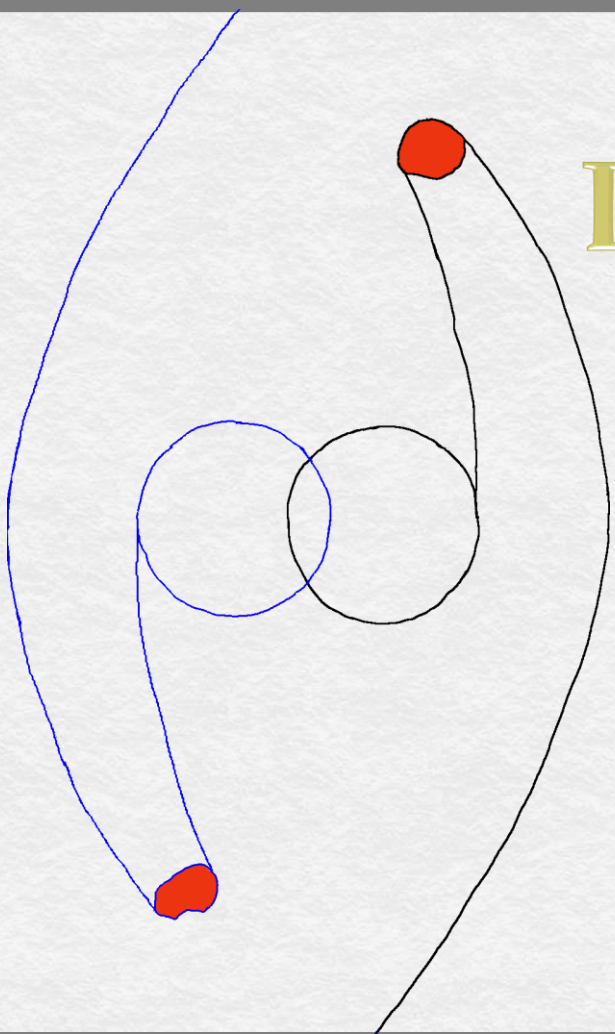


# Divine Companion Symbol



# A Symbol of the Divine Companion

All religions have a symbol that identifies their group: Judaism has the Star of David, Christianity has the Cross, and Islam has the star and crescent. In a few strokes of a brush, a symbol identifies a religious group and its theology.

Spiritual trailblazers from various religions (or no religion) have had a profound experience that God lives with them in their inner world, that God is present in the inner landscape as a dear and devoted friend, the Divine Companion. The images in this booklet are a symbol of the inner encounter between a person and God.

The Divine Companion symbol is meant to represent the individual and first-hand experience of God as present in your inner world who appears as a dear and devoted friend longing to live closely alongside you.

This symbol, though not anchored to any one religion, is intended to be respectful of the wisdom of religion; it represents core beliefs common to individuals from several religious traditions. The symbol is intended to belong to anyone, with and without a formal religious affiliation, who seeks to draw close to God in their own inner world.

The symbol shows a person reaching up to touch the heart of God while God is reaching down to touch the heart of the person. As they reach for each other, their heads overlap forming a mind joined in collaboration and creativity. This symbol is intended to reflect in a few strokes of a brush how entwined you are with the God who dwells within you as a close personal companion and to reflect how much God yearns to share your life intimately with you.

The symbol has several variations that represent the growth, or decay, of your relationship with your indwelling Divine Companion; the more a person cultivates this human-divine relationship, the more their life is transformed and their relationships are enriched. The symbol changes to reflect the vitality of the human-divine relationship as it grows deeper and more committed.

Other variations of the symbol show how the vibrance of this inner relationship can enrich and deepen your relationships with other people in the outer world.



# A Divine Companion lives within you

The common core belief of the spiritual trailblazers' perspective is that while God exists in the vast expanses of the universe, God has also made a way to be present in a deeply personal way in your inner world, as a Divine Companion who is as real as the other parts that commonly exist in the inner world, such as an inner critic or an inner child. The personal divine indwelling has many names; Divine Companion is used in this booklet to emphasize the close relationship inherent in the divine indwelling.

Your life presents you with a core choice: to live an autonomous life in which you make your way through life depending only on yourself or to live a life in cooperation with your Divine Companion who seeks to collaborate with you to create a vibrant path through life. Your inner world includes an opportunity to choose to bond with God in a deeply personal way.

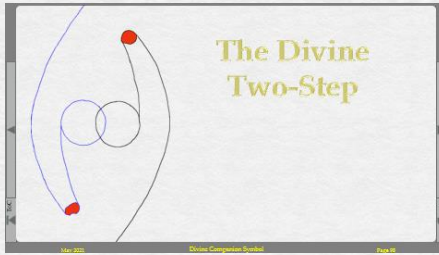
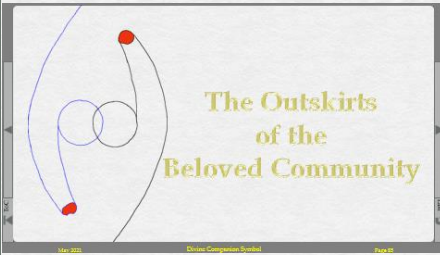
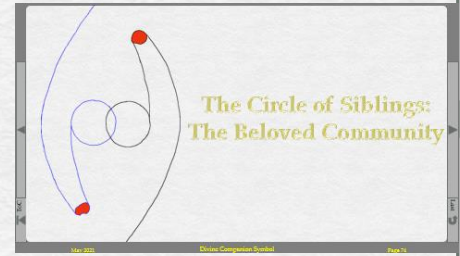
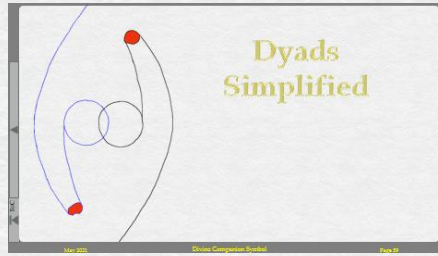
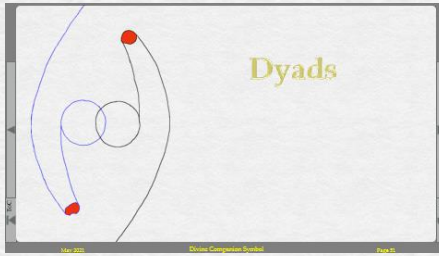
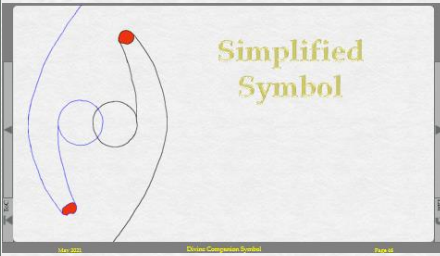
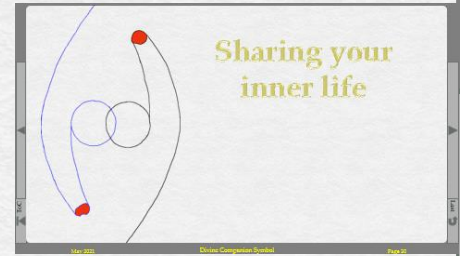
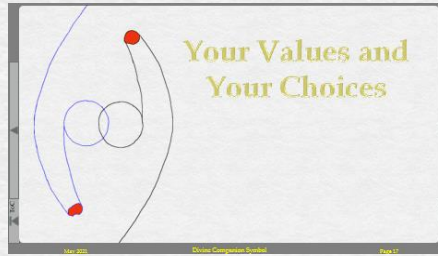
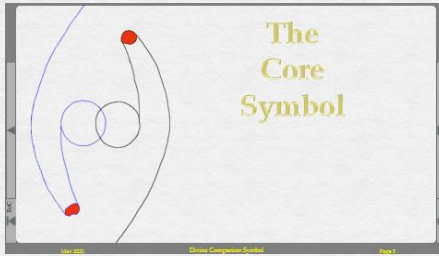
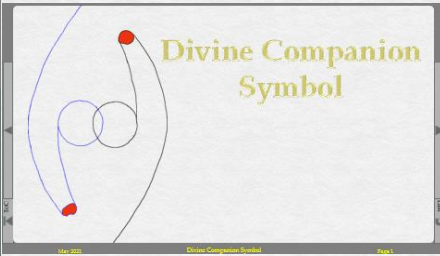
Just as God inhabits the vast reaches of all creation, God also lives within you. God reaches out to you in the most personal way: God comes to live within you as a personality in your inner landscape. God lives along side of you and knows what your experiencing. The spiritual trailblazers found that God appears to abide by some limitations in your inner world: God never enters your inner world without your invitation; God is only as involved as you want.

The spiritual trailblazers found that, only if you want, God can really remake your world: your Divine Companion can make your inner world wonderful even when you live in miserable circumstances. Your Divine Companion is not intrusive and does not influence you unless you want that. As spiritual trailblazers deepened their relationship with their Divine Companion and they were dramatically transformed, often becoming far more compassionate than they were before. Being kinder and more compassionate may be a very reliable external sign of internal cooperation with your Divine Companion.

This common core belief of the spiritual trailblazers is seeing yourself as accurately as possible: both your inner world and your relationships in the outer world. The symbol in this booklet is intended to represent their ideas visually about the nature of your Divine Companion and indicate the possibility of forging a cooperative relationship with your Divine Companion.

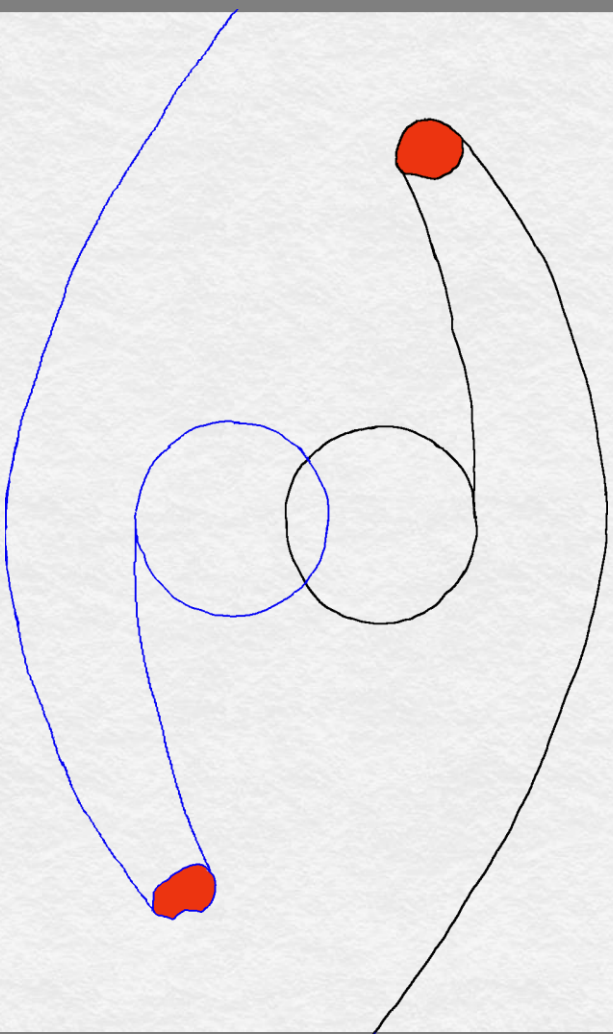
A Divine Companion, unique to you, choose you and offers you your own first-hand experience of seeing both yourself and God more accurately. Your Divine Companion extends an invitation to collaborate and live a larger life by more actively including your Divine Companion in your inner world.

# Table Of Contents



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# The Core Symbol





# Your Inner World and the Divine Indwelling



## Your inner world: home to both you and your Divine Companion

You have a vibrant inner world where many important things happen: experiences both psychological and spiritual that affect your life very much. Your inner world is a home shared by both you and your Divine Companion who comes to you as a personal friend in your inner world, a wise and devoted friend. Your Divine Companion is unique and personal to you, distinct from all other Divine Companions in the universe.

This symbol depicts an intimate inner connection in which you (the lower beige areas) reach up towards your inner Divine Companion (the upper yellow area) who is reaching down to you as you are reaching up. The symbol illustrates a very close connection with no gap separating you from your Divine Companion. Your Divine Companion wants to draw as close as possible to you so that you can experience the divine character as vividly as possible through a direct relationship.

Your main decision in life is whether to cultivate a trusting and loyal relationship with your Divine Companion. You can choose to collaborate with this inner friend or to live a life divorced from your Divine Companion. Your Divine Companion deeply desires to love you, to collaborate with you and to create a meaningful life with both of your contributions; your Divine Companion awaits your decision that flows from your desires.

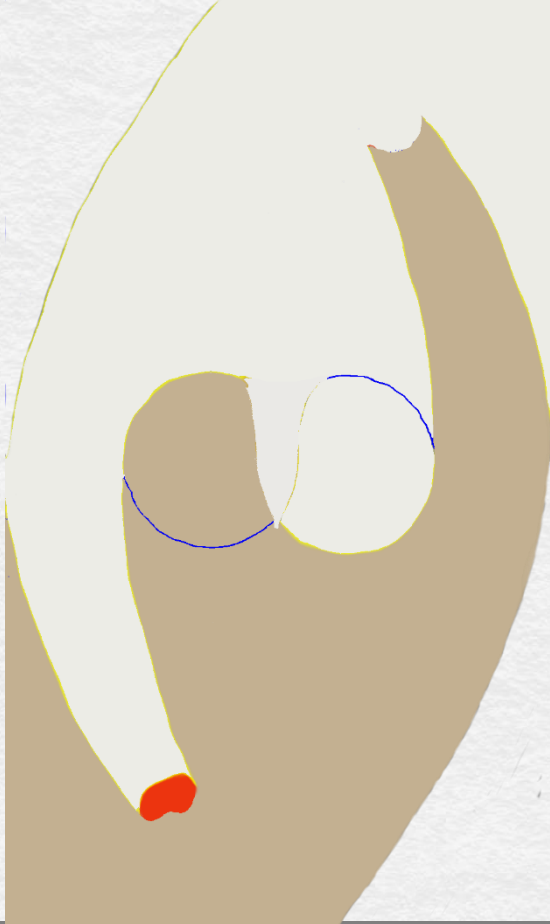
# You

## You reaching up to the Divine Companion in your inner world

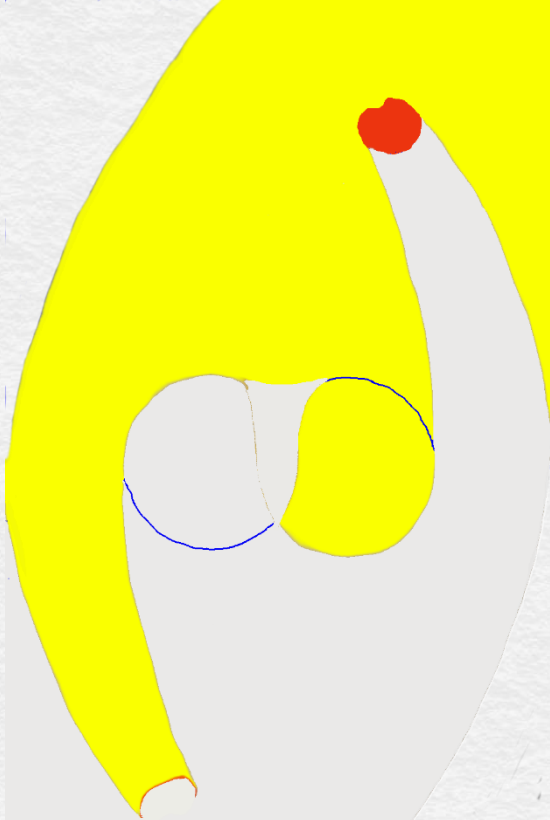
Imagine that you, the beige person in the symbol, are reaching up, much like a toddler might stand on tiptoes and stretch with all his or her might to reach a door knob to open a door into a new world and explore it with childlike trust and joy. Like a trusting child, you are reaching up with sincerity toward the Divine Companion who lives in your inner world; you are yearning to draw closer and to get to know your Divine Companion. Your reaching up is a posture of spiritual desire that reflects how much you value your Divine Companion.

The red is your heart, the seat of your highest ideals and deepest values. The beige circle is your mind where you see the world and where, guided by your ideals and desires, you chart the life path that you want to pursue.

Your upward reach is motivated by a blend of humility and desire. Humility: How is that this great God of all creation has come into my humble abode, my wonderful but simple human mind? Desire: What on earth could begin to compare with the beautiful and enchanting personality of your Divine Companion? How amazing that such a wonderful one can be reached in your inner world! And so you reach up with much trust and great delight.



# Your Divine Companion



## Your Divine Companion reaches down to you in your inner world

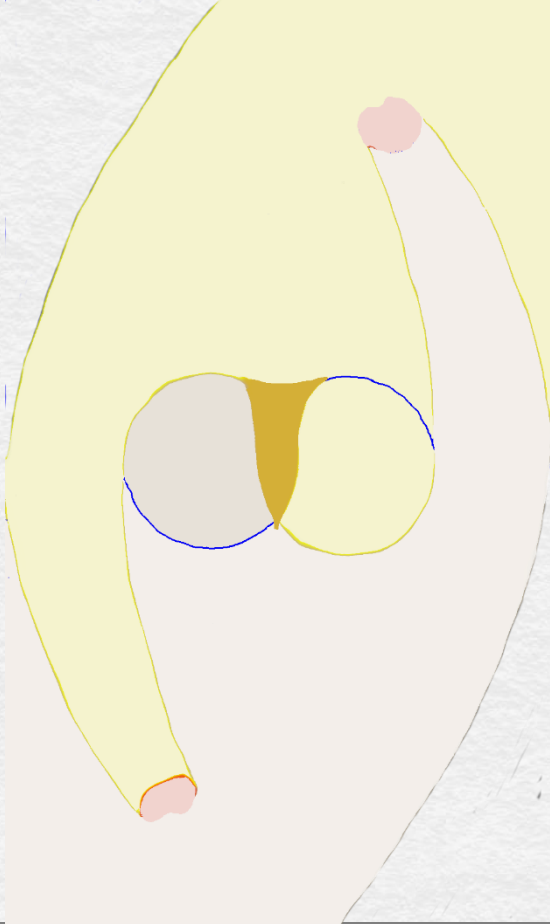
Imagine that your Divine Companion, the yellow person in the symbol, is reaching downward to touch your heart just as you are reaching upward: wanting to know your dreams and passions, your wounds and fears; wanting to know exactly what you are experiencing; wanting more than a second-hand report on your life, instead wanting to actually share your very life with you.

Imagine the great stretch of God's arm reaching out to you from God's abode in the universe; God's great reach downward to you symbolizes that God will let no distance interfere with intimately connecting with you. God reaches down because God treasures you and knows your amazing potential; God knows how wonderful your partnership together could be. For these reasons, God places a great value on you. Even when it may seem like a long shot that you will realize this potential, someone – your Divine Companion – trusts that you will grow into everything you can be and so always treat you as a very valuable and precious partner even before that happens.

The red is the heart of your Divine Companion, a source of great devotion to you. No matter how close you are or how far you stray, your Divine Companion continues to love you and invite you to embark of a spiritual journey of increased love, deeper understanding and compassionate service to others. The yellow circle is the mind of God which sees the world and you in great depth; the insights and depths of these insights are made available to you if you are open to receiving them.



# Meeting of the Minds: Human and Spirit



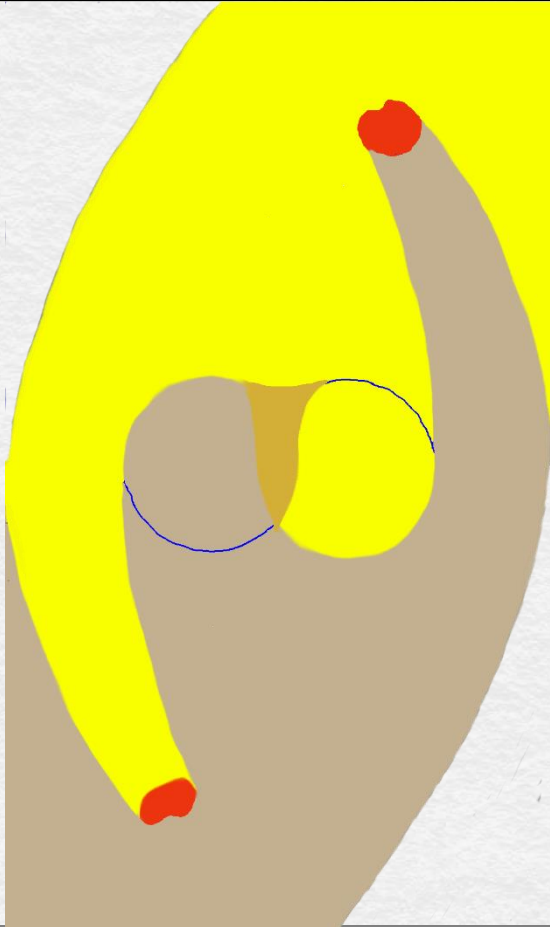
## Minds overlap: a forge for cooperation and co-creation

As you and your Divine Companion reach towards each other, your minds (the two circles in the center of the image) overlap forming a very creative zone (gold vase-shaped area) where both of you contribute to a creation that neither of you can create on your own – because you both have essential ingredients for this co-creation. This overlap represents the shared inner space where you are open to and receive the spiritual infusions of your Divine Companion.

