

THE JUNGLE TIMES TRANSCRIPT

LOVE IS MAGIC! (AND NATURE'S LAW)

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Musical Intro

LOVE is magic!!
(How Nature's law is key to a joyful life.)

Hello and welcome to the podcast. This is episode 5 and it's called « *Love is magic!!* » It could be subtitled “***How Nature's law is key to a joyful life.***”

To explore such an important subject, I'll divide my presentation into 3 parts. In Part 1, I'll examine love as physical energy; and because love is energy, I'll go on to explain how it can be measured as *Amplitudes* and *Magnitudes*. *An amplitude* describes measures in distance from a set position while a *magnitude* determines whether an object is larger or smaller than others in the same category.

In Part 2, I'll explain love as 7 amplitudes of energy – from matter to consciousness; and in Part 3, I'll tell you about love at 5 magnitudes – from selfish to the limitless oscillations of vibrating energy – the l.o.v.e. of God.

I'll conclude with a few observations on love as Nature's law in these jungle times.

Let me begin from the perspective of Nature's management rule. In my 1st presentation - *4.5 billion years of success* - I explained how Nature's law is *Survive & Prosper*. I also said that even if *survive* is very much an ego driven pursuit: *I survive... Prosper* is not even a concept that can be entertained by one individual. Prosperity is a "we" word. Prosperity implies doing *with others*.

As such, Nature's *Survive & Prosper* law is *altruistic self-interest*. And because Nature does not play favourites, I said the law requires every individual to serve the interests of a larger group. This because larger groups sustain individuals.

We have philosophies that remind us of that - if we ever knew it. They suggest we should treat others as we would like them to treat us. That's more than a belief, it is Nature's law. And I've said that we can't break the law, even if we can break ourselves against it.

Nature dictates that *altruism is in our self-interest*. The law happens to be tied to the spiritual concept of love... but I'll get to that idea a little late

Whether you understand altruism as Nature's law... or not - dictates how you play the game of life. I was raised Catholic so I learned the golden rule - "*Do unto as you would have them do unto you...*" early on. My father had introduced me to God as my friend so I had no problem with the concept."

After many years filled with a good deal of contemplation in wilderness areas, I learned that a lot of people play the game of life with different rules than the ones I was taught. Many see themselves as somehow apart from Nature and therefore not ...*a part of it*. Not everyone has learned to play nice, and some are real '*rotters*. It's like a jungle out there.

Intuitively we might suspect it but then we set aside notions that humans have a dark side. We wear rose coloured glasses to avoid thinking that people we know are playing the game with no idea of good whatever. Take a look at the state of politics in many places and you'll see what I mean.

In previous episodes I mentioned a study produced by Carlo M. Cipolla, a professor at the University of California who exposed rules that define what he describes as *the greatest threat facing humanity today*: **Human stupidity**.

Professor Cipolla described human behaviour from 3 kinds of people – 1. Good people - who generally act with altruistic motives; 2. Bad people who generally act in their own interest only, even if it's to the detriment of others; and 3. Stupid people who act to the detriment others... even if it's to their own detriment as well.

Cipolla's study tells us than a important finding on stupidity is that - "*At any point, we are surrounded by more stupid people than we imagine*". And Forest Gump taught us that – "*...stupid is as stupid does.*"

This should impress you. You might even have family or friends who display negative behaviour or who serve the darkest or foulest moods... but you accept them because *that's just how they are*.

Adapting one's behaviour to the law of love requires real work but many people – bad and stupid people in particular - are not doing that work in any significant way. They are too busy doing other things.

Most of us learn about love at home, from family and significant others. As soon as possible, we are exposed to the stories, myths and beliefs that formed our culture. These were used to fix our worldview as I

described in my last podcast. From amusing fairy tales, we were told as infants and toddlers, to the epic adventures and historic events we learned in school, we forged a sense how the world should be.

A lot of people may have expectations that their life should include a great romance or a personal triumph of some sort. Others expect a house with a picket fence somewhere. Our expectations rarely include a disease, a traumatic accident or financial destitution.

When I animate seminars and workshops, I often ask participants – *“How many of you have decided that you would like to end your life negatively?”* – I tell them to imagine it means anything they want but to raise their hand if they want to end up negatively – i.e. sick, crippled, poor, lonely...”

In the dozens of times I’ve asked the question, I have never had a single person say *“Me! I would like that. I want to end up negatively.”*

People just want to be happy...

I’ll then draw a straight line – and mark the length: A to B. I tell folks that the line represents their life, an indeterminate length measured A to B. Next to

endpoint « B », I'll write the word "Positive". We all want to end positively...

I explain that Nature's law of movement asserts that each action has an equal and opposite reaction and so, in order to end in positive reaction, we have to give off positive actions.

I tell them the ONLY WAY to inherit a positive reaction at the end of the life is to seed the way with positive actions.

I use equations to explain it. If you meet a negative charge with a negative charge, you have more negative. If you meet a negative force with an equal measure of positive force, there is no more forward momentum. But if you meet negative force with MORE POSITIVE, then forward momentum can continue.

The ONLY WAY to offset the negative energy is with more POSITIVE.

