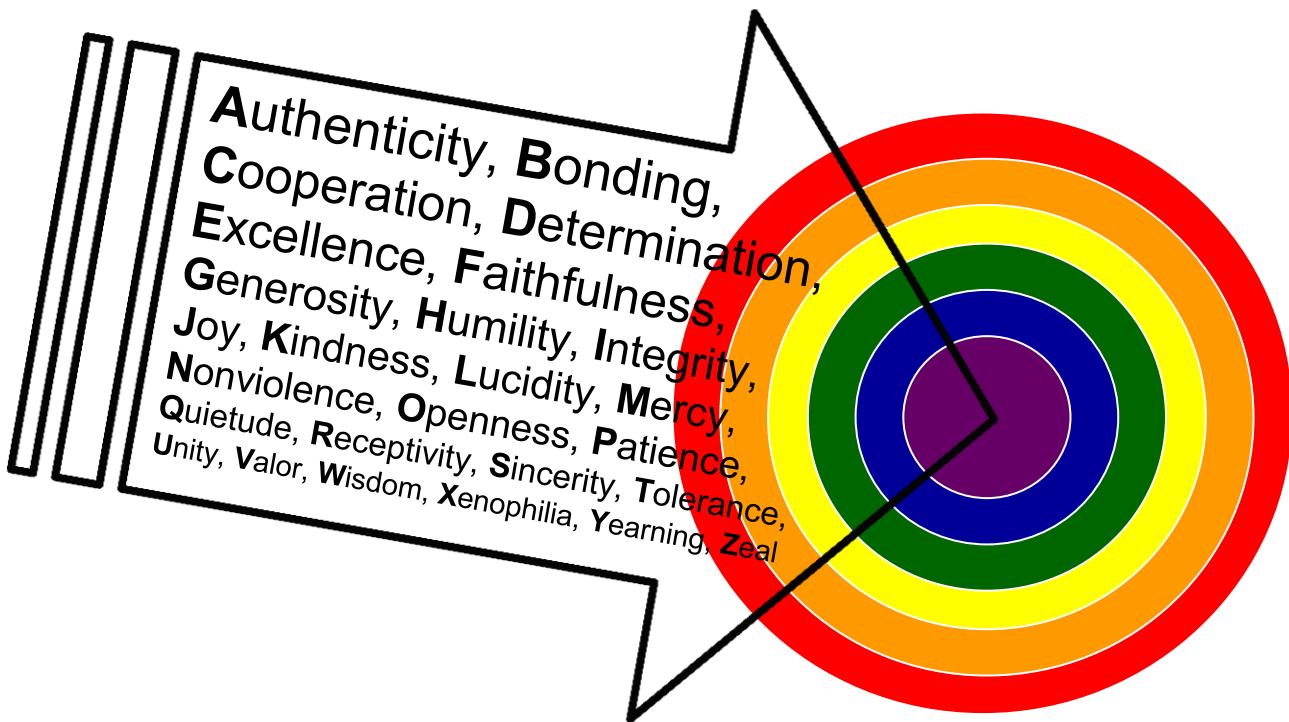


The ABCs of Love for Jesus' Followers



Let's See Where Wisdom Points Us

By Art Nicol

TOOLKIT FOR THE ABCs OF LOVE

Illustration 1 – I-Zone Chart

Illustration 2 – Wholeness Archetype (a/k/a WA)

Illustration 3 – Healthy Emotions Map (a/k/a HEM)