Notice that the opening in the golden creative zone is smaller on the human side and larger on the divine side which signifies that any bottleneck is always on your side. Your Divine Companion is not stingy and withholding. Your Divine Companion wants to provide you with deeper insights, but that transfer of insights requires your receptivity based on an appreciation of your Divine Companion as having greater wisdom and understanding than you.

Each you decision make to include your Divine Companion in your life widens this channel in your mind that allows your Divine Companion to enrich and ennoble your life; each decision that values material satisfactions over spiritual growth narrows that channel. Much of what happens in your inner world hinges on what you value the most; your value system automatically places certain things higher on your inner Totem Pole of values and certain things at a lower level.

# The Loving Embrace: You and God



## Hearts contact: deep desire

The symbols shows you reaching up to touch the very heart of your Divine Companion, wanting to grasp the nature and character of your Divine Companion. Your reaching up flows from having glimpsed that someone very wonderful lives just beyond the familiar regions of your psychological mind. You reach high, as high as you can stretch, beyond the limits of what your own logical mind can prove on its own, going to where you can touch the heart of your Divine Companion.

Your Divine Companion has been with you all along in your inner world, patiently and eagerly awaiting your wish for connection, present but never intruding into your life without your invitation and your desire to draw close. The embrace with your Divine Companion is about intimacy:

- first, really getting to know each other;
- second, receiving and giving love;
- third, sharing that love with others in need.

Your relationship builds on your mutual longing for deep and intimate connection, an openness to receiving what the other is offering. And your relationship with your Divine Companion will suffer if you allot much of your desires to things of lesser value. Your Divine Companion is always reaching down to you with great desire; the big question is whether you will reciprocate with your own fully consecrated desire.

# Divine Companion and God



## Your Divine Companion is directly rooted in God

The blue area in the upper left symbolizes the great expanse of creation in the outer landscape: the very great things of creation such as galaxies and the very small things such as atoms. The bright white light at the very upper left symbolizes the pure essence of God, great brilliance that is beyond the grasp of a purely human mind; God is not hiding God's pure essence but you are still growing your ability to grasp someone so divine. Your Divine Companion provides a way for you to know God by a relationship rather than by intellectual concepts.

In the symbol, your Divine Companion (the yellow) is connected to the divine aspects of creation (the blue area). Your Divine Companion is pure spirit, pure divinity. Your Divine Companion is not a substitute who is standing in for God or an ambassador who is a proxy for another, but who is not the other. Your Divine Companion is the actual presence of God made palatable for your human mind. God has made a way of coming to you directly so that you can know God without any intermediary despite the vast differences between you.

Your Divine Companion is God who knows and loves you personally and who you can also know and love personally in return. You could have no better spiritual teacher or no better spiritual companion. How amazing that God has found a way to come to live with you on earth so that you can get a real sense, right now, of God's character, of God's wisdom, of God's love for you!



# You and the Material World



## You are yoked to the material world.

The gray area in the lower right symbolizes material realities of life: your intense need for food and shelter; the importance of relationships and connections; the knowledge accumulated by people over the ages. You and your human nature (the beige area) is built on the elements of nature; it is vulnerable to being traumatized and anxious. You are inescapably linked with the material facets of life: you must find a way to acquire the things needed to sustain life; you cannot escape the many limitations of your brain.

Although you are bound to a material brain and body, you are not deprived of the great spiritual nourishment provided by your Divine Companion. But you must choose whether you include or exclude your spiritual endowment which requires that you relinquish some of your more materialistic urges. Your choices, repeated over time, will determine whether your Divine Companion relationship strengthens or weakens.

The black area at the very lower right symbolizes a completely material way of life that adamantly excludes spiritual values. The bottom black area is the very opposite of the upper white area: the black area is the complete rejection of God and all things spiritual. Falling to the depths of depravity is always a real possibility when you value material things much more than spiritual concerns; repeated extreme choices lead to this extremely low level where people do very evil and harmful things to others.

# You Connect God with the World



## You are a bridge that connects the human and the divine

This image, the full symbol, shows

- you reaching up with desire to touch the heart of your Divine Companion;
- your Divine Companion reaching down to touch your own heart;
- you mind overlapping with your Divine Companion's mind.

This image illustrates an intimate bond in your inner landscape, a bond that bridges the great distance between the human and the divine, between the creature and the Creator. Although you are firmly yoked to the material world, together with your Divine Companion, you can create a bridge that spans the great distance between the material world and the spiritual world.

# Spiritual Resources Are Always Available

## A link to God is always available

The thin blue line on the lower left edge indicates that a thread of spiritual connection is built into your inner landscape regardless of what spiritual efforts you put forth. Even if you are living a purely material existence with almost no thoughts about God, you are never completely isolated from God's love; God always extends an inviting thread so that you can connect with God whenever you want even if you had absolutely no interest in God for many years or even decades.

The thin blue line on the lower right edge indicates that a thread of spiritual availability is built into the material world regardless of even if very few seize that thread. Even when life's circumstances is bleak and heartless, the world is not isolated from God's love; even if the vast majority of people treat others cruelly, God is still available if you seek to know God and desire to receive God's love and, having been sufficiently spiritually nourished, desire to return God's love.

Even if you are living a purely material existence with almost no thoughts about God, you are never completely isolated from God's loving touch; God always extends an inviting thread so that you can connect with God whenever you want even if you had absolutely no interest in God for many years or even decades. Of course, you still retain the authority to grasp these threads or ignore them; these threads are invitations not intrusions. Intimacy with God is always available even when your inner world seems barren or the outer world seems hopeless.



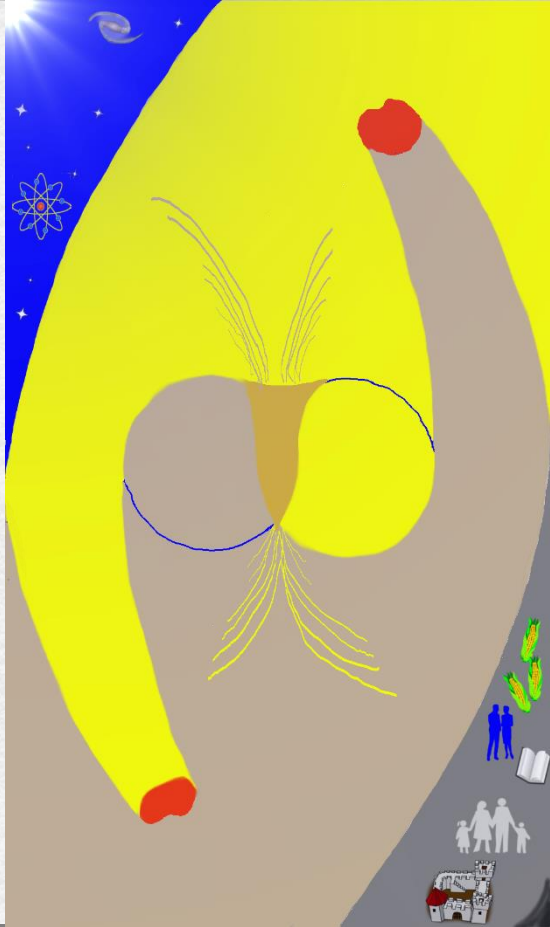


# Two-Way Flow

## A channel for sharing your mind with your Divine Companion

This image illustrates how your mind, when open and receptive, can form a channel (the vase shaped gold area in the middle) between you and your Divine Companion; this channel allows you to share your inner life with your Divine Companion. The channel allows the divine nature (the descending yellow strands) to flow into your mind (the beige area). Through the same channel, your Divine Companion (the yellow area) can absorb the best of your thoughts, decisions and actions (the ascending beige strands) and incorporate them into the Divine Companion's experience and understanding.

The shared human/divine mind-space (the vase shaped gold area in the middle) is like a loom where you can co-create with your Divine Companion: the woof of the divine contribution becomes bound to the weft of the human contribution and a new creation emerges that contains contributions from you and contributions from your Divine Companion. This shared area is like a golden zone of collaboration in which you can create far more than any solo creation which relies only on your own capacities. Creating together (even with an imperfect partner) seems to be God's preference. God might make a more perfect creation on God's own, but perhaps God would be "lonely" doing that. How privileged you are to have such an amazing partner for creating your best and most meaningful life possible!



# Why does knowing your Divine Companion matter?

## Relevance of having a Divine Companion

Many people are distraught by what is happening in their inner world. Some are overwhelmed by self-loathing; connecting with their Divine Companion and feeling deeply treasured and loved may help restore their self-respect. They may work diligently on their own (or with secular help from another person) for years to develop a basic healthy sense of their self, but the experience of being so deeply loved and treasured by such a perfect lover may help them make a much bigger step towards true self-respect, a much bigger step than they could do solely on their own.

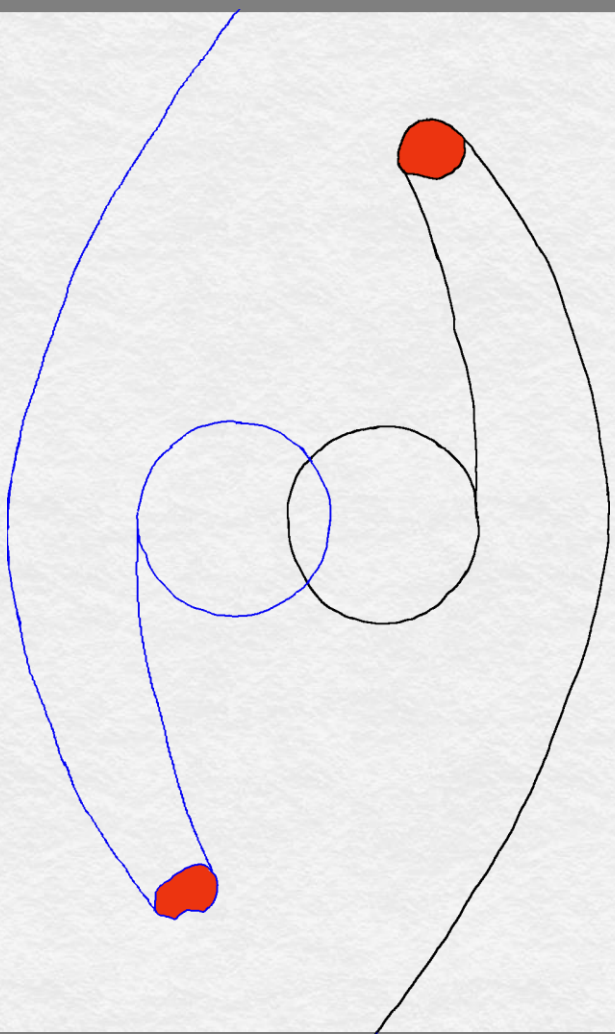
Others are swamped by frequent outsized anxiety that exaggerates the real dangers of life; connecting with their Divine Companion may help them replace unhelpful worry and anxiety with a sense of assurance that they will be able to cope with whatever they face in life. They may work diligently on their own (or with secular help from another person) for years to defeat anxiety; the experience of being accompanied by such a capable and assured companion may help them make a much bigger step towards true confidence, a much bigger step than they could do solely on their own.

Others have a bottleneck in their lives due to low motivation; perhaps they feel defeated because some of their previous plans failed or did work out as they hoped; partnering with their Divine Companion may help develop a more robust perseverance in the face of disappointment. Together they may develop a deeper life purpose that restores their enthusiasm and is more immune to being diminished by disappointment.

Others may feel alone and adrift after being mistreated or shunned in their close relationships; being warmly and tenderly embraced by their Divine Companion may help them by feeling the deep affection of a healthy relationship. They may work diligently on their own for years trying to form healthy relationships with only limited success; the experience of being so deeply treasured by such a perfect lover may help them form far healthier relationships than they could solely on their own.

If you are distraught by what is happening in your inner world, embracing your Divine Companion help you make more progress in your struggles than you could by relying only on your own resources.

# Your Values and Your Choices





# Your Divine Companion Relationship Is Dynamic

## Progression in your relationship with your Divine Companion

This diagram shows an ideal state in which you have reached up towards the divine with all of your desire and fully opened the channel for your Divine Companion to enter into your mind and share your inner world. This ideal state flows from your values: when you place a high value on God, a value higher than your status or your ego. Placing a high value on God is the foundation for choosing to full-heartedly welcome God into your life; this choice is represented by you arm fully raised to reach your Divine Companion in a loving attitude.

The following series of images illustrate how your I-DC relationship can continually grow from a less committed relationship. The growth follows from the values you hold which, in turn, determine what choices you make. If you value and treasure your Divine Companion more as more as you gradually get to know the wonderful character of your Divine Companion, you may reach up with more desire to touch the heart of your Divine Companion, to better know the tone of your Divine Companion's tender voice. Such decisions to be more open and receptive to your Divine Companion are how you can grow an ever more intimate relationship and develop an ever more cooperative collaboration with your Divine Companion. If you don't value your Divine Companion, your relationship will stagnate or deteriorate below its current level.



# Growth of Your Divine Companion Relationship



## Complete disinterest in your Divine Companion

This image shows a person who has virtually no interest in reaching for the higher, more spiritual aspects of life on this material planet as shown by the person's upward reach being devoid of color (the upward reaching arm is white). Perhaps this person has no inkling of the spiritual possibilities that await or is entranced by his or her personal talents.

Even when you are not reaching up to God, your Divine Companion is always reaching down to you. The downward reach of your Divine Companion (the thin yellow line in the downward reaching arm) is narrowed because an excessive presence of your Divine Companion in your mind would be very invasive and controlling if the Divine Companion were to reach down very intensely when you had no spiritual interest (when you placed very low value on the spiritual aspects of yourself). Your Divine Companion is always inviting you but is not a stalking (flagrantly disregarding your values and choices).

Even when you place no value on spiritual things, your Divine Companion continues to maintain a thin line of connection with you in case you might show an interest in developing a relationship at a later time. Perhaps, in a very extreme case, if a person irrevocably decides that God is worthless, then the Divine Companion would retract even that tender thread of connection, but apparently such a total and permanent severing of the God's reaching out to you is very rare.

# Growth of Your Divine Companion Relationship



## You slightly value your Divine Companion

This image illustrates just a slight increase in how much you value the spiritual aspects of life (the upward reaching arm of the beige person in the picture now has a thin line of beige reaching up to the Divine Companion). Perhaps you had an inner experience that piqued your interest in the Someone More who lives within you; perhaps you experienced the Something More of the world; perhaps you were moved when another person reached out to you in an authentically loving way. Some event led you to trust, just a little bit, that something good and beautiful might be found in your inner landscape. This event led you to an impulse to know more; a new value took root in your inner world leading you to choose to be more spiritually open and receptive.

Your values, your sense of what is good and wonderful, lead to your choice to explore this relationship just a bit. Your desire (which is really a value) to get a better sense of who your Divine Companion leads to a choice to open to this wonderful person within your inner landscape. Your curiosity (which is really a reflection of what you value) leads to your choice to seek a fuller glimpse of the personality, or character, of the Divine Companion who lives within you, who lives with you and knows you intimately.



# Growth of Your Divine Companion Relationship



## Your Divine Companion responds

This image illustrates your Divine Companion's response to your slight reaching upward for your Divine Companion. Your Divine Companion is delighted by your reaching up; in turn, your Divine Companion reaches down to you with great delight. Notice how a small opening on your part (the thin beige line in your upward extended arm) creates an even larger channel of love and guidance from your Divine Companion to you (a thicker yellow line in your Divine Companion's downward extended arm).

Your initial and perhaps timid upward reach is generously reciprocated by your Divine Companion. Now that you value your Divine Companion even a small amount, your Divine Companion can now reach down to you more without violating your wishes and desires. Your Divine Companion has tremendous respect for your decisions and has no interest in being an unwelcome guest who is not valued by the host, you.

# Growth of Your Divine Companion Relationship

## You value your Divine Companion a bit more

Having glimpsed a bit of your Divine Companion's wonderful character and having enjoyed your fledging connection, you now place even higher value on spiritual aspects of life, and especially on the personal divine presence within you. You strengthen your upward reach (the beige line in the upward raised arm becomes fuller).

You now have even more your interest and desire to draw closer to your Divine Companion (which is another way of saying that you value your Divine Companion even more). Your growing appreciation of your Divine Companion leads to a more definitive choice to reach out to and bond with your Divine Companion.



# Growth of Your Divine Companion Relationship



## Your Divine Companion responds

And now, because you value knowing your Divine Companion and as a result you have chosen to be more open to your Divine Companion, your Divine Companion can show you even more of the sublime and beautiful divine nature (the downward reaching arm has an even wider yellow channel to nourish your spiritual growth). You are blessed with an even larger infusion of God's love which you grasp in your own experience as the personal devotion of your Divine Companion.

Again, your Divine Companion's response exceeds your response. Your Divine Companion's response is even more full-hearted than your response; your Divine Companion's investment in you is even more generous than your investment in the relationship. Yet your Divine Companion's response keeps pace with your response so that the relationship never becomes too overbearing.



# Growth of Your Divine Companion Relationship

## You value your Divine Companion even more

As you come to know your Divine Companion even more, you continue to love and value the wonderful character of your Divine Companion even more. The value you place on your relationship with your Divine Companion grows even more and you are increasingly willing to trust your Divine Companion even more. The heightened value you have for this relationship leads you to make a more committed choice to invest yourself in this relationship (illustrated by the widening beige in the upward reaching arm).

Although you value your Divine Companion very much, you retain some ambivalence. You may still value material success or the pleasures that life offers; you are not ready to preemptively relinquish them, if need be, in order to keep your relationship with your Divine Companion healthy.



# Growth of Your Divine Companion Relationship



## Your Divine Companion responds

Again, your choice to commit even more deeply to your relationship with your Divine Companion leads to an even stronger infusion of graces from your Divine Companion into your inner landscape (the downward reaching arm opens an even wider channel to nourish your spiritual growth).

Your relationship grows based on increased intimacy, not increased accumulation of intellectual concepts (although the depth of your intellectual understanding may grow as the result of your I-DC relationship, your intellectual growth was the by-product, not the cause, of the deepening of your relationship with your Divine Companion).

# Growth of Your Divine Companion Relationship

## You value your Divine Companion above everything else

This image shows the stage of the relationship where you experienced how much your Divine Companion enhances your inner life; you are now more compassionate with the people you know. You value your Divine Companion and your Divine Companion's great contributions more than anything else in life. You see your Divine Companion's leadings are your highest values, you make a whole-hearted commitment to your Divine Companion (the upward extended arm is 100% filled with beige). You chose to make a complete commitment to your relationship with your Divine Companion: to continually grow in knowing the character of your Divine Companion ever more deeply, to reciprocating more and more the devoted love that you have received from your Divine Companion, and to more completely cooperate with the leadings of your Divine Companion who helps you lead a more meaningful life.

You have moved past ambivalence about your Divine Companion; nothing else comes close to the value you hold for your Divine Companion. Your whole-hearted commitment to your Divine Companion means that you completely trust the leadings of your Divine Companion. You are confident in the love and wisdom of your Divine Companion even when faced with indifference and confusion in the outer landscape.





# Growth of Your Divine Companion Relationship



## A continually growing relationship

This image may suggest that the I-DC relationship has reached the maximum growth but that is a limitation of the image. Your relationship with your Divine Companion can, and needs to, continually grow and expand; there is no end point to the growth of this relationship. Your commitment to this relationship continually grows; the infusions of your Divine Companion become stronger; you more frequently reach up to touch the heart of God, to know the tone of God's tender voice.

Relationships are like living things: at some times, they are growing and becoming stronger; at other times, when they are undernourished (or under-exercised), they are losing strength and vitality. A relationship that languishes at its current level for long periods is not simply holding ground; despite appearances of holding steady, the relationship is actually becoming weaker and less vibrant. A relationship is either growing or weakening; there is no neutral ground in a relationship.

Your inner relationship with your Divine Companion flows over into your relationships with others in your outer life. A vibrant inner relationship yields increasing spiritual fruits in the outer world. Your depth of compassion for people who are hurting or excluded can be a useful barometer for the health of your relationship with your Divine Companion.

# Growth of Your Divine Companion Relationship



## Regression is always a possibility

Even the spiritual trailblazers had peaks and valleys in their relationship with their Divine Companion. You too may be, at times, consumed by material concerns and thus neglect your relationship with your Divine Companion. Seemingly overwhelming psychological or material challenges may nudge your Divine Companion into a place of lower importance, a place of lesser value. Yet even in such overwhelming times, you can still choose to value and seek the company and guidance of your Divine Companion.

Your psychological desires may, at times, intensify and pull your mental energies away from God and towards seeking pleasure or avoiding pain. At other times, you may be seduced by the allure of lesser material things and lose appreciation for the beautiful character of your Divine Companion. Yet even in the face of such compelling attractions, the option remains for you to choose the company and guidance of your Divine Companion.

Your mental stamina may, at times, fade and you have little desire to reach for either material things or spiritual values. Even in such dry times, you can remain faithful to your Divine Companion and trust that the strength of your relationship has the momentum to carry you through such times.