(+1) and (-1) are used to describe the relationship in which seemingly opposite ideas define each other. For example, atoms are composed of both protons (aka – *a positive energy charge*) and corresponding

electrons (*a negative charge*). It is not either/or, not (+1) opposed to (-1) but both as represented in the equation $[(+1) + (-1) = 0]$. The seeming opposites complement each other. In this sense zero doesn't represent a void but rather an infinite possibility.

Science has discovered that when a positive charge collides with a negative charge, there is no annihilation. Rather the collision gives birth to a neutron. Neutrons are *particles with no electric charge* and, as such, they can bind to any particle in infinite ways and directions.

Creation then emerges with an infinite potential. Infinite potential is created as the Light emerges from Void. We call it the *Big Bang* but then we only describe energy immediately *after* it emerges from the Void. This because Infinity is played out at a level of complexity that includes both Positive and Negative as complementary forces.

Historically, positive and negative were explored in a moral sense as Good and Evil - but it is time we redress our thinking because, in the universal view, positive and negative don't fight as opposites but rather they complete each other. Light (+) emerges from Dark (-).

We see the world with duality that does not exist in fact. The world was not created in 7 days, it is being created as I speak these words, in continuum...

I can testify to it. I've had direct experience of the Light as it emerges from the darkness, and I can relate every detail of it. I saw Light emerge from a hyperspace.

The creation of universe is unleashed from the *no thing* (-) as positive energy in motion (+). The "no thing" is limitless possibility. In a creative process, positive energy (+) emerges from a void (-) as limitless potential... *That mergence has physical laws.*

God's creating intent is the action causing a reaction ...and reactions upon reactions... and on and on... in an ever-expanding universe into some very distant future. At its origin, the blueprint for life has been in play for billions of years... and here we are... proof of the pudding!

We are the product of a force as powerful as *the will to survive*. After millions of years of biological evolution, our sex drive commands us to thrive, to

prosper, and that genetic fact is poorly understood by most people.

Many folks mixed up concepts like attraction, sex or mating with the idea of love. The facts of the matter is - we believe all sorts of improbable stuff about sex. This because we have limits to our perception as I explained in the last episode of The Jungle Times podcast. We were taught by family and others in our social group *how to be in the world*.

We've etched neurological paradigms throughout our brains. The result is that we perceive with an *I and not-I duality* that does not exist in universe. Many of our beliefs therefore don't really apply to the real world... except that *believing makes them so*. More than just *nature*, a new science called *epigenetics* explains that *nurture* has a great influence on us too.

We might define human drives from a biological perspective but the values we give our definitions are cultural. We believe all kinds of foolish ideas while the wonders of science are largely ignored. Believing improbable things is the cause of a condition called *cognitive dissonance*, that is - a breakdown of the mental faculties brought about by discord between what we perceive and what is.

You should know that behaviour that attempts to disobey the Survive & Prosper law is detrimental to your mental health.

For example - We should all be preoccupied with any ecological disaster.

Global warming should be a major concern with every world leader because it has catastrophic consequences for millions of people, but a lot of politicians don't get it. No less than the President of the United States – arguably the leader of the free world – is a climate-change denier. He looks at his local weather in the middle of winter as proof of a climate-conspiracy and then he sabotages every effort to address the issue.

The commander-in-chief doesn't seem to know that climate change has to do with carbon dioxide. Scientists will tell you that half of the [CO₂] is absorbed by the oceans, and that this provokes a global climate change. Research also shows that the introduction of massive amounts of (CO₂) into the oceans otherwise alters the water chemistry and thus affects the life cycle of marine organisms.

Equally worrisome is the fact that - because the

oceans continue to absorb more and more (CO₂) - the capacity to act as a carbon dioxide storehouse is diminishing. This means more carbon dioxide will remain in the atmosphere and further aggravate global climate.

The ideal conditions for human life require a very slim balance and if we lose the oceans then, the entire biology will collapse. The biological evidence shows that industrialization is killing the Earth.

Many people don't realize life is a game wherein we get to choose how to play. In fact, how we play the game of life defines the game we are playing.

How you play will sabotage your life... or empower it.

Happiness and success depend on what rules you follow - so if you want to find out a bit more about life as play and possibility, I suggest you read a book called *Finite and Infinite Games* by James Carse and I put its URL with the description to Episode #3 of my Podcast.

In his book, Professor Carse explains life as both countless *Finite games* that people play, and one *Infinite game* that is being played by the universe

itself. Carse says that *Finite games are played for the purpose of winning* whereas the intent of the *Infinite game is simply to continue playing*.

As such Finite games have losers and winners, while the *Infinite game* sees how everyone alive is a winner... because the game's only goal is to play on.

You'll see that relationships will develop differently depending on whether you are trying to beat someone... or to help him play on.

The rules in all of our Finite games are determined by subjective metaphysics - or what the players believe. The rules of the *Infinite game* on the other hand are determined by the universe itself, and they can be explored with objective physics. And so far, physics tell us that we are *energy in motion ...* regardless of what we choose to believe.

If any of you are undecided as to what game to play, watch the video called The Tsar Bomba on YouTube... I'll put the URL with the description to this Podcast (<https://www.youtube.com/watch?v=Ptub8p9bMrQ>) . But before you look at it, I'd like you to do the following mental exercise: *Imagine that you are*

holding a cherry between the fingers of your left hand.