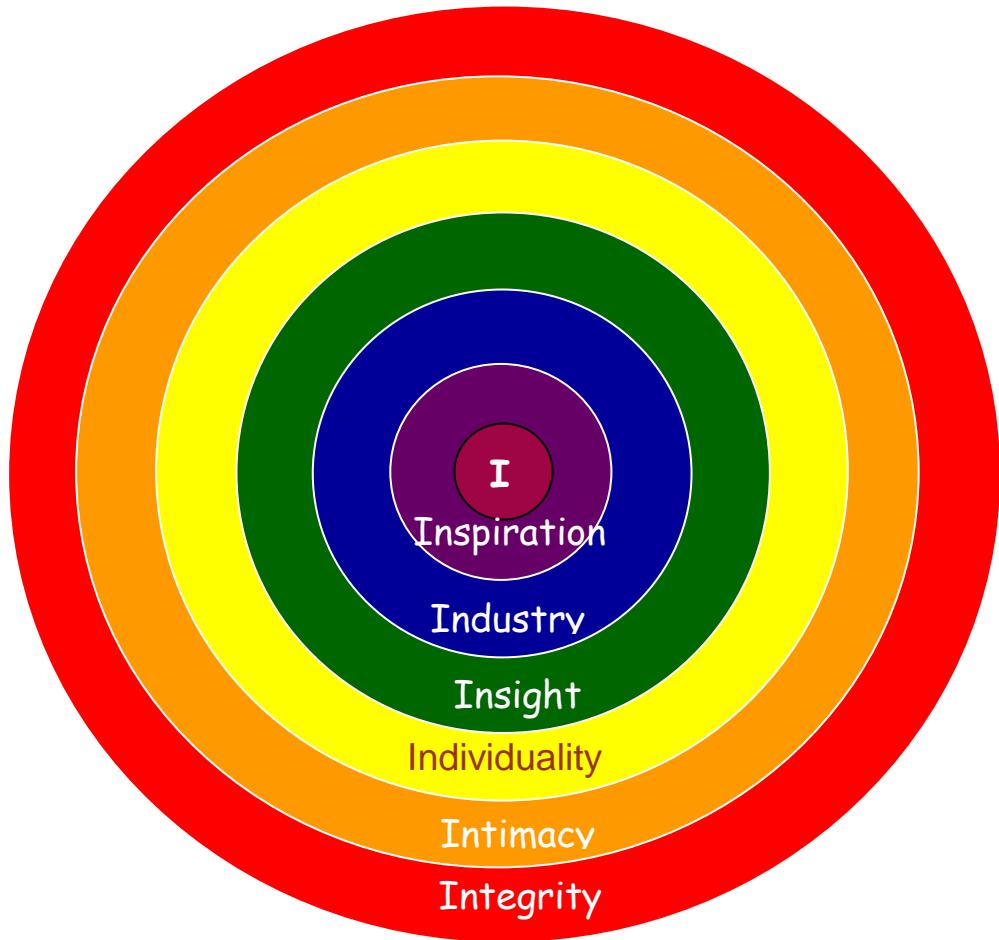
Illustration 4 – Core Life Orientation Wheel

Illustration 5 – Energy of Bonding

Illustration 6 – Cycle of Violation with Transition to Cycle of Mutual Appreciation