# Experiences, Values and Choices

**Experiences and Values.** Your values are based on your experiences, your values are based on what you have come to really know. You will treasure and value the things you have found to be good, beautiful and wise in your own experiences. Your experiences, especially when you have some depth of insight into your experiences, are the source of your values. It's hard to value something that you don't know very well. Knowing a food person really well can lead you to value that person (and your relationship) more.

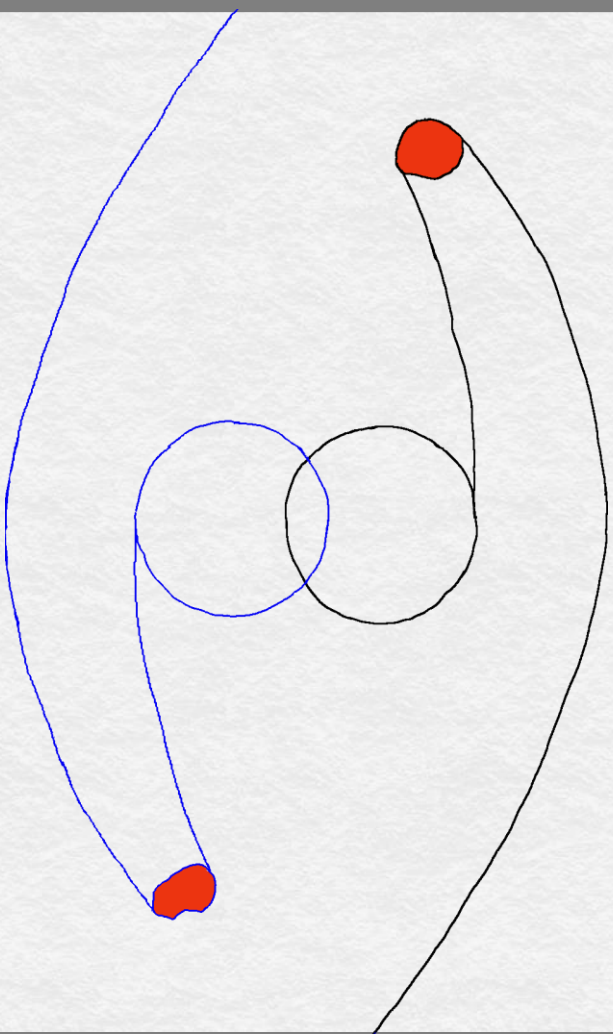
**Values and Choices.** Your choices about how you act are based on your values: you will naturally be more involved with the people you value more. You will choose to spend more time with them, to listen more carefully, and to be more supportive when they seek your assistance and cooperation; as result these relationships are more likely to flourish. The opposite is also true: you will choose to spend less time with people value less and listen less and be less engaged. These relationships are more likely to wither.

The same principle that applies to your relationships with people applies to your relationship with your Divine Companion. If, based on your experiences, you see your Divine Companion as a wonderful person, then you will value and treasure your Divine Companion. If you value and treasure your Divine Companion, then you will choose to spend time together and form a robust relationship. But you cannot value and esteem your Divine Companion if you have not first had an authentic sense of your Divine Companion; without that experience, you could not choose to pursue this relationship.

Your choice to seek a relationship with your Divine Companion produces a compound yield: as you trust more in the goodness of your Divine Companion, more of the gracious infusions can flow into your mind. These infusions grant you an even better grasp of the wonderful character of your Divine Companion which further increases your desire and love for your Divine Companion. This spiral of growth begins with your experiences which, with insight, create deeper values; deeper values produce wiser choices which, if acted on, enhance your Divine Companion relationship.



# Sharing your inner life



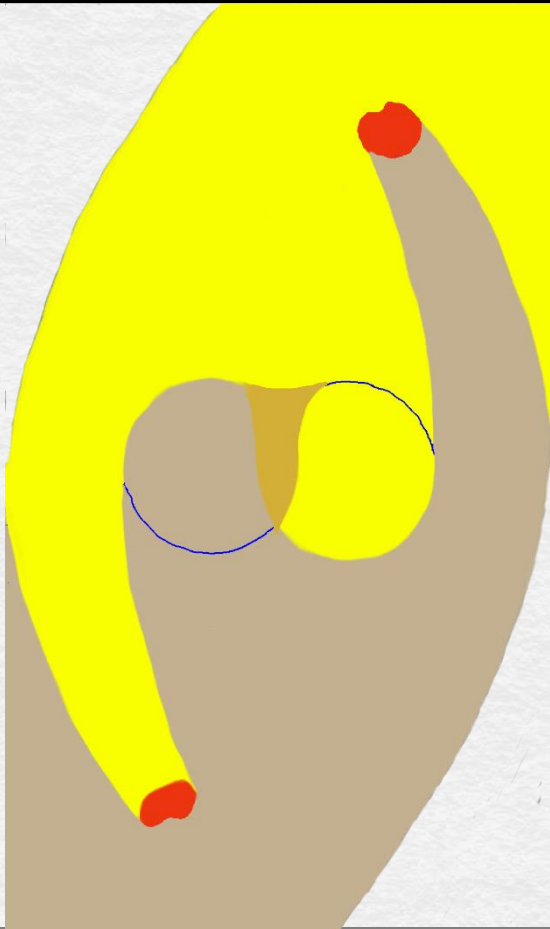
# A Shared Mind

## Your inner world is a home for two

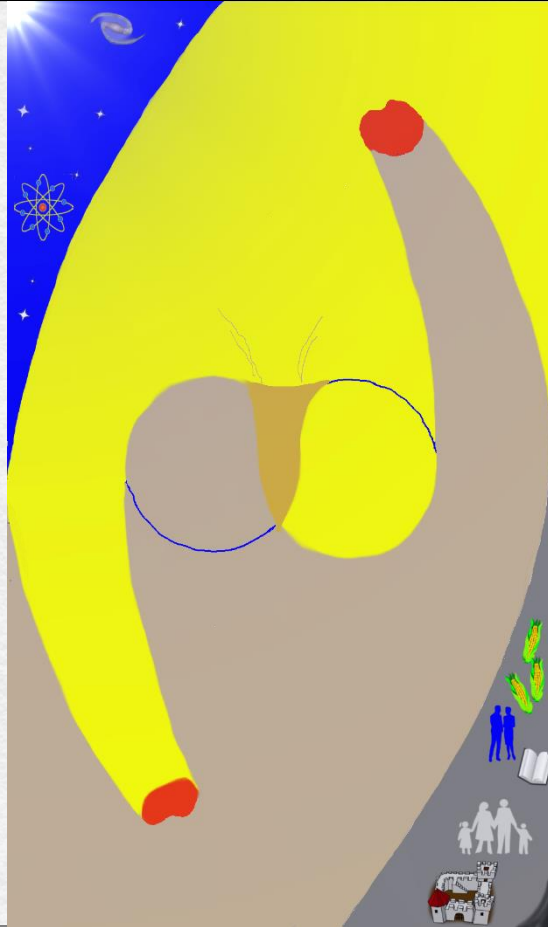
This image depicts your inner world (beige and yellow areas) but not your immediate world and the vast universe (the lower right and upper left corners are blank). Your mind, your inner world, is a home shared by both you and your Divine Companion. Your mind is the place where you can meet God intimately. You can choose to share your life with your Divine Companion who is eager to collaborate with you in the situations you face in your life.

God is eager to know you as intimately as possible and would not be satisfied with second-hand reports about you. God wants to experience your life as intimately as possible so God came to dwell within you as a Divine Companion who can form a very close relationship with you.

God eagerly wants you to know God as intimately as possible, better than you can through second-hand accounts. God wants you to experience God for yourself so that you can develop, with certainty, a sense of who God is, a sense of God's wonderful character based on your own indisputable experiences. God wants you to experience God directly so God came to dwell within you as your Divine Companion who you can come to know you through opening your inner world to your Divine Companion and sharing your life.



# A Shared Mind



## The first sharing: your Divine Companion absorbs your experiences

God is able to know you because your Divine Companion lives within you, within your mind, and can experience your life directly. But this sharing of your mind is not intrusive; your Divine Companion is a gracious visitor who respects the limits you set about how much you want to share (the ascending beige tendrils are very small filaments that allow your experience to flow into your Divine Companion's experience).

The beige strands entering the yellow space (the Divine Companion) represent the creature's experience flowing into the Creator. Your Divine Companion is eager to understand you by actually absorbing your human experience (the beige tendrils) into the divine mind (the yellow area) that dwells within your mind.

Your Divine Companion is not a spy who is callously recording what you do, always on the alert for documenting your worst moments and your flaws. Your Divine Companion sees you with a kind and sympathetic heart, always alert to record your best thoughts and gradually emerging strengths. Your Divine Companion is quite kind and has much empathy for you and the challenges of your life circumstances; knowing all of this, your Divine Companion is very hopeful that you can grow psychologically and spiritually.



# A Shared Mind

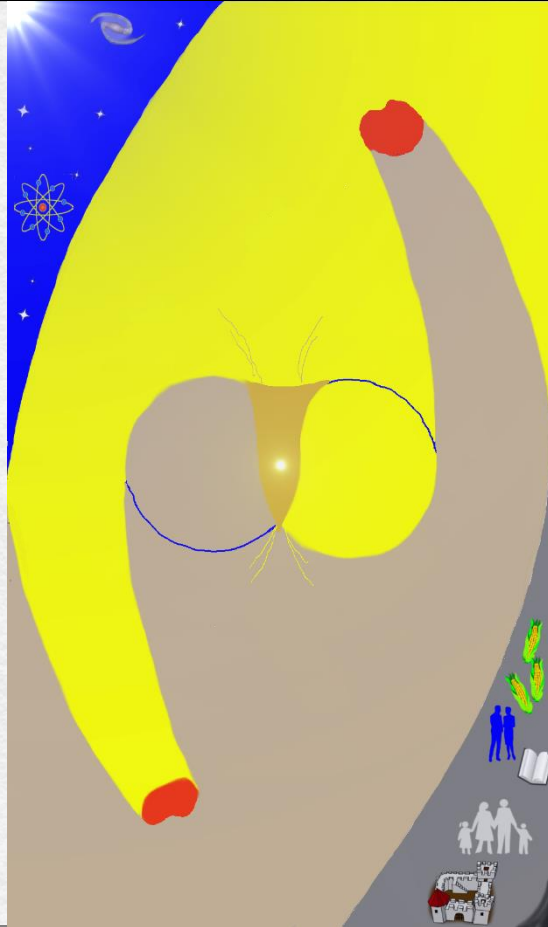
## The second sharing: you absorb your Divine Companion's infusions

You have options for how you respond to your Divine Companion's infusions: from disinterest/dislike to lukewarm interest to intense desire for more. This image depicts a lukewarm interest and receptivity that allows your Divine Companion to enter into your own mind and heart just a little bit (the small yellow descending tendrils). Your first spiritual opening may be timid because you are unsure how the newly apparent Divine Companion will treat you; you may need to get to know your Divine Companion better before you feel ready to trust more, to desire more, and to further open the channel you share. An open channel requires trust; and trust requires clarity about who is your Divine Companion.

Your Divine Companion's infusions allow cross-fertilization of thoughts and feelings between you that greatly expands your understanding about yourself and life. Your Divine Companion's infusions also include a vibrant love for you which assures you that you are very much treasured by your Divine Companion. The spiritual trailblazers often described tenderness and gentleness as a core trait of their Divine Companion.



# A Shared Mind



## The fruit of two-way sharing: a joint creation emerges

The two-way flow of sharing your mind with your Divine Companion, both giving and receiving, produces a joint creation, the product of your contributions combining with your Divine Companion contributions. Your joint creation is depicted by the circle of light in the overlap (the golden vase shaped area in the center of the image) of your mind (the beige circle) and your Divine Companion's mind (the yellow circle). This joint creation cannot be created by either person alone; not even your Divine Companion, with all of God's power and might, can create what the two of you can create in collaboration. This joint creation (the circle of light in your shared mind) is only possible when the human and the divine collaborate, when you share your inner world with your Divine Companion. What a privilege that you, a human person, are able to team up with a divine partner and to collaborate together!

# A Shared Mind



## Divine desire: a craving to know you

Divine desire is God's empathy, God's deep listening, God's strong desire to really know you and experience your inner world so intimately that your Divine Companion virtually experiences your life just as you do. Your Divine Companion really wants to know you in great detail and very much wants to share your thoughts and feelings. Your Divine Companion craves sharing your feelings that reflect what you value and what you don't value. This empathy is depicted by your Divine Companion absorbing even more of your thoughts and feelings (the ascending beige tendrils in the yellow area are becoming more numerous and thicker).

The divine empathy involves God becoming quiet and receptive to receive your experiences. This receptivity has no agenda (no intention to judge you) other than to get to know you as closely as possible. Your Divine Companion temporarily sets aside all divine prerogatives and draws close to you (you would probably be quite overwhelmed if your Divine Companion arrived in your inner landscape using the complete set of divine capabilities). God has deep curiosity, a deep wanting to know you and feel what you feel.

Divine empathy does not seek a passive understanding of you. Your Divine Companion wants to actually absorb your human experiences through this divine empathy. Your Divine Companion grows and is changed by knowing and absorbing your experiences.



# A Shared Mind

## Human desire: a craving to know God

Just as God desires to know you very well (the divine empathy), you may desire to know God very well (your human receptivity for the spiritual). Having personally experienced the divine empathy, you may choose to be more receptive and allow your Divine Companion to make spiritual infusions into your mind (illustrated by more and thicker yellow tendrils descending into the beige area).

If you have had unsatisfying relationships in the outer landscape, it may be hard for you to muster the trust to be fully open to an inner relationship with your Divine Companion. If so you can gradually open yourself to the influence of your Divine Companion step by step, continually deciding how much further you want to open to your Divine Companion.

Your desire to know God more grows from treasuring and valuing what you have already experienced by your connecting with your Divine Companion. This holy desire, a kind of love, for your Divine Companion opens the channel for you to know more about God's wonderful character.



# A Shared Mind

## An ever larger co-creation

As the channel with your Divine Companion develops (illustrated by the increasing tendrils that link you with your Divine Companion), your shared co-creation grows more vibrant (illustrated by the larger light in the vase shaped overlap of the human and divine minds).



# A Shared Mind

## Your Divine Companion absorbs your deeper thoughts and feelings

Your Divine Companion doesn't have a passive interest in you, an idle curiosity about you. Your Divine Companion actively reaches out to you, hoping to know you and absorb your experiences, especially your spiritual experiences, as if your Divine Companion is fed and nourished by absorbing them. Just as you are transformed by knowing your Divine Companion (you absorb some of those traits of God that you most revere), your Divine Companion is transformed by absorbing your human growth as you live and grow in a very demanding material world. Your growth and your Divine Companion's growth are yoked: your Divine Companion can only grow when you are spiritually growing.

God is not at all a passive spectator in your inner world. Not in the least! God is always respectfully reaching out to you, hoping that you will be reaching back to God in response. God craves being bonded together with you and creating together. God will go to great lengths to meet you; God is delighted to meet you just where you are.





# A Shared Mind

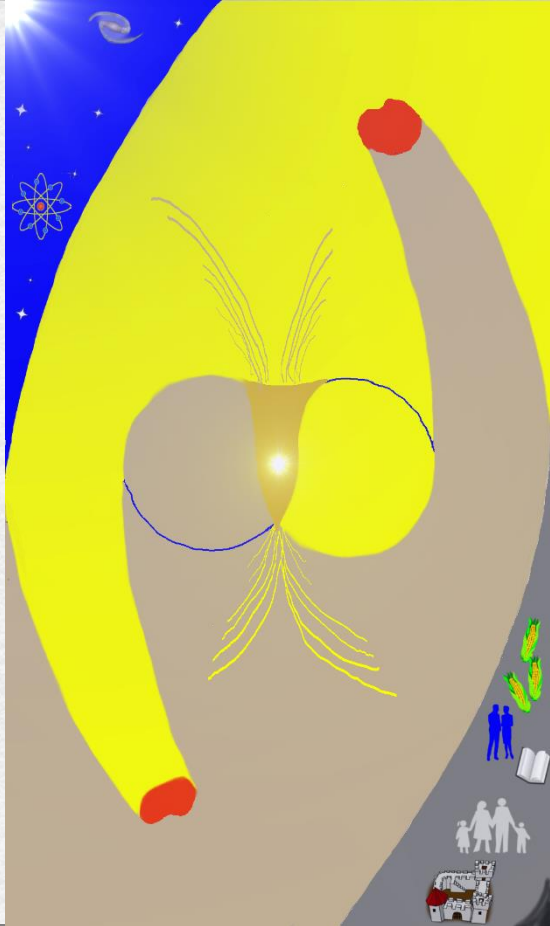
## A dynamic living relationship: show growing light

Having experienced your Divine Companion's tender character, you open your side of the human-divine channel up even more (the descending yellow tendrils in the beige area penetrate more deeply into you); you have stronger interest and desire to receive contributions from your Divine Companion.

God only send these infusions if you also desire to receive them. God won't pressure you to be more spiritually open and receptive if you don't desire to share your inner world with God. But God will reward every bit of your openness by generously bestowing grace and assistance in excess of what you have extended to God.

Each deposit of your trust yields a deeper divine infusion and each divine infusion can deepen your trust; this mutuality builds a sweet cycle:

your increased trust of your Divine Companion rewards you with receiving more of your Divine Companion's love; receiving that love rewards your Divine Companion with your deeper trusting.



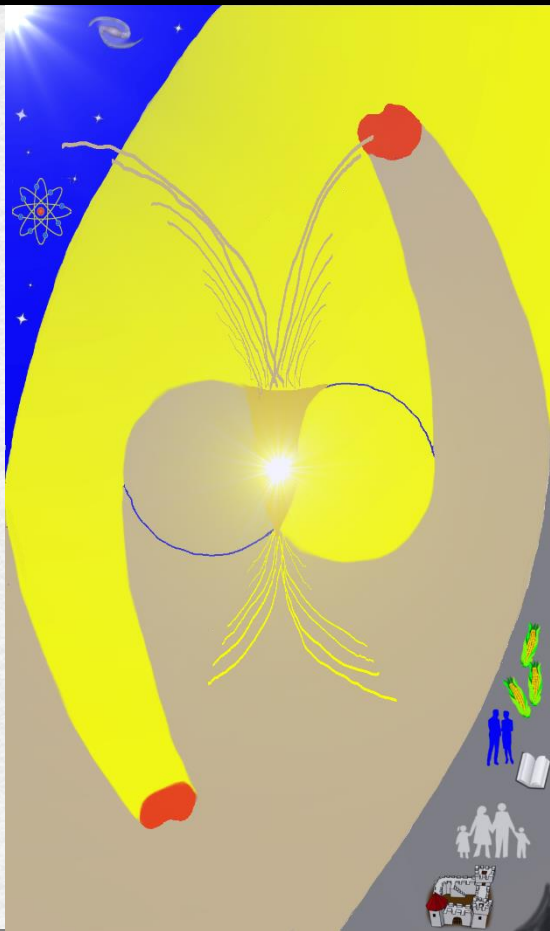
# A Shared Mind

## When you share your inner life more completely...

As you share your inner life more fully with your Divine Companion, your experiences extend through your Divine Companion to reach the God of all creation (illustrated by the ascending beige tendrils reaching all the way through the yellow area [the Divine Companion] up to the upper blue area [the God of the universe]). Sharing the human inner life with the Divine Companion is a way that the God of all creation can experience what each person is thinking and feeling.

The ascending beige tendrils represent the reverence and love that you offer to your Divine Companion and ultimately can be received by God. Some of your thoughts and feelings, such as your reverence for what is holy, may be more likely to ascend from you to your Divine Companion and beyond; some of your baser impulses, such as selfish and aggressive thoughts and feelings, don't create ascending tendrils that link you with God through your Divine Companion.

The descending yellow tendrils represent the great esteem and devoted love that your Divine Companion has for you. The love of the descending tendrils bring assurance that, whatever happens in the outer landscape, you are dearly loved in your inner world. The descending tendrils bring not only love but also clarity about spiritual matters.



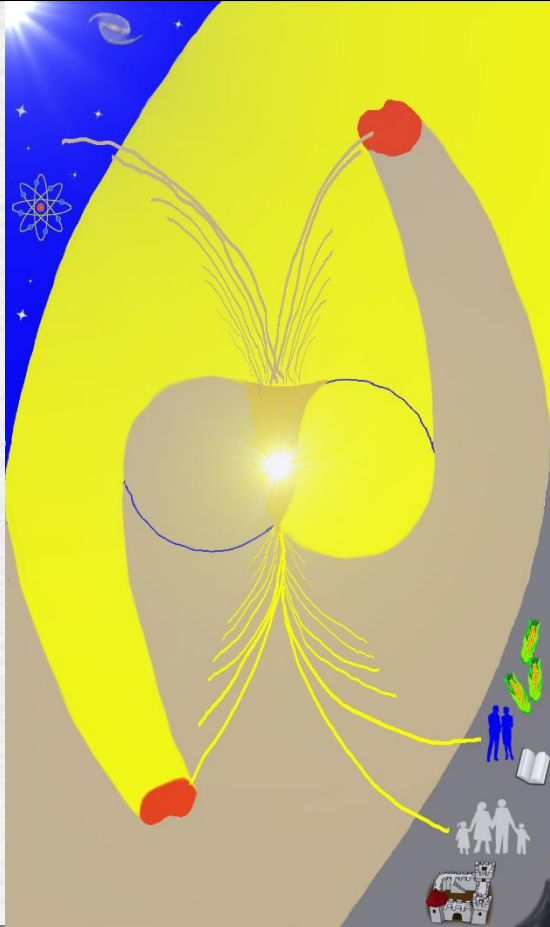
# A Shared Mind

... Then your Divine Companion can touch you more deeply

As you share your inner life more and more with your Divine Companion, you widen the channel through which your Divine Companion can fill you with the spirit of God (illustrated by the deeper descending yellow tendrils in the beige area). The divine infusions can deepen your highest values (illustrated by the yellow tendrils touching your heart) creating a very personal loving embrace. The filaments of connection now extend from your heart to your Divine Companion's heart and create a conduit of love, forming a two-way heart-to-heart connection between you and your Divine Companion.