Now imagine the planet Earth - a globe of about 40,000 kilometres round sitting in your right hand. That might be a bit more difficult but now try to imagine both – the tiny cherry/the immense globe. The exercise involves imagining that the planet shrinks down to the size of the cherry as you also shrink the cherry down to its tiniest proportion. *Okay - from Earth as the size of a cherry - so the cherry will be what size?*

The answer is the cherry is now the size of an atom... so now watch the Tsar Bomba: ***KABOOM!***

You'll see an atomic detonation of the equivalent 50 million tons of TNT in a Soviet nuclear device 1000 times more powerful than what destroyed Hiroshima and Nagasaki in 1945. This device released energy contained by atoms the size of that now super-shrunk cherry in your mental exercise.

For an idea of the power released by the explosion, imagine the tiniest in point in space releasing enough energy to vaporize everything within 15 kilometres of the blast centre. Everyone in a radius 100 kilometres

from the blast would have received 3rd degree burns. The thermal pulse was felt for a distance of 270 kilometers and radiation poisoned hundreds of kilometers beyond that. Shock waves from the Bomba were detected 700 kilometers from the blast site and windows were broken 900 kilometers from there.

Look at that video so you won't forget - if you ever knew it - that you are the same stuff as that energy. Most people see will themselves as a solid biology or meat even if they know that isn't so. In fact, you are the energy contained by atoms assembled into molecular form and tissue arranged into various body parts. You are not either/or - a physical body or atomic energy - you are both.

You are biology AND spirit and if that doesn't convince you to play *the Infinite game*, you should also know the idea that we are nuclear energy in human form is not new. Isaac Newton gave us the framework to explore that very notion back in 1687 when he published his master work - *Philosophiae Naturalis Principia Mathematica*.

Even way back then we knew that scientific method and mathematics helped us explore the world. Many great minds left us their notes and we have

continuously added to their findings until we can now somewhat understand many of life's mysteries.

Science has established that – contrary to belief - the physical world emerges from the relationship between 4 fundamental forces: Gravity and Electromagnetism form the Time-Space continuum, and the Strong and Weak forces (or the Binding Nuclear Force and the Radioactive Nuclear Force) assemble the world from energy. These 4 forces contain all of the energy released since the moment of creation.

In 1904 Albert Einstein wrote his famous equation [$E = mc^2$] to tell how matter and energy are interchangeable. It took a first nuclear explosion to prove him to be undeniably right as a controlled detonation released energy contained in solid uranium. Matter and energy are proven interchangeable.

Max Planck explored energy as a constant frequency. Just because we see a limited solid world doesn't mean the world of limitless energy stops being. He wrote the quantum equation [$E = hf$] to tell us that energy is constant, and this is what allows us to explore Radio and TV waves, Cell phones and more,

by tapping into frequencies in the electromagnetic field.

At the atomic level, everything is connected. As such, everything has an effect – however subtle – on everything else. The poetic realization can be taken from the Butterfly Effect. Edward Lorenz, a Harvard-trained mathematician, defined Chaos Theory. He described the butterfly effect to explain *sensitive dependence*.

He explained that a slight fluctuation in the initial conditions can become the property of a dynamic system wherein reactions radiate out to produce colossal events - *The beat of butterfly's wing that becomes a hurricane half a world away*.

For several decades now, science has studied how our moods have an effect on how human DNA transmits information. A lot of study has gone into researching the subject. People who often experience bad moods - anger or hatred or those others – inhibit their DNA from transmitting information properly. As such, the message that confirms you are more than biology or meat, that you are also energy, might not be reaching you. As I've repeated, it is not either/or, it is BOTH.

Because NO ONE IS ABOVE THE LAW, we must get to know ourselves as the energy of universe because that is our true Nature.

Next I'll tell you about love at 7 Amplitudes and 5 Magnitudes of energy.

Stay tuned... I'll be right back.

INTERLUDE

I was fascinated by the findings that explain human perception as the neurological paradigms in our brain like I mentioned in the last episode of *The Jungle Times*. I explained how our perception is the result of *consciousness* linking neurons.

I also told you about a phenomenon called *the effect of paradigm* that explains *how* we believe and *then work hard to make our beliefs true*. The resulting *cognitive dissonance* results in mental decline and therefore it is self-sabotage.

Researchers are happy to tell us that the brain is composed of 100 billion neurons that can connect in myriad ways – so that we have a limitless potential intelligence to draw from. Except that each of the brain's neurons is separated from all the others by a synapse... or space.

How *consciousness* links those neurons is decided by a chemical called a neurotransmitter. The brain's neurotransmitters are selected by hormonal mix made from *mood*. It seems your mood is responsible for your mind!

How do your moods originate? Well 7 glands of your endocrine/immune system secrete hormones that create and maintain them.

Arranged in an ascending order, from low on the spine to the centre of the brain, a series of endocrine glands are poised to release their cocktail mix of hormones into your system. The selected hormones enter your bloodstream and rush through the nervous system to your brain. There it selects the neurotransmitters that will connect specific neurons.

