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AGES TO LOVE
ALECIA JENSEN, D.D.

AGES TO LOVE

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PREFACE

I N S P I R A T I O N

Over the years I've written short stories and poems when I really needed to work through something. When it feels right, writing flows, nearly effortlessly from one's own soul. I also realize stories are captured moments and sometimes we get caught up in the drama of our stories.

Ages to Love has been a journey in understanding I Am not my story but something so much more! I Am LOVE.

The following perspectives of living my life with an open heart is inspired by many life experiences and from pondering the teachings within the books "Love Without End" and "The Keys of Jeshua".

~Alecia Jensen

AGES TO LOVE - There is no end to the lessons learned by Love. What has led to this point in my journey has been a process in opening my awareness to what Love really is and who I Am. This last year has been a time of creativity, of connecting with others including myself! You know those times when the light bulb turns on and you feel that all things are possible. The source comes from one's center, from your very Be-ing. It is from this sacred place I know I can handle all that life sends my way. From this place there is true peace, it emanates from within, radiating through me and outward. This in turn draws me to people and life's lessons that aid in my journey. Living a heart centered life brings an abundance of joy, it is never ending and is available to anyone who would seek it.

When entering the sacred heart, there are feelings of vulnerability. It is the greatest achievement of all art forms to invoke such vulnerability. From there, we are *inspired* and we are moved to a more loving, empathic state. It is the muse that draws us to find our deeper connection with life, with who we are, and who we become. In this re-union with our co-creator, we can overcome all things. What was once impossible becomes possible. What once seemed hopeless is now full of hope. What was once filled with despair is now filled with peace.

We should never be afraid of feeling vulnerable, but rather embrace the moment and in its release immerse ourselves with the Love that surrounds us - it is everywhere just as the air we breathe! Even in our greatest moments of sadness when we walk with an open mind and heart we can feel life fold its arms gently around us as if the universe is sending a huge cosmic hug. You can feel it by the warmth that emanates within you. Life provides so many ways to open to the knowledge of your deeper connection - it can come in a song, the laughter of a small child, the kind words of a dear friend, perhaps a painting, or walking through a meadow field in Springtime and even the sun on one's face all remind us life is so worth living!

RIDE THE WAVE

DECEMBER 6, 2006

I N S P I R A T I O N

*Maybe its my genetic code that
makes me seek for the greater good.
I try to see the commonalities we
share as opposed to our differences.
Doing so requires less judgment,
often forgiveness and a focus on
our unity by the higher intelligence
of Love. The benefit of doing so is
a life lived with integrity, which
is empathic, compassionate, and
naturally supports a charitable way
of being. I feel at best we inspire
each other in this great journey
of life, that by Soul to Soul we are
made whole.*

We learn to ride the wave of life's experiences often enduring stormy seas. With an internal compass we set our tack by the greatest magnetic guide - one's own heart. This unique compass can be used to gain a true vantage. Someone once said the greatest distance mankind will ever travel is the space between the mind and heart. The heart and mind are physical organs but these words also serve as metaphor for the residence of the soul vs. that of the egoic mind.

I interpret feelings in the realm of the heart, which is my center point connection to Spirit, and to ALL that is. This place is also known as the sacred heart which is not governed by religious doctrine but by one's covenant with life itself. This is one's true self, invisible to the eye, but evidenced by life's experience and by all things attracted to it. Life's experiences manifest by what we believe to be true at any given moment. We always have agency; therefore, we must take stock with what we believe.

Fears lay fertile ground to the egoic mind which seems to contrast Love. The mind is dualistic but the heart is unified. Love has no opposites, it is ever present, like the beacon as it forever shines its light. From this central point of view we can take command of life with purpose and direction. Love stripped to it's essence does not lead astray - inventions of the dark, egoic mind can!

Like the magnet pointing North, it's good to review where we're headed and take stock of what we attract into our lives. I don't think much of anything is by chance but rather opportunity. How we learn to ride the wave depends on what we use to guide our way.

LAW OF ATTRACTION

MARCH 14, 2006

I N S P I R A T I O N

It was a creative spark that lead me to find a community of people in the blog world in October 2005.

This is where I found Rachel Fuller, a musician with the voice of an angel and her web based show, In The Attic. I was soon commissioned to design several logos and establish an identity for the ITA brand. At the same time, Rachel's partner Pete Townshend was blogging with his novella, The Boy Who Heard Music, which would later form the basis for the Mini-Opera Wire & Glass. There were many friendships formed from around the world as a result of this community.