The divine infusions also move through you and out towards others in the larger world (illustrated by the descending yellow tendrils which extend through you out into the material world in the lower right corner). Then the Divine Companion (and the God of all Creation) can extend through you to share the spirit of God with other people through you.

Your Divine Companion is God's character perfectly presented to your level of comprehension; your loving actions are your best attempt at re-presenting your sense of God's character to other people. Your Divine Companion is the highest fidelity possible representation of God that can be comprehended by your mind; you too can strive to give the highest fidelity representation of God that you can to others in compassionate connection and loving service.





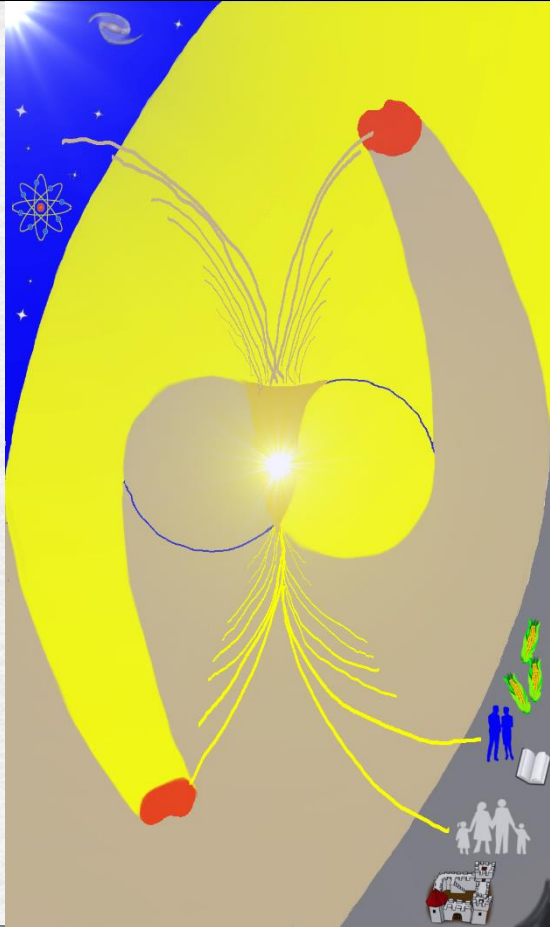
# A Shared Mind

## The inner landscape connects with the outer landscape

Much of the focus of this book so far has been the inner landscape; but your inner landscape is intimately entwined with your outer landscape. The images so far have focused on your inner relationship with your Divine Companion. Receiving the love of your Divine Companion in your inner landscape prepares you to more lovingly serve others even when they are difficult to love based on your human perspective.

Even the spiritual trailblazers initially found some people hard to love. But, as their relationship with their Divine Companion deepened, they became very kind to and cared for people who they previously disliked. Being compassionate and caring for marginalized people is a hallmark of a vibrant inner life with one's Divine Companion. The spiritual trailblazers remained vigorous and loving even when they faced intense persecution from political organizations or even their own religious organizations. The strength of their love came from their relationship with their Divine Companion.

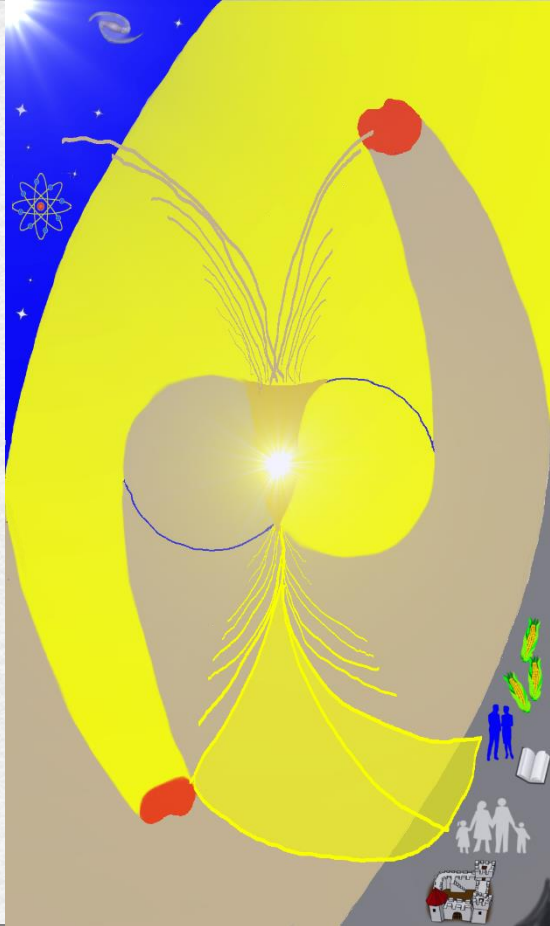
Only inner peace, not freedom from difficulties and challenges in the outer landscape, is promised as a fruit of your relationship with your Divine Companion. The nourishment from your Divine Companion may help sustain you, and keep you kind and gentle, when you face harsh times in your outer landscape.



# A Shared Mind

Ultimately...

As you share your inner life more and more fully with your Divine Companion, as you serve more and more loyally in difficult circumstances, you may gradually acquire more and more of the nature of God in your human personality. This image illustrates the character of your Divine Companion – which is the same as the character of God – flowing into you in large measure (the fan shaped yellow color entering the beige area that represents you). Some of the spiritual trailblazers who cultivated a very sincere connection with their Divine Companion were considered very saintly people because of their deep spiritual insight and because they were exceptionally loving to the people they encountered.



# A Shared Mind



## Relapse

Sometimes the bonds between you and your Divine Companion may weaken; your trust may falter as you confront difficult situations (illustrated by the smaller tendrils connecting you and your Divine Companion compared to the previous image). At times, your connection with your Divine Companion may weaken compared to your most devout times of connection with your Divine Companion. Accepting that your connection with your Divine Companion will have ups and downs may help you more readily strengthen your connection after it has weakened.

Even during times of weakened connection, you can always reach again toward the heart of God even though you may not actually touch it as closely as you have during the best of your spiritual times. You can still strain to hear the tone of God's tender voice although you may not actually hear it. Having once tasted a fuller connection, you can remain assured of the character of your Divine Companion as someone who wants to be connected with you, who wants to nourish you at all times, at all phases of your spiritual development. Your Divine Companion waited patiently for its first contact with you; your Divine Companion will wait patiently for renewed contact with you.



# Inner World Summary

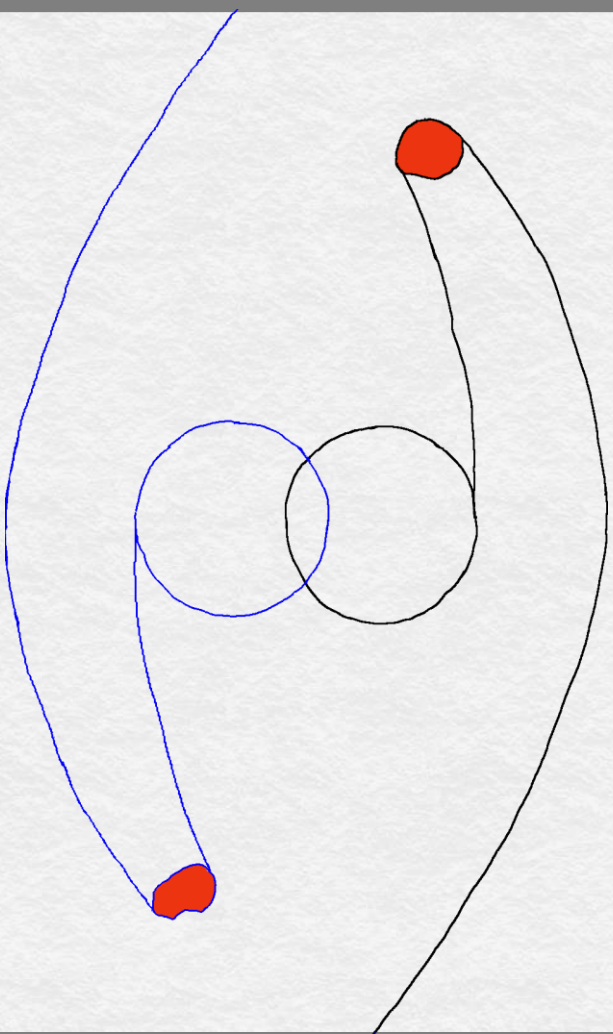
The previous series of images illustrate intimately sharing your inner life with your Divine Companion. The images suggest an ideal and enticing connection that belies the difficulties that you may experience in building such a relationship. Forging a close connection is not always an easy choice or an easy path, perhaps because you have trouble relinquishing control or sharing decision making.

You may have some ambivalence about deep intimacy: on one hand, you may desire sharing yourself with another but, on the other hand, you may fear that your desire will not be reciprocated or that you will be smothered or rejected; you may be very fearful of losing your independence (your single or solo life). Your ambivalence likely has roots in your less-than-perfect relationships you have had with other people. If you have been in unhealthy relationships, you may be fearful, rather than desirous, of being close to someone again. If that is your experience, then you will need to make a leap of faith to trust that you will be treated well in a new relationship. For these reasons, your relationship with your Divine Companion may start slowly.

God has much experience being disappointed in close relationships: God had been let down by some people who God has drawn close to. Yet God still very much desires to draw close to you; God has no ambivalence about you; God is not hesitant to enter directly into your inner landscape as your Divine Companion. Although God has known disappointment in these inner relationships, God still wants intimacy with you and trusts that you can form a strong and healthy bond in your inner world.

Your Divine Companion is a patient lover who understands that you will need time to fully trust this emerging inner relationship. Your Divine Companion doesn't overwhelm you by coming on too strong; neither does your Divine Companion hold back on expressing as much love and support as you are willing to consider. Unlike your previous relationships, your Divine Companion is a perfect companion/lover/tutor who is perfectly attuned with you so that the relationship can develop into a full collaboration in which you both make essential contributions.

# Simplified Symbol



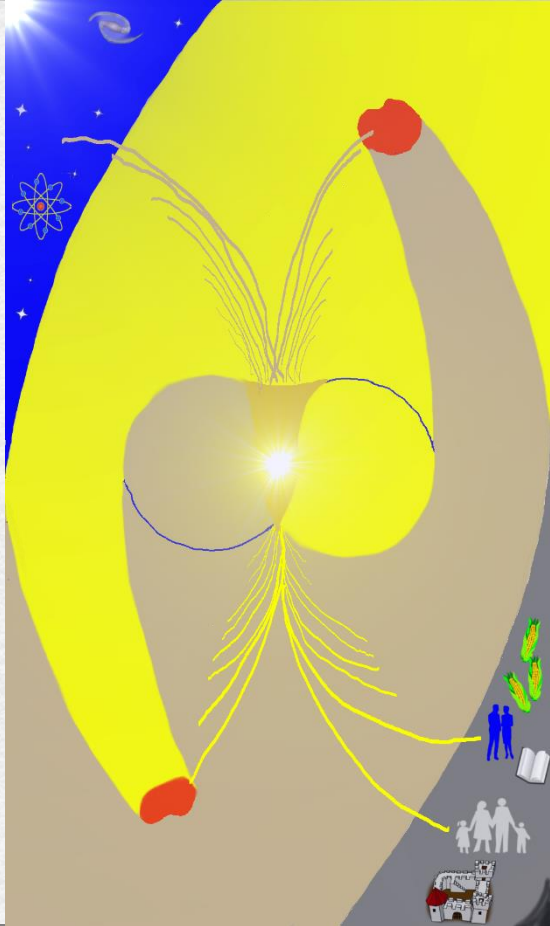
# The full image

## You are a potential bridge between the divine and the human

This image shows your relationship with your Divine Companion in full flower when you are fully open to the infusions your Divine Companion wants to share with you.

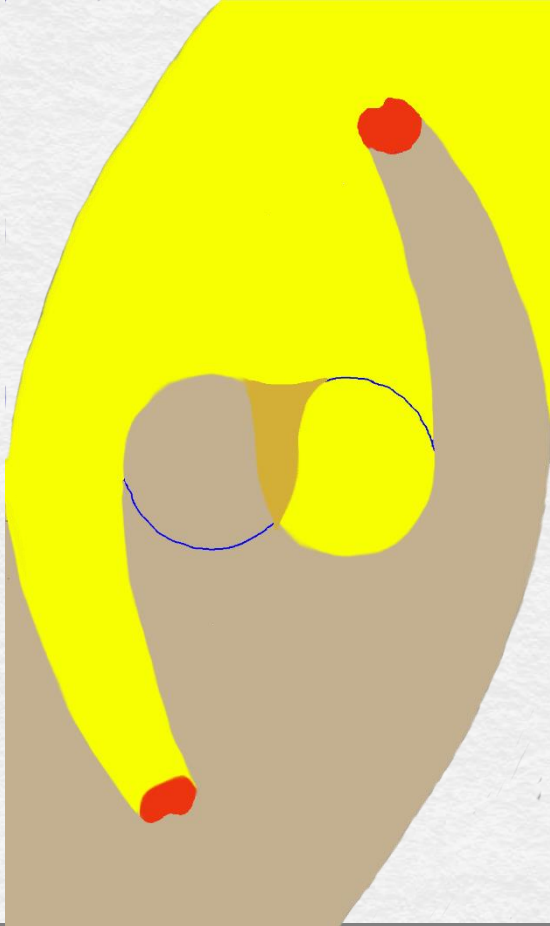
God is rooted in the most spiritual part of life (the white light in the upper left which is rooted in the divine aspects of the grand creation, the blue area in the upper left). You are rooted in the most material aspects of life (the gray area in the lower right) which includes the possibility that you may choose to exclude God from your life (illustrated by the black area in very lower right of the image). The Divine Companion relationship forms a bridge, within one person, across the great distance between the purely spiritual and the purely material. This relationship can connect you with God; and once this connection is well established, it can with you in more compassionate relationships with other people. You can cultivate a growing collaboration between the spiritual and material worlds within yourself.

The full image is useful to express some of the nuances and teachings of the spiritual trailblazers. Yet, at times, a less complex symbol may be useful. A simplified symbol still evokes the essence of you reaching up to God while God is simultaneously reaching down to you.





# Simplification 1



## Human and divine joined in heart and mind

When some of the details are removed, the simplified symbol still illustrates the core features of the Divine Companion relationship: you and your Divine Companion are linked in heart (your values as illustrated by touching each other's hearts, the red areas), mind (your world view as illustrated by overlapping circles that represent your minds), and your soul (the co-creations of this relationship as illustrated by the golden vase-shaped area).

The heart represents that both treasure each other and are each supremely devoted to sharing life together. The mind represents that you value your Divine Companion's great wisdom and open your mind to the influence of your Divine Companion. The overlapping minds create a Shekinah (a sacred shared space) where you and your Divine Companion can collaborate and co-create new contributions, create compassion where there is animosity.

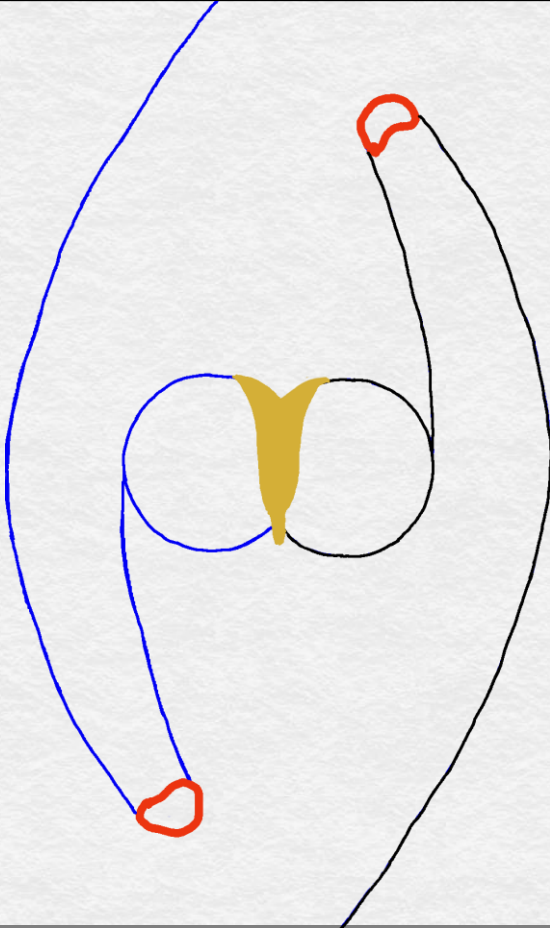
And this union between you and God becomes the core building block for compassion for all and gracious service to those in need.

# Simplification 2

**The divine reaching for the human as the human reaches for the divine**

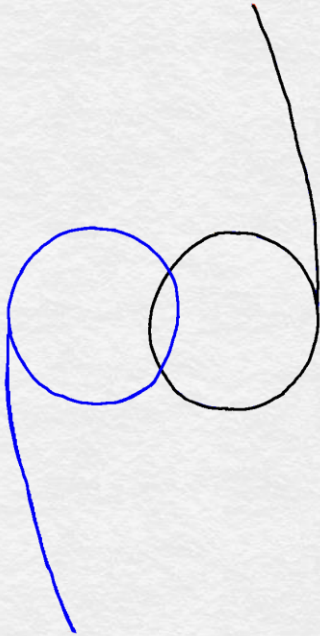
A even simpler image is useful to capture the core teaching in a few strokes of a pen or brush. The core elements of the teaching are still there but the image is more easily drawn.

A simple symbol, like the Cross, can be useful in situations where a more complex symbol, like the Stations of the Cross, is too complex. This simple symbol may also be a useful abbreviated symbol for some situations.



# Simplification 3

## Simplest image



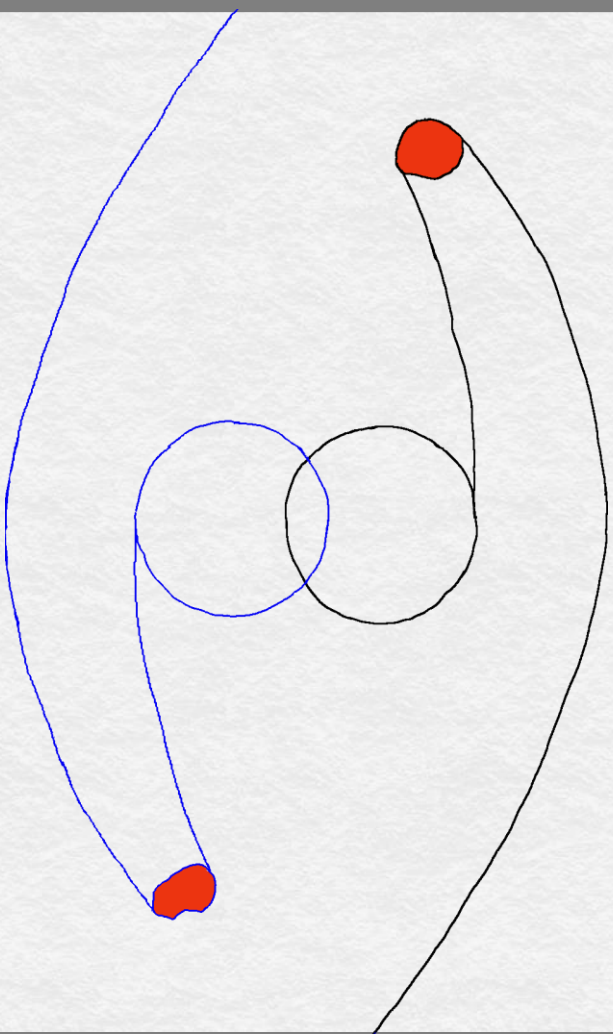
This simplified version symbol is the simplest of all: just two strokes of a pen; a symbol as simple as the Christian cross or the star of David. This simple figure is a symbol of the inner Kin-dom: the ever deepening kinship between one person and God who lives so close within.

The black stroke is a person reaching up to God by fully opening both heart and mind; a person growing closer to God through devotion. The blue stroke is God reaching down to a person, one person at a time. As you reach internally for your Divine Companion, your mind overlaps with your Divine Companion's mind. You are joined as partners in the divine dance of getting to know each other, to love each other, and ultimately to serve other people with understanding and compassion.

This mutual reaching depicts the Divine Companion reaching down to you in your inner world. This inner reaching mirrors the outer events when God reached out to everyone on earth by coming to dwell with people on earth in the person of Jesus.