The neurotransmitters selected by these hormones fill the synapses between neurons, connecting them in your brain. A hormonal mix thus assemble your mind from a selection of neural pathways. The pathways link electric impulses into a stream of awareness called “mind”.

Imagine that. Words... the names we give to things and events... are just raw data, or discarnate facts, until they are linked together by *a subjective mood*. Then they become a flow of ideas in a subjective mind.

In other words, an accident like the one I survived can be the worst thing that ever happened to someone or a real challenge ...depending on mood.

My perception will depend on how my mood assembles the information to make up my mind: *The accident that paralysed me is a terrible thing! -or- This second chance at life is a wonderful thing!*

I chose to see my second chance as a positive challenge. That meant I had to master my moods, and therefore learn about my endocrine/immune system. I listed the 7 glands that make up the system in a notebook and started to track the reactions caused by the various hormone mixes.

My *Adrenal* gland for example, near the base of the spinal cord, supplies a rush of energy that triggers the burst of strength needed so I can respond to Nature's first requirement: *Survive*.

People whose adrenal glands secrete a lot of hormone can have a manic energy like *adrenaline junkies* but secreting low quantities of adrenaline in their mix might shape a depressed energy

At a higher amplitude, the *Gonads* secrete hormones to help us fill Nature's second command: *Prosper*. It might come as a surprise to some folks to realize that their urge to *prosper* has little to do with a need to acquire money, wealth or real estate.

In the language of biology to prosper means to “...*go forth and multiply*.” Male sex glands include testicles, phallus and prostate, while female sex glands include ovaries, breasts and uterus.

Our sex drive is designed so we procreate. If you produce a healthy mix of sex hormones, you take that command seriously. If you have a low hormonal count, the subject might not have a huge interest for you.

So far though, the hormonal cocktail that shapes our mind is limited to a mix of adrenaline and sex hormones. If you think about it, that's a recipe to be aggressive and horny.

So next we find the *Pancreas gland* a little higher in Amplitude, at the solar plexus. Your Pancreas plays an essential role in converting the food you eat into fuel for your body. It also regulates blood sugar and thereby modulates your thinking.

You'll be sluggish after a big meal or might lose consciousness if your blood sugar drops too low. Humans are thus equipped for life's journey: *Survive & Prosper!* And we can metabolize the fuel we'll need as we go.

Next up, at the level of the heart, you'll find your *Thymus gland*, the immune system's most specialized gland. Aside from secreting its particular hormonal mix, this gland stimulates the creation of 3 kinds of *T-lymphocyte* cells.

T-cells are critical to our adaptive system as they allow the body to fight off foreign invaders ...like bacteria, viruses, and even larger enemies. The neurotransmitters selected by the Thymus gland intuitively allow us to recognize enemies "out there" too.

Aside from the development of *T-cells*, the *Thymus gland* also creates B-cells to help the body defeat specific irritants and invaders. It also releasing hormones that inform the body that all is well and allow us to relax.

It is interesting to note that the Thymus Gland is most active during the neonatal and pre-adolescent

years and that it begins to atrophy by the early teens. We'll talk about the flexibility and adaptability of kids but then we get set in our ways. The Thymus continues to function until our later years when the Endocrine/Immune system begins to slow down, leaving more vulnerable to dis/ease.

So far - *Adrenaline* enters the nervous system as the hormones empowering us to Survive, and then *Sex* glands transmute the aggressiveness into an emotional response to a need to procreate. Add the *Pancreas* ...as it translates those two impulses into thought... and logic. And the *Thymus* adds reason to the fray - as T-cells can really prolong our life... depending on our mood.

So how do you feel?

You can reach higher Amplitudes. The *Thyroid* and *Parathyroid* glands are situated at the throat and they metabolize your body's energy – to excite it or calm it.

Your Thyroid activates your *Sympathetic nervous system while* preparing you for action. It can...

- Increase your body's heart rate and blood pressure;

- Decrease your secretion of saliva;
- Dilate the pupil of your eyes;
- Increase flow of blood in limbs to help you run or fight;
- Slow digestion and cause contractions in your stomach;
- Increase your body's breathing rate;
- Spend a lot of energy in short bursts;
- Stimulate strong emotional reactions.

Your Parathyroid activates your *Parasympathetic nervous system*, allowing you to rest and digest.

Among other things, it ...

- Causes your breathing to slow and your body to calm down;
- Decreases your heart rate and blood pressure;
- Increases your secretion of saliva
- Contracts your pupils;
- Drains energy away from your limbs;
- Allows blood vessels contract;
- Speeds digestion by stimulating peristalsis movement;
- Contains energy as force, and focuses it as will power;
- Produces milder emotional reactions.

Your *Thyroid gland* is found at the lower front of your neck. It secretes the hormones that increase your metabolic rate - i.e. allowing you rev up. It also

directs how your body uses proteins, increasing your energy. It thus makes you ready to act... then shifts your body into the *fight or flight mode*.

Your *Parathyroid gland* is tucked in behind the *Thyroid*. It secretes a hormonal blend that decreases your body's energy and thus calms you, downshifting your mood into *the mend and befriend mode*.

The Thyroid and Parathyroid glands allow you to choose: You can excite and spend your energy or calm down and store it so it is contained and can become a force you can focus as power. Self-control allows you to master your body's "excite/relax" mechanisms and that lets your will emerge as a conscious force. Will power is accompanied by a mood that is akin to *feeling lucky*.

