



# 7 QUALITIES OF ONE

## ETERNAL LOVE

There is no 'because' in God's Love.

He doesn't love us 'because' we're good or kind or thoughtful. He doesn't love us 'because' we're pure, or noble, or fine. These things, these qualities are ours to have or not to have...part of our journey, part of our learning.

When we say the love of One is unlimited...and eternal...it simply means that when God loves us...there is no 'because'. It is just there....always.

If there are times when we don't feel the love, it is never because it isn't there. Maybe we somehow forgot our part of the dance...forgot to reach out our minds and hearts, even when we don't want or need anything.

One is.

He is the essence of love, and whether we are good or bad, fine or not, flawed or almost perfect...the first act of God is love....and it is eternal.



# REAL PEACE

We look for it in so many places... on so many paths lined with books... and programs...and classes...and words, always words.

And yet the straightest path to peace stands wordless... and just in front of us. This path is silent connection with the highest power, the purest soul—with the One.

Peace needs spiritual power—to make it real, to make it strong, to make it last.

No matter what name we use for Him, we need to turn our thoughts there, to turn our hearts there, to turn our consciousness there. That is the first step.

That's where we begin.

# TOTAL FORGIVENESS

Eternal and omniscient, The One sees before we act...  
He hears before we speak. Nothing is new.

His love is unconditional and eternal and so forgiveness is never separate.  
Immediate and total, it is part of that unconditional love.

We also have to forgive...each other and perhaps, more importantly, ourselves.  
Part of our learning is to see our mistakes clearly so we can move to change them.

How good it would be to hold onto the change, but let go of the regret,  
to love ourselves and each other as He loves us.

That's forgiveness. That's love.

That's God, no matter what name we use.





# ESSENCE OF PURITY

The ultimate purity is the purity of ONE...undiluted...  
no shadow, no darkness, no flaw,

ONE is the heart of purity...the essence of perfection.

It is connection with the One that lights the path to our own purity.

This is a purity that we can reach, human though we are.  
A purity that changes outcomes, decides karma,  
and ultimately affects the world. This is purity of intention.

It is purity of intention that is the highest...  
the epitome of everything humanity reaches for.

Connection with One will give us the strength  
that makes this possible.

One is the strength, One is the source,  
One is the essence of Purity.

# THE TRUTH

We swear by it in court.

We promise it to each other in relationship.

We seek it and explain it and write about it.

But signposts don't always lead where they say they will.

We sometimes confuse wisdom with truth; easy when life is gentle,  
useful when life is unsettled, necessary when life is in crisis.

We sometimes confuse facts with truth, but facts change according to time,  
according to culture, according to belief.

Truth is more than these. Truth is eternal, unchanging.

Truth rubs the dust of the world from your eyes, so you can see clearly.

Is it possible for an ordinary person to journey to the heart of deep spiritual truth?  
The answer is yes.

Is this journey to the heart of truth possible for you?  
The answer is yes, yes and yes again.



# SWEET MERCY



Mercy is more than compassion, more than kindness, and love.  
Mercy is what we do with these. Subtle or direct, Mercy is action.

To help another without thought of return...  
That is mercy.

To lift someone's heart by seeing the best in them...  
That is mercy.

To remove another's sorrow by giving them hope...  
That is mercy.

The lord of Mercy is ONE.

And if we sit in silence and hold Him in our hearts and minds,  
the veil of time becomes almost transparent.  
In our connection with One, we begin to see our own highest selves.

Like an almost invisible mirror, our consciousness gives us a glimpse  
of what we can be...a vision of our own promise that we  
can step into...our highest potential...the best of ourselves.

We know then what we can become.  
This is mercy of the highest kind.

# SPIRITUAL POWER

Power over circumstances or over other people is always an illusion.  
It can change at any time—disappear without warning.

The only real power we human beings can ever have is power over ourselves.

That is spiritual power...and with it we can make choices about how  
we move through our world. These choices create our own tomorrow...  
and we are each capable of much more than we ever thought.

Our spiritual power is awakened when we connect with One.  
In this connection lives the power to craft our destiny.

God doesn't have power...no matter what name we use, One is power...  
pure and benevolent...without force...without motive...without domination.

One is the only source of eternally pure power and when we turn our minds and hearts to  
Him, when we make the connection...our hearts open, and we begin to create tomorrow.