I found blogging to be a very real yet magical adventure in the way connections were made, in the way it touched my life and provided an opportunity to be expressive. In retrospect, I see what led me to connect and interact was a true example of Love called into motion.

It's been said - just as you sow, so shall you reap. We tend to attract in our lives what we are ready to experience. Our direction may be guided unconsciously like being on autopilot - ultimately all aspects of life are in alignment with our spiritual journey. That does not mean life is all easy going - there are many twists and turns, but with hindsight we can see why certain things happened the way they did. Hindsight is always 20/20. We learn, we grow, and hopefully move on if necessary to continue to manifest what would aid in our sojourn of life, being open to receive blessings as they present themselves each and every day.

How is this done? There are laws of physics which can support this. In a spiritual sense I call it the Law of Attraction. In the book "Love Without End" it is referred to as the Adamantine Particles. It's interesting because when science began to look at the human DNA they thought they were just going to map the human genome. Then they found out there is 90 something percent of matter they didn't know anything about - particles so small they could not be seen. Science is just beginning to understand there is much more to the universe (macroscopic) and to our own physical structure (microscopic). Research on the God Particle or Higgs Boson may begin to help science better understand how we evolve, the nature of creation, and how we truly create our reality.

If you ever wanted to get an idea of how healings and miracles occur, the answers will be found in understanding the Adamantine Particles. The following excerpts from

“Love Without End” by Glenda Green illustrates how we create by the power of Love. Adamantine Particles, in short, are *“the fundamental building blocks of physical existence - particularized energy potentials which activate, unify, and give form to infinity. As points, they are irreducible, indivisible, and generic; their very existence establishes dimension.”* ...

“Adamantine particles are the only particles that actually create mass.” they are *“particles which represent a continuous flow of high frequency potential, which manifests into discrete forms and arrangements under the command of love.”*

Realize one has to view ‘Love’ in its pure unconditional state... which is one of creation in its highest form. *“Have you ever noticed how well it goes when you ‘love’ your work?”* ...

“Adamantine particles are not limited to particle physics - through heightened awareness of this life force, you will begin to understand why a plant you love is the one that blooms.” The beauty of Adamantine particles is *“it appears not to matter whether one’s connection is conscious or intuitive, exchanges still occur according to patterns of synchronicity with the environment.”* These exchanges occur spontaneously and increase in frequency when you are in tune with your ‘true’ purpose and unconditional desires of the heart.

So how does all this apply to creating one’s reality? *“You may remember the magnetic drawing boards from your childhood. Beneath a clear plastic cover are iron filaments which respond to a magnetic pencil. The magnetic pencil attracts the iron filaments and causes them to group together in lines and patterns to form a drawing on the board...”*

Now just imagine that your heart is the magnet and your love is the pencil. This is your power of influence, and you are literally impacting every aspect of your life by just being, being the love that you are. You are a magnet that writes upon the drawing board of your life. As you enter any situation the Adamantine particles inherent to it will adjust to the influence you bring. You don't have to dream up a grand plan and put it on the drawing board. You are the grand plan!"

When you look at life from this perspective, even the mundane tasks of life have a creative edge when certain principles are applied. For example - when you get promptings, or super creative ideas that just pop into your mind, then you feel a drive to see it through. I liken these experiences to following your heart because the mind doesn't come up with it on its own. The creative spark just appears out of thin air it seems.

Another creative tool and principle I live by is "Faith precedes the miracle". In a world such as this one, its tough to keep faith - and every now and then you have to take stock on what you're keeping your faith in. Blind faith or belief in a structure for its own sake can be limiting. It's by application of one's talents, having faith in oneself and some concept of a creative source that leads us to a state of receptivity to receive the blessing. This is how the Law of Attraction works - strive to know who you are, develop your talents, walk through life, be open to be led to opportunities as they present themselves, and let the motion of change guide you.

ALPHA AND OMEGA

FEBRUARY 22, 2006

I N S P I R A T I O N

*I had been working through
some intense feelings about what
it means to Love someone - a
Love beyond one's sense of self
and "structure".*

*This poem was inspired from
a lifetime of experiences, maybe
more if you believe in past lives
and/or genetic memory.*

*These are very deep feelings,
culminating to a point by
which I could internalize them.
These feelings were brought
to surface in hearing the
song "Experience" by
Simon Townshend.*

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It was a tale spanning eons of time.
A never ending Love story.

She said -
You looked at me and I at you.
It only took one glance.
In an instant we knew the connection.
A flash of fire confirmed within the heart.
You inspire me to be all I Am.

