

## Lesson Two

### Balancing Life: Quality and quantity

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If I can be so bold, I would dare say that without love there would be no quality of any kind, anywhere. There are many ways quality can be attained, and many opinions about it. However the one thing all of its manifestations have in common is that they were generated by love. This is true for quality in relationships, work, pleasures of life; and our simple moments of contemplation, production, achievement, or creation.

According to Jeshua, in the beginning was love and from that divine energy everything in existence was created. But, love adapts to support life in every condition, happy or not. Also, love is impossible to define. Everyone has such different experiences and beliefs about it, that we have blinders on to other forms of love. In fact we miss most of love's assistance because we have become so attached to our favorite (and limited) ideas about it, those which touch us emotionally. So, we fail to see its anonymous presence quietly available just for the asking. In fact, most love doesn't conform to our expectations at all.

For this and many other reasons a direct approach to love for purposes of increasing our happiness is not often the most successful. Love does not want to be "used." And, love can sometimes take us into the greatest heartaches or challenges of our life. The **Spirit of Love has intentions of its own.** When it finds us we are blessed. When we feel it we are happy. In its presence we know that God is near. However, we are not the masters of love. If we are lucky, love will master us.

However, if love had a twin it would be quality. Love is primal, elusive, and powerful. As it is carried into existence it becomes much more approachable through our perceptions of quality and our respect for it. What a shame it is that we have come to associate quality with elitism, rarity, privilege; and, even snobbery. When, in truth, quality is the most humble unassuming and available presence of love in the world. It literally costs no more to take a quality breath that deeply cleanses your lungs and relaxes your body than it does to pant in shallow breaths that tighten your chest and deprive your body of essential oxygen. It actually costs less energy and thought to smile sincerely than to wear a friendly mask that requires deliberate effort to make it look real. Yet we almost never see quality as love. Remember mom's meatloaf and how it had a special quality that can't be found in the cafeteria. That special quality was

love. It's hard to say where love leaves off and where quality takes over, but I remember having a similar conversation once with a friend of mine who is a famous chef. I never had a pantry so bare that he couldn't turn it into a delicious meal. I asked him how he managed to create such amazing quality with the simplest ingredients. He said, "it's all about the love you feel for them and how you put them together. When you love them, they speak to you." I said, "Well, I love cooking." He replied, "No, you like the results of cooking. I love the process. You can't just focus on end results and feel "quality" as it offers itself to you." Then he reminded me that I would spend hours in my studio covered with paint and not think anything about it. He was right. Sometimes my hands would be green or purple and I wouldn't even notice. He reminded me that I love paint and not just painting or the results I get from it!

Once I was having dinner with the director of the Art Students League of New York. This is a school founded in 1875 from which prominent graduates have shaped the history of American art. Our conversation came around to the subject of quality. I asked him what he thought was the most important quality for success as an artist. He thought, but not for long, and savored his single word response: "compassion." Without an empathic connection with our subject, without complete union with our medium, without love for those who will enjoy the fruits of our creation there would be no quality in art...only dry technique and self-absorbed expressions.

Quality and quantity are components of every life action. We will expand that thought shortly, but I think creative quality makes a good launching point because we all expect to find it there. We also expect that most creative endeavors are ripe with choices that have been made freely. That is true, but perhaps not as much as you would think. There is a certain logical sequencing of technique even with painting, sculpture, and writing that dictates our next best response. One of the most creative men of my generation was Steve Jobs, but he would not have had the developmental success he enjoyed without respect for the logical sequencing of technology.

Free will is a great way of expressing love and stalking quality, because we do not usually opt for less when we have a choice. But, ultimately that is not what brings about the moments of excellence in creative work.

Many people admire the technical mastery of my paintings, and my expertise with visual effects, but in the end that is not why you or anyone enjoys my paintings. You enjoy them because they feel alive, and that's due to a mysterious element of quality, which exceeds the obvious. I would like to share with you something of the process and how technique surrenders to an indescribable moment of transformation in every work of art. I will begin with a vision, which usually becomes lost in the creative process and

reemerges with a life of its own. Then I proceed to completion with all the technical skills I possess. I arrive on the edge of completion where I can see it done, but it's not alive, it just sits there like something I printed on the canvas. All the technique in the world could not salvage this inert and lifeless creation. If I were young and inexperienced in the creative process, I might destroy such a painting as a hopeless failed effort...which I did many times in my past. Now I know to just wait, wait, wait, for the revelation to come. At some moment I will have an insight, or some butterfly of inspiration will land on my shoulder and I know what to do. It may only require one brush stroke, or a slight adjustment of light. More than likely it will be simple, because almost all the work has been done. In that moment I know what to do, I take action, and the whole canvas is transformed. It comes alive and the symphony of creation is playing. That was the last touch of quality.

