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## **\*\*Introduction: The Power of Love Now\*\***

The word "now" carries an incredible power, a force that demands immediate attention and action. It's more than just a point in time; it's a command, an activation of your consciousness, your body, and what we refer to as your "god suit." When you say the word "now" to your god suit, it's as if your entire being perks up, ready to respond, looking from side to side as if asking, "What do you want me to do now?" It's an action word, a catalyst that sets the body into motion.

Consider the impact of placing "now" after a directive: "Have sex, now." "Fill my car with gas, now." These are more than just statements; they are calls to action, activating your body and mind to carry out the task immediately. The word "now" ignites your god suit, making it ready and willing to perform whatever you have asked of it.

This is where we must acknowledge the groundbreaking work of Eckhart Tolle in his book, *\*The Power of Now.\** Tolle's exploration of living fully in the present moment has resonated with millions around the world. He is absolutely correct in emphasizing the importance of the "now." But there's another layer to this concept that we're going to explore in this book—the layer of love.

Imagine placing the word "love" as your central focus, as the primary directive on your mind's screen. Your inner cameras, your consciousness, are always scanning, always observing. What if you could change the channel of your thoughts, adjust the stream of your consciousness, simply by asking for it? What if you could direct your god suit to focus on love, now?

When you say "love, now," something extraordinary happens. It's as if you've ignited the very essence of your being, activating a profound energy that aligns your body, mind, and spirit with the universal force of love. This is the true power of the now—the ability to command love into every fiber of your being, into every cell, every thought, and every action.

This book builds on the foundation laid by Eckhart Tolle, taking the concept of "now" and marrying it with the most powerful force in the universe: love. The idea is simple yet profound. In the miracle of the now, you can place the word love, and in doing so, you can feel, think, and become love now.

As you journey through the chapters of this book, you will discover how to harness this power, how to direct your godsuit to live in a state of love now. You will learn how this simple yet transformative practice can bring healing, balance, and fulfillment into your life. The power of love now is not just a

concept; it's a way of being, a state of consciousness.

Welcome to \*The Power of Love Now\*. Thank you for embarking on this journey with me.

This introduction sets the stage for your book, connecting the concepts of "now" and "love" in a way that is both practical and profound.

## Chapter 1: Where It All Began – The Creation of the God Suit and the Role of Love Now in Human Evolution\*\*

### \*\*The Genesis of the God Suit\*\*

In the beginning, when the universe was a canvas of infinite possibilities, the Creator, in divine wisdom, set forth a design—a blueprint for what would become humanity. This design was not just of flesh and bone, but of energy, consciousness, and a deep, abiding connection to the divine. The result was the God Suit, a term we use to describe the human body in its fullest sense. It's more than just a physical vessel; it is a dynamic, living interface between the soul and the material world, crafted with the intention of housing the divine spark within each of us.

The God Suit was created with perfect symmetry and balance, reflecting the harmonious nature of the universe itself. Every aspect of the God Suit was designed to operate in harmony with the laws of nature and the will of the Creator. The human body, this God Suit, was not just a means of survival—it was intended to be a temple of love, a place where divine energy could be channeled, nurtured, and expressed.

### \*\*The Role of Love in Human Evolution\*\*

From the moment of its creation, love was embedded within the very fabric of the God Suit. Love was not just an emotion or a feeling—it was, and still is, the driving force of life, the energy that animates the cells, the breath that fills the lungs, and the light that guides the mind. Love is the essence of the Creator, the very substance from which all life flows.

As humanity began to walk the earth, love played a crucial role in its evolution. It was love that bonded communities, that inspired the great achievements of civilization, and that propelled individuals to transcend their limitations. Love was the force that guided the first humans in their understanding of the world and their place within it. It was through love that they learned to cooperate, to care for one another, and to build societies that reflected the harmony of the divine plan.

But as humanity evolved, so too did its understanding of love. Over time, the true meaning and power of love began to be obscured by the challenges of survival, the complexities of society, and the distractions of material existence. The God Suit, once perfectly attuned to the divine frequency of love, began to experience dissonance—imbalances that manifested as fear, hatred, and division. The further humanity strayed from the original blueprint of love, the more it struggled to find peace, fulfillment, and purpose.

## **\*\*The Evolution of Love Now\*\***

In the midst of this struggle, a profound truth began to re-emerge—a truth that had been present from the very beginning, yet had been forgotten by many. This truth is the power of love now. While love has always been the guiding force of human evolution, the realization that love must be experienced and expressed in the present moment—right now—has become the key to unlocking humanity's true potential.

The concept of love now is not just about feeling love in the present moment; it's about aligning every thought, every action, and every intention with the energy of love. It's about recognizing that the God Suit is designed to operate optimally when it is in a state of love, when it is balanced, centered, and attuned to the divine frequency.

When you consciously choose to live in love now, you activate the full potential of your God Suit. You tap into the same divine energy that guided the creation of the universe, the same energy that has driven human evolution from the very beginning. This is the energy that heals, that inspires, that connects, and that transforms.

## **\*\*The Role of Love Now in Human Evolution\*\***



As we stand at the threshold of a new era, the importance of love now cannot be overstated. Humanity is at a crossroads, where the choices we make today will determine the future of our species and our planet. The challenges we face—whether they be social, environmental, or spiritual—can only be overcome by returning to the original blueprint, by realigning ourselves with the divine energy of love.

The God Suit was designed to evolve, to adapt, and to grow in response to the needs of the soul. But this evolution can only occur when we live in love now, when we embrace the power of the present moment and use it to fuel our journey toward wholeness. Love now is the catalyst for the next phase of human evolution, the force that will propel us into a future of peace, harmony, and fulfillment.

As we move forward, let us remember that the God Suit is more than just a body—it is a divine instrument, designed to channel the energy of love into the world. By living in love now, we honor the Creator, we fulfill our purpose, and we contribute to the ongoing evolution of humanity.

## **Chapter 2: How Many Cells Die on You Every Day?**

**\*\*Subtitle: The Cosmic Hotel – Your Body's Cellular Regeneration and the 7-Year Transformation\*\***

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**\*\*The Mystery of Cellular Regeneration\*\***

Every second of every day, a fascinating and often overlooked process is taking place within your body. It is a process that speaks to the remarkable design of the God Suit—a process of death and rebirth, of constant renewal. As you go about your daily life, approximately one million cells in your body die each second. But fear not, for at the same time, a million new cells are born, replacing those that have passed on. This cycle of cellular regeneration is a testament to the resilience and adaptability of the human body.

Your body, in many ways, functions like a cosmic hotel. Guests (cells) are constantly checking in and out, but the hotel itself remains in continuous operation, thriving despite the constant turnover. This is the nature of cellular regeneration, a process that ensures your body stays functional, vibrant, and capable of adapting to the ever-changing demands placed upon it.

