

**RUSSELL'S RUMINATIONS**  
**A LETTER OF ANALYSIS AND COMMENTS ON ISSUES**  
**OF INTEREST TO THE HOLY SPIRIT**

Vol. V, No. 2  
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Dear Friends:

Here beginneth another venture in communication regarding matters spiritual. There seems to be an increasing number of books published (and presumably read) that deal with "spiritual things" in a wide variety of ways, a tangible evidence of interest, because books are seldom published without some pretty good data showing that people will buy, read, and want more. This, Ruminations, is a letter, composed in love and friendship, that follows in this tradition. It is avowedly Christian in its orientation, yet still seems to be of interest to some whose leadings are more spiritual than religious.

In each of the eight issues that has preceded this I have made a bold claim, that I know is accepted quite variously by most readers... and just ignored by a few. This affirmation is that I have received these Teachings, that I quote, from the Holy Spirit in a meditative state. I hear and I write... on a wide variety of ancient to modern themes. There is no profound, earth-shaking reason why I have been selected to be the recipient and disseminator of these interesting educative messages. The Holy Spirit simply works when, and where, and how, and with whom He chooses.

Each of these Ruminations has a theme, usually suggested or at least approved by my Source, and then the process becomes one of essentially scholarly research... going back and finding appropriate Teachings and then selecting portions to quote, which are then the basis for my comments. And all of this is in letter form, one of the hoary symbols of friendship and modes of teaching/learning. This is an enjoyable task for me, but it is still done with academic standards and verve... and I consider it a definite part of the teaching which is my profession.

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The theme for this late summer letter is a most fundamental one in the spiritual and religious tradition – LOVE. Now love can refer to the holy essence of God... it can represent a feeling and state of commitment to a spouse... and it also can be used to describe feelings about ice cream or football. Love is truly a many-splendored and a many-faceted "thing."

I commenced this meditative discipline/opportunity in May of 1979, but it was nearly a year later that I received the first Teaching which directly spoke to this subject... love. It came the morning after a conversation about spiritual matters with our son, Michael, who was 25 at that time (now he's pushing 30), and it was titled, "Love, Certainly." I'll commence, then, with three introductory quotes from that hour long Teaching, early on a May morning in 1980.

**Love is the most fundamental ingredient in human/spiritual relationships. So when I said acknowledge and serve, yesterday, I assumed that underlying these would be love. But I didn't say it them, so you shall hear almost more than you want to know about it today. I am not stingy in My responses...**

Then, after four paragraphs of description and example, He said:

**Love is a vital concept in Our life together, but it just cannot be encompassed by words. You have heard, in your head this morning, Paul's words... to the effect that the person without love is as clanging brass and tinkling cymbal. Now that has an interesting sound, and it does have meaning, but it is hard to argue that this is a clear, definitive statement...**

And His final statement was:

**So don't try to define it. Just be aware of love and do describe its manifestations. They are some of life's best moments. Love as you live today (as if you could really do other!). Shalom, o son. [\("Love, Certainly", May 15, 1980\)](#)**

The context for this first statement is a Teaching from the previous day which averred that God's major desire is for all souls to acknowledge Him and to serve Him, often through service to and relationships with other needy humans. In the quote above He says that underlying acknowledgement and service should be love... the fundamental ingredient in any relationship with some spiritual portion. But what is love... this most fundamental ingredient? Dictionaries use such terms as "affection" and "liking" (even a tie score in tennis), which seems to define love as an emotion rather than as a fundamental ingredient. I have read an occasional "scientific" definition, and these have seemed so silly in their erudition that I haven't even bothered to note the references.

And so it says that this vital concept of love just cannot be expressed in words... a clearly anti-intellectual conclusion, for a fundamental academic premise is that concepts can be defined (which may "degenerate" to a concept being limited to the words that can describe it best). Certainly the most well known discourse on love in the Christian tradition is the 13<sup>th</sup> chapter of the Apostle Paul's first letter to the people at Corinth... "though I speak in the tongues of men and of angels..." This tells some of the results of love and more of the "things" it is not, but gives no clear definition... even as it affirms, at the end, that love is greater than faith and hope.

