



*The Fullness  
of Christmas*

... LOVE

ALCHEMY - A form of chemistry and speculative philosophy practiced in the Middle Ages, concerned with discovering methods for transmuting base metals into gold, discovering a universal cure for disease, and discovery of a means of indefinitely prolonging life.

Merriam Webster Dictionary

Love unites and causes the next higher expression in every instance. Love is the power that can banish hospitals, old age, loneliness, unhappiness, and want. It is the power that can heal the human body, set us free from all bondage.

Sue Sikking – *Only Believe*

That which we call an “individual” is, in reality, an energy field composed of atoms. One of the Permanent Atoms within our field is the Atom representing the centralized force of Universal Love...the One that will trigger a self-sustaining chain reaction to produce a total transformation of the individual, and ultimately the entire collective consciousness.

John Randolph Price – *A Spiritual Philosophy for the New World*

We are made *by* love,  
we are made *of* love, and  
we are made *for* love.

Marci Shimoff – *Love for No Reason*

Think about the real substance of love, and all the ideas that go to make up love will be set in motion. This produces a positive love current which, when sent forth with power, will break up opposing thoughts of hate, and render them null and void.

Charles Fillmore – *Dynamics for Living*

# *Activating the Power of Love*

1. Close eyes, BREATHE thru HEART SPACE
2. Think of SOMEONE/THING you LOVE, appreciate.
3. WHAT do you APPRECIATE about them?
4. FOCUS on QUALITIES til you FEEL love, appreciation.
5. WHERE does this LOVE come from?
6. SHIFT focus to LOVE ITSELF.
7. KEEP RETURNING to FEELING of LOVE.
8. FOLLOW the LOVE BACK to its SOURCE.