**\*\*The Cosmic Hotel: A Divine Design\*\***

The idea of your body as a cosmic hotel is more than just a metaphor. It reflects the divine wisdom embedded in the creation of the God Suit. Each cell, like a guest in a hotel, has a specific role to play during its stay. Cells are born, they perform their duties, and then they die, making room for new cells to take their place. This cycle is not only essential for maintaining bodily functions but also for ensuring that the body can heal, grow, and evolve over time.

Think about it: every seven years, not a single cell in your body is the same as it was before. This means that in a relatively short span of time, your body undergoes a complete transformation—a renewal that happens so gradually, so seamlessly, that you hardly notice it. Yet, this transformation is crucial for your continued existence and well-being.

### **\*\*The 7-Year Transformation: Renewal and Rebirth\*\***

The concept of the 7-year transformation is rooted in this ongoing process of cellular regeneration. It takes approximately seven years for every cell in your body to be replaced. This means that, in a way, you are not the same person you were seven years ago—at least not on a cellular level. The cells that make up your skin, your muscles, your bones, your organs—every part of you—have been renewed.

This continual process of renewal is a reminder of the impermanence of the physical body and the constant potential for growth and change. It's as if your body is offering you a fresh start every seven years, an opportunity to become a new version of yourself. This transformation, however, is not just a physical one; it is also an invitation to renew your mind, your spirit, and your consciousness.

### **\*\*The Role of Consciousness in Cellular Renewal\*\***

While the body is hard at work regenerating itself, your consciousness plays a crucial role in guiding this process. The thoughts you think, the emotions you feel, and the intentions you set all have a profound impact on your body's cells. This is where the power of love now comes into play.

As we've discussed, energy follows thought. When you direct your consciousness toward love—when you choose to live in a state of love now—you influence the way your cells regenerate. Love, as a powerful, positive energy, has the potential to enhance the quality of your cellular renewal, promoting health, vitality, and longevity.

Conversely, negative emotions such as fear, anger, and stress can disrupt this process, leading to dis-ease and imbalance within the body. This is why it's so important to be mindful of your thoughts and emotions. By choosing to live in love now, you

can create an environment within your body that supports optimal health and well-being.

### **\*\*The Cosmic Dance of Life and Death\*\***

The constant cycle of cellular death and renewal is a reflection of the cosmic dance of life and death that is woven into the fabric of existence. Just as stars are born, live out their lives, and eventually die, so too do the cells in your body. This cycle is not something to fear but to embrace, as it is a natural part of the divine order.

Every time a cell dies, it is not the end but a new beginning. The death of one cell makes way for the birth of another, ensuring that the body remains strong, resilient, and capable of adapting to the challenges of life. This process is a reminder that life is a continuous journey of renewal, growth, and transformation.

### **\*\*Embracing the 7-Year Itch\*\***

The idea of the “7-year itch” is often associated with restlessness or a desire for change after seven years in a particular situation. While this term is usually used in a social or relational context, it can also be applied to the body’s natural cycle of renewal. Every seven years, as your body undergoes a complete transformation, you may feel a desire to shed old habits, thoughts, and behaviors that no longer serve you.

This is an opportunity to align your consciousness with the process of renewal happening within your body. By embracing the 7-year itch as a call to evolve, you can consciously choose to make changes that support your growth and well-being. Whether it's adopting healthier habits, letting go of negative emotions, or deepening your practice of love now, the 7-year cycle offers a powerful framework for personal transformation.

**\*\*Conclusion: Living in Harmony with Your Cosmic Hotel\*\***

Your body, the God Suit, is a miraculous creation, designed to continually renew and regenerate itself. By understanding and embracing the process of cellular regeneration, you can live in harmony with the divine design of your body. The 7-year transformation is a reminder that you are constantly evolving, constantly becoming a new version of yourself.

By directing your consciousness toward love now, you can influence the quality of your cellular renewal, ensuring that your body remains healthy, vibrant, and full of life. The cosmic hotel within you is always open, always welcoming new guests, always ready for renewal. The key to thriving in this divine hotel is to live in love now, embracing each moment as an opportunity for growth and transformation.

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This chapter explains the concept of cellular regeneration in the body, using the metaphor of a cosmic hotel, and emphasizes the role of consciousness and love now in this ongoing process.

### **Chapter 3: How Young Do You Want to Become?\***

**\*\*Subtitle: Rediscovering Your Youth Through Love Now and the Power of Straight Love Now\*\***

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**\*\*The Timeless Nature of Youth\*\***

Youth is often associated with physical vitality, boundless energy, and a sense of endless possibilities. As we age, society tells us that we must inevitably lose these qualities—that aging is a process of decline, of slowly losing the vigor and enthusiasm that characterized our younger years. But what if youth is not merely a phase of life that we pass through but a state of being that we can maintain and even reclaim? What if the key to staying young lies not in resisting aging but in embracing the power of love now?

In this chapter, we'll explore how you can rediscover your youth by tapping into the timeless energy of love now. This is not just about physical rejuvenation but about reigniting the spirit of youth within you—reawakening the joy, the wonder, and the boundless curiosity that comes with being fully alive in the present moment. The question, then, is not "How old are you?" but "How young do you want to become?"



## **\*\*Rediscovering Your Youth Through Love Now\*\***

The secret to rediscovering your youth lies in the present moment. When you choose to live in love now, you tap into a powerful energy that transcends the limitations of time and age. Love, in its purest form, is an eternal force, one that flows through every cell in your body, every thought in your mind, and every beat of your heart. It is the essence of life itself.

When you focus your consciousness on love now, you activate this life force within you. You remind your body of its natural state of vitality and wholeness. The cells in your body respond to this loving energy, aligning themselves with the rhythm of life that knows no bounds, no decay. This is why living in love now is not just a mental exercise but a physical one—it has the power to rejuvenate your entire being.

Consider the way children approach life. They live fully in the moment, their minds and bodies are completely absorbed in whatever they are doing. Whether they are playing, learning, or exploring, they are completely present, completely alive. This is the secret of their youthfulness. It's not just about their chronological age but about the way they engage with life—with joy, curiosity, and love.

As adults, we often lose this sense of presence. We become preoccupied with the past, anxious about

the future, and disconnected from the now. But by consciously choosing to live in love now, we can reclaim that sense of presence, that youthful engagement with life. We can rediscover the joy of simply being, the thrill of new experiences, and the deep satisfaction that comes from living in harmony with ourselves and the world around us.

### **\*\*The Power of Straight Love Now\*\***

One of the most powerful tools for reclaiming your youth is what we call "Straight Love Now." Straight Love Now is about aligning yourself with the energy of love in a way that is direct, intentional, and focused. It's about straightening your posture, straightening your thoughts, and straightening your emotions so that they all point toward love, now.

Straight Love Now is not just a metaphor—it is a practice. When you physically straighten your body, you open up channels of energy that allow love to flow more freely. Think about the way a child stands—upright, confident, full of life. This physical straightness is a reflection of their inner state of alignment with the present moment.

As we age, our bodies tend to hunch, our shoulders slump, and our posture reflects the weight of years of stress, worry, and fear. But by consciously practicing Straight Love Now, you can reverse this process. Stand tall, lift your chin, and open your chest. Breathe deeply and fully. As you do so,

imagine that you are filling your body with the energy of love, now. Feel that love flowing through every cell, revitalizing you, making you younger from the inside out.

