



The Global Center for Spiritual Awakening

Helping you master the art of living by walking the spiritual path on positive, practical, prosperous feet

GCSAcommunity.org • 919-530-9417 • GCSAcommunity@gmail.com
1405 Autumn Ridge Drive, Durham, NC 27712

Mastering the Art of Living: The Love Bug's Guide to Embracing Universal Truths

We invite you to embark on a journey to discover and embrace the Love Bug within you — a force that connects you to the Higher Consciousness essence of your True Self. So, fasten your seatbelt and dive into the cosmic realm of self-discovery!



1. Remember your Sublime Divine Genealogy, recognizing the capital 'C' Consciousness within you during your sojourn in skin school. Your devotion, passion, and affection for Universal Truths create the Love Bug—the essence that unites us all.

♥ **Reflection Question:** *What Universal Truths do I believe in and practice?*

2. Just like your love for freedom, we've all been bitten by the same love bug. Some bites resulted in infatuation, while others were mere appetizers. It's your higher vibrational self, underwritten by Truth principles, that defines your True Sublime Divine Identity.

♥ **Reflection Question:** *How would I define my Sublime Divine Identity?*

3. Communing with your Sublime Nature creates a Castle of Comfort—a fortress that protects your lifelong Love Bug, your Higher Consciousness main squeeze.

♥ **Reflection Question:** *What is my favorite way to commune with my Sublime Nature — My Higher Self?*

4. Your enlightened ego has a PhD in adopting transformational strategies reflecting your True Self. Remember, you may be in the world, but you're not of the world!

♥ **Reflection Question:** *What are some of my favorite “Go-To” strategies for my Spiritual enrichment and growth?*

5. Realize the infinite incarnations that led to your unique existence. You're the author of your story, with each chapter Divinely Ordered by you.

♥ **Reflection Question:** *What am I “writing” that will become this incarnation’s chapter?*



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6. Your soul task is to meld your awakened Human Self with your eternal Sublime Divine Self. Achieve full Self-Realization, thriving in any dimension of beingness.

♥ **Reflection Question:** *What daily practice(s) are helping me achieve full Self-Realization?*

7. Break free from the bondage of your materialistic ego. The Love Bug process isn't just about discovering who you are, but also realizing who you aren't — and embracing who you can be!

♥ **Reflection Questions:** *What parts of me am I releasing? What new things am I learning about myself? What intentions have I established related to who I want to be in the future?*

8. Remember your spiritual essence is timeless and immortal. So, embrace the foreverness associated with your True Cosmic Nature—claim the Truth as your Love Bug!

♥ **Reflection Question:** *What does the phrase “my True Cosmic Nature” mean to me?*

9. Love Bugging is the very foundation, existential beauty, and fulfillment of life in skin school. When you dive deeply enough into yourself, you'll find the one thread of universal love ties all of us planetary beings together. As this awareness dawns within you, inner peace, transcendental love, and universal harmony will reign.

♥ **Reflection Question:** *How can I contribute to the enlightenment of the world as I understand the thread of universal love?*

10. Celebrate the cosmic blending of your awakened human nature with your eternal Love Bugging and Sublime/Divine Nature. Embrace the Love Bug within, and let Universal Truths guide your journey throughout your skin school experiences!

♥ **Reflection Question:** *What does “celebrating the alignment of my human nature with my Higher Nature” look like for me?*

11. Fill your heart with compassion, mercy, and universal love, which will radiate to all countries, nations, and peoples of the world. Let your over-all goal be oneness and spread the message of oneness. This is the way for peace on earth. Let this be your spiritual mission in life, and affirm that world peace and oneness will reign.

♥ **Reflection Question:** *How can I practice compassion, mercy, and universal love in a practical way, every day, in my life?*



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12. The Higher Essence of your True Divine Self is the state that mystics talk about. It's the state of Pure Love for all sentient beings.

♥ **Reflection Question:** *In what ways do I express Pure Love for all sentient beings ... especially those with whose energies I do not particularly resonate?*

13. Recognize that your Soul Signature is the very Cosmic Essence of the Ultimate Reality downloaded vibrationally as you in human form. So, it's up to you – to all of us – to keep that connection alive, and express as our highest and best at all times.

♥ **Reflection Questions:** *How am I showing up as the expression of the Cosmic Essence of the Ultimate Reality? When I “miss the mark,” how am I realigning?*

14. Realize that this Universal Love Bugging is psychologically, physically, and emotionally possible, in whatever dimension of beingness you, and we, find ourselves!

♥ **Reflection Questions:** *How am I feeding my Universal Love Bug every day? What am I doing to feed my mind? My body? My Spirit?*

15. There exists a universal order in which you play a distinct role as a light-bearer. Light always emerges, cutting through the darkness. Each of us is the bearer of our own lantern. So, we must let our love light shine. This is what keeps the Love Bug alive!

♥ **Reflection Question:** *How am I letting my light shine?*

Love holds the cells of bodies as a unity.

~ Murshid Samuel Lewis, Horticulture Scientist and American Mystic,
creator of the Dances of Universal Peace, an early interspiritual practice
that has spread around the world in the 50+ years since his passing.



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A Love Bug Spiritual Practice:

Spiritual Practice

Catch the Love Bug of Truth!

The Love Bug of Truth is the one bug we WANT to catch – and spread to others! Check out these three "symptoms" and see how you can keep it flowing!



B = BELIEF:

Belief is the difference between living life in HOPE of something, and living life **KNOWING** you have the spiritual tools you need.

U = UNDERSTANDING:

Understanding is that "inner click" that says "I get it!"

G = GRATITUDE:

Gratitude is an attitude, not an event! We strengthen it by choice – and practice!

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