So, I shall heed the last admonition and not try to define it, but just talk about awareness... appreciation... manifestations... loving as living... and like that.

Later that year (1980) a Teaching opened with...

**When you consider the spiritual dimension to health, o son, you can never consider long without encountering Love. For love is the most fundamental manifestation of spirit... the essence of true relationship. [\("Love and the Spirit", October 11, 1980\)](#)**

Here is a reference to my professional/academic field – health – and to the spiritual dimension to this quality in persons, groups, and communities. When this spirit portion of health is shown forth most fundamentally it is as... (surprise!)... love. So love, spirit, relationship, and health are all intertwined and related one to another. A reaffirmation and further explication of this came last year, with more insight on "how we do it."

**First and foremost, love is one of the true essences of the spirit. Said another way, spirit is the capacity to love. When spirit is well-developed, love for others and for Me is easy and natural... there is no effort... genuine love just flows. This is My condition, of course, but spirit must be relatively developed before it is consciously AND unconsciously aware of My**

**love and can feel and act accordingly. It takes a strong spirit to be able to love enemies and those others who are unpleasant and unfriendly, and part of that capacity is from you and part from Me. ([“Dimensions of Love”, October 10, 1983](#))**

Now my understanding is that spirit is that dimension of self that is concerned with purpose in life... and with such intangibles as honor and integrity. It also is concerned with relationship... with God and with other persons. Out of this comes the necessity for love to be an essence of spirit, because love is necessary for truly good relationship... and, at the same time, is generated and regenerated out of such relationships. Consequently, one way of assessing the strength and development of spirit is “through” capacity to love. (Granted: neither can be quantified nor accurately measured.)

Just as a well-conditioned body can accomplish more in running, swimming, working, etc than can a less conditioned one, and just as a well-developed mind has facts and ideas available and can utilize these in myriad ways, so a well-developed spirit can feel God’s love and respond... “easy and natural”... genuine love just flows...

**As I have told you before, love is also an emotion, and people with less developed spirit can feel the emotion of love. But this is strongest when the other being loved is friendly, loveable, and quite willing to show love in return. When this is not the case the emotion of love tends to fade like a cut flower. This can apply to Me (as God) also. If I seem to be loving by bestowing health, peace, even material goods, then many can love and revere Me with their emotions. It is easy to love a God that has just answered a prayer and brought obvious healing or good fortune. Yet emotional love dwindles when the situation is like unto that of Habakkuk... and love generated by spirit is what remains... in time of tragedy and misfortune. ([“Dimensions of Love,” October 10, 1983](#))**

Here is an interesting and important differentiation between love as a part of spirit and love as just one of the emotions. When the love is mutual and the one loved is loveable and able to show love in return, the emotion is sufficient and quite satisfying. I like the shift in application to God... when He is apparently blessing us in myriad ways we can love Him easily and naturally. But what about God and Habakkuk? I heard a sermon on this little-known Scriptural interaction in the Spring of 1944, and I’ve never forgotten it. I quoted it in my first Ruminations built on these Teachings, back in the Spring of 1981, but I think I’ll repeat it (again from a modern translation).

**Even though the fig trees are all destroyed  
And there is neither blossom left nor fruit  
And though the olive crops all fail,  
And the fields lie barren;  
Even if the flocks die in the fields  
And the cattle barns are empty,  
Yet I will rejoice in the Lord  
I will be happy in the God of my Salvation  
The Lord God is my Strength and He will  
Give me the speed of a deer and bring me  
Safely over the mountains.**

**(Habakkuk 3:17-19)**

You notice that Habakkuk says that he “will rejoice in the Lord” and “will be happy”, which implies continuing love. To be the real illustration of spiritual love, however, he should say something like, “And I shall continue to love the Lord, my God, no matter what misfortune He allows to befall me.”