She was Alpha, He was Omega.
In this world would they end or just begin?
Would they ever Be One in spirit, mind and body?
happily ever after in this life or hereafter?
Only destiny would know.

They're Love so perfect.
Particles draw them back every time.
Would they remember who they were?
YES

And they said -
To the end of all time and space
I will be there with you.
No matter what, when or how.

An eternal Love, without boundaries.
We are here NOW and it's heaven on earth!

All of my Love, here to you
It's a Love that won't end, for it's in my soul.
Receive me, as I receive you.
Hear me? Rejoice! - I Am yours!

With courage, Be conscious.
Be alive, vibrant, In-Love Be-Love Be-Loved.

And all because He said -
As I have Loved you, Love One in each other,
my Alpha and Omega.

THE WAY

JANUARY 23, 2006

I N S P I R A T I O N

L O V E

Seeing with one's heart is really seeing. In this place judgement ceases and illusion is transformed to truth beyond the filters of the mind and limited perceptions of cause and effect experiences.

We've talked about Love so what's next? Once you grasp that **YOU ARE LOVE**, that Love is not something outside of yourself, some rare commodity only to be handed out to the lucky, we can move on to discuss how that perspective changes everything.

When you are living true to your heart – to your life's true purpose, everything will fall into place as if a red carpet was laid out before you. We have all had moments like this. One manifestation is seemingly co-incidental connections with people that help us along in our path through life. When we set aside our judgments and fears, and know that **WE ARE LOVE**, life will carry us to our destinations. Let the motion of change and the Law of Attraction guide you.

You know, those moments in life when things just worked and it was because of your being, not your doing! When one takes a go-with-the-flow approach to life while being true to one's heart, life will take you places your mind never could have conceived. When true to your heart's desire - blessings for which you seek and the knowledge of who you are will come.

EXPOSED

JANUARY 9, 2006

I N S P I R A T I O N

*The song "Gold" by Tony Lowe
and Alison Fleming beautifully
illustrates how to Be-Loved
in "real time" in the present
moment of - NOW*

What is it about Love that makes you feel you are totally exposed? The physical manifestation of Love is unlike anything, it starts in the heart and bursts from there to run its course throughout the entire body. The heat felt is so intense, the body temp rises, the skin slowly cools but remains warm inside. Once you have felt that, you want to stay with the moment forever.

In fact you can have it forever, you just forget that sometimes. People come along in your life to help you remember. Love is a healer, how thankful I am for that. Love is the universal language, it crosses all barriers of time and space and unites us all.

LOVE IS WHO WE ARE

A word of caution: after the “feeling” of Love cools, the mind can play tricks. Doubts set in, fears can take hold. From here it’s a choice, either continue to feel Loved or shut your heart down because the fear of feeling so high is greater than the risk you are willing to take. What we really want is to be FREE and express the Love that we are.

I'M ONE

JANUARY 1, 2006

I N S P I R A T I O N

By the time we are in our late childhood, most of us do not recognize our Divine nature. Maybe its because of our trials in life and our forgetfulness that we lose touch.

For me it was hitting puberty that the ways of physicality superseded the value of my greater connection. Although that knowledge was never really lost, it was just set aside for a time perhaps to learn to transcend the experience that this seemingly mortal life provides.

When we are babies we are probably closest to the knowledge of who we really are, we have not yet been influenced by the ways of the world. To be "in the world" but not "of it" takes tremendous courage, however, we find support through our expression of Love which in turn attracts people and experiences that would lead us towards the path of reunion. Too easily in life we tend to identify who we are by our social status, who we know, what we do, how much money we make. We measure our self worth by these worldly views. When we look beyond these physical expressions we learn to see past the illusions surrounding us.

Although we have life experiences that help shape our personal presence in the world, we are not our stories, nor our families history, or a product of our countries or planet's history. As a metaphor - we are brothers and sisters in One Spirit. This is our birthright. I Am One, you are One, we are One.

When you recognize your very Be-ing is One with all things, and that your innermost self is connected to the greatest Source of creativity - there is freedom from personal dilemmas. You can rise above the dramas and find a true sense of joy within yourself. You learn that you are the Beloved and it is your birthright to Be-Loved. From there you find an everlasting spring which fills your cup to overflowing. You want for nothing because what you really want is already found within you and nothing can ever take that away. I am reminded of a quote from the last chapter in "The Keys of Jeshua" by Glenda Green titled "The Way" which says *"Ego is what you created when you forgot that love is who you are."*

When we see our greater connection, we can see it in others, we can forgive because we have compassion in this state of Be-ing. There is an idea that acknowledges our relationships to each other. It comes from the Buddhist concept of "relationship", or "en", which says that humans can't exist independently - that we exist by relating to nature, the universe, and other people. We can and do exist independently but often view ourselves as being separate, it is our connectedness that brings a greater sense of joy. Separation is an illusion.