One stroke of quality transformed all the quantity of action that had come before. It grieves me to think of how many people have abandoned a project just before the moment of success not knowing what the transformative ingredient would be. AND, that it only takes a bit of quality to move a mountain of quantity.

Understanding this principle is one of the secrets of lasting happiness and ultimate success in life. Quality is the transforming ingredient of quantity. If quality is the outward and anonymous expression of love, how could this be otherwise?

It brings up another interesting and powerful speculation. Can the pursuit of quality bring more love into our life? I believe it can and does. Pursuit of quality reveals love we might not otherwise have expected or found. While love and even happiness can be elusive if pursued directly, quality seems to relish our attention and reward our dedication to find it.

At the beginning of any activity, any endeavor, or a relationship we may not see how or where quality will appear. We watch and wait. We are attracting. We attract quality with our patience, our respect, our humility, and our admiration for its amazing influence in our life. It comes in response to our own inner quality. It's almost as if we are in a dance with quality. We become it and it becomes us.

In a passage from *Love Without End* (C. 15) Jeshua makes reference to this kind of exchange or dance that love has with the universe. He describes the scientific nature of love, and extends this teaching by saying we are a catalyst for this same kind of love function in our own lives. *"If you would think upon love's function scientifically, think upon it as reversal transference—a point of function where two complementary forces in the presence of a third stabilizing factor, exchange modes and one becomes the other.*

*For the most part, the third stabilizing factor is light. However it could also be intent, or any common or uniting element through which complementary forces may experience both exchange and equilibrium. Exchange and transference within systems of equilibrium are fundamental to all creation. Through such acts of transference God the Creator became God the vessel, and through a complementary force of reverse transference the vessel seeks reunion with its Creator. If you too are seeking reunion with your Source, then you are in harmony with the universe. This is the optimum state of love function, in which **the very presence of your being ignites positive developments in life**"*

**In this act of transferring potential, love becomes a quality, which unifies the whole. All of this happens against a background of infinite potential.**

**He goes on to say:** *"In such a dynamic universe system there is no instrument, or objective experiment that can isolate the ultimate particle. At the point of love, **and by its power, one particle is always becoming another**. This is an ongoing function among all primary particles and energy...and among all beings engaged in love. Once the functions of love are better understood, the mystery will be solved."*

*"Infinity is the universal factor which allows quantities to be translated to quality and qualities to be translated to quantity. Therefore it relates to the transmission of potential in every dimension of reality. It is through this function that adamantine particles (particles of infinity) synchronize with the power of love." (LWE p. 314)*

*"Once it is understood that energy is a potential comprised of a quantity, a constant, and a quality, then theories will be developed which can be applied to many situations within and beyond the conservational field. With that understanding, conditions of infinity will be comprehensible."*

Quality may be the new frontier in science. In top technical universities such as Cal Tech and MIT there are now courses in math that study the aspect of quality in numbers. In one of my conversations with Jeshua I asked him about math, science, and how numbers can translate into the qualities of life we seek to understand. He indicated a major change imminent in the way we look at numbers and measurement of the universe.

*"The mathematics needed to designate infinite and primal energy is angular and proportional in nature, for only proportions and ratios can penetrate the nature of infinity and transpose quality into probable quantities. Angular proportions will resolve to '0,' allowing for the isolation of a common source point (or sub-stratum), which provides indeterminate potential." Mathematics will be directed toward accessing the balance point of all things...absolutely all things in life.*

I felt a great kinship with this new idea, but I also must have looked a little bewildered, because he graciously added, *“It is not important at this time that you understand how this works. What is important is that you equate energy with potential, and know that potential is comprised of a quantity, a constant, and a quality. (LWE p. 347-349.*

As you can see, energy has a lot to do with cultivating and expanding our potential in life, and that has a lot to do with sustainable happiness. We humans can span the whole energy scale from almost inert solidity to the freedom and high quality of infinity.

Many of you were in the previous webinar and its extension course “The 12 Laws of the Universe that always work.” In that webinar there were several laws that had to do with energy and how we can use it to our benefit.

**This is especially interesting in regard to the range of human energy and the energy of consciousness.** At low (or slow) levels of energy we are slugging through the great resistive masses of bare roots survival. At every step we encounter density, polarity and opposition. At a higher level of energy life begins to offer more diverse possibilities, and free choice begins to enrich life with varied and positive experience. More expansion and higher frequencies come with lighter densities of material reality. At a certain point love supersedes conflict. At a higher level of energy and love, perceptions of infinity become possible.

In the lives of our greatest leaders and spiritual voices we can see this ascension through the densities of mass and energy they moved to arrive at a place of influence and enlightenment. It’s unfortunate that we consider ascension to be primarily a transition from physical to spiritual life, when most events of ascension actually happen on earth in the course of reaching upwards. Anyone in this class has ascended many times though many layers of energy just to be at this point of awareness and interest. This applies directly to our discussions of quality in this lesson. That’s because, every level of ascension brings us into a higher quality of life.

