

Volume 3 - Day 3: 'Yes' as Opposed to 'No'

"I think, therefore I am." or "We are what we think." statements leave us with less than optimal experiences of life. To some degree, however, this is actually true because we have made it so. Yet, God refuses to be known by the intellect. God can only be known by the heart. He only allows Himself to be known in relationship.

This is also true of every human being. Relationship is not an intellectual pursuit. Relationship is a matter of the heart alone. The connection which makes mankind stand out as uniquely different from all other living beings is the ability to establish and maintain relationship with each other. And one solid proof of it is this. I can be as aware of and connected with a relative who is far away as I can with one who is standing in front of me.

Uses and abuses of one another come by way of thinking while not emoting. True relationship occurs when and only when genuine affection for another stimulates an other-preferring desire for them. The more I allow myself to embrace another (any other) or to say 'Yes' to them in relationship, the more relationships I will have.

When you start with the 'No' of judgment and personal rejection it is very hard to get back to 'Yes.' And, frankly, you will never be a loving person. When you stop judging and start approaching the moments of encounter with acceptance of the other person, you have a chance of experiencing love for them. The mind is a judgment machine. The heart is the only organ with which we can love.

My Confirming Scripture: My Aligning Experiences:

DEEPER Every Day -- John Henry Alan