've had. Every experience of love, care, or beauty is in some way an experience of God who is Love.

The more you become conscious of being permeated by Love as you keep your attention in your heart, the more you clear out old emotional residue held at a cellular level in your body.

Begin by doing this for five minutes in the morning and work your way up to twenty or thirty minutes. This practice has the potential to deepen your consciousness of the Reality of the divine milieu of love that is always present and to offer it as gift to others.

—Adapted from a Heartmath practice