Let’s look at the scale of energy and density in action: Remember that the more mass and resistance you encounter in any pursuit of life, the lower your energy level will become and then the less you will understand. You can climb or descend the ladder of energy either way. The key to moving up consistently is patience, confidence, and reinforcement with real life experience.

**IT DOES NOT MATTER THAT YOU DON’T HAVE ALL THE HAPPINESS YOU WANT. NO ONE DOES. Our progress through life is a never ending process.** When we

are moving upwardly on the scale we gain enormous flexibility of energy with opportunities to CHANGE our life and that alone brings happiness. Each time we experience positive movement our perceptions of life become expanded!

**In any pathway of life, most especially in pursuit of happiness, the worst thing you can do is become frustrated and then berate yourself or the subject so that you LOWER your energy level.** Lowered energy levels correspond exactly with density. Lower energy equals greater density. You can demonstrate this to yourself in a simple way. On days when you are tired and depleted, do you understand anything as well as when you are rested and charged? Do you have as much hope and optimism?

Even in the realm of subjective pleasure and fulfillment, some things are a product of physical law. You don't have to study physics to understand some basic principles. And the good part of knowing such things as the scale of energy is that it can provide a standard for growth, improvement, and life management that is clean, clear, and objective.

In lesson one we talked about the importance of clarity in your life. Now, let's see how we can increase that clarity by observing our various levels of energy on a scale of one to ten.

**How would you rate your physical energy?** What can you do to increase it? Sleep, diet, exercise, more fun in life, a vacation, or a doctor's visit? Whatever the answer is, it's good to know and brings greater clarity for everything else you do.

**How is your emotional energy?** This could easily stretch from apathy at the lowest level up through sadness, fear, resentment, anger, mild-to-high contentment, enthusiasm, exaltation, and bliss. Remember times when you were at each level and notice the rise or drop in energy. Sometimes a rise in energy from another part of life can dramatically affect your emotional energy. What about getting a raise at work or having a brisk walk in the late afternoon? In the same way, a raise in your emotional energy can cause a definite rise in your physical energy.

**How would you rate your mental energy?** Are you quick to answer questions, find solutions, and enjoy mental tasks? Or are you making mistakes, falling asleep when you read or go over your accounting? We all know that a good night's sleep makes a huge difference in our mental alertness.

**How would you rate your spiritual energy?** Do you look forward to moments spent in spiritual contemplation, with God, a favorite teacher, with infinite possibilities? How hopeful are you that greater enlightenment will bring the greatest satisfaction to your life?

Create an energy chart for yourself and mark where each of these parts of life would be for energy. Probably none of you will be at the same energy level for all parts of your life. Just give yourself the chance to become really clear about what IS true for you.

Now look at these energy levels as shifting potentialities in which can have a positive (or negative) effect on them all across the board. By changing any one of these energy categories you can affect all the rest. For example, it's terribly distressing to have a serious illness. This can tap physical energy so much as to lower its chances of healing. However, there have been many people who completely healed by removing unnecessary stress from their physical condition while elevating their emotional, mental, and spiritual energy as high as their life condition would allow. The unfortunate opposite effect can be seen with those who give in, become depressed, become angry with God, and let others do their thinking for them. They succumb quickly. A common tragedy is the "retirement demise." A person retires to live the easy (and lazy) life. Energy levels drop across the board and within weeks or a few short years they are gone or in assisted living.

**One of the measures of happiness is energy.** Let your children or grandchildren demonstrate this to you. Get a new puppy or kitten. Can you keep up with it?

**Energy is one of those rare qualities of life that has no respect of persons. Rich or poor, old or young, solitary or coupled, well or ill, an increase in energy is one of those qualities that will contribute to anyone's happiness, and any increase in ANY category of energy will uplift the rest.**

When we look over all the contexts of life, and all we have witnessed, it is clear that energy responds to both quality and quantity of effort. Let us appreciate this balance for now and look for how it exists in our daily life. Also make note of the instances when a lot of quantity did not equal the results of a small amount of quality. It's almost a Zen kind of thing, but very, very real. As Steve Jobs said, "Quality is much better than quantity. One home run is much better than two doubles."

Next week look at your life. Where can you find the most quality? Where and how has a small amount of quality made all the difference? Where would you like to attract more quality? How could you do it?

One of my most loved quotes about quality is from Henry David Thoreau in Walden:

“To affect the quality of the day, that is the highest of arts. Every man is tasked to make his life, even in its details, worthy of the contemplation of his most elevated and critical hour.”

Are you putting all the quality you can into life? Proof of this is the happiness and healing you experience.

It is the goal of lesson two for you to begin looking for quality in your life, and acknowledging how important it is to your happiness. Also, to notice its subtle correlation with love you may have missed.

Next week we will look at how anyone can take a meager portion of quality and leverage a huge task of endless details or obstacles.