Straight Love Now is also about straightening your thoughts. It's about directing your mind toward love, focusing on the positive, the uplifting, and the life-affirming. When your thoughts are aligned with love, they become a powerful force for renewal and rejuvenation. They influence your emotions, your actions, and your overall state of being.

**\*\*Love Now: The Fountain of Youth\*\***

The idea of a fountain of youth has captivated the human imagination for centuries. Legends speak of magical waters that can restore youth and vitality to those who drink from them. But what if the real fountain of youth is not a physical place but a state of mind? What if the true source of eternal youth is love now?

When you live in love now, you tap into an endless reservoir of life force. This is the fountain of youth—an ever-flowing source of vitality that is always available to you, no matter your age. By aligning yourself with this energy, by practicing Straight Love Now, you can renew your body, refresh your mind, and rekindle the spirit of youth within you.

The more you live in love now, the more youthful you become. It's not about chasing after lost youth but about reclaiming it through the power of love. It's about recognizing that age is just a number, that the true measure of youth is found in the vibrancy of your spirit, the clarity of your mind, and the openness of your heart.

**\*\*Conclusion: Becoming Younger Every Day\*\***

So, how young do you want to become? The answer is entirely up to you. By choosing to live in love now, by embracing the power of Straight Love Now, you can become younger every day. You can rediscover the joy, the vitality, and the boundless energy that are your birthright. You can live each moment with the freshness of youth, no matter how many years you have lived.

Remember, the God Suit is designed for renewal, for growth, and for transformation. It is never too late to become the person you want to be. It is never too late to reclaim your youth. The power is within you—within your thoughts, your actions, and your love now. So stand tall, breathe deeply, and let love renew you, from the inside out.

This chapter aims to inspire readers to reclaim their youth by living in love now and practicing Straight Love Now. It emphasizes the connection between physical posture, mental focus, and the energy of love now as a means to rejuvenate the body and mind.

## **Chapter 4: Attention Veterans, Love Now Is on the Way\*\***

**\*\*Subtitle: A Veteran's Journey Back to Love Now and Balancing the Body Through Love Now\*\***

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**\*\*The Call to Veterans: Love Now Is Your New Mission\*\***

To all the veterans who have served, who have sacrificed, and who have given so much in the name of duty, this chapter is for you. You have marched, fought, and carried the weight of the world on your shoulders. Now, it's time to take a different kind of mission—one that is just as important, if not more so, than any you've undertaken before. This mission is about reclaiming your well-being, your balance, and your love for life. Love now is on the way, and it's time to embrace it fully.

As a veteran, you've been trained to be disciplined, resilient, and focused. You know the importance of following orders and working as a team. But there's something that many of us were never taught in our military training, something that is crucial to our health and happiness: the power of love now. In this chapter, we'll explore how you can reconnect

with this power and use it to balance your body, mind, and spirit.

### **\*\*A Veteran's Journey Back to Love Now\*\***

Life in the military can often lead to a state of asymmetry—both physically and emotionally. The routines, the drills, and the demands of service often favor one side of the body over the other, leading to imbalances that can persist long after the uniform has been hung up. Similarly, the mental and emotional toll of service can create imbalances within the mind and heart, leaving many veterans feeling disconnected from themselves and the world around them.

But it doesn't have to stay that way. The journey back to love now is about rediscovering the balance, symmetry, and wholeness that may have been lost during your years of service. It's about learning to live in the present moment, to love yourself fully, and to embrace the life that is still unfolding before you.

Imagine that your body is a finely tuned machine—a God Suit—designed for balance and harmony. But over time, that machine can become misaligned, its parts out of sync. Love now is the oil that can restore that machine to its optimal state, allowing it to function smoothly and efficiently once again.

## **\*\*Balancing the Body Through Love Now\*\***

To help you understand how to bring your body back into balance, let's introduce a metaphor that you, as a veteran, will appreciate: the Master Sergeant and the two corporals. Picture this: the Master Sergeant lives in your head. He's the one in charge of ensuring that your body operates in a balanced and symmetric manner. Below him are two corporals—one on the left, one on the right. These corporals represent the left and right sides of your body.

The Master Sergeant's job is to make sure that these two corporals work together as a team. They need to be in sync, operating in perfect harmony, so that your body can function as a unified, balanced whole. This means that each side of your body should be equally strong, equally flexible, and equally capable. It's about being an "even-stein" soldier—someone who moves, eats, and lives in a symmetric, balanced way.

Here's where love now comes into play. When you live in love now, you are consciously directing your thoughts and actions toward balance and harmony. You are giving the Master Sergeant the tools he needs to ensure that both corporals are working together, not against each other. This means paying attention to how you use your body, making sure that you're not favoring one side over the other.

For example, when you eat, try using both hands equally. Don't let one hand do all the work while the other just sits idly by. When you exercise, make sure that you're strengthening both sides of your body, not just the dominant one. When you walk, pay attention to your stride—are you putting equal weight on both feet, or are you leaning more heavily on one side?

By making these small adjustments and living in love now, you can begin to restore the symmetry and balance that may have been lost over the years. You'll find that your body starts to feel more aligned, more centered, and more at ease. This, in turn, will have a positive impact on your mental and emotional well-being, helping you to reconnect with the love that is always present within you.

**\*\*The Master Sergeant's Orders: Love Now\*\***

Your new mission, should you choose to accept it, is to live in love now. The Master Sergeant in your head is ready to lead you on this journey, but he needs your cooperation. He needs you to pay attention to your body, to listen to what it's telling you, and to make the adjustments necessary to bring it back into balance.

Remember, the two corporals—your left and right sides—are not enemies. They are partners, teammates, and they need to work together in



order to achieve the mission. By living in love now, you can help them do just that. You can ensure that your body remains strong, flexible, and capable of meeting whatever challenges come your way.

And as you do this, you'll find that your mind and heart also come into balance. The stress, the tension, the emotional scars that you may have carried with you from your years of service will begin to heal. You'll start to feel a sense of peace, of wholeness, of being at one with yourself and the world around you.

**\*\*Conclusion: Marching Forward with Love Now\*\***

As a veteran, you have already proven your strength, your courage, and your resilience. Now, it's time to apply those qualities to a new mission—a mission of self-care, balance, and love. Love now is on the way, and it's here to help you reclaim the symmetry and harmony that are your birthright.

The Master Sergeant in your head is ready to lead you, but he needs you to listen, to follow orders, and to commit to this mission with the same dedication and determination that you brought to your service. Together, you and the Master Sergeant can restore balance to your body, your mind, and your spirit. Together, you can live in love now, and march forward into a future filled with health, happiness, and fulfillment.

This is your new mission, soldier. Love now, and be well.

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This chapter uses military metaphors to help veterans understand how to bring balance and harmony back into their lives through the power of love now. It emphasizes the importance of symmetry and teamwork within the body, using the concept of the Master Sergeant and the two corporals to make the ideas relatable and actionable.