There are also mental and social dimensions to love, and hear what He says about these:

**There is also a mental dimension to love. Love is a beautiful concept, and there is much intellectual reason to want to love. Philosophers great and small have thought about, taught about, and written about love. Again, for those of strong intellect but weak spirit there is much value given to love... much lip service as to how important it is. But such a woman or man, such a one may, sadly, feel no love... even may realize this lack.**

**Is there a social dimension to love? You bet! Just as there can be spirit within a group that is greater than the aggregate of individual spirits, so a group can love... those in it and those beyond, and new people entering can feel that love... or that lack of same.**

**[\("Dimensions of Love", October 10, 1983\)](#)**

This short paragraph on the social dimension makes me aware of the emphasis we in the "Western world" put on the reality of the individual... even urging us to deny the reality of groups (as more than just the aggregate of individual spirits). I know I have been part of groups all through life that have generated spirit... and love... not identifiable with any individuals. But let the Spirit add two more dimensions to make it a truly holistic analysis.

**In a "primitive sense" the body can love. Because the physical body is an analog of the spiritual body it has capacities that are love-like. The sex organs are obvious, and you know the feelings of positive capacity and of insufficiency. The body can respond to the touch of another with love... can respond to a delicious food with love... to sights, smells, and sounds that bring positive bodily response.**

**Finally, the environment has capacities for love. As you go out this morning there will be no doubt that your two dogs love you. The freshly mowed grass sends forth love, and the flowers that still bloom are evidences of love that the earth itself, for it is My creation, just as you are, sends forth.**

**All of these are merely dimensions of love, which is only holistic in reality. Still it is well to become more aware of how these dimensions "are" and how they augment each other. Love is certainly one of My best "inventions." [\("Dimensions of Love," October 10, 1983\)](#)**

Again, our culture... and the Christian church in some of its manifestations here... tends to be so people oriented that there is discomfort with this notion of the environment having capacities to love. The reminder that makes it creditable is that the earth remains the Lord's creation, and that which is created by love has love as part of its essence. Those who are attuned to love can discern it from many aspects of nature. Well, I'd affirm that I can.

One later paragraph picked up this theme and put it in terms of an "amalgam of love"...

**For, you see, love is not better when it is "yours alone"... exclusively yours. It is best when it represents the amalgam of love you feel for others (and as you love much your capacities are continuously increased) with the love you receive from others. In addition, there is the love you feel for animals, the earth and its many manifestations... trees, sky, water. Yes, the love for a place can enhance love for persons. Loving your dog and**

receiving his love can increase your capacities to love others... even to love Me. ([“Loving As Living,” April 5, 1984](#))

It seems to say that my capacity to love is increased by being loved and by all of the varieties of love I feel... and seems to put aside the intellectual premise that there are levels or “classes” of love which are different from one another, some inferior to others. You’ll encounter several other later affirmations of the principle that we increase the capacity to love by loving, whatever or whoever that may be, not by withholding or categorizing.

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In putting together this “ruminating letter” I am drawing from nine different Teachings, which was the style I had used until the last two issues, which were derived from much fewer, but complete, meditations. I do want to make this eclectic and include one complete Teaching, which offers some very powerful affirmations about love... and also illustrates well the way in which the Spirit makes Teachings relevant to my ongoing life, this one having some provocative parts relating to Mabel, my mother-in-law. (As in the two previous letters I’ll number the paragraphs so that I can refer back by number and make it easier for you to know about what I am writing.)