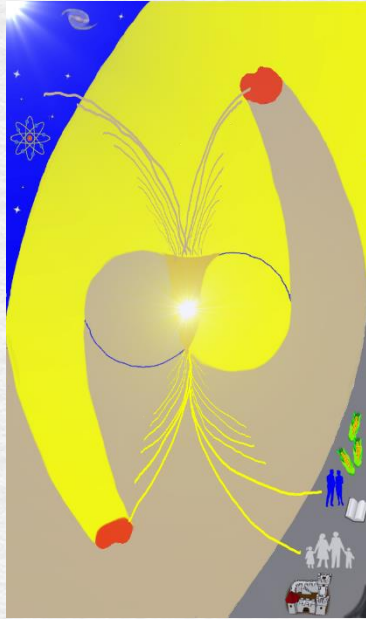


# Dyads



# Dyads

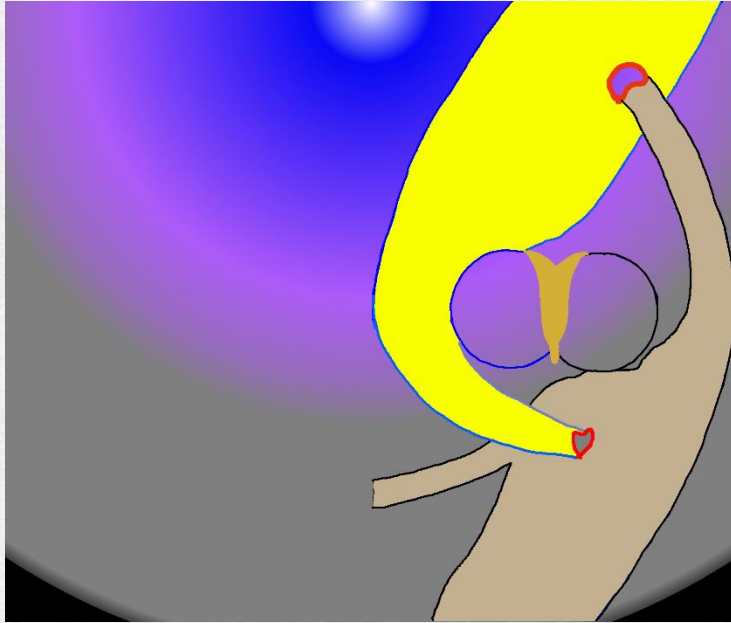
## The intersection between your inner and outer relationships



This symbol of the Divine Companion focuses on your inner world and your connection with your Divine Companion, but the spiritual path is not a dead end road that leads only to understanding yourself more clearly or even to only understanding God more accurately. The inner spiritual path also leads to connecting with other people; your inner spiritual journey is closely entwined with your relationships with other people.

Your spiritual path involves two relationships: your relationship with your Divine Companion and your relationships with your neighbor. For this reason, the Divine Companion illustrations don't end here; they expand to include your relationships with others.

# You and Another



## You in the outer world

This image illustrates you, accompanied as always by your Divine Companion, in the outer landscape (represented by the semicircular backdrop of white, blue, gray and black bands). The white sphere at the top represents the pure essence of God who is at the center of all creation; the upper blue curved band represents the spiritual aspects of life. The lower gray curved band represents the mainly material aspects of life. The black areas in the lower left and lower right corners represent a life that is chosen when people completely exclude and reject God and any spiritual values.

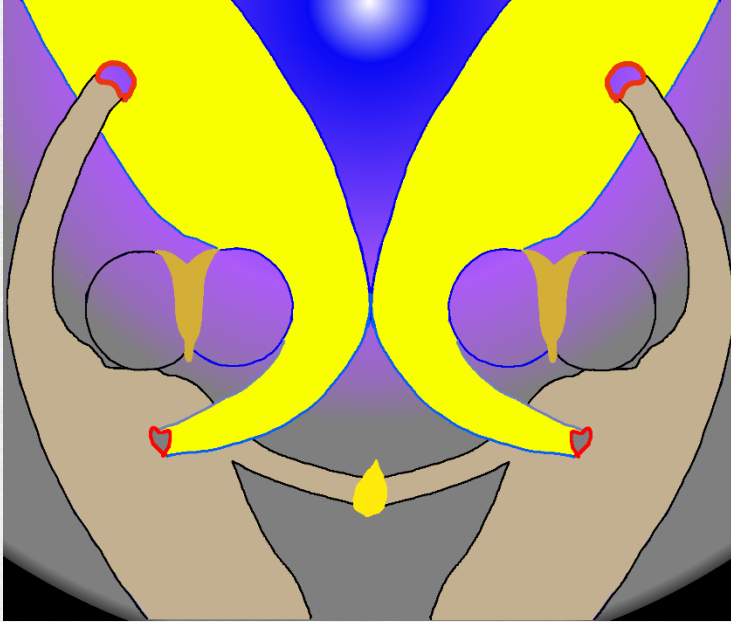
The background represents the material and spiritual aspects of the outer landscape. The outer landscape contains several possibilities for how you respond to your Divine Companion's invitation to a human-spiritual partnership: you can cooperate fully with your Divine Companion (the blue band); you can toy with spiritual concepts and make a partial commitment to your Divine Companion (the gray bands); or you can completely reject the invitation of your Divine Companion (the black corners).

This illustration adds another hand extending horizontally from the beige person (which represents you). The horizontally extended hand represents your relationships with other people; the hand extending vertically represents your simultaneous connection with your Divine Companion.



# You and Another

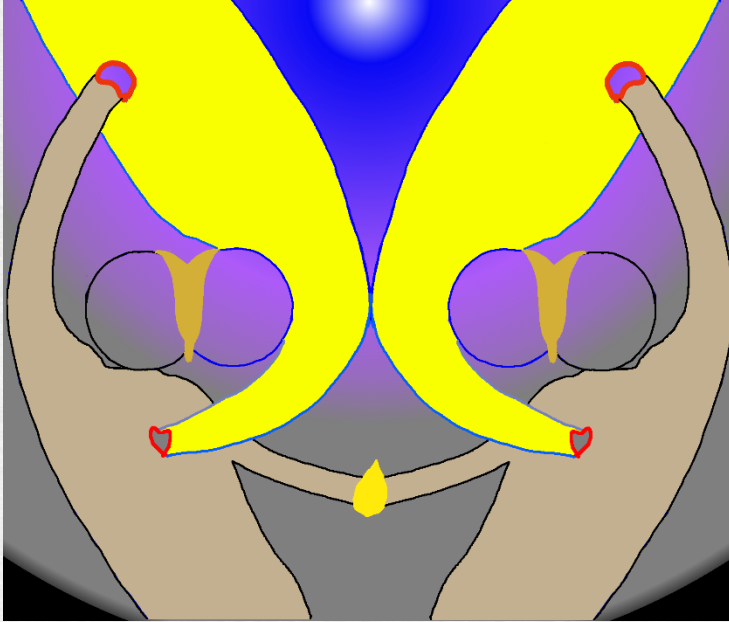
## You are also intimately connected with others



This image illustrates you (the beige figure on the right) in a relationship with another person (the beige figure on the left). The illustration shows that both you and the other person have your own Divine Companion; each Divine Companion is directly connected with the same pure divinity, the God of all creation.

This image represents an ideal relationship: both you and the other person have strong vibrant relationships with the Divine Companion. You are both equally capable of extending empathy and compassion to another person (represented by the flame of love where your hand meets the hand of the other person). You are both fully extending your arm to meet the other person and your hands meet in the middle; you have formed an I-Thou relationship with another person.

# You and Another

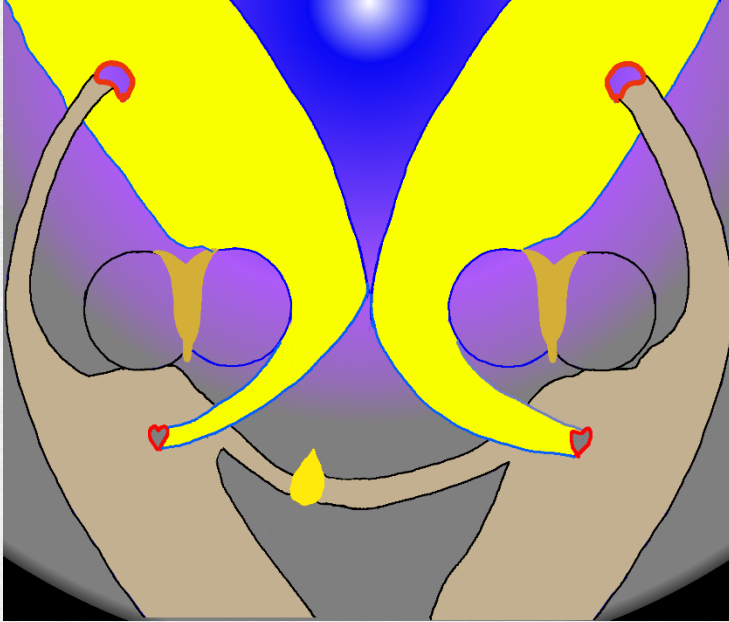


## Connection between inner and outer relationships

Martin Buber said that an I-Thou with another person is based on each person having a vibrant I-Eternal Thou inner relationship; “Eternal Thou” is another name for the Divine Companion. The deepest and most compassionate relationships between two people happen when both are nourished by a strong connection with their Divine Companion; your best relationships have a spiritual foundation.

Having compassionate and loving relationships in the outer world further opens the inner channel to your Divine Companion and allows even more divine infusions into your inner world. Your loving inner relationships strengthen your loving outer relationships; and vice versa, your loving outer relationships strengthen your loving inner relationships. Your growth is fed by both your inner and outer relationships; your spiritual growth can be stunted by having only inner or only outer relationships.

# You and Another



## Meeting the full range of other people

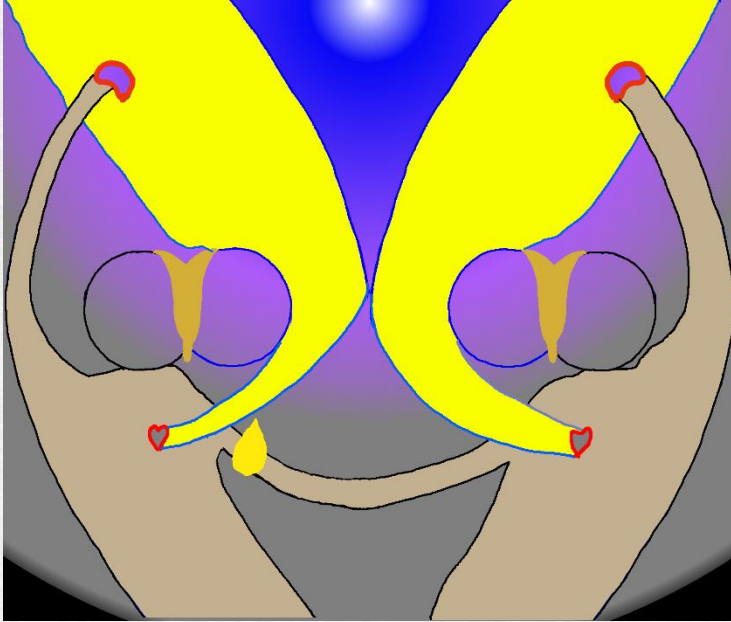
The people you meet in life will span the full range of spiritual development: some may be very aware of their Divine Companion and very devoted to nurturing that inner relationship. Others will have only flickering interest or no interest at all in developing their relationship with their Divine Companion.

This image illustrates meeting a person with a less-developed connection with the Divine Companion (the vertically extended arm of the person on the left is thinner). This person cannot fully extend their arm to meet you in an I-Thou connection (the horizontally extended arm of the person on the left is also shorter); you must reach further toward this person to meet his or her hand. You can still kindle the flame of love when connecting with such a person by extending yourself further.

This image also illustrates that each person, whatever their level of spiritual development, is of great value to God, illustrated by God personally investing that person with the company of a Divine Companion. God also invested in you when you were less spiritually developed as the person on the left in this image currently is). Whatever your level of spiritual development, you still have much, much room to grow spiritually. We are all spiritual infants on this world; so it is wise to treat others with much kindness just as your Divine Companion treated you very kindly at every stage of your spiritual development, including your quite primitive earlier stages.



# You and Another

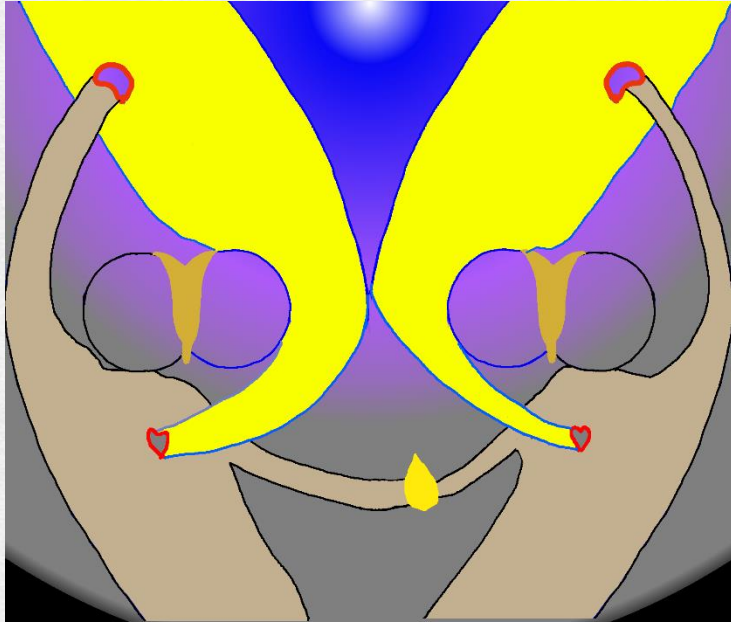


## Going the extra mile

This image illustrates you connecting with a person with almost no connection with the Divine Companion (the vertically extended arm of the person on the left is thinner). This person can barely extend his or her arm towards you; you must reach very far to meet this person's hand. You can still treat this person with the same kindness as everyone else person but you (and your Divine Companion) will need to initiate a meaningful and compassionate connection. The other person may be very unlikely to appreciate your efforts or to reciprocate your kindness.

In the extreme case, this image represents loving your enemy: being loving and compassionate to people who may be very mean to you. You can still extend the same respect and kindness that you would extend to any person even when it is extremely unlikely that such a person will treat you well. This image does not suggest that you permanently bond with a very cruel person in an ongoing abusive relationship, only that you can be kind and respectful during your (likely fleeting) interactions.

# You and Another



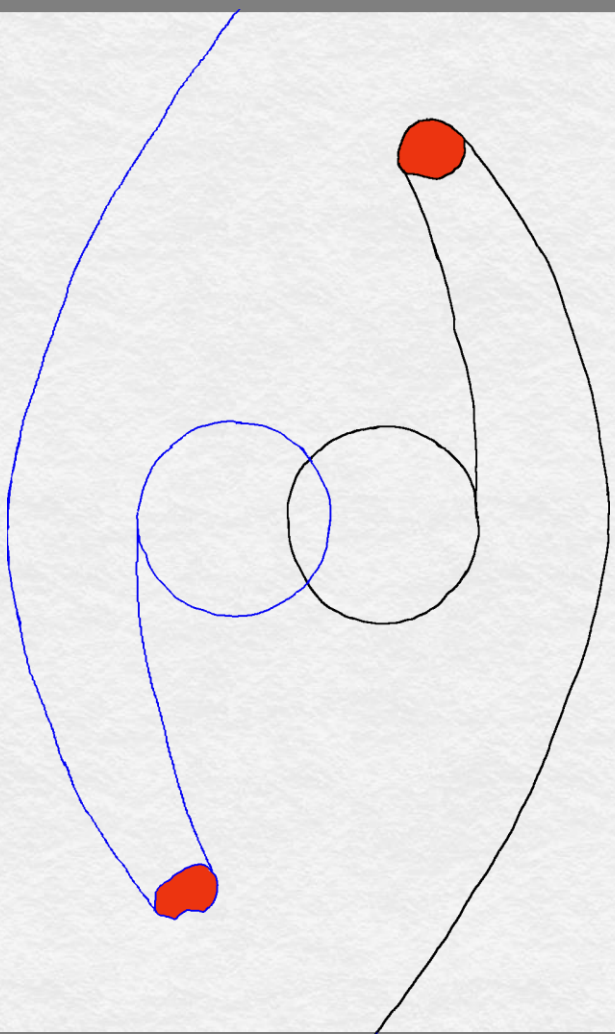
## Receiving from others

At other times, you may meet with someone who has more spiritual light than you (as illustrated by the other person, the figure on the left, having thicker arms than you, the figure on the right); you cannot reach as far as the other person who must reach further out to you to make a connection with you. If you recognize this relationship, you can be appreciative of the ways that other people, such as the spiritual trailblazers, bless your life with their personal interest in you and fertilize your own spiritual development with their insights. You can allow them to enrich your life.

This image illustrates the importance of being receptive and respectful when you recognize someone has more spiritual wisdom or deeper devotion to their Divine Companion. Just as it is important to be respectful to a person with less spiritual wisdom, it is important to be respectful to those who have gone further on the epic spiritual journey than you.

Of course, a person's level of spiritual development may not always be immediately apparent. Some may offer you insights that will help you; some may misguide you with inaccurate and limited understanding of life and God. But the same rule applies: to be respectful of a person regardless of whether this or her level of spiritual development; always serve when possible; discern what is good and true (from what is not) and assimilate that into your understanding.

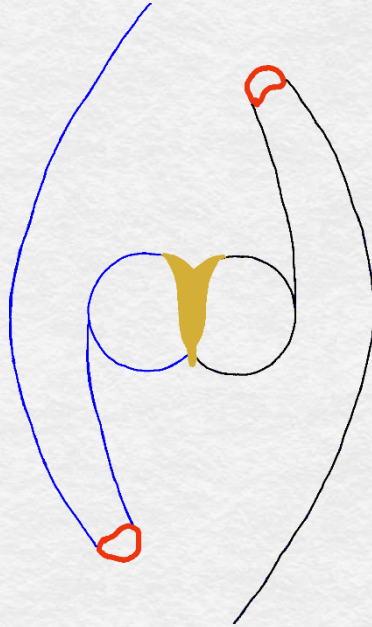
# Dyads Simplified





# The Inner You

## The Inner Landscape: You and your Divine Companion



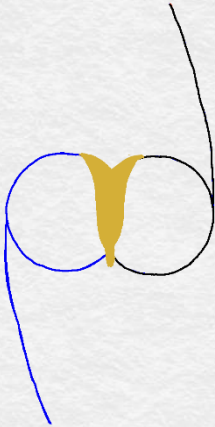
The previous images of the dyads (a pair of two people) are complex. The same relationship can be illustrated with simplified symbols. This simplified symbol shows the inner landscape of one person, you, reaching up to touch the heart of your Divine Companion and your Divine Companion reaching down to touch your heart, your deepest concerns and highest values.

This picture symbolizes your relationship with your Divine Companion, or your I-DC relationship. Your inner landscape is the home of this relationship.

# The Inner You

**A simple symbol of your inner world**

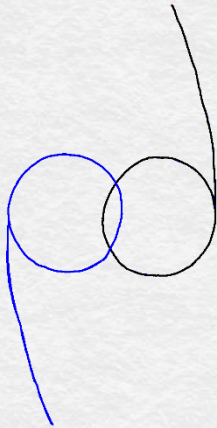
A simpler illustration of your inner relationship between you (black line) with your Divine Companion (blue line) that depicts the golden zone of co-creation.



# The Inner You

**A even simpler symbol of your inner world**

A simpler illustration of your inner relationship between you (black line) with your Divine Companion (blue line) without the golden zone of co-creation.





# The Inner You

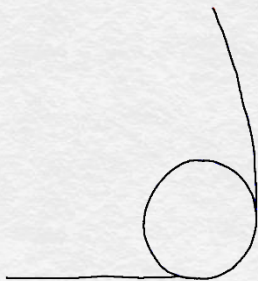
## The simplest symbol of your inner world



For the sake of simplicity, your Divine Companion (the blue line is not included) is not shown in this illustration. But your arm that is reaching up (the vertical line) hints at the continued presence of your Divine Companion. This simplified symbol, and the ones on the preceding pages, represent your inner landscape.

# You and Others

## You in the Outer Landscape

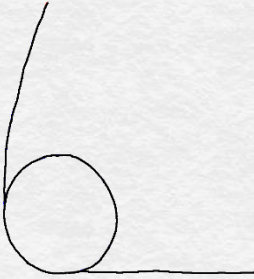


This illustration adds a second arm extending horizontally represents you reaching out to connect with another person. You still have an arm reaching up to connect with your Divine Companion.

This symbol, and the ones on the following pages, include both your inner landscape (the upward reaching arm in your inner world) and your outer landscape (your horizontally extended arm to people in the outer world).

# Another Person (#1)

## Another person in your outer landscape

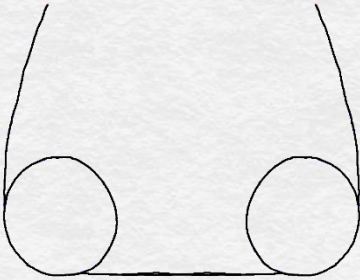


This picture represents another person (not you) that you encounter in your life, in your outer landscape. This person also is reaching up to his or her Divine Companion as indicated by the arm reaching upward; this person is also reaching out towards you with a horizontally extended arm.