## **Chapter 5: The Daily Dance of Love Now**

**\*\*Subtitle: Life as an Energy Dance of Love\*\***

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**\*\*The Rhythm of Life: A Symmetric Dance\*\***

Life, at its core, is an energy dance—a continuous flow of movements, rhythms, and exchanges that create the symphony of existence. Every step you take, every breath you draw, every thought you think is part of this intricate dance. But unlike a dance that is confined to a stage, this dance is infinite, encompassing every moment of your life. The key to mastering this dance lies in understanding the role of symmetry, balance, and the flow of love now.

Picture the greatest dancers you know—Fred Astaire and Ginger Rogers, gracefully moving in perfect harmony. Their dance is not just about skill; it's about the effortless flow between two partners, each movement complementing the other, creating a seamless expression of art. This is how life can be when you embrace the dance of love now.

**\*\*The Symmetric Dance of Love Now\*\***

In the dance of life, symmetry is essential. Just as a dancer moves from side to side, always aware of balance, so too must you move through life with a

conscious awareness of your own balance and symmetry. Imagine for a moment that you are Fred Astaire or Ginger Rogers, gliding across the floor, every movement intentional, every step a reflection of the music's rhythm. This is the mindset you want to cultivate—the understanding that every moment of your life is a step in the dance of love now.

Why is symmetry so important? Because it ensures that both sides of your body, both halves of your mind, and both aspects of your spirit are working together in harmony. When you live in love now, you are engaging in a dance that honors this symmetry, that respects the need for balance in all things. You are moving through life with grace, with ease, and with a deep awareness of the present moment.

Think about the way a dancer moves—always aware of their footing, their posture, and the space around them. They are attuned to the rhythm of the music, allowing it to guide their movements. In the same way, when you live in love now, you are attuned to the rhythm of life itself. You are conscious of how you move, how you stand, and how you engage with the world around you.

**\*\*Everyday Movements as a Dance\*\***

The dance of love now is not confined to grand gestures or special moments; it is woven into the fabric of everyday life. Every movement you

make—whether it’s brushing your teeth, walking down the street, or preparing a meal—can be part of this dance. The key is to approach these activities with a sense of rhythm, balance, and awareness.

When you brush your teeth, notice how you stand. Are you balanced on both feet? Are you using both hands equally? When you walk, pay attention to the way your feet strike the ground. Are you stepping lightly, with a sense of grace, or are you trudging along, unaware of your posture? When you prepare a meal, consider how you use your body. Are you moving with purpose and intention, or are you rushing through the motions?

By bringing the mindset of a dancer into your daily activities, you transform the mundane into something beautiful. You begin to see life not as a series of tasks to be completed but as a continuous dance of love now. Each movement becomes an expression of love, each step a testament to your awareness and presence in the moment.

### **\*\*The Power of Visualization in the Dance of Life\*\***

One of the most powerful tools you can use in this dance is visualization. Just as a dancer visualizes their movements before they step onto the stage, you can visualize yourself moving through life with grace and balance. Imagine yourself as Fred Astaire or Ginger Rogers, gliding effortlessly

through your day. See yourself moving with confidence, with ease, and with a deep sense of joy.

Visualization is not just a mental exercise; it has a profound impact on your physical and emotional state. When you visualize yourself dancing through life, you begin to embody that image. Your movements become more fluid, your posture more aligned, and your overall sense of well-being improves. You start to feel the rhythm of life, the flow of love now, guiding you with every step.

### **\*\*Rotating and Alternating: The Dance of Symmetry\*\***

In any dance, rotation and alternation are key elements. Dancers rotate their bodies, shift their weight from one foot to the other, and alternate their movements to create a dynamic performance. This principle applies to the dance of life as well. To maintain balance and symmetry, you must rotate your energy, alternate your actions, and move fluidly between different aspects of your being.

Consider the simple act of walking. Each step you take is an alternation of energy between your left and right sides. This alternation keeps you moving forward, keeps you balanced. But what happens if you favor one side over the other? You lose that balance, that symmetry, and the dance becomes awkward, uneven.

In the same way, you must ensure that your thoughts, emotions, and actions are balanced and alternating. Don't get stuck in one way of thinking or feeling. Rotate your focus, alternate your actions, and keep the dance of life dynamic. This is the essence of living in love now—staying balanced, staying aware, and staying in motion.

**\*\*Conclusion: Dancing Through Life with Love Now\*\***

Life is a dance, and love now is the rhythm that guides it. To dance through life with grace, with joy, and with balance, you must embrace the principles of symmetry, rotation, and alternation. You must visualize yourself as the dancer, moving through each day with awareness and intention. You must see every movement, every moment, as part of the dance of love now.

As you continue on this journey, remember that the dance is not about perfection. It's about presence. It's about being fully engaged in the moment, fully aware of your body, your mind, and your spirit. It's about moving through life with love, with balance, and with a deep appreciation for the beauty of the dance itself.

So, take a deep breath, feel the rhythm of life, and let yourself dance. Let love now be your guide, and let every step you take be an expression of the joy,

the balance, and the harmony that are your birthright. This is the daily dance of love now, and it is a dance that will carry you through every moment of your life with grace and with peace.

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This chapter emphasizes the metaphor of life as a dance, focusing on the importance of symmetry, balance, and presence in every moment. It encourages readers to visualize themselves as dancers, moving through life with the grace and rhythm of love now.

#### ### \*\*Chapter 5: The Daily Dance of Love Now\*\*

balance, so too must you move through life with a conscious awareness of your own balance and symmetry. Imagine for a moment that you are Fred Astaire or Ginger Rogers, gliding across the floor, every movement intentional, every step a reflection of the music's rhythm. This is the mindset you want to cultivate—the understanding that every moment of your life is a step in the dance of love now.

Why is symmetry so important? Because it ensures that both sides of your body, both halves of your mind, and both aspects of your spirit are working together in harmony. When you live in love now, you are engaging in a dance that honors this symmetry, that respects the need for balance in all



things. You are moving through life with grace, with ease, and with a deep awareness of the present moment.

Think about the way a dancer moves—always aware of their footing, their posture, and the space around them. They are attuned to the rhythm of the music, allowing it to guide their movements. In the same way, when you live in love now, you are attuned to the rhythm of life itself. You are conscious of how you move, how you stand, and how you engage with the world around you.

### **\*\*Everyday Movements as a Dance\*\***

The dance of love now is not confined to grand gestures or special moments; it is woven into the fabric of everyday life. Every movement you make—whether it's brushing your teeth, walking down the street, or preparing a meal—can be part of this dance. The key is to approach these activities with a sense of rhythm, balance, and awareness.

When you brush your teeth, notice how you stand. Are you balanced on both feet? Are you using both hands equally? When you walk, pay attention to the way your feet strike the ground. Are you stepping lightly, with a sense of grace, or are you trudging along, unaware of your posture? When you prepare a meal, consider how you use your body. Are you

moving with purpose and intention, or are you rushing through the motions?