DEC. 14, 1982  
TUES., 6:24 AM

## LOVE IS THE WAY

FARM  
FRONT OF FIRE

- 1. When the Holy Scriptures have been read completely and thoroughly, and all of the differences and similarities have been noted, the question may well be asked, “Why all of this?” The answer is Love. Tome upon tome of theology have been written about Me and My ways, but they are for naught if the conclusion is other than the power of Love. The major motivation behind My actions in this world that I have created is love for the whole of creation and love for you humans, My most wonderful and terrible of creatures.**
- 2. It is in love that I call and instruct some in a harsh and restrictive faith in Me... and this is an important aspect of My total creation. This message is that while I am a loving God I also am angry and hard-nosed. There is one way to come to Me and One Way only. All who do not find this Way, or who reject it for another, or simply take another, are lost. This is a message of Mine, but I finally cannot seem to carry it out without some loss of love.**
- 3. You certainly know the feeling of having sons who go in ways that do not seem wise to you... or that seem downright wrong. Yet they still are your sons, and your love remains despite their actions, intentions, even values. You accept them as your sons, despite their ways. If you, who love so imperfectly, can do this, try to imagine what I, the source of Love, can and do accomplish. The great spiritual challenge of being given this exclusive message to proclaim and believe is to bring people to My Way without loss of love for those who will not.**
- 4. In somewhat like fashion you have a message... a story to tell. It is a broader, more inclusive story, but it is being rejected by some. The spiritual challenge of this is... can you feel and maintain love for these who reject this story, given to you by Me? You know that the easy way is to turn toward those who hear you with delight and love them mightily,**

with a feeling of righteousness. I do not put this down, be assured, because, as I have told you, the capacity to love grows with use. You do not love more through loving less.

5. So you and My servant Mabel, have a similar challenge... to tell stories and proclaim truth that I have given to you... and love each other and others who will not or cannot accept what you tell. Most fundamentally, it is an exercise in love. Knowing this does not reduce the challenge, but it gives it an ultimate purpose.

6. I said, through My servant Paul, that love does not insist on its own way. This is another challenge. If love does not insist on its own way, and I am Love, do I insist on My own Way only? If Mabel insists on her own way is she no longer loving? You do not insist on your own way, so loving, by this definition, is easier for you. Is the quality of your love less because it is easier? These are questions to ponder rather than ones with clear, sharp answers.

7. Love is patient. I am Love, so I am patient. I wait for each of you to grow in spirit, knowing that some paths are less productive than others, but also knowing that any path can be one of growth if you will be aware of Me and of My ways and appreciate the relationship with Me, no matter how it is manifested. If you love Me you will be patient with our relationship, knowing that what I do with and through you has a purpose, even though you cannot discern what it is.

8. The purpose of human existence is Love. Take the opportunities you have to love, and accept the love that others offer. Love when others do not love you, do not accept you... even reject you. Love when it is not reasonable to do so. Love when it is easy to do so, when it is difficult, and in every "situation" betwixt and between.

9. This is too simple a gospel. There must be other more complex considerations, including My ultimate nature (including that fascinating one of Me and femaleness). But when you return from theological wanderings... Love Is The Way.

10. I have said it... and also

Amen

7:46 AM

The first paragraph is something like a first person statement of the truth in Paul's 13<sup>th</sup> chapter of I Corinthians... love is just darn fundamental to this whole spiritual "enterprise." Paragraph #2 is a comment on those with a "this is the Only Way" message... the challenge of believing and proclaiming One Way without losing love for those who gently or forcefully reject the Way. The next one (#3) is particularly pertinent to me, with sons who have done many things and taken many routes of which I have not been enamored. Now each of the older three are devoted in their Christian faith, but each in a denomination or church different from one another... and all different from Lenore and me. And only one is enthusiastically accepting of this story I have to tell... and the means I have been given.

And yes, as it suggests in #4, it is tempting to turn lovingly toward those who will hear this story with some openness and acceptance. To be aware that it is all an exercise in love helps (#5), but doesn't bring magic comfort.