# A Dyad: You and Another

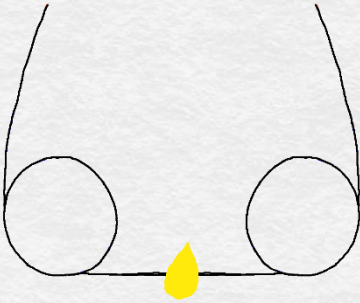
## The Outer Landscape: You and another person



This illustration shows you reaching out to connect with another person who is also reaching out for you. Both of you are also connected with your Divine Companion (the upward extended arms) as you make a connection with each other.

# Dyad #1: You and Another

## You and another spiritual person



This illustration shows a flame of love that is created by the loving connection between two people in the outer world who are each motivated by their own personal embrace with their Divine Companion in the inner world. Each person values the other person in the same way that their Divine Companion values them. The flame of love in the outer landscape has the same tone as the loving overlap between each person and his or her Divine Companion (illustrated by the golden vase shape overlap in the less simplified drawings).

This picture illustrates a relationship between two people who are motivated by spiritual intentions. The horizontally extended arms represent a spiritual approach to another person. Martin Buber called these spiritually-activated intimate interactions an I-Thou exchange; the word *Thou* suggests a sense of reverence for the holiness of the other person who you know is indwelt by the spirit of God, the Divine Companion.

This picture is not an illustration of a transactional interaction, such as when someone wants to sell you something and that person is chiefly concerned with obtaining something from you; the horizontally extended arm does not represent reaching out to another for a purely selfish or material purposes.

## Another Person (#2)

### A second kind of person in your outer landscape

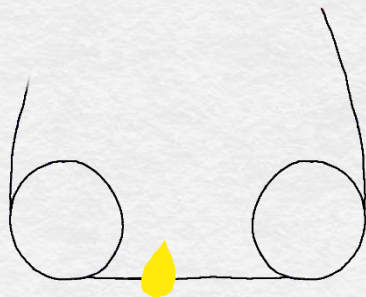


This illustration shows a different person in your life, in your outer landscape. This person also has an indwelling Divine Companion but this person has a less-developed relationship with the Divine Companion (illustrated by a shorter upreach of the vertically extended arm towards the Divine Companion). As a consequence of a weaker I-DC relationship, this person also has a less developed ability to reach out to another person with spiritual intention (illustrated by a shorter outreach of the horizontally extended arm towards other people).



## Dyad #2: You and Another

### You and a less spiritual person



This illustration shows a person, you (the figure on the right side), with a more developed I-DC relationship (illustrated by a higher reach of the vertically extended arm) reaching out further (your horizontally extended arm reaches further than the halfway point between you and the other person) to make a connection with a person (the figure on the left side) who has a more limited ability to forge an I-Thou relationship. You (the person on the right side) continue to respect the person on the left knowing that this person also has an indwelling Divine Companion although it may not be very obvious by the way the person acts in the outer landscape.

Despite the two people's differences in their inner bond with the Divine Companion, they can still form an I-Thou connection (illustrated by the flame of love where their hands meet).

# Another Person (#3)

## A third kind of person in your outer landscape

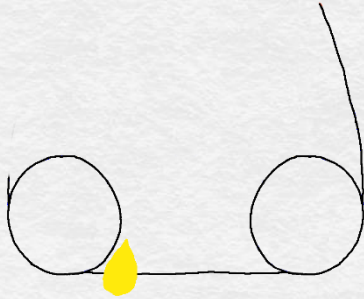


This illustration shows yet a different person in your life, in your outer landscape. This person also has an indwelling Divine Companion but this person has a barely-developed relationship with the Divine Companion (illustrated by a very small upreach of the vertically extended arm); this person also has very limited ability to reach out to another person with spiritual intention (illustrated by a very short outreach of the horizontally extended arm).

Some people may have an extremely weak relationship with their Divine Companion. Some may have no interest in or desire for a relationship but are half-hearted; they treasure material success or psychological pleasure far more than spiritual values. Some may go so far as to belittle, undermine or attack those who hold spiritual values and pursue spiritual growth.

# Dyad #3: You and Another

## You and a virtually non-spiritual person



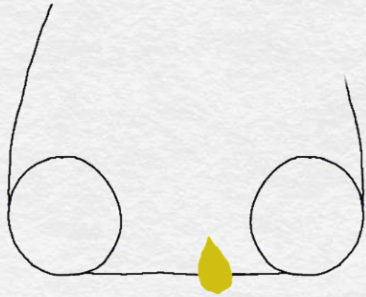
This illustration shows another person, you (the figure on the right side), with a more developed I-DC relationship reaching out further (your horizontally extended arm reaches almost all the way to the other person) to make a connection with a person (the figure on the left side) who has a very limited ability to forge an I-Thou relationship. You (the person on the right side) continue to respect the person on the left knowing that this person also has an indwelling Divine Companion although it may be barely obvious by the way the person acts in the outer landscape.

Two people with very different inner bonds with the Divine Companion can still have an I-Thou connection (the flame of love between the two hands). The impact of your reaching out may be clear immediately, or you may not sense any change in the person for a very long time, or your reaching out may have no effect on the other person ever. But spiritual trailblazers have always reached out to everyone, people of widely varying spirituality) knowing full well that the other person may not receive their good intentions and is unlikely to reciprocate. Still the trailblazers remained assured that some of their reaching out will yield fruit although they couldn't predict with any certainty in which person the fruit would appear.



# Dyad #4

## You and a more spiritual person



The previous illustrations have shown you (the figure on the right side) as the person in the dyad who has a deeper connection with your Divine Companion, as the person who can better extend a hand to another person. You will also have opposite encounters when the other person has a deeper connection with his or her Divine Companion than you and has more ability to reach out and make a deeper and more compassionate connection.

This illustration shows you (the person on the right side), with a less developed I-DC relationship of the two people. You are reaching out less (your horizontally extended arm reaches less than the halfway point between the two of you) to make a connection with a person (the person on the left side) who has better ability to forge an I-Thou relationship. You are more likely to benefit from such a relationship if you appreciate that the other person may be able to teach you and reach you spiritually in ways that may help your progress on your Epic Journey. Being spiritually receptive to such people can help you further develop your inner relationship with your Divine Companion; receiving blessings from these relationships is as important as being a servant to others.

# Dyad Summary

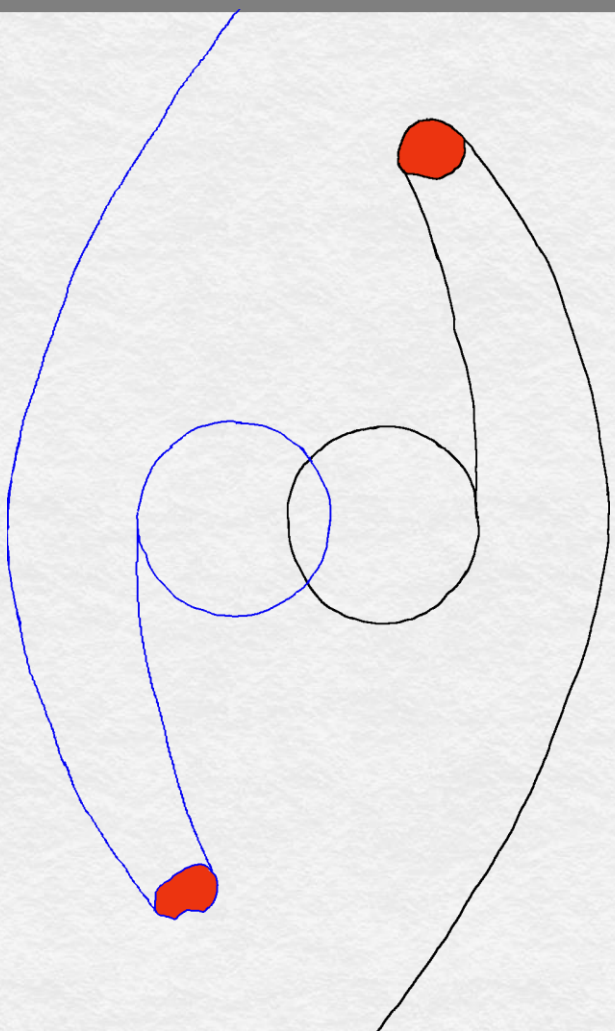
The images in the first sections (pages 5 through 50) illustrate your relationship with your Divine Companion in your inner landscape; they focus on what transpires within your own heart. The images in this section (pages 51 through 71) illustrate how your inner Divine Companion relationship connects with your relationships with others in the outer landscape.

The first set of images (pages 51 through 57) in the Dyad section illustrate that you are simultaneously in two relationships: an inner relationship with your Divine Companion and an outer relationship with another person. These two relationships are intrinsically connected: you cannot separate the influence of your inner I-DC relationship from the quality of your relationships with other people. A vibrant relationship with your Divine Companion supports having strong I-Thou connections with a range of other people.

The spiritual trailblazers found that they became more compassionate with others as they deepened their love for their Divine Companion. Their increased compassion flowed

from in part from a certainty that each person, regardless of any external appearances, is inhabited and loved by their own personal Divine Companion; their perspective supported a deep respect for another person, especially those who are excluded or marginalized. The spiritual trailblazers seemed to model their love for others based on the love that they received from their Divine Companion: a love that was not earned by amazing deeds but a love coming from a deep trust that each person is already intimately connected to God, a sign of the deep value that God holds for that person.

The second set of images (pages 58 through 71) in the Dyad section illustrate the variety of relationships you may encounter: relationships in which both are well-matched spiritually; relationships in which you can provide a more loving and compassionate hand to another who may well benefit from what you offer; relationships in which the odds are long (but not zero) that the other person will benefit from what you offer; and relationships in which you may be nourished and uplifted by another if you perceive their spiritual fragrance and are open and receptive.

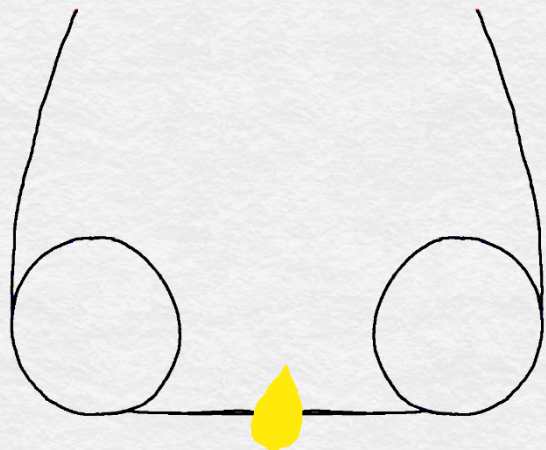


# The Circle of Siblings: The Beloved Community



# You and Community

## Dyads form the basis of community



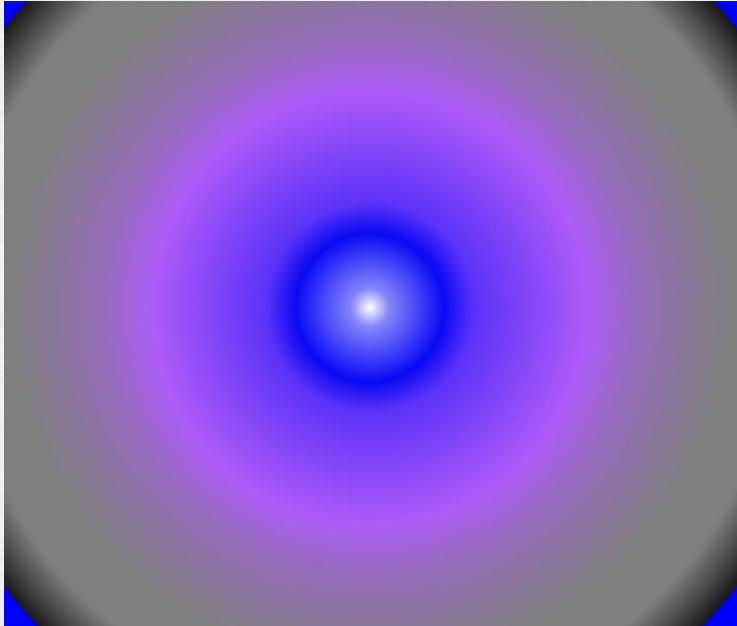
Dyads – relationships between you and one other person – are the place of intimate one-on-one connections. These relationships are very meaningful in themselves but they are also the building blocks of a larger community.

The following images illustrate a deep and fruitful community rooted in members have their own unique spiritual inner experience of bonding with their Divine Companion. The images also suggest how members of such a community might interact with people outside the community who don't yet have a meaningful relationship with their Divine Companion.

Just as each relationship has its own depth and flavor, each community also has its own depth and flavor. Some relationships can be very superficial and other relationships can be deep and fruitful; some communities can be very superficial and other communities can be deep and fruitful.

# The Outer Landscape

## The various regions of the outer landscape



This image represents the outer landscape. The gray areas represent the material aspects of life in the outer landscape (the Foothills); everyone must spend time in this part of the outer landscape. The outer black ring represents the extreme of the Foothills mentality: the belief that it's stupid to believe in God or that life has a spiritual dimension; the belief that your life is 100% material and that your life has nothing to do with spiritual concerns; some people choose to spend much or all of their time here.

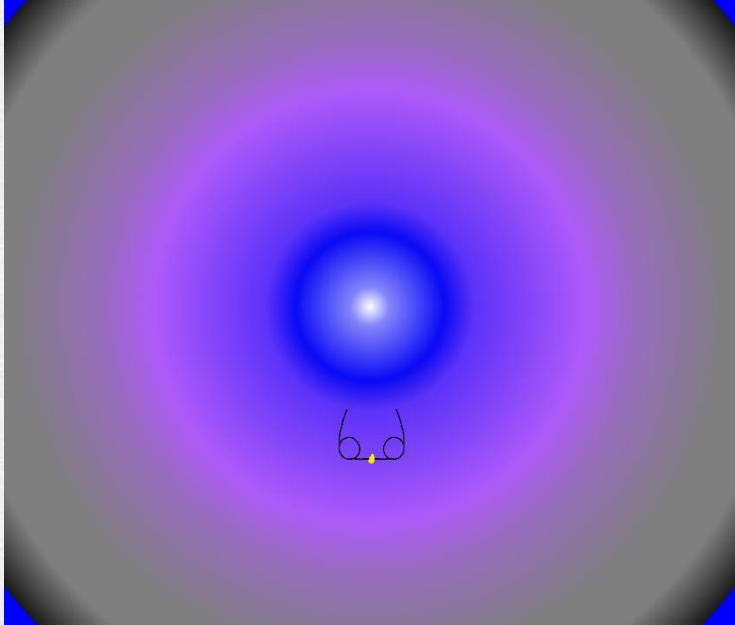
The blue areas represent the spiritual facets of life (the Mountain); holding spiritual values, spending time in the blue areas is optional. You must intentionally choose how much you value God: ranging from a lukewarm spirituality (the lighter blues further from the center) to supreme devotion to your Divine Companion (the darker blues in the center).

The inner white sphere represents the presence of Something More (something spiritual) in the outer landscape; the devout spiritual trailblazers appreciated the presence of God in all people and in the material world.

Beyond the black ring, is a hint of blue to illustrate that God abandons no one, even those who have abandoned and repudiated God. God remains available to them if they want; all they have to do is open their hearts and trust God.

# Dyads and Communities

## Dyads as the building block of community

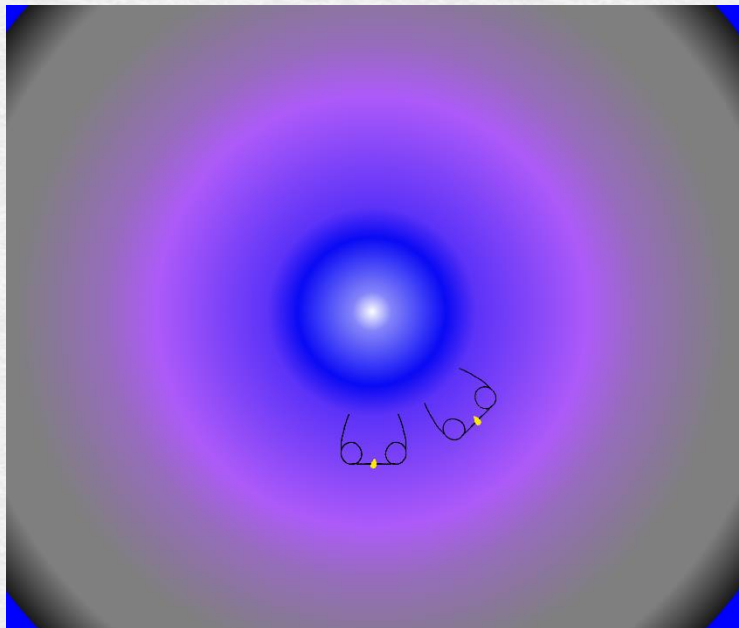


This picture illustrates two people who have each taken the epic inner journey: they have come to know and love their Divine Companion. Each person has one arm lifted up to God (the white sphere in the center). Each person is simultaneously reaching inward to their Divine Companion and also reaching out to the other. They are each extending a spiritual handshake to the people they meet. When they meet another person who also has a strong inner I-DC relationship, they can form a strong spiritual bond with each other, a spiritual meaningful relationship because of each person has a strong spiritual foundation. These relationships are spiritually nourishing (illustrated by the flame of love where their hands meet)



# Growing Community

## Community grows dyad by dyad

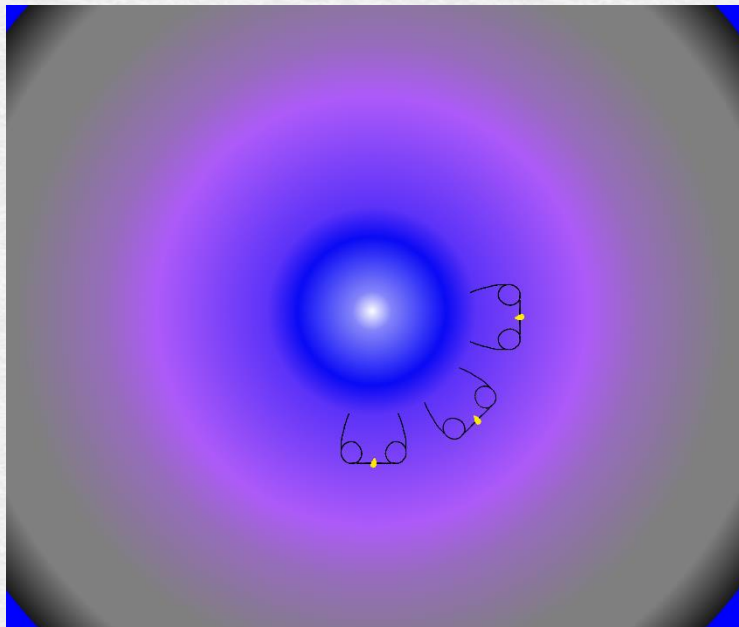


Other people may be attracted by the first two people who share an affectionate and supportive bond. The attraction may flow from the tenor of their relationship more than from a specific set of tenets or sacred dogma. Teresa of Avila and Francis of Assisi attracted many people who wanted to join their communities perhaps because their very deep bonds with their Divine Companion was felt in their relationships with others. Both attracted followers who first wanted to experience these affectionate connections and then, having experienced that compassion, these followers wanted to serve others with the same great compassion they came to know.

Like-minded people may congregate around the nucleus of one or a few spiritually rooted dyads. The attractive force that grows the community comes as much from the quality of the interactions as the specific spiritual beliefs; these vibrant communities may be found in many different religious beliefs. Imagine the drawing power of a community that has both vibrant loving relationships and very accurate teachings about God's kind and loving character: about the possibility for an intimate relationship with your Divine Companion in your own inner landscape!

# Growing Community

## Community grows dyad by dyad

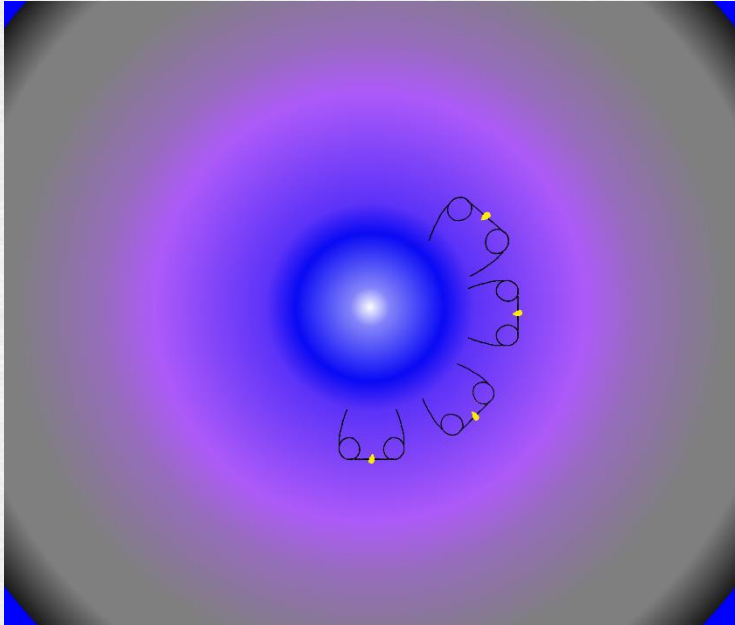


Scott Peck begins his book *A Different Drummer* with a myth/story called “The Rabbi’s Gift” about a small order of monks whose community was gradually fading as members left or died. A visiting rabbi cryptically tells the monks that he believes one of the monks is an especially spiritually person but he doesn’t say which monk is the especially holy one. As the monks puzzle over this koan, they begin to treat each other, even the cantankerous ones, with great respect. They also deepen their respect for themselves in case they might be the holy one. They begin to wordlessly exude deep respect and affection for each other; they develop a combination of profound self-respect and other-respect. People who visit the monastery are deeply moved by their relationships; they are attracted by the monks’ respectful relationships and they bring their friends. As more people visit, some join the monastery and absorb the respect and quality of relating. The group of monks begins to thrive because of their deep respect for one another that overflowed to great compassion for their visitors.

