



**MISSION STATEMENT:** “One World Heart’s mission is to lift humanity up “onhi” and our planet Earth (Gaia) through education and promotion of the new Aquarian Spirituality, according to the Creator’s Will and Plan.”

**Relationships** (*re-lation-ships*): Connections that allow one to evolve, intensify, commune through love and experience towards an eventual unity consciousness.

## Love Is Forgiveness

**Love is one of the greatest gifts God ever gave to humanity.** Love has the power to provide us incredible strength, intense happiness, and ecstatic pleasure. But what is our ability to truly love? Whether we want to admit it or not, humanity is still primarily selfish. Regardless of our motivation: greed, lust, power, security, or prestige, we are all basically driven by a need for personal satisfaction. What would life on this planet be like if we were motivated by unselfish reason, with an ability to accept and love all others, to build instead of to destroy, to enrich and empower others instead of using or manipulating others for our own self aggrandizement?

is typically dependent on what we are receiving from someone or how our needs are being met by the other party. If our significant other does not give us what we need or expect and inadvertently hurts us, we typically respond with anger and unleash harmful energy that creates pain and disharmony. If this is the case, our degree of unselfishness is not what we believed it to be. Unfortunately, most people are in denial of their own degree of selfishness.

Our ability to love others is contingent upon a variety of factors: the level of soul maturity, degree of unselfishness, effects of childhood trauma, dysfunctional family patterns, self-esteem, and dependency and co-dependency issues. The more we love ourselves, and the more we are emotionally independent of others, the more we will be able to demonstrate genuine caring and compassion. Our ability to demonstrate this higher quality of love

It is easier to blame others for how they failed to meet our need or expectation than to accept personal responsibility for becoming angry and the subsequent harmful effects. Believing that our individual needs have greater importance than someone else or that our needs should always be met by our relationship partner reveals an emotionally immature attitude. This belief reflects a high degree of personal selfishness as well as emotional dependence on our partner. This concept is difficult to accept, but it must be faced by almost everyone on this planet. How often do we get hurt or angry when

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*‘Go into the heart  
and  
feel the heart,  
then  
expand its light out,  
and  
you will find,  
the  
path that leads you  
home.’*

*Lanto*

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## Love Is Forgiveness

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things do not go our way, and we respond by blaming and becoming enraged. These responses are generally destructive to most relationships. Holding in our anger is self-destructive; it fosters resentment which also affects relationships in a negative way, by withholding affection or some type of emotional distancing. Only when we face the truth about ourselves and overcome our denial of our own self-centeredness will we be able to choose forgiveness.



Forgiveness is a means of letting go of our negative emotions. It is a way of releasing our desire to punish the person we believe is the source of our anger. Forgiveness is a loving way to give someone another chance. It involves loving and trusting another person enough so that conflicts can be discussed without personal attacks. Forgiveness means not giving up on a special relationship. Forgiveness entails caring enough about another person so that efforts would be made to reach an understanding so that a potential hurtful event would have a low probability of re-occurrence. Be aware that carrying the burden of unresolved guilt causes self-condemnation. So be sure to forgive yourself for your own wrongdoing and give yourself another chance in loving yourself completely.

It is necessary to overcome our denial and face the truth about ourselves if we sincerely want to be less selfish. Mistakes will always be made. Depending upon our level of development and maturity, some will make more mistakes than others. Accepting our mistakes is part of the growth process. Some will grow more rapidly than others which should lead to fewer mistakes being made. Our ability to forgive increases as we illuminate our soul's wisdom and expand the love within. Embrace this Transforming Power of Love!! It expands our Spirit and opens our hearts. Love releases a joy that permeates every cell in our body and touches the heart of humankind, thus permitting us to truly appreciate the world God created for us all. As God has graciously forgiven us, we can learn to forgive others as we expand our love throughout this planet.