I-Zone Chart

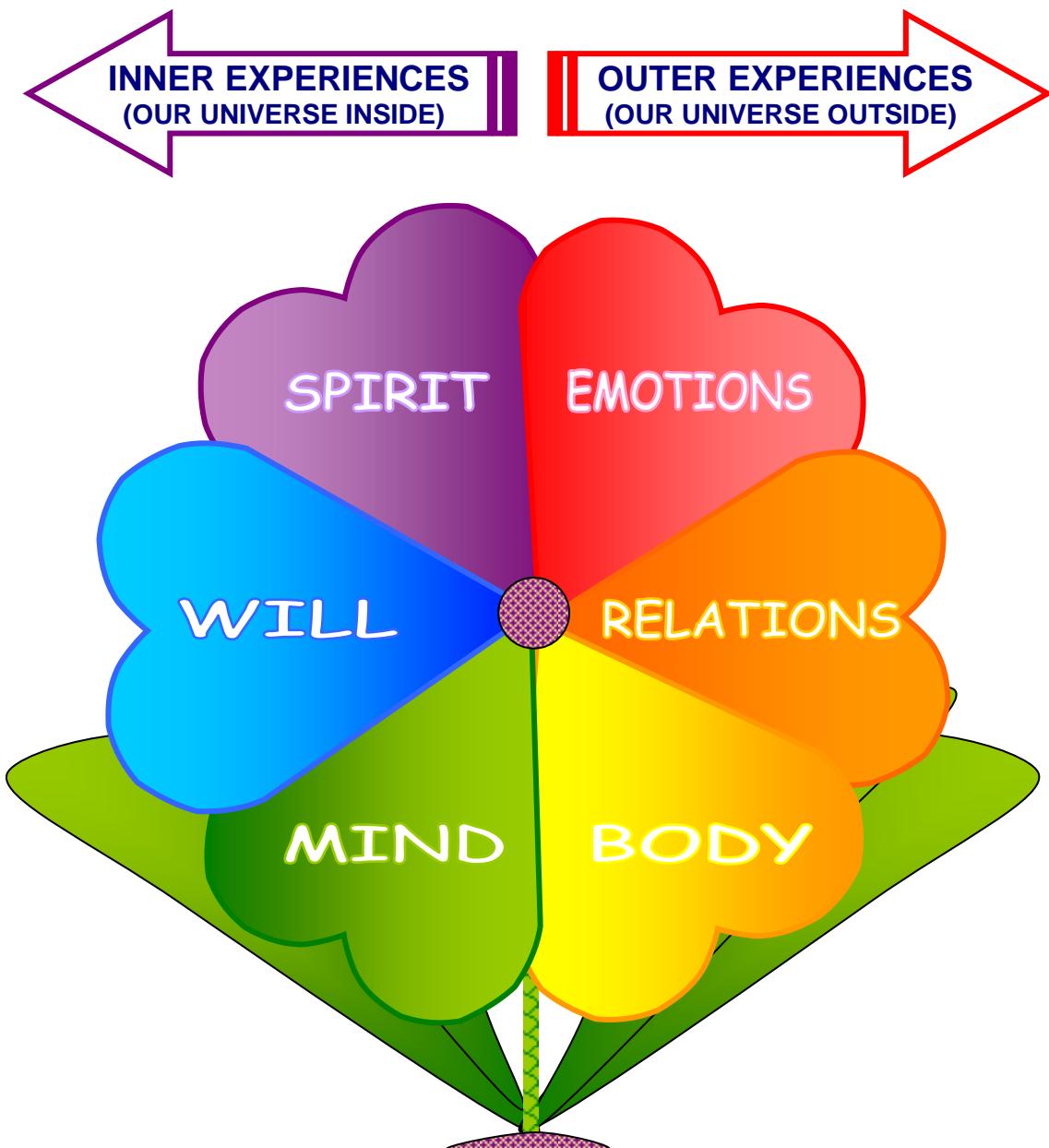
I-Zones are interactive facets of our multi-faceted lives that we can examine to accurately assess our current qualities of character and take steps to upgrade them. The “I” in I-Zones can stand for Inventory, Investigation or Inquiry when we are evaluating their condition. The “I” can also stand for Innocence when we want to be reminded at all times that we are innately innocent - each as a guilt-and-shame-free child of the Universe or whatever else you may call the source of Life and Love that our hearts desire. The goal of our evaluation of our I-Zones is to rediscover and re-experience our Innocence, not to indulge our inner critic or ego in judgment and reproach of self and others. The Spirit of Love calls us to identify, appreciate as valuable and nurture all facets of our nature from positive perspectives and let go of habits of using our analytical mind to endlessly find flaws and faults and never focus holistically on the gifted well-being of our wholeness.



The I-Zone chart fosters our health by guiding us in our intentional self-examination and personal transformation. At the bulls-eye's center is the essence of the whole person we each are – our distinctive expression of being an “I” while also being an essential part of humanity’s collective “we.” Our “I” of Identity is no longer mistakenly defined as “ego” but instead set free to be a “whole person.” For purposes of investigation only, the I-Zones identify separate aspects of our lives to evaluate. Although from time to time we may find that we are more satisfied with some facets of our lives than with others, at no time do we actually cease to be a whole, integrated person. The point is not to compare ourselves with other people or chastise ourselves for facets we find we want to upgrade. The point is to increase our self-awareness and capacity to purposely nurture ourselves – with self-awareness, self-acceptance and self-understanding – towards the goals we’ve set for our own growth and development. Using the I-Zones compassionately and wisely results in our maturation beyond social norms and our renewed satisfaction of knowing that we’ve given our best towards co-creating what MLK Jr. called the “beloved community” that we are all glad to share together.