Next in Amplitude is the *Pituitary*. That's endocrine gland about the size of a pea in most humans, located at the center of the brain between the eyes.

It is often thought to be *the mystic 3rd eye*.

Among other things, our *Pituitary* regulates physical growth and it manages several of the body processes, including its stress reaction. It also involved in

reproduction. The *Pituitary gland* synthesizes and secretes a blend of hormones that regulate blood pressure and the proper functioning of our sex organs.

Along with the *Thyroid*, it has an effect on our overall metabolism and, along with the Thymus, it monitors wellness. Recent studies have found that the *Pituitary gland* manages important aspects of pregnancy and childbirth in the women. It regulates the water-to-salt concentration in our kidneys, our body's overall temperature and the body's capacity to ease its pain. It manages your wellbeing by allowing your mind to choose to experience a mood that entertains positive vision and change.

Last, the *Pineal gland* is the spine meets the brain, at its center. The *Pineal* gland is linked to a light-sensing organ that vertebrate species have called *the parietal eye*. Your *Pineal* produces a serotonin-based hormonal mix that modulates sleep-patterns and allows you to be aware of dream states.

It allows you to become aware of the spiritual frame behind physical existence. From the point of view of higher evolution, our *Pineal gland* acts as a sort of photoreceptor, connecting our metabolic rhythm to

Nature's creating *Intent*. French philosopher René Descartes called the pineal gland the true "*seat of the soul*".

Eastern traditions like the various Yoga practices have long contemplated the 7 glands of the endocrine/immune system at the energy level. Ancient texts explain how our biological body has access to a view of our true self as a subtle energy field via 7 energy transducers they named *Chakras*.

An ancient Sanskrit word, *chakra* means *wheel*. According to the wisdom, the 7 chakras allow you to consciously connect with the Divine by transforming your *energy from its densest state - matter - to its most subtle form as Christ consciousness*.

The idea is that physical creation is indivisible from Creator's *Intent*! According to the traditions, we are physical energy and can connect to universal power at the 1st chakra; we transform that power into sexual energy at the 2nd chakra; we draw our intellectual potential from the 3rd chakra and our higher thinking comes from the heart or the 4th chakra. That is where moods allow us to transform energy into *awareness* or spirit.

A formula shows us how individuals acquire power at the 5th chakra. If your brain's synapses are flooded with the hormonal mix from your first 4 chakras, you can transform conscious energy into *will* power at your 5th.

You can master the energy in your sympathetic/parasympathetic nervous network as explained in the formula:

Energy contained = Force

Force focused = Power

Power - Obstruction = Vitality

From that universal perspective, an individual has to arrive at this creative synthesis because *evolutionary progress requires our willful participation.*

You can excite your *thyroid gland* by acting with your heart: *Do what you love... all else will follow.*

At the 5th chakra, you can transmute your vital energy to where it can be understood as energy contained in your cerebral-spinal passageway. That energy, when

contained, is force. That force can be focused as *will power*.

Individuals can explore even higher moods: *If we act with love, we are empowered... so then our vision of joy can be shared and realized.*

Once focused, your will power can be used to eliminate the obstructions that you may encounter along the way to a joyful and positive life. Invest your energy-in-motion to love ... without condition.

For that to happen, your will has to be engaged *in doing ... You have to want to!* So then at the 6th Chakra, you formulate the required evolutionary insight: *Altruism is in my own self-interest.*

Once activated, your *Pituitary gland* can focus your mood on resolving your life's ambitions. *What obstacles are preventing your happiness?*

The 7th Chakra provided me with the realization that whatever limits me, must be fixed by me. That's the function of the Pineal: To connect us to the metaphysical world, the *creative realm within* from where we draw insight on how to resolve the

obstructions that limit us. And then we'll see magic at work...

As soon as you become aware of the link between what science knows about the 7 glands of your endocrine/immune system and what ancient spiritual doctrines say about the 7 Chakras, you'll be amazed to discover just how your energy "*In here*" influences the world "*out there*".

You can ascend in amplitude to the realm of self-mastery by increasing your energy. You can master your physical, emotional and intellectual needs and then focus on your spiritual ascension. You'll then discover the need for creative synthesis "I am" at the 5th dimension, the need for evolutionary progress at the 6th and the need to self-actualize at the 7th. And then you'll then be amazed to see how the universe responds to your higher mood.

I'll be right back with Part 3... to look at creative energy as 5 Magnitudes of love.

INTERLUDE

Aware of it or not, we are energy... or spirit. When we consider how everything that exists is a form of energy, then we can easily see that love is also energy.

So... love can also be measured as *5 magnitudes of energy*. Wikipedia tells us a magnitude is a measure that is arrived at by comparing things of the same kind. For example, a 50-watt light bulb emits fewer *lumens* than a 100-watt bulb and so the magnitude of light bulbs is measured as *lumens of brightness*.

A thing's magnitude is ranked by the classification to which it belongs. As such, love can be understood as 5 intensities of energy I call – *Selfish love* is at Magnitude 1, while Magnitude 2. is called *Symbiotic love*; Magnitude 3. is *Self-esteem*; Magnitude 4. is *Unconditional love*; and Magnitude 5. is *L.o.v.e.* as magic*.