IN LIGHT, LOVE, AND LIFE ETERNAL  
KUTHUMI

*'Forgiveness is the only disposition whereby we can let the past be the past – in the deep, and often painful, awareness that it cannot be changed – and redirect our creative energy to a fresh future.'*

*Diarmuid O'Murchu*

*'He who cannot forgive breaks the bridge over which he himself must pass.'*

*George Herbert*

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## "Love & Fear"



[www.reuniting.info](http://www.reuniting.info)

Article by Marnia Robinson and Gary Wilson

Various spiritual teachings, such as *A Course in Miracles*, [1] say that there are only two fundamental emotions: love and fear. For the body, this is true. All mammals, including humans, have two opposing hormonal responses to stimuli. Threatening stimuli cause an increase of stress hormones—adrenaline and cortisol. Soothing or reassuring stimuli cause an increase in oxytocin.

An immediate threat triggers the fight-or-flight response associated with adrenaline. Adrenaline steps up heart rate, increases respiration, activates muscles, and promotes hyper-alertness. Long-term stress (more than 15 minutes) increases a different stress hormone: cortisol. Cortisol, too, makes us hyper-vigilant, but its evolutionary functions are quite different than the temporary jolt of adrenaline designed to propel us out of danger.



The stress encountered by mammals, and our hunter-gatherer forefathers, was chiefly physical, not emotional. The most common physical stressors were probably starvation, severe gastro-intestinal illness, and critical injury. To cope with such emergencies, cortisol begins to break down non-essential organs and tissues to feed vital organs. When cortisol stays at high levels, it automatically digests bones, muscles, and joints to obtain key nutrients to maintain the nervous system and vital internal organs. Another side-effect is that it makes us hungry, causing us to reach for high-calorie foods.

**'The virtue of achievement is victory over oneself. Those who know this can never know defeat.'**

Anonymous

Today, our biggest long-term stressors are emotional and mental, not physical. In effect, we are a "new" scientific experiment. We face threats in the form of potential job loss, the pressure of commuting in heavy traffic, a barrage of fear-producing media, relationship disharmony in a marriage, etc. Even though these are not physical threats, our body has only one, automatic response: more cortisol. Cortisol is very hard on the body, so all these threats indirectly become physical threats.



Fortunately, we have a built-in mechanism for countering stress, which forms the basis of our alternative response to stimuli. It entails another hormone, called oxytocin. Apart from its functions of inducing emotional bonding, labor, and lactation, oxytocin counters the effects of cortisol. This anti-stress effect of oxytocin is a recent discovery, and very exciting, because it points the way to better health by entirely natural means.

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# "Love & Fear"

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Fear - Cortisol	Love - Oxytocin
Aggression	Anti-stress hormone
Arousal, Anxiety, Feeling stressed-out	Feeling calm and connected, Increased curiosity
Activates addictions	Lessens cravings & addictions
Suppresses libido	Increases sexual receptivity
Associated with depression	Positive feelings
Can be toxic to brain cells	Facilitates learning
Breaks down muscles, bones, and joints	Repairs, heals, and restores
Weakens immune system	Faster wound healing
Increases pain	Diminishes sense of pain
Clogs arteries, promotes heart disease and high blood pressure	Lowers blood pressure, Protects against heart disease
Obesity, Diabetes, Osteoporosis	---

As you can see from the previous chart, nearly all the negative effects of stress on the body and mind are related to elevated levels of cortisol. These include: chronic anxiety and depression, emotional over-reaction, negativity, weight gain, heart disease, high blood pressure, and weakened immunity. Oxytocin, by countering cortisol, can ameliorate all of these conditions, as well as some others (see list of recent discoveries at end of article).

Numerous activities produce more oxytocin: meditation, yoga, exercise, massage, caring for a pet, joining a support group, worshiping, and so forth. Yet, one of the most important avenues for decreasing stress and increasing levels of oxytocin lies in our intimate relationships. In *Love & Survival*, Dr. Dean Ornish points out that love and intimacy are such powerful determinants of health that if they were produced in pill form, doctors who failed to prescribe them to unhealthy patients would be guilty of malpractice.