WHOLENESS ARCHETYPE

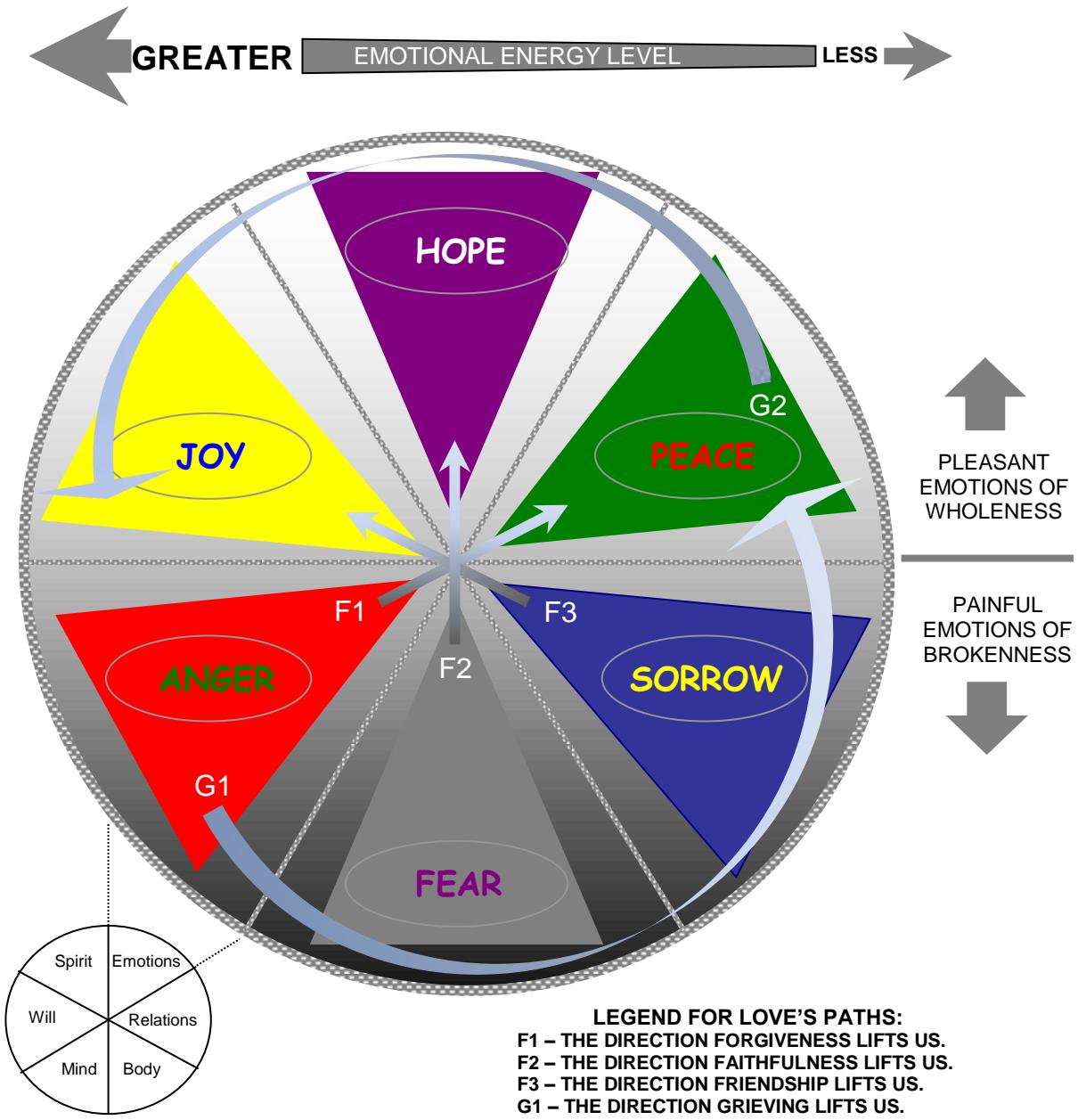
UNIVERSAL HUMAN NATURE BLUEPRINT



The Wholeness Archetype (WA) is a universal blueprint for human nature. Our wholeness is like the pattern of snowflakes that simultaneously makes snowflakes alike in their basic structure while allowing each snowflake to express that structure in uniquely diverse ways. The inner experience of our wholeness consists of our Spirit, Will and Mind. The outer experience consists of our Body, Relationships and Emotions. Together these six fields of human nature unfold as we nurture them throughout our life experiences. The more we nurture all six fields to unfold fully according to God's design, the more naturally we experience healthy intimacy with God, each other and Nature. When we nurture all fields adequately we experience being both fully human and fully divine. Wholeness' multifaceted, flexible nature allows wide latitude for diversely individual expressions of it within our shared Oneness. Wholeness < Oneness > Wholeness = WOW!