Paragraph #6 is probably the most provocative, for me, in the whole letter. Paul says, and the Spirit affirms, that love does not insist on its own way. If the God who was (is) in Christ and in the Holy

Spirit IS love (as is often proclaimed) is it likely that He will insist on one narrow Way? Or will He exhibit another characteristic of love - - patience (#7) - - and wait for spiritual growth to take place? Yes, this is too simple a gospel... or is it?

There were several earlier references to loving the unloveable, and here is another discussion of this troublesome challenge.

**Love of children is so vital to their growth as human persons. You love your little granddaughters, and you see them being loved well by their parents. But what if that love were not present? Would it be a part of their experiences if they were not rather perfect little creatures? That is one of the distinguishing characteristics of love from the spirit - - the capacity and desire to love those less than perfect and to love an individual at all times, from beautiful to nasty.**

**It works in two interestingly different ways. You can love Rivanna when she is happy, smiling, and cooperative, but can you love her when she is sulky, contrary, and whiny? When love truly can be felt and manifested, even to the unloveable, it is a product of the spirit. The other way: you could love Russ when he needed you, was vulnerable and weak; can your feelings be comparable when he is sober, in control, and in no apparent need? The paradox is there. Sometimes it is more difficult to love the one who is weak and in need, and sometimes it is harder to love the one who no longer needs you. ([“Love As Answer”, July 3, 1980](#))**

The reference to “rather perfect little creatures” means that physically and mentally they are healthy and function normally, even better. What if they were handicapped physically, retarded mentally, or diseased in some incurable way? This would be a trial of love as a product of spirit that cannot really be tested on “rather perfect” little ones. But He goes on into behavior, and I must admit it is a situational challenge to be as loving when Rivanna (a granddaughter) is sulky and whiny. The other reference is even more fascinating. Russ is an alcoholic I was trying to help at this time, and I guess I have to say that I did feel more love for him when he needed me than when he didn’t... even as I was uncomfortable with this particular helping role. The last sentence (Sometimes... and sometimes...) sums it up well, now doesn’t it?

All right, but what if I don’t measure up as I should? What if I don’t love as I “know I should”? The ending to this next Teaching gives a simple answer - - exercise your spirit.

**Just as there are varieties in muscle strength, respiratory endurance, social grace, and mathematical capacity, so there are differences, among persons, in capacities to love... Fret not about your “rank order.” Some will surpass you, but this is no contest. Exercise your spirit, and love will flow. It is one of the most “natural” of laws. Love My Ways. ([“Love As Answer”, July 3, 1980](#))**

One of the principles that most of us Western middle class Christians learn is to assess merit before we give. I shouldn’t give money to a person or a group until I try to determine how wisely they’ll use it. As a teacher I’ve had 35 years now of dealing with the principle that the grade I give each individual in each class, each year, represents best what they have learned... and therefore earned. (Never give a person a grade she has not earned.) Occasionally I hitchhike from the Farm to the University and then home again. The vast majority of drivers decide quickly that I do not merit a ride. Most of those who do pick me up recognize me, and therefore decide, on that basis, that I do merit assistance.

Now how does all this cultural learning affect our loving? I'd say it has an influence... that we have to overcome a tendency to withhold love until there is evidence that another merits it. Listen...

**When your spirit reaches out and embraces other spirits, love is the contact. When one withholds love until one can be sure the other merits it, the relationship may never develop, for without love the shortcomings and faults of others become evident... dominantly so. On the other hand, if the other person responds in love, this can kindle the love in self and relationship can grow. (["Love and the Spirit", October 11, 1980](#))**

It says, rather simply, that when I withhold love, the other person may then never merit it... while love makes both of us more loveable. Now, what about "giving and receiving"?

**I said, "It is better to give than to receive." There is a truth to that, but in relation to love it is equally important to receive. Love from another is energizing, is upbuilding, is fuel for the manifesting of that spirit in you that is love. You receive in order that you might give, and you give in order that you might receive. It is not competitive, but beautifully reciprocal. (["Love and the Spirit", October 11, 1980](#))**

Receiving love from another may be what is necessary for me to be able to give love. Important! Giving and receiving love are "not competitive, but beautifully reciprocal." And here's another urging against rationing or withholding love...