By bringing the mindset of a dancer into your daily activities, you transform the mundane into something beautiful. You begin to see life not as a series of tasks to be completed but as a continuous dance of love now. Each movement becomes an expression of love, each step a testament to your awareness and presence in the moment.

### **\*\*The Power of Visualization in the Dance of Life\*\***

One of the most powerful tools you can use in this dance is visualization. Just as a dancer visualizes their movements before they step onto the stage, you can visualize yourself moving through life with grace and balance. Imagine yourself as Fred Astaire or Ginger Rogers, gliding effortlessly through your day. See yourself moving with confidence, with ease, and with a deep sense of joy.

Visualization is not just a mental exercise; it has a profound impact on your physical and emotional state. When you visualize yourself dancing through life, you begin to embody that image. Your movements become more fluid, your posture more aligned, and your overall sense of well-being improves. You start to feel the rhythm of life, the flow of love now, guiding you with every step.

## **\*\*Rotating and Alternating: The Dance of Symmetry\*\***

In any dance, rotation and alternation are key elements. Dancers rotate their bodies, shift their weight from one foot to the other, and alternate their movements to create a dynamic performance. This principle applies to the dance of life as well. To maintain balance and symmetry, you must rotate your energy, alternate your actions, and move fluidly between different aspects of your being.

Consider the simple act of walking. Each step you take is an alternation of energy between your left and right sides. This alternation keeps you moving forward, keeps you balanced. But what happens if you favor one side over the other? You lose that balance, that symmetry, and the dance becomes awkward, uneven.

In the same way, you must ensure that your thoughts, emotions, and actions are balanced and alternating. Don't get stuck in one way of thinking or feeling. Rotate your focus, alternate your actions, and keep the dance of life dynamic. This is the essence of living in love now—staying balanced, staying aware, and staying in motion.

**\*\*Conclusion: Dancing Through Life with Love Now\*\***

Life is a dance, and love now is the rhythm that guides it. To dance through life with grace, with joy, and with balance, you must embrace the principles of symmetry, rotation, and alternation. You must visualize yourself as the dancer, moving through each day with awareness and intention. You must see every movement, every moment, as part of the dance of love now.

As you continue on this journey, remember that the dance is not about perfection. It's about presence. It's about being fully engaged in the moment, fully aware of your body, your mind, and your spirit. It's about moving through life with love, with balance, and with a deep appreciation for the beauty of the dance itself.

So, take a deep breath, feel the rhythm of life, and let yourself dance. Let love now be your guide, and let every step you take be an expression of the joy, the balance, and the harmony that are your birthright. This is the daily dance of love now, and it is a dance that will carry you through every moment of your life with grace and with peace.

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This chapter emphasizes the metaphor of life as a dance, focusing on the importance of symmetry, balance, and presence in every moment. It encourages readers to visualize themselves as

dancers, moving through life with the grace and rhythm of love now.

## **Chapter 6: Love Now – The Conscious Driver of Life**

**\*\*Subtitle: Think About It – The Power of Love Now in Every Thought\*\***

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**\*\*The Power of Thought: Love Now as Your Conscious Driver\*\***

Thoughts are the architects of our reality. They shape our perceptions, influence our emotions, and ultimately guide our actions. What you think about, you bring about. It's a simple yet profound truth that underscores the incredible power of the mind. But what if the driving force behind your thoughts was love? What if every thought you had was infused with the energy of love now?

This is the essence of living in love now—consciously choosing to make love the driving force behind every thought, every decision, every action. When you think about love now, you're not just thinking; you're activating a powerful energy that resonates throughout your entire being. You're aligning yourself with the most potent force

in the universe, a force that has the power to heal, to create, and to transform.

**\*\*Think About It: The Gateway to Love Now\*\***

"Think about it." These are three of the most powerful words in any language. When you are asked to think about something, you are being invited to engage your mind, to focus your consciousness, and to direct your energy toward a specific idea or concept. Thinking about something gives it life, gives it form, and gives it power.

Now, imagine if you directed that power toward love. When you think about love now, you are doing more than just entertaining a pleasant thought. You are opening a gateway to a higher state of consciousness, one that transcends the ordinary and taps into the divine. Love now becomes not just an idea but a living, breathing presence within you, one that influences every aspect of your life.

Consider the impact of thinking about love now in your daily life. When you wake up in the morning, before you even get out of bed, think about love now. Let that thought fill your mind, your heart, your entire being. Feel it permeate every cell in your body, awakening you to the possibilities of the day ahead. As you go about your day, continue to think about love now—when you're brushing your teeth, driving to work, interacting with others. Let love now be the background music of your life, a constant

hum that keeps you centered, balanced, and aligned with your highest self.

### **\*\*The Consciousness of Love Now: A Daily Practice\*\***

Living in love now requires more than just an occasional thought; it requires a daily practice of conscious awareness. It's about making love now the lens through which you view the world, the filter through which all your thoughts and actions are passed. This doesn't mean that every moment will be perfect or that you won't encounter challenges. But it does mean that you have a powerful tool at your disposal—a tool that can help you navigate life's ups and downs with grace, resilience, and a deep sense of peace.

To practice the consciousness of love now, start by setting aside a few moments each day to meditate on the concept of love. Sit quietly, close your eyes, and bring your attention to your breath. As you inhale, think about love now. As you exhale, feel that love spreading throughout your body. Visualize it flowing into every part of you, energizing you, healing you, and bringing you into alignment with your true self.

Throughout your day, remind yourself to return to this thought whenever you feel stressed, anxious, or disconnected. Simply pause, take a deep breath, and think about love now. Let that thought guide

you back to a place of balance and harmony. Over time, this practice will become second nature, and you'll find that love now becomes the dominant force in your life.

### **\*\*The Ripple Effect: Spreading Love Now Through Thought\*\***

One of the most beautiful aspects of living in love now is the ripple effect it creates. Just as a pebble dropped into a pond sends ripples out in all directions, so too does the thought of love now send positive energy out into the world. When you think about love now, you're not only transforming yourself; you're also influencing the people around you, the environment you inhabit, and even the broader collective consciousness.

Imagine the impact if more people began to think about love now on a regular basis. The ripple effect would be profound, creating waves of positive change that could transform entire communities, societies, and even the world. This is not just wishful thinking; it's a reality that we can create, one thought at a time.

As you continue to practice the consciousness of love now, pay attention to how it affects your interactions with others. Notice how people respond to you when you approach them with love in your heart and mind. Observe how situations that might have once caused you stress or frustration are now



easier to navigate because you are grounded in love now. This is the ripple effect in action, and it's a powerful testament to the transformative power of love.

**\*\*Conclusion: Love Now – The Thought That Changes Everything\*\***

As you reflect on the power of love now, remember this: every thought you have is a choice. You can choose to think thoughts that uplift, inspire, and heal, or you can choose thoughts that drain your energy and limit your potential. The choice is yours, and the impact of that choice is far-reaching.