At magnitude 5, I spell out the acronym *l.o.v.e.* to describe the *limitless oscillations of vibrating energy of universe*. My description is confirmed by Einstein's equation [$e = mc^2$] in classical physics, and by Planck's constant [$e = hf$] in quantum physics.

More than a shameless play of words, at magnitude 5, l.o.v.e. is magic. By the word magic, I mean *causing change to occur* so, in other words, at this level, you cause *the actions required so that universe fills the desired reaction*.

Let me briefly explain each of these 5 magnitudes.

Magnitude 1 or *Selfish love* is the love as understood by a child. We were born into this world defenceless and so our very existence screamed: “*Love me!*” Babies and toddlers need others to help them fill basic needs. Today we can understand this better than ever before. We learned from the branch of science called *Epigenetics* that children do much better if we kiss their booboos, tickle their toes and otherwise provide for all their needs ...*with loving attention*.

A child cannot explain how he or she works to his guardians. A baby cannot express his or her need for clean air and water, healthy food, adequate shelter and all the rest. A toddler can only cry if things aren't right. *Love me... or I won't survive*. Love at magnitude 1. involves having that selfish need filled by others.

Raised to adolescence, we'll begin to explore love at Magnitude 2. This is where we experience «*Symbiotic love*» as the basic need changes from a selfish *love me* to: “*Love me and I'll love you back.*”

This is measured at a higher magnitude because there is more love in play – there is the love received and the love offered. A natural change in attitude occurred to us in adolescence. We are informed by our DNA that it is time to « *Mate and procreate* ».

We'll talk about *raging hormones* - but teenagers are facing real physical change. Soon enough peer pressure starts to replace parental guidance because when we want to attract, the dating game is then played earnestly.

As so many marriages end with divorce, we should realize that *symbiotic love* is not that well understood. We define symbiosis as the relationship between two organisms that live closely together and that rely on one another. Humans have long realized that the basis for partnerships of all kinds, including marriage, is *a relationship wherein love is shared*.

But people also tend to bring all kinds of baggage into their relationships. If someone has not experienced a

love that nurtures, or if a person is not shown that the quality of love is selfless giving, then what can that person bring to his or her relationships?

Partnership can access a higher magnitude of energy than *selfish* love because love shared is loved multiplied ... as much as the partners know how to love.

It'll happen that we experience energy ups and downs as we deal with the stress of daily life. Have you ever felt upset and then received love from a partner that helped make things right again? Or maybe a loved one was suffering, and you brought wisdom to lift his or her mood? Love, joy and happiness are among the few things that multiply as they are shared.

A symbiotic relationship allows us to give positive energy to another, and to receive from the giving. I know people who were trapped in a relationship where little or no love is shared. We avoid a lot of drama if our adolescence provided us with opportunities to love others. Then you know - from your own experience - that love does indeed exist as it is something that you have done: You have loved and felt better for it.

Born into the world you experienced selfish love as the care you got from others that allowed you to survive and even thrive. And then, a teenager, Nature expects you to evolve and discover how to love others so that you know how love is real; it's a mood; it's something you must do.

Imagine the following as an example of what I mean: Imagine a young fellow, feeling lost and alone, seated at a large table in a high school library. He doesn't have close friends, so he gives a lot of time to his studies.

After an hour or so an attractive girl invites herself to sit at his table. Shy, he nods hello. And then she proceeds to engage him in whispered conversations, asking questions about his reading habits, his likes and dislikes, and his plans. As the afternoon progresses, he becomes enamoured with her. Soon he is in a relationship and, with her outgoing personality, he's introduced to a much larger world than he even suspected. His life is now blissful.

He shifted moods - from being withdrawn and alone to leading with his heart - so now his worldview changed.

With that imaginary scenario, I want to expose the idea that we don't really feel the love that others give us. We feel the love that we give to others. The young fellow's mood changed AFTER *he was drawn to the girl, when he began to love her.*

Biologically speaking his will to love another - to act positively on behalf of another being - raised his energy to his heart chakra (or his Thymus Gland) ... and as I mentioned, the Thymus not only secretes its particular hormonal mix, it manufactures magical T-cells that heal whatever ails the body. The fact is that young man's body benefits whenever he stimulates his Thymus.

I'll discuss the spiritual ramifications of this discovery a little later but think about it for a moment: *Loving others is more than a law of movement.* Stimulating the heart chakra biologically benefits the doer so that love is *a law of good.*

Now let's look at love at **Magnitude 3**. Here we have to consider that relationships can either limit or excite our capacity to love. To experience love at level three, you must know that love is good for you, so you cannot allow others to impede your capacity to love...

Most everyone knows that growing up isn't easy. Even if we were fulfilled with love as children, and then if we learn to love at adolescence, as a young adult we soon realize that getting along with others can sometimes be painful. We learn that not everyone sees the world in quite the same way as we do... and some are nasty in their way of seeing. *It's like a jungle out there.*

Remember the study says there are more stupid people around than we suspect. There are flawed characters. They are probably aware of their flaws... but they largely choose to ignore them.

