

*The Father and I are one.* John 10:30

I hope you have been enjoying Michael Singer's book *The Untethered Soul* as much as I have. Many people have told me that their lives have been transformed through these inspirational teachings. This lesson is inspired by the last chapter of the book titled *The Loving Eyes of God*.

*How can anyone really know anything about God? We have so many teachings, so many concepts, and so many views about God. But they've all been touched by people.* (p. 173)

*Fortunately, deep within us, there is a direct connection to the Divine. There is a part of our being that is beyond the personal self. You can consciously choose to identify with that part, rather than with the psyche or the body. When you do this, a natural transformation begins to take place within you. Over time, as you observe this transformation, you will see what it's like to be coming toward God. You can know the nature of God by looking into the mirror of your transformed self.* (p. 173)

*Over time you will actually drift away from the feelings of tension and anxiety. The entire cloud of lower vibrations will appear further and further away from you inside. The cloud may still be there, but if you don't identify with it or hold onto it, it can no longer hold onto you. As you release the lower vibrations, you naturally stop thinking they're you or that there's anything you have to do about them. As you let go of them, your Spirit drifts upward.*

*You naturally begin to center more and more on the spiritual part of your being. You do this not by reaching for Spirit, but by letting go of the rest. The personal self cannot touch Spirit; you must release the personal self. As you let go and willingly release the physical, emotional, and mental aspects of your being, Spirit becomes your state. You realize that you, too, can have deep spiritual experiences and be "...in the Spirit on the Lord's Day" (Rev. 1:10)*

How do you really know anything about God? You know God as you recognize your oneness with God. Jesus said, "I and the Father are one." (John 10:30) *Ultimately, the only way to know about God is by letting your being merge into The Being, and seeing what happens to you. This is universal consciousness, and the qualities of the beings who have attained this deep state are similar in every religion.* (p. 176)

What happens to one who walks this path toward God? Here are some things you will experience as you walk toward God:

- You feel unconditional love for all creatures. For every plant, for every animal, and for all the beauty of nature.
- You see every child with the love that you have for your own children.
- You see every person as a lovely flower, with its own color, its own expression, shape, and sound.
- You appreciate and honor everyone and everything. You do not judge anyone or anything. Where you used to judge, you now respect, cherish and love unconditionally.
- You know that God is love and that you are love. You are able to look beyond others' humanness. You are able to look past others' mistakes and shortcomings.
- You see the world through the loving eyes of God. You do not focus on guilt and fear. Know that the world is completely protected, loved, honored, and respected by the Divine Force. Know that God's way is love and see this love everywhere you look. God's light shines equally on each of us.

"The eye through which I see God is the same eye through which God sees me; my eye and God's eye are one eye, one seeing, one knowing, one love." Meister Eckhart

Affirmation: *I see the world through the eyes of God. I see with the eyes of love.*