HEALTHY EMOTIONS MAP

A MODEL FOR MASTERING THE ART OF FEELINGS
BY CHOOSING THE EMOTIONS WE PREFER TO EXPERIENCE

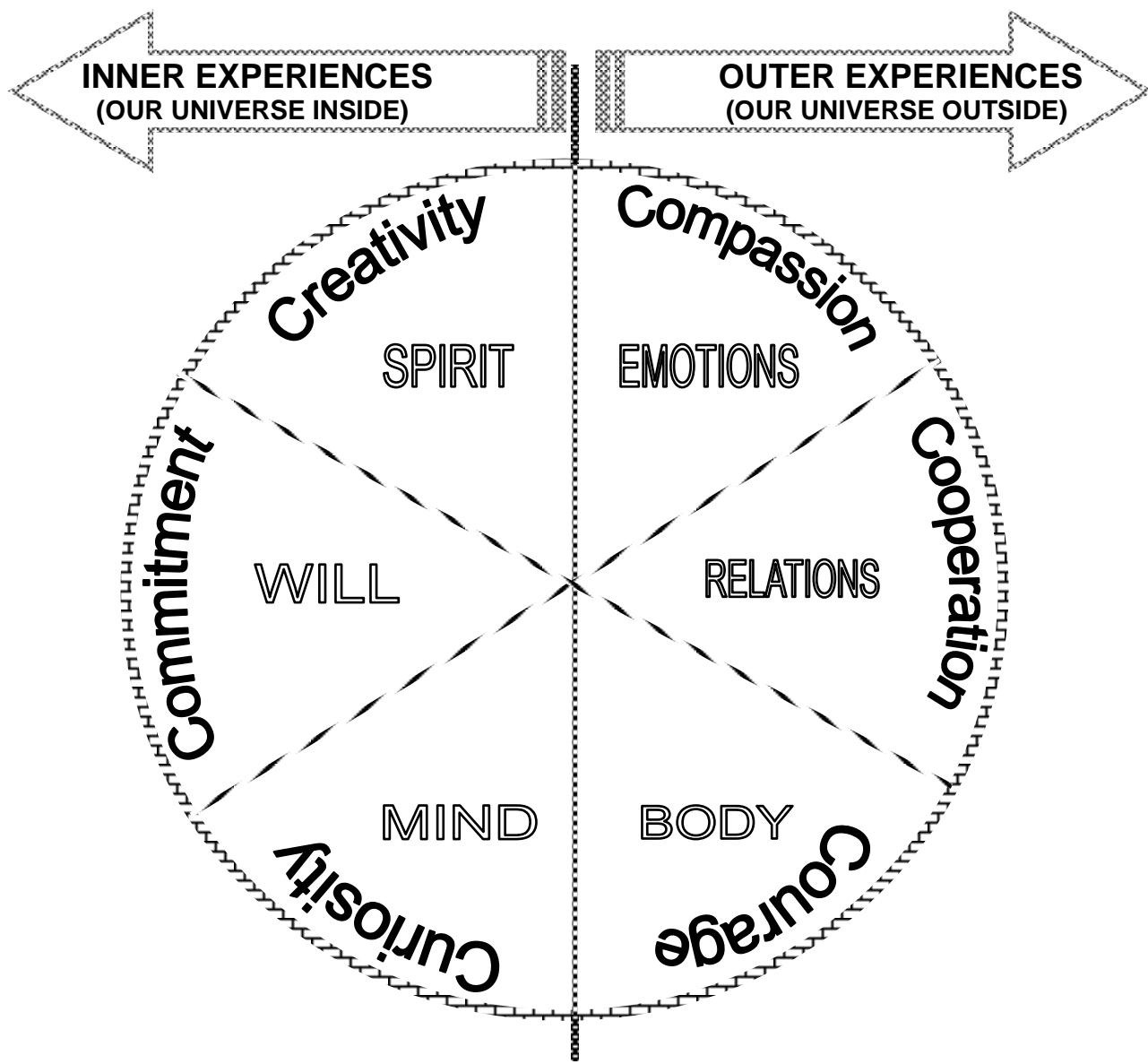


Relating to emotions is a learned art. Like ballroom dancing, it is a set of skills acquired by regular practice with one or more partners who join in listening to our hearts and in moving in unity. Each partner takes turns leading and following the melodies, harmonies and rhythms of the other's heart. As children, we learn to limit our sensitivity to and expression of emotions. Eventually, we may learn to deny emotions and feel numb. Mastering the art of healthy emotions requires us to learn again to feel and accept all emotions and practice expressing and receiving them. At first, we may feel uncomfortable as we reacquaint ourselves with emotions – both ours and those of others. Soon we'll be enchanted with the graceful music and dance of emotions.