If you see yourself as flawed, as unworthy of respect, it is rather difficult to esteem yourself... especially as you are the author of your flaws. And without self-esteem there is no way to explore love's higher magnitudes.

The bottom line is this: *It is impossible to develop self-esteem without working to correct your flaws.* To esteem yourself, you have to rise above resistance to working on yourself so becoming a *self* that you can esteem.

Only from the work I did on myself, on my essential character, did I gain any sense of self-esteem after my accident. Totally paralysed, I have to love and respect myself if I expect others to. And as it began to emerge, then did I learn how personal growth is translated into *will power*.

So many of the adventures I've had were a result of my inner work. I can assure you that it never was a broken and paralyzed body that woke up thinking it might be a good idea to trek a jungle. I am very curious by nature and when I realized how much the tropical rainforest could teach me, I invested in overcoming every obstacle I faced getting there.

So – I let a metaphysical spirit lead my physical body. I acquired personal power by following my heart. And that changed my destiny ...because as I acquired more power, I was offered greater leadership roles and had more opportunities to do what I truly wanted.

I became *a mature adult* by taking responsibility for my life. In order to better manage myself, I explored love's **4th Magnitude**: *Love is a law of movement – Action/Reaction*.

The universe itself is energy-in-motion and so is everything in it... and that includes you and I. The physical world I once saw as solid and “*out there*” is in fact energy - as Einstein showed us with his equation. And we can access that energy *in here*. We might forget when it’s inconvenient, but we can watch atomic explosions on YouTube whenever we have a doubt about the power of “I am”.

Creative *intent* is unleashed an infinite continuum of Action/Reaction relationships that are creating cosmos. Imagine if that unconditional energy-in-motion is adopted as social law. I mean stop to think about the state of the world for a moment: We are facing ecological disasters, challenges from wars and threat of wars, the greediest corruption in politics and business, social injustice with an incredible inequality of wealth distribution, and so much more.

Love as law could fix all of it. In a single example, today more than one billion people on Earth are existing on less than \$1.25 per day. Can you wrap your mind around that? Another half a billion people did not have access to safe drinking water this morning. Two and half billion more citizens do not have sufficient water for proper sanitation purposes.

Righting those wrong could generate prosperity for decades. Imagine if we started fixing all today's wrongs... well prosperity would reign supreme.

What about the money you ask?? - I can hear your shouts. Who is going to pay for it all? A real clamour can break out – but if love is the law, then all the contracts can be drawn, and we can start working at it as soon as the priorities are set.

We'll carefully keep proper books to track exactly where everything was spent. We'll pay the contractors weekly as work progresses. And then, after all the work is done and everyone is living in a veritable paradise on Earth, when everybody is healthy, wealthy and wise, then we'll balance the books. Or throw them into the fire – or whatever else will amuse us on that day.

Now this might sound a little simple... but only if you take love out of the equation. In 100 years from now I'm sure our ancestors will be amazed to learn how stupid we were to have relied on a monetary system that belongs to others, to private interests, to a few individuals.

This idea was not only illegal before the First World

War, it has since proven to be bad for the vast majority of citizens. The current system gives the *Banksters* a percentage of every dollar that is produced... Well the law of diminishing returns tells this creates less wealth as time moves forward – no matter how much money is printed.

Before the WW1, most governments printed their own monies and did not pay interest to others. The fact that our commercial and justice systems have allowed this folly to occur testifies how conspiracy and collusion are rampant. The money system is bad because it works against the best interest of most people.

In order to gain confidence in love as a social law, we must first resolve the conflicts experienced in our development. We have to set aside beliefs and expectations to act with love... and this *without condition*.

Advocating for positive change, taking a leadership role, these behaviours explores love at **Magnitude 5**. Take your rightful leadership role in society and do whatever you can do to make it a better place, so this becomes the promised paradise on Earth.

By adopting unconditional love as a social law, you soon recognize that the opposite of love is not hate. Hate comes from an emotional mix of aggression and fear. The opposite of love is apathy - *that is, not acting with love.*

Many years ago, I decided to meet everyone with a single creating intent that leaves no place for doubt: “*I just love ‘em and let God sort it out.*” Now after years of practice, I’ll testify that my decision has never tripped me up. People soon reveal themselves to be good, bad or stupid.

Rather than doubt the integrity of others, I let them reveal themselves. The idea is based on the biblical wisdom: “*By the fruits of their labour ye shall know them.*” Also, you might have heard the expression - “*Fool me once, shame on you. Fool me twice shame on me.*”

Some people use a stronger word, but the point is that, in due time, people will show you their true colours and then you’ll have a decision to make. I always turn the other cheek, but then I move on, I don’t keep my face where it can take another hit.

If you recognize the link between your behaviour and how others respond to you, you have entered a mood that I was taught when I was young. It's called *being in a State of Grace* by the Catholic Church. Other traditions might use a different expression, but the fundamental feeling is ...*that you are the luckiest person alive.*

Zen masters call it *Satori*, philosophers discuss being *Enlightened* and religions will explain *Cosmic or Christ or Krishna Consciousness* or will even say *having the Buddha mind*. These all express a mindset wherein we are awake to our potential and feel blessed by that good fortune.

