

## -The Relationship-

God has never been one but is three

He is of Mind, Heart, and Spirit and similarly built us in His image with all three

God of mind is the creator and is in control of the Universe, in heart is Jesus the teacher, and in Holy Spirit is the relationship

And this God in Trinity wants a relationship with you

It's no surprise that all of God's commandments which He created for us are about relationships

Christ is the sacred heart of God, as a cosmic Christ in the Trinity and through incarnation became man

Jesus ministered on Earth for 3 years, died at 33, and rose again after 3 days

He came to earth as the Son of God to teach three simple things ...love, humility, and obedience

Are you not amazed by Jesus' love for us and all that He taught us?

...Knowing how important humility was to our salvation

...He humbled Himself allowing us to crucify Him as the sacrificial Lamb of God

Be obedient and read the Words of Jesus

...attend mass and become closer to Jesus by receiving Him incarnate in flesh through the Eucharist and blood through wine

In suffering if we seek Jesus through the Trinity we will naturally become closer to Him

Ground yourself in Christ, the heart of God

Holy Spirit is in us and around us as the energy and relationship between God and Jesus

It is important to tune our hearts to God with the relationship He so greatly desires from us

By starting each prayer with a faithful heart and the following words will invoke the supernatural

...Dear God, I pray to you in Jesus' name, through the Holy Spirit

Say the above Words, envisioning a Trinitarian circle forming, pause, and allow the Holy Spirit to blanket you

...and tap into the Holy Spirit that flows freely in our atmosphere and across the fabric of our Universe

When you pray to God, talk to him like a friend but honor him like your Father, He is your creator and knows you better than anyone

Everything on Earth and in the Universe is in relationship with everything else

The Divine Dance is allowing love in the form of energy to flow

Everything in being itself, is giving pure glory to God

The very nature of God, therefore, is to seek out the deepest possible communion and friendship

...with every last creature on earth

Be delighted with simple pleasures by appreciating the wonders of nature and beauty in human interactions (e.g., child's laughter)

If it's not flowing out of you it's probably because you're not allowing it to flow towards you

Sin is anything that stops the flow

Ego stops the flow, be humble instead

Sin doesn't upset or hurt God, sin only hurts us

We are not punished for our sins; we are punished by our sins because we'll be outside the flow of grace

The law of flow is simple as Jesus taught us in His words

...happy are the merciful, they shall have mercy shown to them

...forgive us of our trespasses as we forgive those who trespass against us

In life, Baptism starts the flow with water, Communion nurtures the flow,

...and as your relationship with God grows deeper your heart is transformed

...your first birth was a physical one, but the second one you are born again as you become one in spirit with God

God is preparing us for celestial life

Love, humility and obedience are required components to live in the light

If we live a life of sin we will be afraid of the light and not be with God in Heaven

Just like the building block of the universe, the Atom is a relationship of three (proton, neutron, and electron)

A microscope shows patterns of protons, neutrons and electrons, like a telescope shows patterns of planets, stars and galaxies

...both are in orbit and all are relational to everything else in the energy between them

It is an entirely relational universe

...similar to breaking an atom will destabilize the atmosphere (e.g., atom bomb)

...we must not stop this flow moving through us, with us, and in us

Our soul is tied to our heart and is influenced by the mind (e.g., things of this world) and the spirit (e.g., God and Jesus)

All souls are a work in progress, and upon death of the body it is our soul that will unite with God

A person's eyes are the window to their soul

As you pass a stranger, smile, looking intently into their eyes and say "hello," they may be in great need of a human connection

If you are comfortable with both the receiving and extending of kindness, you will be ready and eager for the Trinity