**Love builds other relationships. As I have told you before, love is not something to be rationed and withheld. This even applies to Me. Some would interpret Scripture to urge that you love Me rather than others... or things of the earth. What I say to you is that as you genuinely love others, and even dogs, music, places... your love for Me can also be growing. (["Love, the Builder", November 25, 1982](#))**

Just as the positive act of loving is a reciprocal matter, the act of love being of benefit to both giver and receiver, so it is... sadly... with the rejection of love offered. If I offer love to someone and he does not accept, I must be aware that I can lose as much as he. The following paragraph is from a teaching that tied love into the healing process.

**A major deterrent to love is non-acceptance of it by those upon whom it is bestowed. Then the counters to love arise - - resentment, disengagement, apathy, jealousy, enmity, even full hate. You remember the declaration, "You love something... that doesn't mean it has to love you back." This is a highly spiritual affirmation, which is hard for most to actually live out. When love is offered, as needed in the healing process, and the one in need does not or cannot accept the love, the one offering may pull back, which is a loss to the one in need and ALSO to the one pulling back. Resentment replaces love, and the one who is well becomes less so. (["Love, the Healer", November 28, 1982](#))**

But what is all of this "giving and receiving", "withholding and non-accepting" about, in actual behavior? There can be many manifestations, but the Originator of these messages puts in a good word for....

**Loving service... that is My favored manifestation of spirit and means for spirit to expand. Take the opportunities that come, and create others. Be aware of events and**



**situations, all of which are potential times of love. If you keep love and service as the foremost ideal you will realize greater value from all the things you do... and you will waste less time in selfish wool-gathering. ([“Love and the Spirit”, October 11, 1980](#))**

Each of us has many opportunities, even daily, for loving service. Heed the admonition, as I try to... “take the opportunities that come, and create others.” Even things that just “have to be done” can be done in a spirit of loving service, rather than reluctant servitude. I’ve missed some opportunities today, as I was writing this. I just hold to the faith that this, too, may be a loving service to some who can benefit.

I commenced this segment with a long paragraph about what we learn that makes us cautious about loving too easily or readily. This is the power of the mind, sometimes in direct competition with the spirit in determining an individual’s behavior. The Spirit says it better...

**You must know, however, that the mind can be a limiting force, when it, with the power of reason, judges another to be unloveable. There are reasons for not loving virtually everyone, and powerful reasons can be brought to bear on some in particular. A developed spirit protests, and My Spirit protests. The way to reduce unloveable qualities in another is through unconditional love, not through withholding this essence of life. For when you withhold love you limit the life force. ([“Loving As Living”, April 5, 1984](#))**

The term... and the concept of... “unconditional love” also has been used by Dr. Jerry Jampolsky, a California psychiatrist, who founded and still directs the Center for Attitudinal Healing in Tiburon, north of The City, which has focused on help for children whose disease is predictably fatal. Jerry learned so much about love from working with these kids that he has written two books, Teach Only Love (for That Is What You Are) and Love Is Letting Go of Fear, and he now spends a good deal of time giving workshops in which he stresses the importance and ultimate value of unconditional love. (Jerry and I were classmates at Long Beach Poly High in the early 1940’s, but the closest we came was mutual friends in a class of over 900. We have met and renewed acquaintance a couple of times in the last four years.)

The main emphasis (returning to the Spirit’s use of the term) is that unconditional love can simply reduce unloveable qualities in folks whom you “shouldn’t love”... like nothing else can.

Another quote from the same Teaching I include because of the nice word picture of love “gushing”, and because of the idea that as the Spirit becomes a more integral part of me I have less control over loving, for it “is what I am”... the subtitle of Jerry’s first book.