Respecting each person (valuing each person’s inherent holiness because each person is treasured by God) is the cohesive force of a spiritual community, the Circle of Siblings (that each person is a valued child of God).

# Growing Community

## Community grows dyad by dyad



As the community grows, it remains centered in spirit, it remains centered in God. The center of the community does not shift to a particularly charismatic member. The center of a spiritual community is always reserved for God.

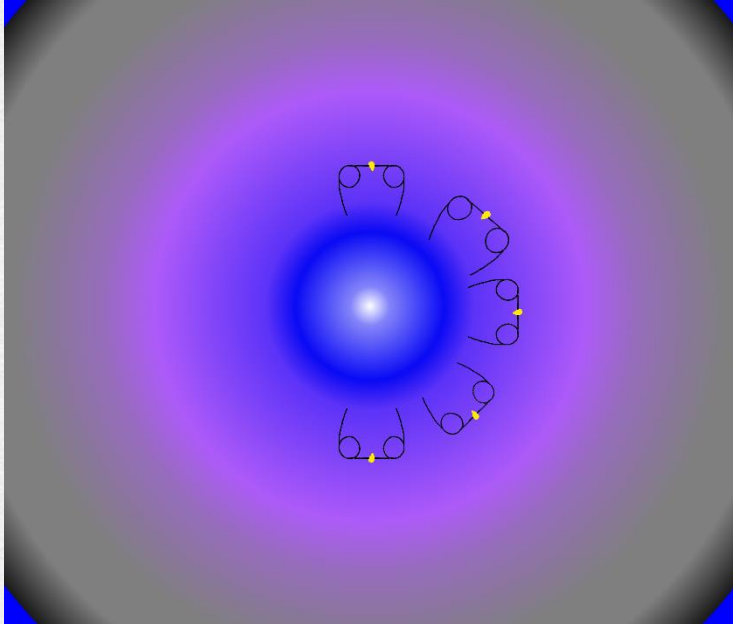
The family-of-God tribe is a Mountain Tribe (not a Foothills Tribe); everyone is invited to be a member of the family-of-God tribe. Anyone who seeks to bond with their Divine Companion is automatically a member of this tribe.

Although everyone is invited into this family, some accept the invitation with a whole heart; some embrace the ideals half-heartedly or only in an erudite manner; some vacillate and never reach a final decision about which Mountain they value most; and some completely and totally reject their Divine Companion's sweet invitation. Some who do not accept the invitation because their main allegiance is to a Foothill tribe and they are not willing to relinquish the comforts they have by virtue of their lower tribe membership.



# Growing Community

## Community grows dyad by dyad

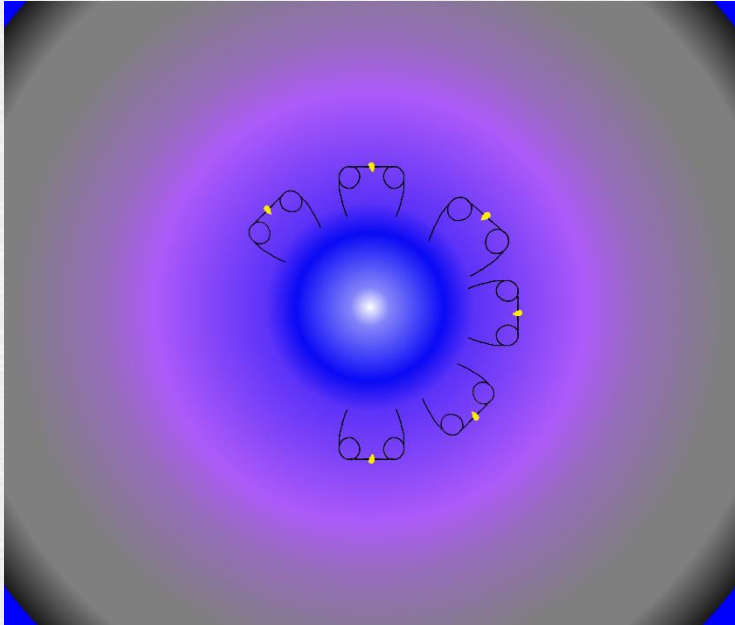


The illustration shows the community increasing by the addition of more dyads. The dyads are not permanently fixed partners; individuals in the dyads may shift over time. The two individuals in the first dyad may separate and connect spiritually for a time with different people in the community. Ideally each person in the community could share meaning spiritually-based interactions with any other person in the community.

The community is like a dance where, at different times throughout the evening, each person dances with every other person. The community recognizes that certain dyads may be very beneficial and productive, but the community avoids castes or cliques in which some people only interact with a select few.

# Growing Community

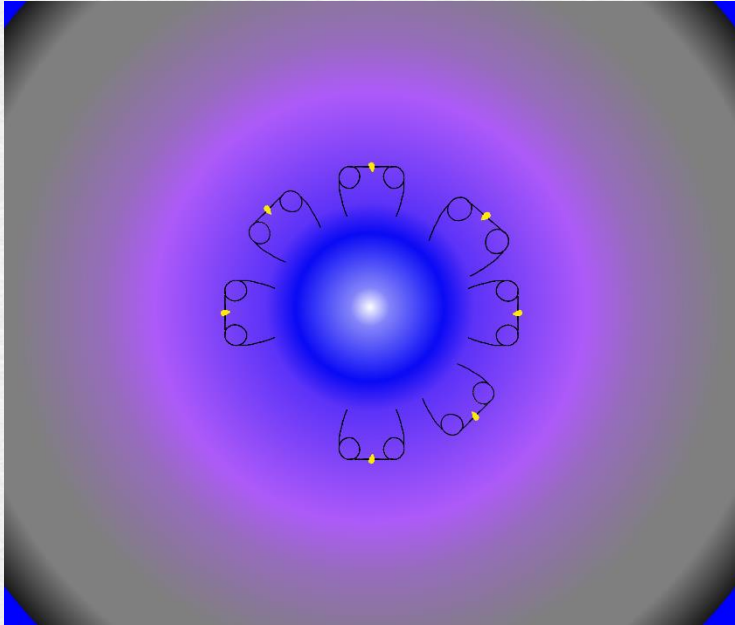
## Community grows dyad by dyad



Like-minded people may congregate together into spiritual community because they hold similar spiritual values. But each member of the community is a unique individual; there is no pressure for community members to become identical carbon copies of one another. Quite the opposite: the characteristics and unique qualities of each person are valued. A vibrant spiritual group shares reverence for God and spirituality but doesn't require that all members be identical in other ways. The unique contributions of each individual are appreciated and fostered.

# Growing Community

## Community grows dyad by dyad



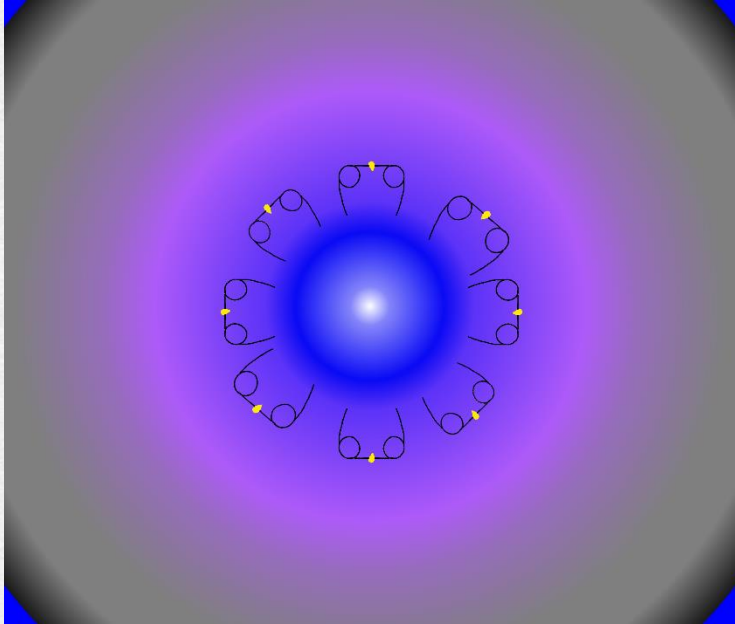
As a spiritual group grows, they will be able to accomplish more than they could as individuals or as one dyad. They seek to accomplish a goal through loving spiritual means rather than using large numbers to forcibly achieve a goal through material means such as using political power or social position.

The spiritual group may find much joy in sharing their love of God together (worship). Mutual support may strengthen them for the times when they encounter nonchalance or even attack for their trust in God. Integrating each person's allotment of wisdom may increase the community's communal wisdom, their communal understanding of God's relationship with each person.



# The Beloved Community

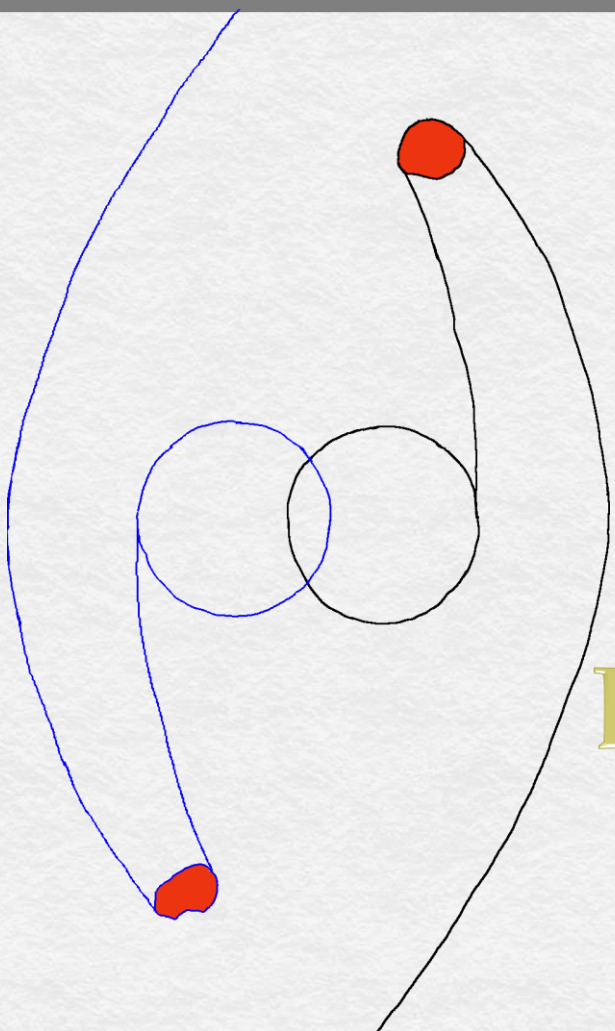
## Community: the circle of spiritual siblings



**The Beloved community:** “Beloved” was Teresa of Avila’s favorite name for her Divine Companion because she felt very deeply loved and cared for by her Beloved in her inner world. Love was the dominant color of her inner relationship which flowed over into her outer relationships.

Beloved Community was John Lewis’ name for a group of people who used love to help make the world a better place; this community went so far as to be kind to people who were very vicious to the members. Before they went to do their monumental work in the outer landscape, John Lewis and his friends first honed a deep inner sense of love to sustain them and their loving attitude in very difficult circumstances.

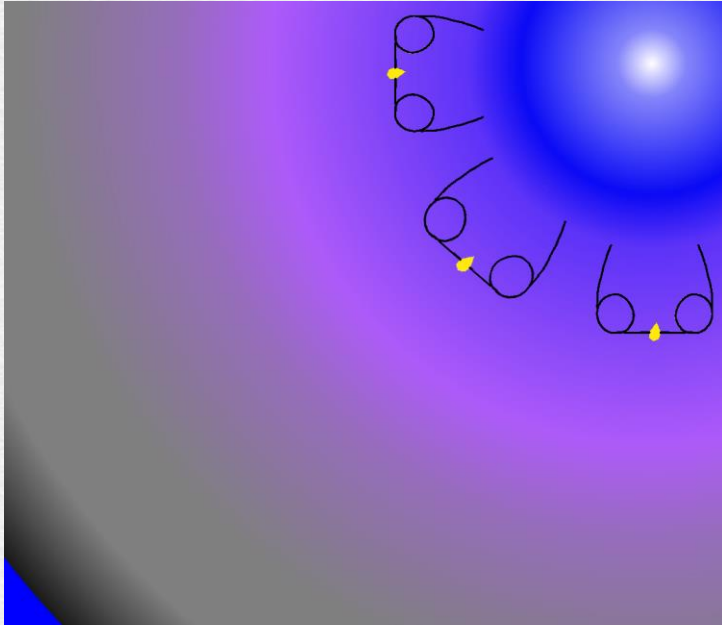
Combining Teresa and John Lewis’ use of the word *Beloved* suggests that the Beloved Community is the group of people who have developed a close inner relationship with their Beloved or their Divine Companion. Their inner relationships create the foundation for their outer relationships, a community of kindness open to all, even those who are unkind. John Lewis’ Beloved Community was working for equal rights for Black people, but they were linked, not by having the same skin color, but rather by their relationship with their Divine Companion which motivated their work in the outer landscape.



# The Outskirts of the Beloved Community

# Zooming in on the Circle

*You belong to the Beloved Community and to the rest of the world*



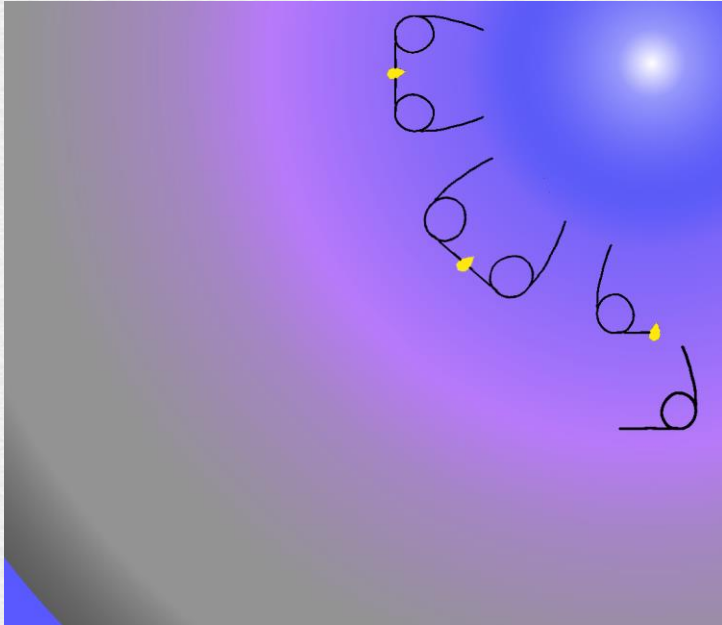
People don't stay in their spiritual community at all times. Each member leaves and interacts with others at work, in random encounters or casual acquaintances. A member may sometimes intentionally engage with a person who is struggling with an issue or is generally struggling in life.

The next ten images represent an *individual's response* to a non-spiritual person; the *group's response* to a disruptive individual may be very different. A church may decide to exclude a person who is abusive to members; excluding them from the group may be necessary for the health of the group. But Jesus calls each person in such a community to continue to love and respect that person even after that person is not part of the community.



# On the Outskirts of the Circle

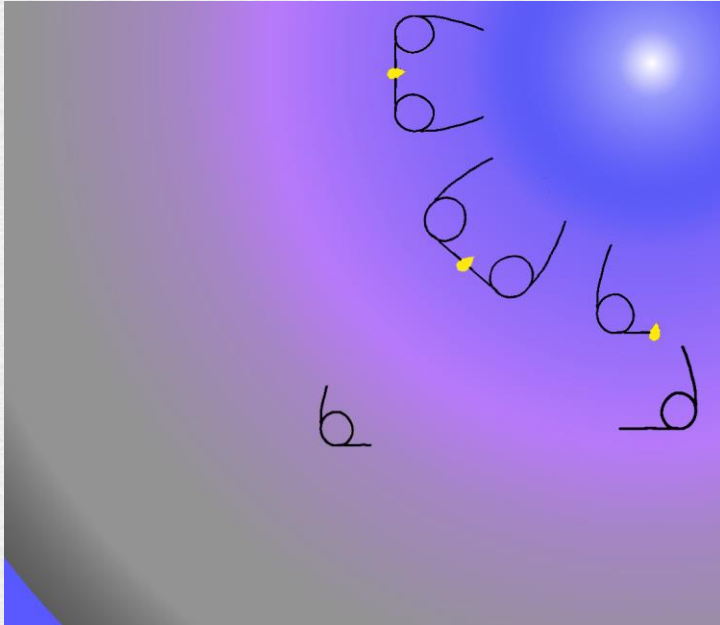
## Stepping out of the Beloved Community



A member of the Beloved Community leaves the circle and approaches another person with a kind attitude and a warm heart, a sense of happiness of having an opportunity to serve. The member has a happy servant's sensibility, a person who is glad to take the lower place and serve another. The member doesn't seek the higher one-up place with a condescending attitude ("Oh, that poor back-slidden sinner!"). The member is not trying to get notches on his or her belt by racking up points for making converts. The member is moved by the other person's plight and reaches out with kindness and concern.

# Outside the Circle

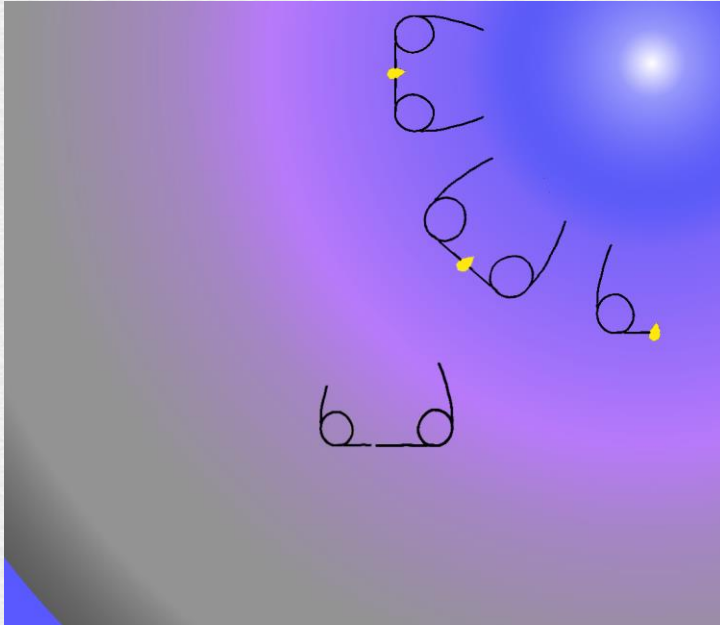
## Encountering a person with a fledging I-DC relationship



This image illustrates an encounter between the member of the Beloved Community who has left the circle and sees a person who has a fledging relationship with their Divine Companion (illustrated by the shorter upward extended arm).

# Outside the Circle

## Reaching out

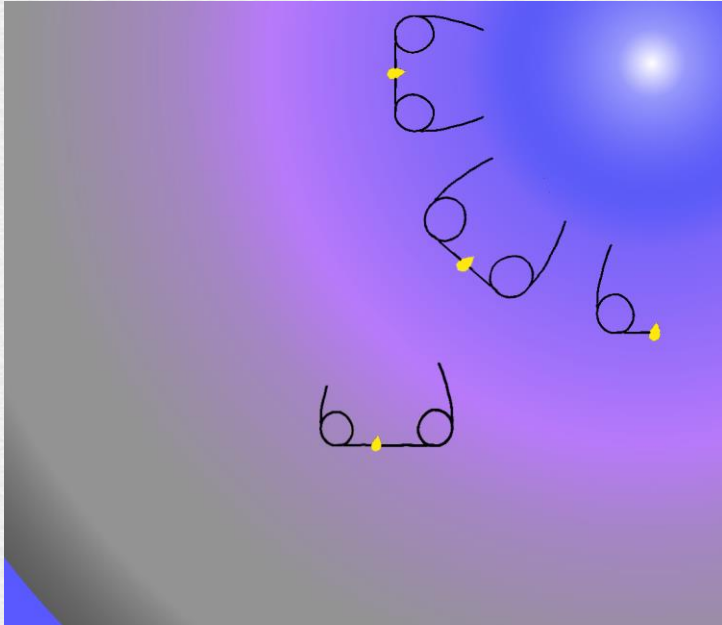


The member of the Beloved Community reaches out with hope and trust to this person (illustrated by the fully extended horizontal arm). The member does not hold back in his or her warmth for the other person and interest in the other person.