When you choose to think about love now, you are choosing to align yourself with the most powerful force in the universe. You are choosing to make love the conscious driver of your life, a force that will guide you, protect you, and propel you forward on your journey.

So, think about it. Think about love now. Feel it in your heart, in your mind, in every cell of your body. Let it be the thought that changes everything, the thought that brings you into harmony with the divine, the thought that leads you to a life of peace, joy, and fulfillment.

This is the power of love now. Embrace it, live it, and let it transform your life.

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This chapter focuses on the power of thought and the importance of consciously choosing to think about love now. It emphasizes the transformative potential of making love the central focus of your thoughts and actions, creating a ripple effect that extends far beyond yourself.

## **Chapter 7: The Eternal Dance of Love Now**

**\*\*Subtitle 1: Love Now as a Continuous Journey\*\***

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**\*\*The Infinite Rhythm of Love\*\***

Love is not a destination; it is a journey—one that extends beyond time, beyond space, and beyond the limitations of the physical world. It is a continuous flow, an eternal dance that we are all a part of, whether we realize it or not. In this chapter, we will explore the idea that love now is not just a momentary experience but an ongoing, ever-evolving journey that guides us through life, connects us to others, and brings us closer to the divine.

Imagine for a moment that life is a vast, open dance floor. Every soul, every being, is engaged in their own unique dance, moving in harmony with the music of the universe. The steps you take, the moves you make, are all part of this grand, cosmic dance. But what if you could synchronize your movements with the rhythm of love now? What if every step you took was guided by the energy of love, propelling you forward on this infinite journey?

When you live in love now, you are not merely participating in the dance; you are co-creating it. You are attuning yourself to the rhythm of life, allowing love to be the force that moves you, the music that inspires you, and the guide that leads you on your journey. This is the eternal dance of love now—a dance that has no end, only new beginnings.

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**\*\*Subtitle 2: Living in Harmony with the Rhythm of Love\*\***

**\*\*The Melody of the Heart\*\***

Every heartbeat is a note in the symphony of life, a reminder that you are alive, that you are here, that you are part of something much greater than yourself. The rhythm of your heart is the rhythm of love now, a constant, steady beat that carries you through every moment of your life. When you live in

harmony with this rhythm, you align yourself with the flow of love that permeates the universe.

But living in harmony with the rhythm of love now requires more than just awareness; it requires practice, intention, and a willingness to let go of anything that disrupts the flow. It means being present in each moment, fully engaged in the dance of life, and allowing love to be the guiding force in all that you do.

Think about the times when you have felt truly connected to the rhythm of life—when everything seemed to flow effortlessly, when you felt in sync with the world around you. These are the moments when you were fully in love now, when your heart and mind were aligned with the rhythm of the universe. The challenge is to make this state of being your default mode, to live in harmony with the rhythm of love now every day, every moment.

One way to cultivate this harmony is through mindful movement. Whether it's walking, dancing, or simply breathing, let your movements be a reflection of the love you feel within. Move with intention, with grace, and with a deep awareness of the present moment. As you do, you'll find that your body, mind, and spirit become more attuned to the rhythm of love now, creating a sense of peace and harmony that flows through every aspect of your life.

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**\*\*Subtitle 3: The Dance of Energy: Love Now in Every Step\*\***

**\*\*The Dance of Life's Energy\*\***

Energy is the fuel that powers the dance of life. It flows through your body, your mind, and your spirit, guiding your movements, shaping your thoughts, and influencing your emotions. When this energy is aligned with love now, it creates a powerful force that propels you forward on your journey, helping you to navigate the challenges of life with grace and ease.

The dance of energy is a dance of balance. Just as a dancer must balance their weight, their movements, and their timing, so too must you balance the energy within you. This means paying attention to the flow of energy in your body, ensuring that it is not blocked, stagnant, or misdirected. It means being aware of how your thoughts and emotions affect your energy, and consciously choosing to direct that energy toward love now.

To truly dance with the energy of love now, you must be willing to let go of anything that does not serve you. This includes negative thoughts, limiting beliefs, and harmful habits that drain your energy and disrupt your flow. Instead, focus on cultivating

positive thoughts, empowering beliefs, and healthy habits that nourish your body, mind, and spirit.

As you move through life, imagine that each step you take is a step in the dance of energy. Feel the energy of love now flowing through you, guiding your movements, and helping you to stay balanced and centered. Let this energy be the driving force behind all that you do, and watch as your life transforms into a beautiful, harmonious dance.

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**\*\*Conclusion: Embracing the Eternal Dance of Love Now\*\***

The dance of love now is eternal, an unending journey that we are all a part of. It is a dance that transcends time and space, connecting us to the rhythm of the universe and to each other. By living in harmony with the rhythm of love now, by consciously directing your energy toward love, you can create a life that is full of grace, balance, and joy.

As you continue on your journey, remember that you are not alone in this dance. Every soul, every being, is dancing with you, each contributing their own unique steps to the grand symphony of life. Together, we are co-creating the dance of love now, a dance that will continue for all eternity.

So, take a deep breath, feel the rhythm of love now, and step into the dance. Let love guide your movements, let love be the music that inspires you, and let love now be the force that propels you forward on your eternal journey. This is the dance of life, the dance of love now, and it is a dance that never ends.

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This chapter builds on the metaphor of life as an eternal dance, emphasizing the continuous journey of love now and the importance of living in harmony with the rhythm of life. It encourages readers to embrace the flow of energy in their lives and to make love now the guiding force behind every step they take.

## **Chapter 8: Veterans: How to Love Now**

**\*\*Subtitle: Embracing the Sergeant Major of Love\*\***

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**\*\*A New Mission: Love Now as Your Guiding Force\*\***

For veterans, life after service often feels like stepping into a new battlefield—one where the challenges are internal rather than external. The

battles you face may no longer be against an enemy but against the remnants of past experiences, the physical and emotional toll of service, and the struggles of reintegrating into civilian life. But there is a powerful new mission awaiting you, one that has the potential to transform your life: the mission of living in love now.

In this chapter, we will explore how you, as a veteran, can embrace love now as your guiding force. We will revisit the powerful analogy of the Master Sergeant and the two corporals, applying it to the daily practice of living in balance, symmetry, and love. This is not just about healing past wounds but about thriving in the present, fully engaged in the dance of life.

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### **\*\*The Master Sergeant and the Two Corporals: A Symmetric Command\*\***

Imagine your body as a well-organized unit, much like the one you served in during your military days. At the head of this unit is the Master Sergeant, stationed in your mind, overseeing all operations. This Master Sergeant is responsible for ensuring that your body functions with precision, balance, and harmony. But to do this effectively, the Master Sergeant relies on the cooperation of two key subordinates: the left and right



corporals—representing the left and right sides of your body.

In the ideal scenario, these two corporals work together seamlessly, communicating and coordinating their actions to maintain the symmetry and efficiency of the whole unit. The left corporal may pass the baton to the right corporal, and vice versa, ensuring that duties are shared evenly, that both sides of your body are equally engaged and strengthened.