RE-CONNECTED

DECEMBER 12, 2005

I N S P I R A T I O N

Music is a source of inspiration for me. It lifts me up and stands beside me as I walk through life. There is a reason why we feel so much through music.

Scents and sounds bypass the thinking process of the brain. It is only through the amygdala, which is located at the base of the brain, that one can filter scents and sounds in the body. Apparently the amygdala is the control center for tapping into cellular memories. This allows us to "feel" the music, rather than to first "think" about it.

On a physical and emotional level, music and scents bring stored memories from lifetime experiences in a creative way through by-passing ones mind or thinking processes and rationalizations about life, helping people to view their life in intuitive ways - in the realm of feelings.

This piece was written after being part of an audience for a Kenny Wayne Shepherd performance and understanding how music affects us.

The place your in,
is the place I'm in
when we're connected
in this sound space.

A gift shared -
Music made with Love
reminding me, we are not alone
while we cry.

Sound waves fill my cup,
it runneth over me, like
Love reigns. Yeah, right
over then inside and out
again, back to you.

Yeah, life can be harsh -
Live, learn and *let go.*
Energized cells within me
remind me what really matters.

I'm in a crowd of strangers
once separate - NOW transcended.
We're One in this space place.

Yeah, we never were alone -
now we're more like twins
Re-Connected at this re-birth.
A mirrored reflection.
What sense of perfection.

Alive, vibrant in vibe and in-tune.
Pass it on we will, that spark now a flame.
Lives forever changed. Reminding me,
this life is better when we're all together.

So *believe* - we will, and we'll move
and groove with you. Remember this -
When you've got the blues, or more rockin hues
we'll be standing right beside you too!

WHO?

JUNE - 2005

I N S P I R A T I O N

*Experiences in my youth tied
with listening to the music of
The Who.*

If only there was a SUBSTITUTE such as
ourselves that night! Maybe we could have
brought eyesight to the blind?!!! *I Can't Explain*
but I've got to RUN RUN RUN before I keep
reminiscing on my *Teenage Wasteland*, what an
Amazing Journey that was - just call me
THE SEEKER!!!

Sorry for the rant girls you're just talking to
a girl WHO's first car had a license plate that
read "WHO R YU" So while I was *Goin' Mobile*
I found that there are all kinds of "ODDS and
SODS" out there. I wonder if anyone really knows
what it's like being *Behind Blue Eyes!* cause we
Won't Get Fooled Again!

Yup, I'm just talkin bout *My Generation!*
That sure was a long generation wasn't it SYT?
I think we got the tail end of it but no one needs
to tell us WHO we are. *Long Live Rock!*

BE LOVE

JULY 6, 2003

I N S P I R A T I O N

*Written for a friend when
the relationship ended.*

*For the times when we forget
Love is who we are.*

I Am a mirror, reflecting your Love.
The source of Love is within you.
When you felt Love in my presence it was
the Love I Am and the Love you are.

The Love which I Am
resonates with the Love you are.
That is the beauty of all relationships.

If you are looking to me as the “source”
of your Love you will naturally feel a void,
as deep and wide as the spaces of all time
and infinity. From that point of view we
lose mastery over our very lives.
This is true in all relationships.

We limit our ability to feel/express our Love
if we view our Love from external sources
rather than from the true source within us.

True Love is the core of our very self.
God is Love and so we are in Divinity
The key is to be the Love, which we are,
in all ways. To be in the world, but not of it.

To Love thy neighbor and thy enemy is to Love
from this point of view. From that place of Be-ing,
we will attain mastery in our experiences of life.
This will be our greatest strength and will bring
about forgiveness, abundance, healing, and miracles.

Be Love.

IN YOUR EYES

JANUARY 3, 2000

I N S P I R A T I O N

My newborn child.



You were just a week old
the first time you looked at me and I at you
Soul to Soul

This is the purest of human contact
So Honest
No Judgments
No Demands

I cried when I saw this from you
Tears just welled up
Tears of joy
with a knowing of who you are and I
In Your Eyes

YOU AND I

MARCH 14, 1993

I N S P I R A T I O N

Closure.