Incidentally, one might wonder why we can't just take oxytocin pills to increase levels of this helpful hormone. Unfortunately, oxytocin doesn't cross the body's "blood/brain barrier." We must produce it naturally in the brain to improve our outlook on life (or have it injected with great precision into a tiny area of the brain using the special equipment-not terribly practical).

Oxytocin has been nicknamed the "bonding hormone" and the "cuddle hormone." We produce it naturally when we love, are loved, nurture another, give selflessly, or engage in affectionate touch. It is not the neurochemical behind lust or burning sexual desire, although it is associated with sexual responsiveness.

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## "Love & Fear"

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When we choose to make love by avoiding the stress-producing cycle of highs and lows of conventional sex with its attendant anger, resentment and discouragement, and substitute a very selfless, affectionate, more balanced form of lovemaking, we can greatly improve our health and wellbeing. This shift takes time, and the effects are subtle at first. Yet, consistency can lead to profound improvements in wellbeing in a surprisingly short time.

Oxytocin equates with love; we could not fall in love without it. Cortisol equates with fear. These different hormones generate these opposing emotions, just as the emotions of love and fear trigger the production of these respective hormones. In other words, neurochemicals and behavior are circular. This means that with a bit of awareness and determination we can consciously direct our behavior toward the production of beneficial hormones.

By the way, oxytocin is a very unique neurochemical; the more oxytocin we make, the stronger our body and mind respond to it. Our nerve cells actually sprout more oxytocin receptors, making them more sensitive to its effects. It grows easier and easier to be loving. Oxytocin is the neurochemical basis for the adage, "The more you give, the more you get."

Love tends to breed more love, and fear tends to breed more fear. It's up to us!



### Research Section:



- Oxytocin reduces fear. Increased levels of oxytocin inhibit the fight or flight response in the brain. (Huber, 2005)

- Oxytocin speeds healing. Wounded hamsters heal twice as fast when they are paired with a sibling, rather than left in isolation (DeVries, 2004).
- Oxytocin reduces antisocial behavior. The administration of oxytocin normalized social behaviors in animals exhibiting schizophrenia. (Lee, 2005).
- Oxytocin promotes healthy social behavior. Administration of oxytocin reduces symptoms of autism. (Hollander, 2003).
- Oxytocin reduces cravings. When scientists administered it to rodents who were addicted to cocaine, morphine, or heroin, the rats opted for less drugs, or showed fewer symptoms of withdrawal. (Kovacs, 1998).
- Oxytocin calms. A single rat injected with oxytocin has a calming effect on a cage full of anxious rats. (Agren, 2002).
- Oxytocin appears to be a major reason that SSRI's ease depression, perhaps because high levels of cortisol are the chief culprits in depression and anxiety disorders. (Uvnas-Moberg, 1999).
- Oxytocin increases sexual receptivity and counteracts impotence, which may explain why this other way of making love remains pleasurable. (Pedersen, C.A., 2002; Arletti, 1997).
- Oxytocin counteracts the effects of cortisol, the stress hormone. Increased levels of oxytocin in the brain decrease levels of blood cortisol. (Legros, 2003).
- Oxytocin may increase longevity. Companionship can increase longevity, even among those who are HIV positive (Young, 2004).
- Oxytocin may also explain why, among various species of primates, care-giving parents (whether male or female) live significantly longer (Cal Tech, 1998).

1. A Course in Miracles, Foundation for Inner Peace(1975)



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## Mysteries of the Soul

**The past and present express the intensity of Love and Tragedy** between what we call relationships. Through the ages of incarnation humankind has experienced a separation from GOD and its own innate divinity due to layer upon layer of confusion, fear, and distrust. Too many times people claim they must know and understand everything first before they become spiritual explorers or become socially proactive in times of great distress. How reasonable is such a belief?