Illustration 4

CORE LIFE ORIENTATIONS

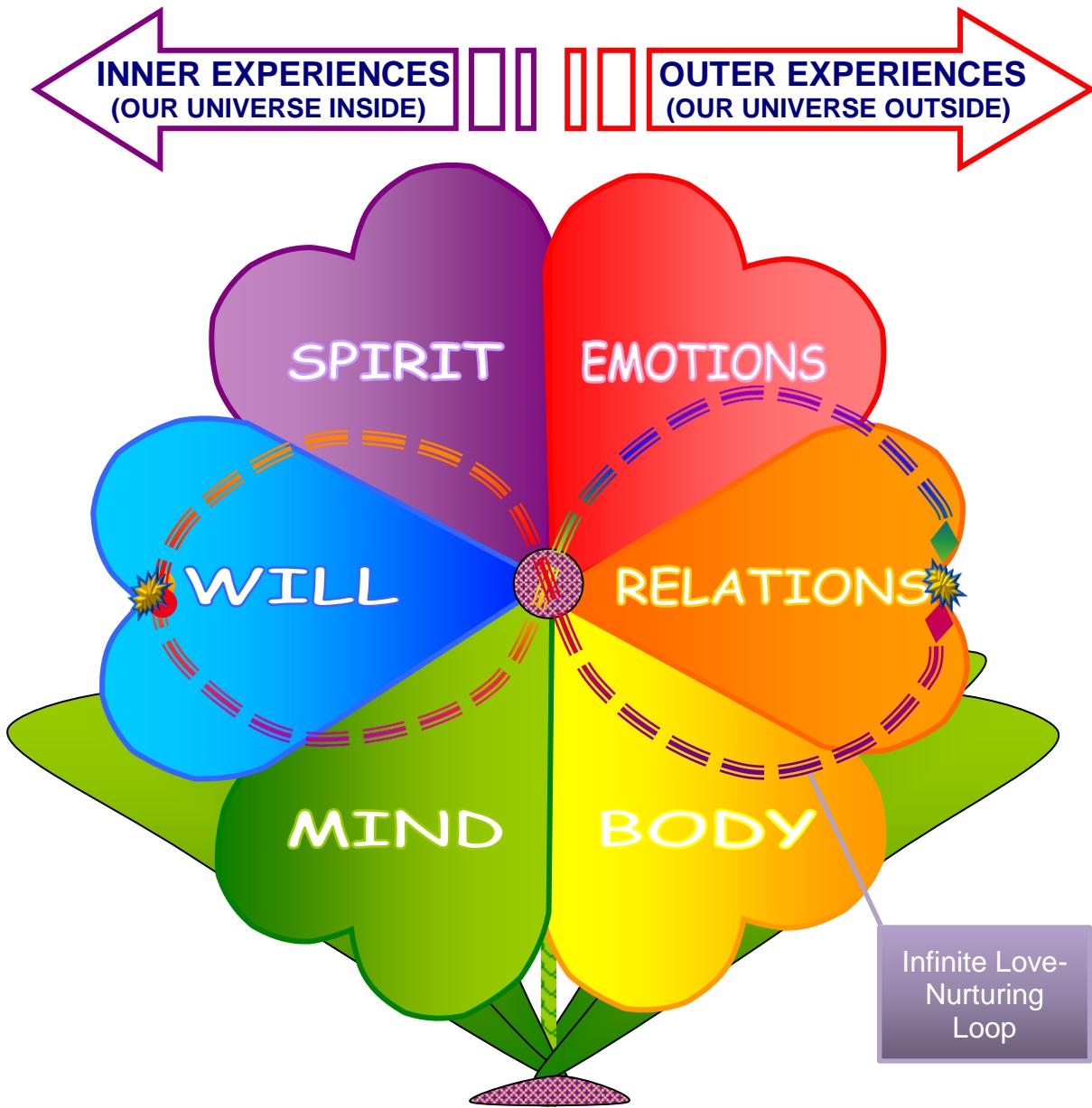
ASSOCIATED WITH WHOLENESS ARCHETYPE



Core Life Orientations inherent in the nature of Wholeness guide the development of human life at every stage when not overshadowed by pressures to conform to fear-based social norms. These life orientations are the "High Cs" of childhood: Creativity, Commitment, Curiosity, Courage, Cooperation and Compassion. They are native qualities of every child of God as created in the nature of Life's Source. Each Core Life Orientation is associated with a field of human development, the integrated combination of which makes up each whole person. A child of God is whole at every stage of development to the extent that the core life orientations are guiding the child's development. When fear-based (ego-focused) socialization steers a child away from his/her natural development into an artificial path, inner core life orientations decline in influence and external social norms reinforced by social approval increase in influence. Externally focused socialization arrests natural development, which will resume when Core Life Orientations resume dominance. The mind's curiosity naturally seeks to understand what the spirit's creativity wants to address out of compassion for the general welfare of humanity. The development of Wholeness and its preeminence as life's main purpose requires courageous commitment to full cooperation with every person's best interests.