**Some life situations are repetitive, and likewise some love is felt and displayed and “given” in familiar, repeated “doses.” Some is constant; some varies. In some situations love just flows, even gushes, almost involuntarily. Yes, you as an individual, can “regulate” love, but as you are in Me and accept Me as an integral part of you, then you have less control, and loving becomes more “what you are.” For, in contrast to the familiar, repetitive life situations, there are those that are surprising, unique, clearly unexpected, and in these love also emanates in unique, often indescribable ways. (I shall not try to describe the indescribable.) ([“Loving As Living”, April 5, 1984](#))**

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I've vacillated more about this next segment than about any other. I suppose, basically, it is a reluctance to put forward this "difficulty" (which shall be read by my sons) with loving all of them equally AND a reluctance to focus more attention on this relationship with the Holy Spirit. But... this just has so much beautiful, friendly "stuff" about love intertwined that I shall include it.

**All right, let's talk about this act of loving, with which you have some difficulty as a father. You are bothered, somewhat strangely, by My statement that I love you as a human entity, for this seems to imply that I love you more than others... because I have established this communication and because I do say it to you. (Others could say, "Well, the Holy Spirit never told me that He loves me!") Over the years you have had some troubled times in considering that you feel more love for one son than for another... or that the love feeling does not seem to come out even. This can be a dilemma, but let Me tell you with assurance that the answer is not in withholding love to some minimal level so that it will be equal. Love generates from love. The love of a son and the expression of that love may be, for a time, greater and more obvious than for another. But love increases with expression, and soon the love for the other (s) comes up to the most loved, rather than sinking down to the level of the least. You have to trust that this is so.**

**As Jesus I felt and expressed more love, at times, for certain disciples than for others. Yet when Judas went forth to betray Me I felt a great love for him, and he could feel it engulfing him. He did what he planned, but then he could not continue living with the betrayal of that love. (It has been worked out now, by the way.)**

**So, this digression has been important, but it has been a digression. Do not feel strange that I express My love for you. I assure you I have the capacity to reach many souls, and in a great variety of ways. Some, good followers of Mine, would be devastated and immobilized if I established with them such a contact as I have with you. Even some clergy wouldn't be able to handle it. So accept that you are special in a few ways. But accept also that I expect more of you because you know what I want of you. The love is not some "reward" for following Me. True love is not dependent on what the other does or says. But, I love you, and I express it, and I expect that, in response, you will follow My leadings and be the special servant that you can be. You can be you, but you can't do well at being some other servant, with other tasks. All of My followers are not alike... except that each manifests the love which each feels from Me out onto others. Still, the manifestations are different. ["Follow Me", October 12, 1980](#)**

It says so clearly that love generates love... you love more only by loving more, not by trying to make everything come out equal. (And isn't it interesting that the relationship with Judas has been worked out!) You read... that I have this relationship as a manifestation of love, and I'd best do it as well as possible rather than fretting about other possible expressions that I don't do so well.

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This early summer we were in Hawaii again for three weeks, and I enjoyed the worship in familiar old Central Union Church on three Sundays, an experience that had its origin nearly 36 years ago. The interior of the sanctuary is white stucco, and high above the cross which is behind and above the chancel are the words LOVE NEVER FAILETH. Early this year the spirit commented:

**“Love never faileth.” You recall that short Biblical sentence from the sanctuary at Central Union Church. It is true, of course, in the large, global sense. Love never fails to have some positive effect in any situations. But in the practical matters of daily life it does not work miracles every time. Love may not keep a person alive whose physical heart stops from lack of circulation. Love can modify response to pain, but it mostly cannot eliminate pain. A great outpouring of love cannot halt all hostilities in Central American nations on this day. So, yes, love does seem to “fail”... but, overall, it accomplishes much that is important. ([“Love... and... Fear”, March 9, 1984](#))**

So... love doesn't accomplish every magical, unlikely change we desire... but it is certainly better than whatever is in second place.