If you consciously experience the Action/Reaction law as unconditional love, then you access a magical way of being in the world. I was taught to open myself up to higher possibilities.

Father Michael Kerper of St-Patrick Church in New Hampshire describes living in the *state of grace* as a mystical experience. In Parable Magazine, he writes: "*Here we'll find the essential connection between life and the liberation from death. Living by our human nature, we eventually die. There is no escape. However, when God touches us through His Grace, we begin to share in His qualities - one of which is immortality. Being in the state of Grace thus liberates us from death.*"

And he states: “*It is tragic to remain ‘just in the State of Grace’ without fulfilling all of the amazing possibilities that Grace will provide.*”

This allows me to reassert that Magnitude 5 is magic - if magic is defined as *the art of causing change to occur*. You can act with love and let God’s law take care of the details.

Everyone has to acquire his and her own experiences of how love as law has the power of transformation but let me offer you one memorable anecdote from my own life: *‘One day, I was buying a couple of things in the local dollar store when I was suddenly struck by the large number of items that you could actually buy for \$1.00....*

Then a whole idea emerged: Suzy and I were planning a trip to Costa Rica, so we’d be there for the Christmas holiday. I left the dollar store and hurriedly wheeled home to share my idea with her. I then asked her to contact a friend who lived in Costa Rica to ask her if any organizations were holding a Christmas party for needy kids ...and could we help?

Her answers came quickly: 1. - A Christmas party was being organized for the town’s poorest children by the

local welfare office; 2. – People were asked to donate a gift for a child whose name could be taken from a list and, 3. – Yes volunteers would be appreciated on the day of the event.

Suzy and I committed to donating gifts to kids and we volunteered to be there at the appointed hour. In the interim, I went back to the dollar store and filled a large duffle bag with a hundred dollars' worth of toys, games, colouring books and crayons, and such... And on the day of the party, dressed in red and white and loaded with a huge bouquet of red and white balloons, we arrived with a magical attitude and a lot of fanfare.

After putting the special gifts for the 2 names we drew under the Christmas tree, we introduced ourselves to the kids. I told them that we were from Canada which is so close to the North Pole that we are friends of Santa Claus. I told them that he asked us to come and play with them because he was so very busy getting everything ready for Christmas.

We spent an entire day leading the kids in games of various kinds. We distributed my duffle bag full of goodies as prizes for those activities, we had lunch with them, enjoyed ice cream and cake, and seeing them light up when they received their special gift.

We engaged with them for hours and that's when I understood how love truly is magic. I had no expectations for how this day would turn out, but I now marvelled at the kids' smiles, laughter and joy and they quickly transformed the entire community. Everyone got involved in the spirit of the fiesta and they had no motivation but to have a fun day with the kids. And the effort paid off big time.

Late that afternoon, spontaneously when we ready to leave, every child lined up to give us a hug, a kiss or a hardy handshake, and many added heartfelt words of thanks in English and in Espagnole.

I saw that they were happy for having had spent the time with us. I'll always remember a very young lad who, very seriously, stood in front of me, shook my hand and bowed formally. Then he offered me his sincerest best wishes and said he would pray very hard that I could walk again one day.

I teared up – as I always do when remembering it – and on our way home, feeling like a million bucks, I told Suzy that we had spent so little to buy so much joy. I had an idea that this random act of kindness would make me happy and so we put into motion a little energy, acted it out and proved myself right.

I focused on sharing positive energy-in-motion and was filled with positive emotion every inch of the way. I loved without condition. I acted and let God sort out the details ... *but I'll tell you what* – a few days later, during that same trip Suzy and I were rewarded with an incredible deal.

We bought the entire contents of a large garden centre - hundreds of exotic plants – from a biology student for an unbelievable price. We met a fellow who had a project to save endangered plant species by growing them from the seeds he hunted in the jungle.

He told me he'd plant his entire collection in the jungle reserve that Suzy and I were building in exchange for his tuition for his last year at the University of Costa Rica. I asked him how much he needed, and he mentioned a piddling amount by any standard.

Of course, I jumped at the deal... to then realize:
“Love is truly magical when both the doer and the receiver both benefit from God's Grace.”

I'll conclude my presentation by again asserting *no one can break Nature's law...* even if we can break ourselves against.

Don't let bad and stupid people detract you from living your very best life.

As you move forward, reconsider the triune God: God the Father says of Himself: "*I am Alpha and Omega – the beginning and the end.*" God the Father is Time itself. God the creative Spirit says of Himself: "*The Spirit of God is omnipresent.*" That means everywhere, all of space. Here/now in space-time, God the Son is manifest as you and I... as all of creation.

Experience yourself as God-energy. Explore your own energy-in-motion => *your e-motion*, from the moods available at 7 dimensions in amplitude, and then connect with love at 5 magnitudes of brightness – from the selfish need "*Love me!*" to "*I love... God first and then my brother as myself.*"

Actualize your piece of paradise ... and *experience love as magic.*

Thanks for listening.

I'll talk to you next time in Episode 6 – FROM MY TOOLBOX. Because self-empowerment begins with courage, I'll explore that subject. And because we can

only acquire power if we have the right tools, I'll share 4 powerful ones that have helped me over the years. You won't want to miss that presentation.

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Thanks again... see you next time. Adios.