

We all fall victim to the trials of humanity and are preyed upon by the snarling teeth of the world wanting to drag us into the abyss of dark agreement where suffering desires company. If we want to distance ourselves from this tendency of life and the circumstances that it creates, then it is important for us to stay in a greater truth, a greater awareness. We will be required to rise up and overcome our inner fear, to stand in a stronger place of unity. A place of Love.

We have all felt deep pain and suffering and seen the sorrow of many people. I have desired love since I was a young child. Circumstances were such that I was physically cared for but my perception of emotional abandonment was invisible to the rest of the world and I often felt quite alone, confused fearful and angry.

We all experience to some degree these forms of pain and what I have come to realize is that I have been loved, yet was not able to be open to it or open to larger truths due to my fears and contempt for portions of life. I would in anger and sorrow, yell for a god to listen and fix my life.

What I've come to realize is that this calling out to something greater was the beginnings of waking to a greater understanding of the foundation of an abiding faith that had to be built little by little.

In order to stay above what seem as the trials of daily life, we are asked to stay centered in love with one another and to love our neighbors as ourselves. To accomplish this we will need to move into a greater relationship of understanding ourselves, and in this growth we will begin to realize that that which we judge the world by, is the judgments we carry about ourselves. In order to love without judgment we are required to love in a more complete way. This in turn frees us and opens our heart.

I found how to stay in love while the world seemed horrible when I began using scripture daily and eventually having it fall into my heart. It softened the criticisms I had of life and of myself and I learned about forgiveness. I began a dedicated spiritual practice that was formed around this bible passage from St. John:

“He who loves me, keeps my word; and my Father will love him, and we will come to him and make a place of abode with him.” 14:23

This passage I used daily for quite some time. I wanted it so badly. This love was my highest desire.

When we come to the point in life where we want something greater, we find that the only thing that will fulfill the void we feel is the love of our Heavenly Father. Once found, we want to stay there. However finding it, doesn't give a free pass of the pains of life. Consequently we need to continue to dig deeper into the causation of why things happen to us and how we co-create our lives.

Our budding relationship with our heavenly Father and discovering the Christ within us as His beloved creation will brings us to a realization. One that shows we no longer have need to feel and behave like victims to the ugliness and pain we once participated in and that the life of love, truth and beauty can be

and is ours now and eternally.

To begin this process I would recommend adopting the following two practices to start.

Begin by setting aside some time you are comfortable with that is private each day.

Surrender yourself with daily prayer. Ask to have the love of our Holy Father revealed unto you.

Secondly, speak of all you have to be grateful for. Speak this into your prayers.

For when this is done with a willing and receptive heart, the Love that has been promised to the one calling out will absolutely be answered, for it is written:

“If you remain with me, and my words remain with you, whatever you ask shall be done for you. In this the Father will be glorified, that you bear abundant fruit and be my disciples. Just as my Father has loved me, I also have loved you; abide in my love.” John 15:7-9

This is what the Father’s Son Jesus said to his disciples to give them comfort on the eve of their greatest sorrow.

This can and will give us comfort now and for all our days.