ENERGY OF BONDING

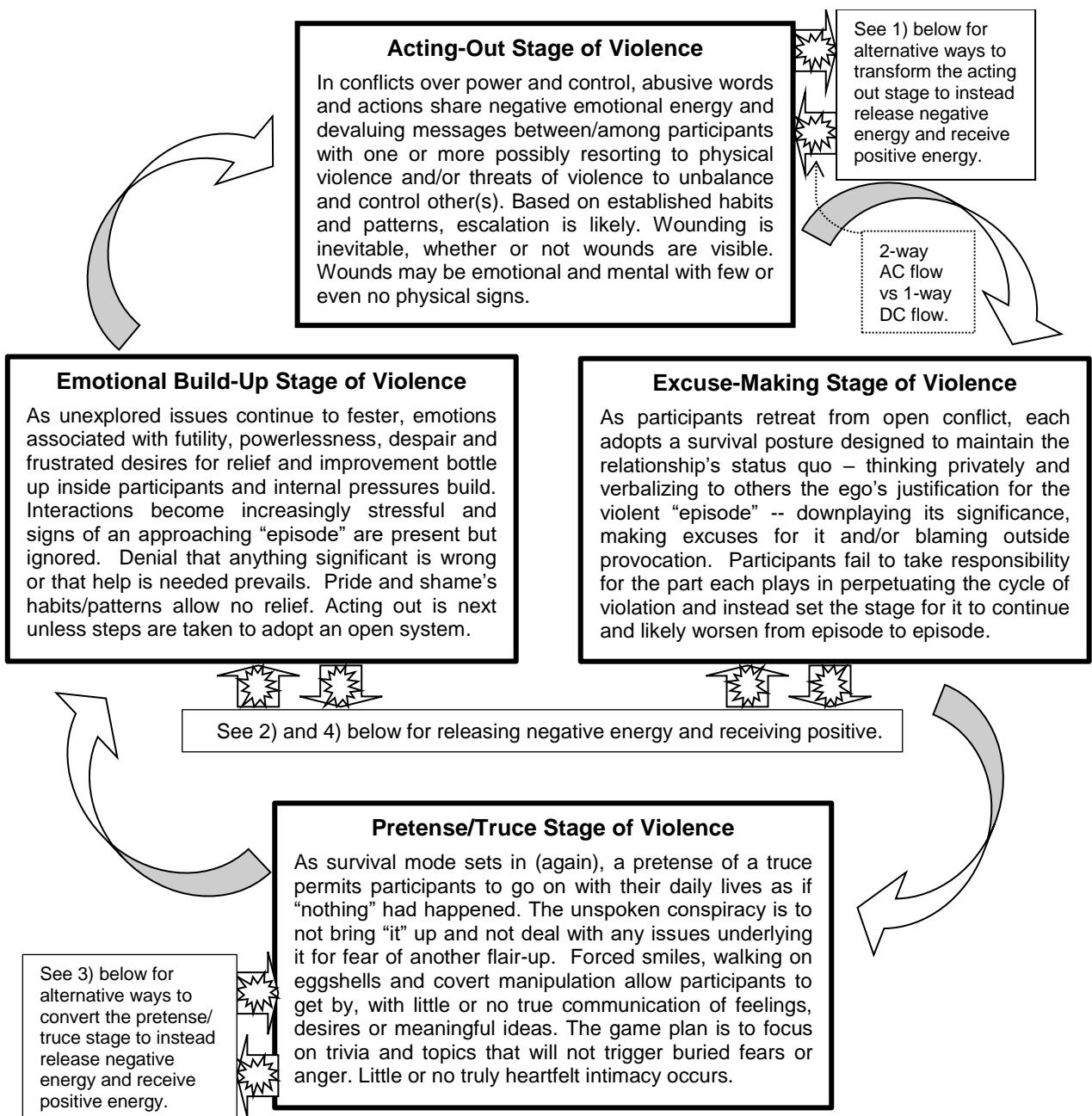
THE FLOW OF LOVE THROUGH WHOLESNESS



Through Wholeness the Energy of Love flows with increasing freedom and efficacy the more we align our will with God's. God's will is that love flow into and inspire every relationship in our outer universe. God's version of the Golden Rule is "Do unto others as you would have Me do unto you." In our Authenticity, we have the privilege of sharing God's unconditional love within every relationship as a continuously radiant spark of energy transmitted along an oscillating wave. God's will is that heaven be shared on earth. The ego's game plan is that hell be shared instead. As Illustration 5 shows, love flows from God's will into, through and beyond our divinely aligned will along two paths. One leads through our spirit into our body to express as bodily formatted energy of affection. The other path leads through our mind into our emotions to express in attitudinally formatted energy of empathy. In this way, our body and emotions serve God's purpose that all of us be reminded of our identity as Divine Loved Ones.

Illustration 6

Cycle of Mutual Violation with Transition to Cycle of Mutual Appreciation (As Closed and Open Energy Systems)



Opportunities to Intervene, Disengage and Transition from Cycle of Violation to Cycle of Appreciation:

- 1) In Acting-Out Stage: Use de-escalation orientation & self-awareness to reduce risks of harm & disengage.
- 2) In Excuse-making Stage: Use positive self-talk to regain balance; stop, listen and learn; spot opportunities to engage in meaningful discussion of issues and not participate in cover-up; tactics may vary depending on whether or not other participants seek to create more peaceful relationships. Self-stewardship is vital.
- 3) In Pretense/Truce Stage: Use support relationships to process emotions and identify issues and options; develop and use alternative communication skills to share positive energies when possible; keep real issues on the table whenever safely possible; explore expanded peaceful life opportunities. Self-stewardship too.
- 4) In Build-up Stage: Continue as 3) with awareness of opportunities to de-escalate build-up within self and encourage others to de-escalate and release emotions and tensions more constructively. Self-stewardship. Functioning in an open system of love allows negative energy to flow away and positive energy to flow in.