# Outside the Circle

## The possibility of an I-Thou connection

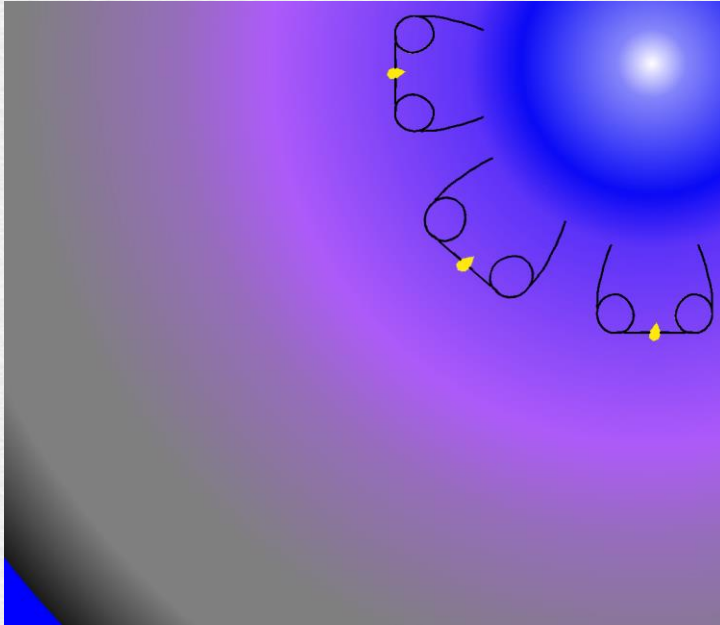


The two people may form an I-Thou connection (illustrated by the flame of love between their horizontally extended arms). Their I-Thou relationship may be fleeting (illustrated by a flame is a bit smaller than the flames within the Beloved Community).

Or the two people may not form an I-thou relationship at all because it takes two people with similar intention and desire to form that connection. One person can facilitate an I-Thou relationship but one person create an I-Thou relationship on his or her own.

# Return to the Circle

## The member returns to the Beloved Community

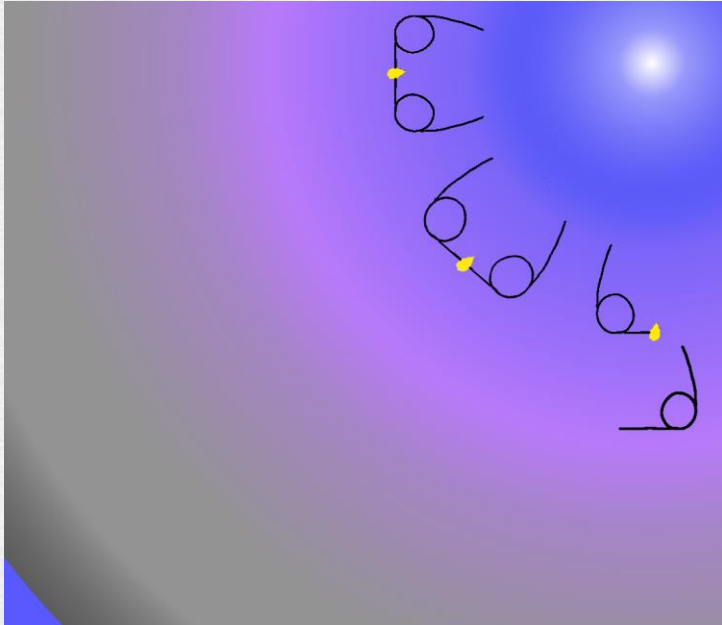


The member returns to the Beloved Community and is nourished by the group's connections.

Looking back... The primary goal of a member leaving the community circle is to serve in a helpful way, to be kind to a person who has little kindness in their life. The member does not have a hidden agenda (the member's real, but disguised, priority) such as making a convert to a dogma or gaining a member for a religious organization. Perhaps the person outside the circle might join the community (which would be wonderful) but the member's service is not a failure if the other person doesn't join the community. The work of service is only a failure if the member of the Beloved Community did not communicate a loving attitude in his or her tone and actions; if the member did not fully extend his or her hand and treat the person as a beloved child of God with inherent dignity despite any material appearances to the contrary.

# On the Outskirts of the Circle Again

## Another Encounter Scenario

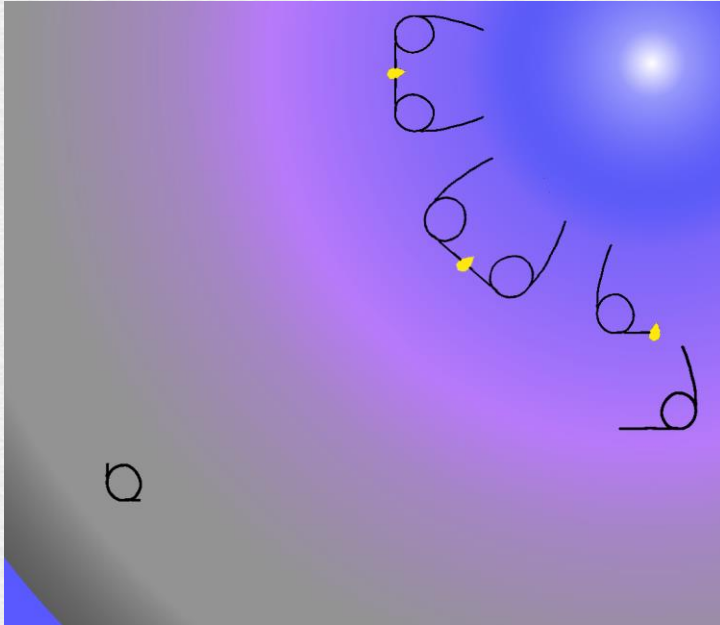


The next five images illustrate another kind of encounter between a member of the Beloved Community and a person outside the community. Again, a member temporarily steps outside the circle to engage with another person.



# Outside the Circle

## A person with minimal or no spiritual inclination

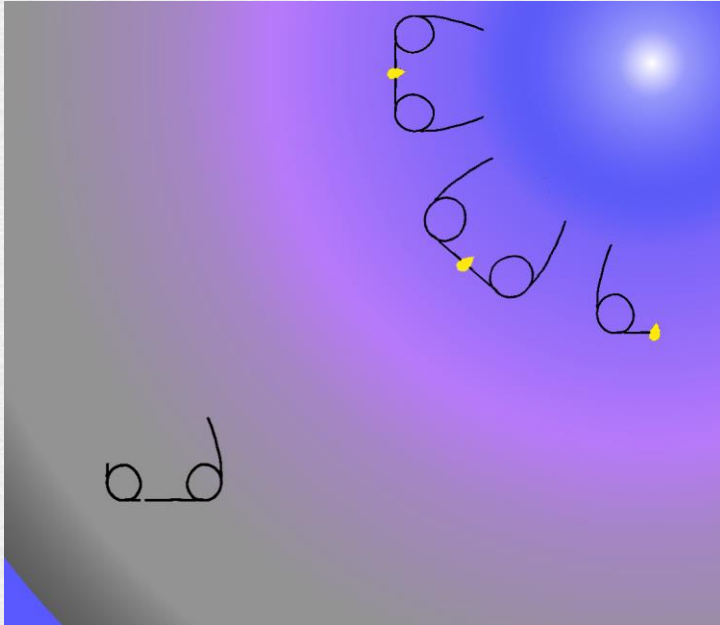


The person in this this illustration has little or no spiritual inclination (he or she lives close to the black area). Such people see material things as being far more valuable than anything such as God or spirituality; they may put much energy into staying in that frame of mind. They will dismiss any ideas about life being a mixture of material and spiritual aspects. They may attack people who believe in God and spiritual aspects of life as being naïve or stupid.

These people are dearly beloved by God; they are treasured by their Divine Companion. And God would hope that all members of the Beloved Community would extend a hand of loving kindness to them. But the community would be foolish to make such people leaders or intimate partners.

# Outside the Circle

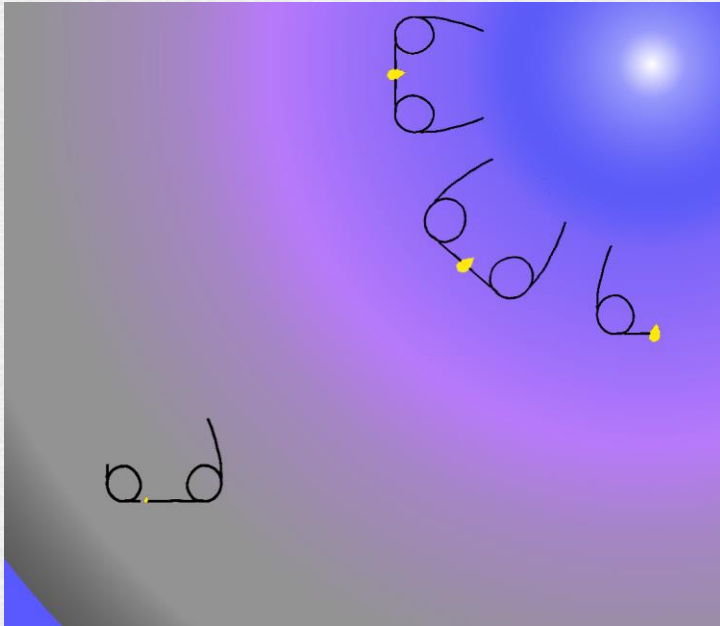
## Reaching Out



Again, the member of the Beloved Community reaches out with hope and trust to this person (illustrated by the fully extended horizontal arm). The member does not hold back in his or her warmth because this person has little spiritual inclination. The member reaches out to this person with the same fully extended arm as the member uses to reach out to those within the Beloved Community.

# Outside the Circle

## Always a possibility for an I-Thou moment



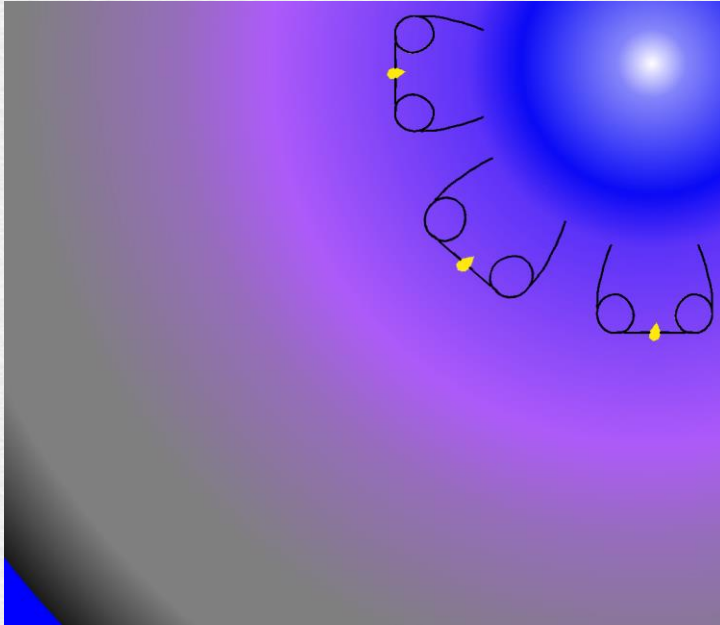
The odds of forming an I-Thou relationship in this encounter may be very low, but they are not zero (as indicated by a very small flame). A strong member of the Beloved Community understand the difficulty of creating a healthy and meaningful connection, but is invigorated by the challenge. Perhaps a small spark is created that may later contribute to forming a more vibrant I-Thou connection.

As before, the member of the Beloved Community extends the same welcoming reach to all people regardless of their status or circumstances. The member respects the other person's autonomy and does not try to force that person to do something against his or her will; no one is forced or coerced into a relationship that they don't want or value.



# Return to the Circle

## The member returns to the Beloved Community



The member returns to the Beloved Community and is nourished by the group's connections. Life is like a dance when you alternate between interacting with different people: just as in a dance, you will be able to interact at the level of the other person; the other person can always improve their ability to dance or interact at a higher level.

# Beloved Community Summary

The symbol first focused on your relationship with your Divine Companion in your inner landscape; then the symbol focused on your relationship with another person in the outer landscape; finally, the symbol focused on your connection with a community of people who have also developed an inner relationship with their Divine Companion.

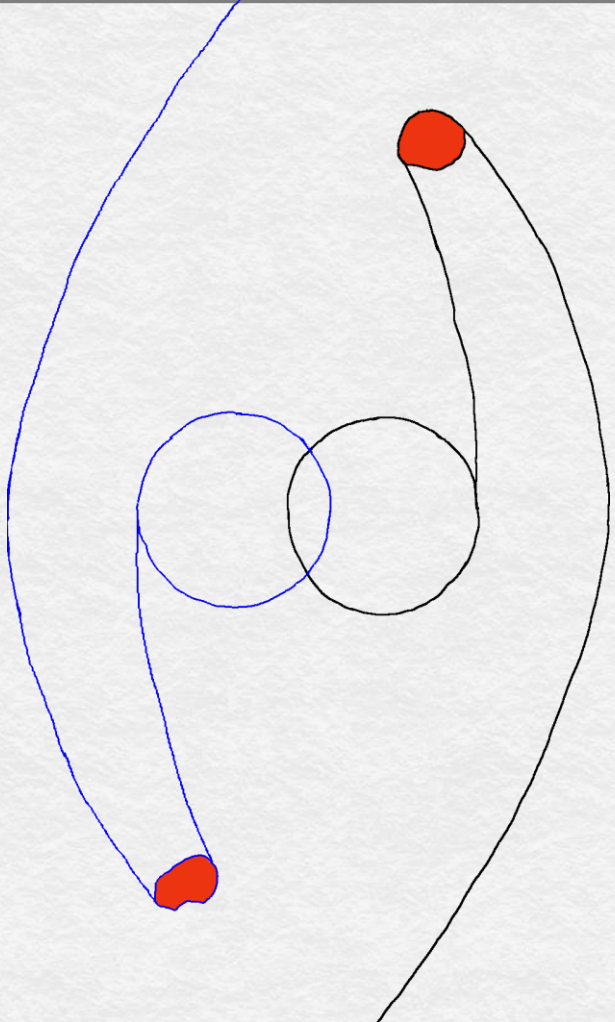
The bond that connects you with your Divine Companion is also the bond that connects you with other people when you realize that other people have their own Divine Companion who dwells with them in their inner world. A group of people who recognize the divine Beloved both in themselves and others form a Beloved Community. Spiritual reverence for God and deep respect for others distinguished the Beloved Community from other groups.

The depth of your inner sharing (times of receiving and times of giving) sets the tone for your sharing in the Beloved Community. Sometimes you may be blessed with interacting with someone who has a deeper grasp of the Divine

Companion and cooperates more fully than you; you may sometimes be more on the receiving side of a relationship with another and may be spiritually nourished. Sometimes you may have the opportunity to interact with someone who has less grasp of the Divine Companion; you may sometimes be more on the giving side of a relationship with another and may provide spiritual nourishment.

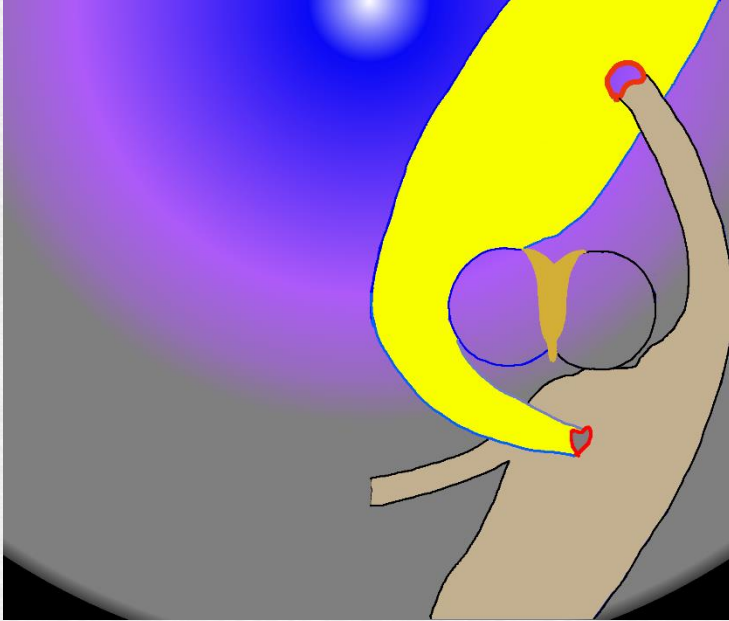
As Jesus taught, some people are firmly in the Beloved Community, some only pretend to be members, some are vacillating as to whether they want to surrender their ego so that they can embrace their Divine Companion and fully join the community, and some actively opposed to the community and would love to disrupt or destroy the community. A theme common to many epic stories (e.g., Lord of the Rings, Harry Potter, the Odyssey) is great value of having the wisdom to distinguish friend from foe, and true friend from people only posing as a friend. The tone of a community (kindness, concern for individuals, desire to learn, reverence) may be a useful way of discerning the Beloved Community.

# The Divine Two-Step





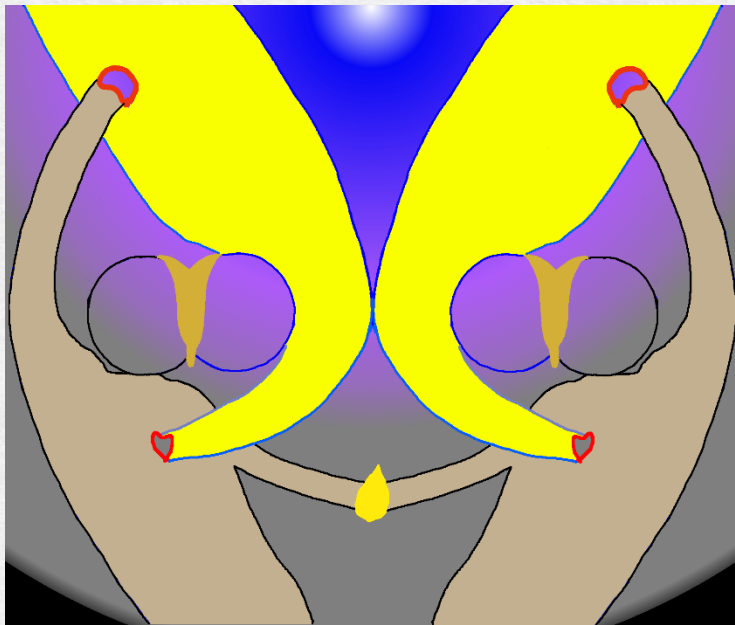
# The Divine Two Step



A Divine Companion dwells within you: the Spirit of God who wants to know you and love you; who desires to collaborate as you face the many issues of life; who hopes that you will cooperate in co-creating a unique creation that weaves together both of your contributions; who wants to build, within you, a bridge between the spiritual and human aspects of the world.

Your companionship is the first step of the Divine Two-Step dance.

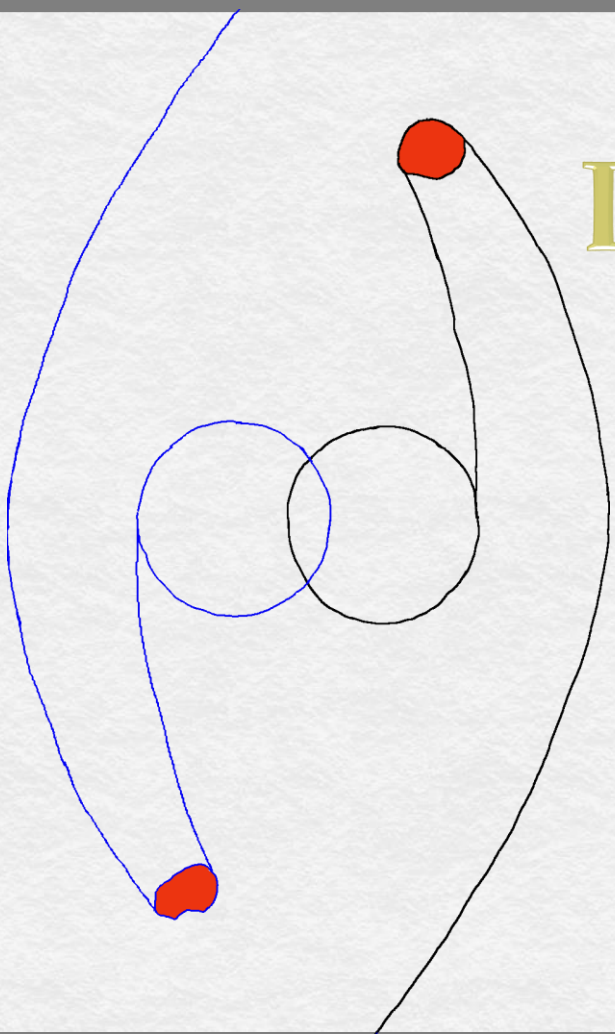
# The Divine Two Step



Your relationship with your Divine Companion is centered in your inner world but it is meant to be the foundation for your relationships with others; it is not meant to be only savored in a solitary isolation.

Just as your Divine Companion has generously reached out to you in love and hope, you are also invited to generously reach out to another in the same spirit of respect and kindness. Two people who have cultivated their Divine Companion relationship can reach out to each other and form an I-Thou relationship. The tone of their relationship may be the beginning of a Beloved Community whose members nourish each other and seek to serve others to make the world better.

# Divine Companion Symbol



The end.