**Can we expect to know the Creator's every thought, every plan, and every willful action** before we decide to stand in the plane of matter as a beacon of Light to others? Absolutely not! For those who say, "We will not become involved until we know everything, understand everything, and have already become the new reality," we humbly inform you this type of belief gives the Creator little room to teach you anything new.

**Again, humanity has lost harmony with God.** Again, darkness has entered the human psyche, traumatizing the soul and weakening the Spirit. The human soul is darkening and more destructive elements continue to threaten our planet each day.

**The Emanuella teaches that all sentient beings** exist in relationship with all other aspects of life. She explains the entire action of conflict (internal or external) is a relational issue. Therefore, the solution to this relational issue can only be found in re-defining relationships for humankind.

**An ego, dominant personality perceives these connections** as social, romantic, parental, platonic, abusive, sexual, lucrative, informative, satisfying, or disappointing.

**The soul views our connections differently. They** can be Soul Mates, Twin Flames, Divine Mates, or perhaps Transcendent. An underlying reason is always present as it concerns the continuing growth of our souls. Even a brief encounter has the ability to be an enlightening one. Souls come together to serve a higher purpose; it is up to us to grow enough to see through the changing realm of multiple causes into the crystal clear dimension of spiritual purpose.

**It is in the glorious realm of Spirit where we** discover the underlying dynamics and essential

purpose for all our soul connections. After a long journey, we finally see the purpose of what our souls were struggling so hard to learn. We see our accomplishments in the world of form and breathe a sigh of deep relief. Yes, something important was learned! It was not a wasted life.

**Until you enter the realm of your Spirit, it is not possible** to fully understand the purpose of a lifetime. Only by developing spiritually can you ever hope to know, deep within your own heart, what your purpose is.

**Consequently, we who have traveled along the way of the Creator's Heart, time after time, through form, energy, and Light, to earn our immortality in service to God's Plan, say to all that you cannot have something just because you want it.** Everything is interconnected and you must grow to hold the value of the entire human family as equal to your own value. This you have not done. It will require many more experiential lessons to make this Truth a part of your total being; to take it out of the theoretical and make it a reality.

**Do you see how impossible it is for you to learn anything new** if you choose to do nothing different unless you know everything or have all the facts first? Souls who cling to such beliefs set up a conditional energetic resonance; they limit themselves by not being open to the unlimited abundances of the Universe to help them transcend all limitations. They are attempting to place limitations on how God chooses to work with others. Find the determination to transcend the old dualities of Reason verses Faith. It is impossible to experience the mysteries of the soul without having faith in the ways of God, and it is equally impossible to understand your experiences without the development of reason. Seek instead to develop the wisdom of balance and end your internal conflict between the spiritual and the material in this lifetime!

**Standing with you in Divine Love,**  
*Lady Ina*

**NEXT ISSUE**  
**"Healing"**

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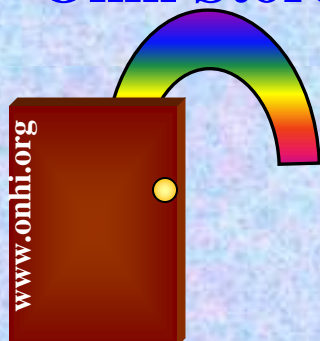
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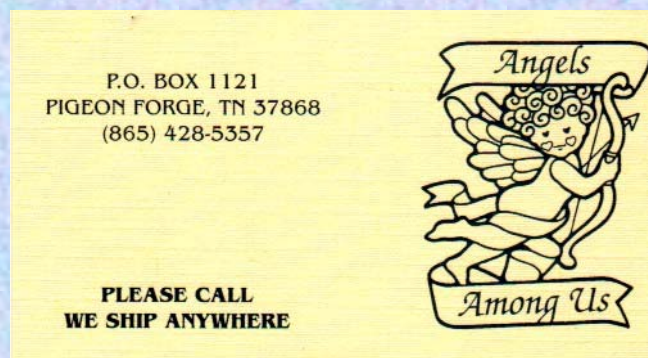
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