

Alpha's Page – Favourite Quotes



You are doing everyone a favour if you
let yourself resonate to their love.

from [ALPHA'S PAGE: LOVE](#)

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You have opportunities to attune to love in every moment of every day, even when you are angry.

from **ALPHA'S PAGE: LOVE**

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The nature of love is very simple. It is letting be in the presence of the creative impulse.

from [ALPHA'S PAGE: LOVE](#)

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Give the child a great depth of gentleness and you will find that the child begins to resonate true.

from [ALPHA'S PAGE: LOVE](#)

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Love is not a commodity. It is not something you can make with your efforts and give away, and trade for results.

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. . . there are exquisite moments when you are exposed to love and think it is great, yet can hardly seem to absorb it, to resonate with it, to comprehend the fullness of its permissiveness and gentleness.

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You can align yourself with the light by physically and mentally softening, and directing your intention towards the purest form of love you can imagine.

from [ALPHA'S PAGE: HEALING](#)

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If a relationship seems to you to be causing stress, bury the hatchet first and allow yourself to fall deeper into your vulnerability.

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. . . if you truly understood how the universe works, you would have no reason to take anyone's attacks personally.

from [ALPHA'S PAGE: HEALING](#)

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In every individual there is the creative light which gives being and which always seeks to make things a little more developed than they were. On top of this, the individual has their follies.

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It [divinity] is about people in a deep state of peace and humour, going about their business with great flow, harmonising with their neighbours, and taking time to be inspired whenever there is a disruption.

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Just because there is a solid reason for your pain, doesn't mean you should keep your pain for permanent storage.

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. . . a great many wonders can be achieved by moving around the energies within and around a person's body.

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You will become aware of the great desire running through your core and this will lead you upwards into glory and exultation.

from **ALPHA'S PAGE: ENLIGHTENMENT**

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. . . this is the entire source of
obnoxious behaviour – the pain of
regret and the efforts to shield oneself
from regret.

from [ALPHA'S PAGE: ENLIGHTENMENT](#)

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. . . you can set your mind to contemplate love, for example, and with adequate concentration and clarity of direction, you can draw the entire love of the universe into your mind.

from [ALPHA'S PAGE: ENLIGHTENMENT](#)

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If all the laws are understood, then you will find people working naturally, in the flow of their spiritual currents, not shirking, and not forcing their bodies to obey arbitrary signals.

from [ALPHA'S PAGE: ENLIGHTENMENT](#)

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To think that everything is supposed to come out perfect is a strange and manufactured notion, brought about by anger looking for a susceptible outlet.

from [ALPHA'S PAGE: ENLIGHTENMENT](#)

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When you feel lonely or empty, it is probably because your thoughts are out of step with your deeper current . . .

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It is not much good to make a decision according to how you think things should look, peer pressure, taste, or other superficial matters. The cogs of your soul will not respond to such trivial persuasion.

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. . . the human is both animal and blameless, and full of heavenly potential.

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True confidence is a sense of self-worth and faith that comes from knowing the truth about how the universe works.

from [ALPHA'S PAGE: ENLIGHTENMENT](#)

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There is one thing that destiny will not do, and that is to govern your degree of aspiration to the light.

from [ALPHA'S PAGE: DESTINY](#)

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. . .your greatest contribution is simply to be alive, to be a vehicle by which the human spirit may evolve into a more elaborated form.

from [ALPHA'S PAGE: DESTINY](#)

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You are, indeed, a big lovely bundle of propensities, waiting for the ideas which will upgrade all these propensities into the propensity for love.

from [ALPHA'S PAGE: DESTINY](#)

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. . . your purpose is so intrinsic that
every cell in your body knows it . .

from [ALPHA'S PAGE: DESTINY](#)

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. . . to ask for the purpose of a particular individual can be a bit confusing. That is like asking, what is the purpose of this one leaf on this one branch of this tree.

from [ALPHA'S PAGE: DESTINY](#)

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Your tendency to over-estimate your consequences leads to prolonged stress about what you are able to achieve in this life, and exaggerated guilt about what problems you have caused.

from [ALPHA'S PAGE: DESTINY](#)

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. . . the individual spirit craves its origin,
like droplets or mercury attracted to the
whole. There is not one of you who
could resist the pull of wholeness when
you enter within.

from [ALPHA'S PAGE: NATURAL ORDER](#)

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You (or the species as a whole, really),
have to get your hands dirty in order to
learn what feels harmonious and what
feels incongruous. . .

from [ALPHA'S PAGE: NATURAL ORDER](#)

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Do you think everyone should meet a certain standard of cleanliness, obedience, intelligence, physicality, and so forth? Then why don't you go down to the beach with a measuring stick and only allow the waves of a certain height to enter?

from **[ALPHA'S PAGE: NATURAL ORDER](#)**

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The needs of the soul are threefold –
love, honesty and liberty.

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It doesn't matter whether you are an atheist or a God-believer. I truly do not mind. No matter what you believe, the laws of nature and spirit are still the same.

from [ALPHA'S PAGE: NATURAL ORDER](#)

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. . . the individual must feel worthy to ask whatever they honestly desire, not censoring or pre-rejecting the idea. That is a huge emotional development for most of you . . .

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The future has to be made. Therefore
your attitude needs to be one of a
builder, not a preventer.

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There can be an ongoing amalgamation between you and creative intelligence if you consciously choose yourself to be part of this process.

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It is your openness to this superior consciousness, your willingness to be helped, and your willingness to develop, which allow this huge resource to become available to you, and opens the floodgate of development.

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