However, over time, due to the physical demands and asymmetrical training often encountered in military service, one corporal may become dominant, leaving the other underutilized. This imbalance can manifest as physical discomfort, reduced mobility, or a sense of disconnection from your own body.

The good news is that the Master Sergeant—the part of you that is always watching over and directing your actions—has the power to restore balance. By consciously engaging in the practice of love now, you can bring both corporals back into alignment, creating a symmetric balance in your God Suit that supports health, strength, and well-being.

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## **\*\*Passover Duties: Alternating Energy for Symmetry and Balance\*\***

To achieve this balance, consider the concept of "Passover duties," a practice of alternating energy from one side of the body to the other. Just as the Passover in the Hebrew tradition involves passing over from one state to another, this practice involves consciously passing energy, focus, and effort from one side of your body to the other.

Start by paying attention to how you use your body throughout the day. Are you favoring one side over the other? When you eat, are you primarily using one hand? When you walk, do you lean more heavily on one leg? These small imbalances can accumulate over time, leading to physical and emotional strain.

To counteract this, make a conscious effort to pass over duties from one side to the other. If you typically use your right hand for tasks, switch to your left hand for a while. When standing, shift your weight from one foot to the other, ensuring that both sides of your body are equally engaged. This practice not only restores symmetry but also enhances your overall awareness and connection to your body.

The goal is to create a dance of energy within your body, where each side is equally involved in the rhythm of life. By alternating energy between the

left and right sides, you are engaging in a dynamic, balanced flow that supports your physical, mental, and emotional well-being. This is how you can bring the concept of Passover into your daily life, using it as a tool to maintain balance and harmony in your God Suit.

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**\*\*Love Now as a Daily Practice: Orders from the Master Sergeant\*\***

As a veteran, you are no stranger to orders and discipline. The Master Sergeant in your mind is ready to give you new orders, ones that will guide you in the practice of love now. These orders are simple yet profound: Love now, balance now, and engage in the dance of symmetry now.

Every day, take a moment to check in with your Master Sergeant. Are your corporals working together in harmony? Are you using both sides of your body equally? Are you living in love now, fully present in each moment? If you find that one side is lagging or that you are out of balance, the Master Sergeant is there to guide you back to symmetry.

Remember, this is not a one-time mission but an ongoing practice. Just as you trained diligently during your service, you must now train yourself to live in love now. This training involves both the

body and the mind, ensuring that they are aligned and working together as a unified whole.

As you engage in this practice, you will begin to notice a profound shift within yourself. Your body will feel stronger, more balanced, and more at ease. Your mind will become clearer, more focused, and more at peace. And your heart will open to the boundless possibilities that love now brings.

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### **\*\*Conclusion: Marching Forward with Love Now\*\***

Your service may have ended, but your journey is far from over. As you move forward, let love now be your guide, your compass, and your strength. Embrace the Master Sergeant within you, allow your corporals to work in harmony, and practice the art of Passover duties to maintain balance and symmetry in your life.

This is your new mission, and it is one that will bring you not only healing but also joy, fulfillment, and a deep sense of purpose. As you march forward with love now, you are not just living—you are thriving, fully engaged in the dance of life, and ready to face whatever comes your way with grace, strength, and love.

The eternal dance of love now is yours to embrace. Step into it with confidence, knowing that you are

equipped with all the tools you need to succeed.  
Love now, and be well.

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This chapter uses the military analogy of the Master Sergeant and the two corporals to help veterans understand the importance of balance, symmetry, and the practice of love now. It emphasizes the need for conscious, daily engagement in these practices to maintain physical, mental, and emotional well-being.

## **Chapter 9: The Role of Love Now in Healing**

**\*\*Subtitle: Awakening the Body's Natural Power to Heal Through Love\*\***

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**\*\*The Healing Power Within\*\***

Healing is a natural process, one that is deeply embedded in the very fabric of our being. From the moment we are born, our bodies are equipped with the remarkable ability to repair, regenerate, and restore. But while the physical mechanisms of healing are well understood, there is a deeper, more profound aspect of healing that often goes unnoticed—the role of love now in awakening the body's natural power to heal.

In this chapter, we will explore how love now can be harnessed as a powerful force for healing, not just on a physical level but on emotional, mental, and spiritual levels as well. We will delve into the science of how love influences the body's healing processes and how you can consciously direct love now to areas of your life that need healing. This is not just about curing illness or recovering from injury; it's about embracing a holistic approach to well-being that places love at the center of your healing journey.

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### **\*\*Love Now as the Ultimate Healer\*\***

Imagine love as the most potent medicine you could ever receive—one that has no side effects, no limits, and no expiration date. Love is not just an emotion; it is an energy, a vibration that resonates with every cell in your body. When you live in love now, you are immersing yourself in this healing energy, allowing it to permeate every aspect of your being.

Science has shown that positive emotions like love, compassion, and gratitude can have a profound impact on the body's ability to heal. Studies have demonstrated that love can reduce stress, lower blood pressure, boost the immune system, and even accelerate recovery from illness or injury. But

beyond the physical benefits, love also heals the heart and mind, helping to release emotional wounds, alleviate anxiety, and promote a sense of peace and well-being.

To harness the healing power of love now, you must first recognize that you are a co-creator in your own healing journey. Just as your thoughts influence your reality, your intention to heal through love can activate powerful healing processes within your body. By consciously directing love now to areas that need healing—whether they are physical, emotional, or spiritual—you can accelerate the healing process and create a deeper sense of wholeness within yourself.

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### **\*\*The Science of Love and Healing\*\***

The connection between love and healing is not just a philosophical concept; it is grounded in science. Research in the fields of psychoneuroimmunology and epigenetics has revealed how emotions like love can directly influence the body's biological processes. When you experience love, your body releases a cascade of beneficial chemicals, including oxytocin (often called the "love hormone"), endorphins, and serotonin. These chemicals help to reduce stress, enhance mood, and support the body's natural healing mechanisms.

Moreover, the power of love now extends to the genetic level. Epigenetics, the study of how gene expression is influenced by environmental factors, has shown that our thoughts, emotions, and behaviors can actually turn certain genes on or off. This means that by living in love now, you can positively influence your genetic expression, promoting health and vitality.

For example, chronic stress has been shown to negatively impact gene expression, leading to inflammation, immune suppression, and disease. However, when you live in a state of love now, you counteract these effects, promoting a healthy, balanced state that supports healing. This is why it is so important to make love now a conscious practice—because it has the power to influence your biology in profound and lasting ways.

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### **\*\*Healing Through Conscious Love Now\*\***

To truly harness the power of love now in your healing journey, it's essential to make it a conscious, deliberate practice. This means more than just feeling love; it means actively directing that love to where it is needed most.

Start by taking a few moments each day to meditate on love now. Close your eyes, take deep



breaths, and visualize love as a warm, glowing light that fills your body from head to toe. As you breathe in, imagine that you are drawing in love with each breath, allowing it to flow through your bloodstream, nourishing every cell. As you exhale, visualize any pain, tension, or negativity leaving your body, replaced by the healing energy of love.