Though there was some allusion earlier to love as the “content” of the first Commandment, this was not directly addressed, so let it be, here

**Love for Me is an important ingredient. It is difficult for Me to say this readily, for I am aware that self aggrandizement is not a characteristic of spirit (or of Spirit), so to say that “you must love Me” sounds self centered and prideful. I know that I, as Jesus, put the necessity to love as a Commandment, so I must again explain that this means it is profoundly essential, but must come willingly from your spirit. You must willingly love Me... the communicating Holy Spirit, Jesus the Christ who is not so direct with you, and God Almighty, the omnipotent, omniscient Yahweh, the most powerful Force in the universe and beyond.**

**Yet it is also true that you should love who and what you can most easily first, and from that shall come more capacity to love Me. The principle holds and should be told: it is in loving that your spirit grows and your capacity for loving increases... even if that love is for your Farm, your dogs, or a sleeping grandchild. Be aware of that love. Appreciate the feeling of that love. And, like unto biofeedback, become more aware of how loving feels so that you can generate it even when the inherent feeling isn't as strong as “it should be.” ([“Loving As Spirit”, April 25, 1984](#))**

The Commandment means, then, that love is “profoundly essential” (that's strong and positive!), but must come willingly. The “how” is repeated... you can love the Lord more by loving what you most naturally love, with neither reservation nor inhibition. But the love... for other individuals, people, and things of the earth... comes eventually from the fount, the Lord God. Just as all energy ultimately originated in the sun, so all love that is of the spirit originates in God. Read it...

**For the key to the understanding and building of a life is the knowledge that I, the Holy Spirit, Jesus the Christ, and God Almighty, am the fount of love, that source which is never ending. In physical terms the energy of this earth comes from the sun, and this source, though incredible in its capacity, is slowly dying and losing its capacity to give forth. Not so Me. My capacities increase as I give forth love, and as love is returned to Me.**

**In a lesser way so can it be with you. As you give love your own capacities increase. Love builds more love. Love is built by love. Any relationship in which there is love, particularly exchanged, is a more productive one.**

**Love builds like no other force of energy imaginable. This is a basic fact of life eternal.**  
**(“Love, the Builder”, November 25, 1982)**

... and the final paragraph in a companion Teaching adds that assurance that this Lord wants and is ready to help, but not to dominate.

**If it were only a human process it would be more difficult to regenerate the love. I am ever ready to help... a source of undeserved and unconditional love. In other realms I dominate. Here I dominate certain lives but am mainly an assister in the spiritual growth process which can occur uniquely here in the earth. Proceed in love. (“Love, the Healer”, November 28, 1982)**

The letter is virtually finished, and though it is a demanding task, I do love to do it... and I love the “finished product.” The Spirit who speaks repeatedly about the reality of timelessness, has challenged me to finally generate four of these per year. Will I organize and produce yet another issue before 1985 rolls in? I have three other professional writing tasks, two conventions, a full teaching load, plus theses and dissertations. But in this last quote you see that I’m given a challenge... to feel the Spirit’s love in saying, “Do this one that you fear”... and feel love for those who will have trouble with this picture of God, which just is not very Scriptural. So here’s the preview...

**You know that I, the Holy Spirit, have a sense of humor, a spirit of fun that mixes interminably with My dignity, majesty, and solemnity. In love I have revealed this to you, and yet you have a fear about sharing this revelation to some others, through your Ruminations, because the Bible does not portray Me, as God or as Jesus, as One who is enjoying this earth experience. When I call upon you to make this “contribution” you shall be able to do so only as you feel My love in the request and continuing to surround you as you do it... and as you feel love for and from those who will object to this revelation of Me. (“Love... and... Fear”, March 9, 1984)**

I hope this has caused you to think and to feel... and to consider how this great force, love, works in your life. If you’d like to share some of this with me, please be unhibited.

In Love,

Bob Russell  
Christian, Professor, Health Educator,  
Writer, SongSinger, Farmer, Philosopher

