

# The Trinity

The Trinity is first and foremost about self-love.

We live in a culture which wants us to love and serve others, and to do this we are told to be unselfish; which for some, means to be free of self-love. But it is impossible for us to offer radiant love to others unless we love ourselves are content within, like God. After all we are made in His image and likeness.



The first step in loving anyone is to be as whole as you can be in yourself. If you

Lover within, you will have the feeling of being loved, and the look of contentment. You will draw healing waters from a limitless well within and you will no longer require signs of love from others because you will know you are loved completely, independently of what anyone might say or think about you. You will love others well, without requiring excessive affirmation yourself, since you know you are already complete and whole in yourself. This strength will come from the Spirit within. You will emerge from the relationship with your Lover within, not as a small, jealous person but as one who radiates an abundance of love. You will go about encouraging others, lifting them up, making their day brighter because you are filled

do not love yourself or feel good about who you are, you will spend your life looking for others to supply the love you need even though you deny it to yourself. You will want others to tell you that you are lovely when you refuse to see yourself as lovable. You will require the approval of everyone you meet because you have not adequately approved of yourself. Your hunger for affirmation will drive you to great ambition but in the end after you've attained success you will hunger still. Even if you are in a reasonably good marriage you will sabotage the relationship by constantly demanding proof of your partner's love. You will tend to blame all your problems on others when you yourself are most to blame.

If, on the other hand, you discover the

yourself with a special light. Each of us is designed to be a light. God supplies the fuel, all we have to do is ask, and receive.

The word happiness comes from the Greek meaning "without pining." God pines for nothing because He is whole and complete in Himself. He wants this for each of us. He made us in His image so that we would know true happiness. We do well to imitate our Maker by loving the Lover within. This is the first step to a life of happiness and service.

*[For a free copy of the Christopher News Note, Live Joyfully, write to The Christophers, 12 E. 48th St., New York, N.Y. 10017.]*