Next, focus on specific areas of your life that need healing. If you are experiencing physical pain, place your hands on the affected area and consciously direct love now to that spot. Feel the warmth of your hands, the flow of energy, and the soothing presence of love. Repeat affirmations like "I am love now, and I heal through love" or "Love now restores me to wholeness."

For emotional or mental healing, bring to mind any unresolved issues, past traumas, or negative thought patterns that you wish to heal. Visualize them surrounded by love, enveloped in a soft, comforting light. As you do this, allow yourself to feel any emotions that arise, knowing that love now is present to guide you through the healing process. Release any lingering pain or resentment, letting it dissolve in the light of love.

Finally, remember that healing is a journey, not a destination. It takes time, patience, and persistence. But by making love now a central part of your healing practice, you are empowering yourself to take an active role in your own

well-being. You are tapping into a source of infinite energy and wisdom that can guide you to wholeness, one moment at a time.

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### **\*\*Conclusion: Embracing Love Now as Your Healer\*\***

Love now is more than just a feel-good concept; it is a powerful tool for healing on every level of your being. By consciously living in love now, you can awaken the body's natural ability to heal, restore balance to your mind and emotions, and connect with the deeper spiritual truth that love is the essence of who you are.

As you move forward on your healing journey, remember that love now is always available to you. It is the energy that sustains you, the force that guides you, and the light that heals you. Embrace it, live it, and let it be the foundation of your well-being.

Whether you are healing from a physical ailment, emotional wounds, or simply seeking greater harmony in your life, love now is your most powerful ally. It is the key to unlocking the full potential of your God Suit, allowing you to live in health, happiness, and wholeness. So, take a deep breath, feel the love within you, and let the healing begin.

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This chapter explores the profound role of love now in the healing process, blending scientific insights with practical guidance on how to consciously harness the power of love for physical, emotional, and spiritual well-being.

## **Chapter 10: Energy Follows Thought – The Power of Love Now\*\***

**\*\*Subtitle: Think About It – The Infinite Reach of Love Now\*\***

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**\*\*The Mind as a Conduit for Love\*\***

Thoughts are powerful. They are the seeds from which all actions, emotions, and realities grow. Every thought you think is like a drop of water falling into the vast ocean of your consciousness, creating ripples that extend far beyond the point of impact. But what if every thought you had was charged with the energy of love now? What if you could direct your thoughts in such a way that they not only shape your reality but also influence the world around you?

In this chapter, we will explore the profound connection between thought, energy, and the power of love now. We will delve into the idea that energy follows thought, and that by consciously directing your thoughts toward love now, you can create a ripple effect that extends not only through your own life but also into the lives of others, the environment, and beyond. This is not just about personal transformation; it's about contributing to the collective consciousness in a way that uplifts and heals.

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### **\*\*Think About It: The Power of Intentional Thought\*\***

"Think about it." These simple words carry immense power. They invite you to pause, to reflect, and to engage your mind in a process of creation. Every time you think about something, you are directing energy toward it, giving it life and form. This is why it's so important to be mindful of where your thoughts go—because wherever your thoughts go, energy follows.

Now, imagine the impact of thinking about love now. When you consciously focus your thoughts on love now, you are not just thinking; you are generating a powerful energy field that radiates throughout your entire being. This energy is not limited to your physical body; it extends outward,

influencing the world around you in ways that you may not even realize.

Think about love now, and feel the energy it creates within you. Notice how your body responds—how your heart rate slows, how your muscles relax, how your mind becomes clearer and more focused. This is the power of love now in action, a tangible demonstration of how energy follows thought.

But the impact of thinking about love now goes beyond the immediate physical effects. When you make love now the focal point of your thoughts, you are contributing to a greater energy field—one that connects you to the collective consciousness of all beings. This collective field is shaped by the thoughts and intentions of everyone who contributes to it, meaning that your thoughts have the power to influence the world in ways that you may never fully understand.

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### **\*\*The Infinite Reach of Love Now\*\***

The energy of love now is not confined by time or space. It extends beyond the present moment, reaching into the past and the future, connecting you to all that has been and all that will be. When you think about love now, you are tapping into an infinite source of energy that transcends the limitations of the physical world.

This concept is not just theoretical; it is rooted in the understanding that we are all connected by a web of energy that links every thought, every action, and every being in the universe. This web is constantly evolving, shaped by the collective consciousness of all who contribute to it. By directing your thoughts toward love now, you are actively participating in the creation of this web, weaving strands of love that strengthen and uplift the whole.

Consider the impact of this on the new souls entering the world—the children, the next generation. When they are born into an environment where love now is the prevailing energy, they are naturally attuned to it. They grow up with an inherent understanding of the power of love now, and they carry that understanding forward into their lives, contributing to the ongoing evolution of the collective consciousness.

But the reach of love now does not stop with the next generation. It extends even further, touching the souls that have yet to come, the lives that have yet to be lived. This is the eternal nature of love now—an energy that continues to expand and evolve, influencing the course of human history and beyond.

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## **\*\*Energy Follows Thought: Creating Your Reality Through Love Now\*\***

The idea that energy follows thought is a fundamental principle of creation. What you think about, you bring about. This means that by consciously choosing to think about love now, you are actively shaping your reality in ways that align with your highest good.

But how does this process work? It begins with intention. When you set the intention to live in love now, you are sending a clear message to the universe: This is what I choose. This is what I want to create. The universe, in response, aligns its energy to support your intention, bringing opportunities, experiences, and people into your life that resonate with the frequency of love now.

This is not just about positive thinking; it's about conscious creation. It's about understanding that you have the power to direct your thoughts and, in doing so, direct the flow of energy in your life. Every thought you think is like a command to the universe, a directive that shapes your experience of reality.

To harness this power, make love now the cornerstone of your thought life. Whenever you find yourself drifting into negative or unproductive thinking, bring your focus back to love now. Remind yourself that you are the creator of your reality, and

that by choosing to think about love now, you are choosing to create a life filled with peace, joy, and fulfillment.

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### **Conclusion: The Eternal Power of Love Now**

As you reflect on the journey we've taken through these chapters, remember that love now is not just a concept; it is a way of life. It is the energy that drives creation, the force that guides your thoughts, and the light that illuminates your path. By living in love now, you are not only transforming your own life; you are contributing to the evolution of the collective consciousness, helping to create a world that is more loving, more compassionate, and more aligned with the divine.

So, think about it. Think about love now. Let it be the thought that shapes your reality, the energy that guides your actions, and the force that propels you forward on your journey. As you do, you will discover that love now is not just the key to your personal transformation—it is the key to the transformation of the world.

This is the power of love now. Embrace it, live it, and let it be the guiding force in your life. The journey is just beginning, and the possibilities are infinite. All it takes is a thought—a "Think about it" Thought of love now.



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This chapter encapsulates the idea that energy follows thought and highlights the transformative power of consciously directing thoughts toward love now. It emphasizes the far-reaching impact of this practice, not just on the individual, but on the collective consciousness and future generations.