



# I and My Father Are One

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The Consistent Experience of Love Divine

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## How Can I Feel the Love Divine?



### How to Experience Love

*Rid yourself of all that you are not.*

- Do not look outward for happiness
- Realize the Love is your True Nature
- Practice the Art of Self Inquiry, Pondering and prayer on a regular, daily basis
- Identify with the I AM Presence of Omniscient Love

Many people ask me how they can feel the love within them...

This is why in the beginning stages, the 'I-AM' meditation is very important, with the breath. When you are doing that, you are pushing all your false notions, samskaras (inner prevalent character traits and problem patterns of behavior and thought from the past) and the rest of the garbage out of the way, and you are coming into your own True Identity as I-AM. You can tell if you are making progress by how happy you are becoming. When you see that you are just happy, without any condition making you happy, then you know something is working.

If you need something, or someone to make you happy, the same someone or something will make you sad. When the person who makes you happy leaves your presence, you will be sad.

When the thing you are enjoying is taken away from you, you will be upset. Therefore, do not depend on any condition for your happiness. Happiness is your Real Nature. All you have to do is to invoke I AM and you are radiantly happy right there.

People still believe, that if they become 'enlightened', only enlightenment to themselves, they will have to stop working or stop going out, they will just want to 'be'...

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