So much we could have been
You and I
A fantasy brutally real
I give you a kiss day and night
Even though you can't feel
So much we could have done
But now I'm moving on
No place for us in this world

I thought we could make it
Our dreams come true
So much we could have loved
A beauty that wouldn't die
And it won't my love
In my Soul

It's hard to let go
But to know I have loved you
was worth every moment
You know "I can't keep holdin on"
and even though you never asked me to
I couldn't help but want you more.

FULL AND KNOWING

JANUARY 15, 1993

I N S P I R A T I O N

Saying goodbye.

I am trying to hold on to a dream
A dream that seemed so real
I can't find any answers
Left Alone, Quiet - Deaf
I search to find the truth
Inside I know it's there

My heart is clouded from pain
To many illusions, or are they delusions?
What is REAL anyway?

My Love tainted with obsession
It grows in my fears
Quite the opposite from the freedom it once gave

I must remain open, or watch it consume me
I can do nothing but wait
I've said enough already

But was it received well?
It seems not
I pretend I know you
Try to see me through you
How can I regret
I've been true and honest
I will remain so

I ask for guidance
may it fill my heart
Full and Knowing

ONE

DECEMBER 8, 1992

I N S P I R A T I O N

The beginning of saying goodbye.

She's got still waters running deep

with a fiery burning soul.

An air as crisp as an October night.

Yes an American girl with memories

of such sweet smelling nights

where days meshed with dark and light

and combined into One.

TIMES LIKE THESE

DECEMBER 8, 1992

I N S P I R A T I O N

Unconditional Love.

20

There are times like these,
When the night has turned to day,
I think of you.
Glimpses, Moments, in Time.
I see you there. I feel you there.
I say Hello. You answer with a warm glow.
A smile to my face, our connection is there.

I feel peaceful in this place.
A doorway where you and I meet.
Are we always there?
Do our minds take us away to do
the mundane things we must?

When I am still I can make it happen.
But other times I feel a calling.
I answer quickly for I will not deny him.
He has a strength not yet known to him.
I am a source of inspiration,
a reflection of himself in me.

There are times like these,
when the day has turned to night.
I kiss your awakening as my sleep falls before me.
In the stillness.

Your day begins, mine has just ended.
On to a dream state not like this one,
My mind has not yet shown me.
A world Black, Timeless, Unconscious.
A place I must go, things not to know,
for a while.

There are times like these,
when the darkness has turned to light.
I hear you. I Am with you.

PARTICLES

JANUARY 25, 1988

I N S P I R A T I O N

*I wrote this a few months after
I had spent an extended stay at
Dillon Beach, California. There is
something about the green rolling
hills, dramatic beach side cliffs,
and crisp misty air that helped
me to see light in a new way.*

I am blind, or can I see?
The images are blurred but move with gentle ease!
Hazy, misted fragments – particles that dance!
Embodied little drops of light surrounding
everything!

Rays beam left and right even in the darkest night!
Hey little friends I feel you glance!
I don't dream of you, I live with you!

Pulsing, flowing, ebbing waves
there is time in your pace.
Shadows appear now and then,
rectangles, circles, diagonal lines,
Giving depth to this new dimension!
Outside my room your presence is feared.
Caused by the need to live in the world!

Sight is limited only in the mind!
The body reacts to the minds thought
and thoughts create energy!
Pushing, pulling turning, swirling,
the vibration tuned high or low
depending on the time and space!
I am happy to see you.

I LOVE YOU

SUMMER OF 1980

I N S P I R A T I O N

*Lyrics written for my father
when I was 16 years old.*

IO

You've done so much for me
now it's time for you to see
what I've done, hasn't always been right.
But now ya know
I'm gonna try.

This is my story
from the very start
of my life
you've been there with me.
Whatever I have done
I Love You.

Ever since I was a teen
It's been rough for us.
But now I've grown up so fast
fast enough to see
what you've done for me.

This is my story
from the very start
of my life
you've been there with me.
Whatever I have done
I Love You.

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AGES TO LOVE
ALECIA JENSEN, D.D.

Philosophy/Poetry/Gift

AGES TO LOVE

is an inspirational collection of 16 poems and short stories of one woman's journey in finding Love. Her message is one of hope, encouraging Love is eternal and life is a creative process with endless possibilities.



Alecia Jensen, D.D.

"40 years in the making, 'Ages to Love' is my personal journey in finding Love. All I had to do was look within! Amazing things occur in life when you realize you are Love! My hope is these words may inspire you to have the life you so desire! Do you want to see peace in the world?... It starts with One - it starts with You... we've still got Ages to Love."

Glenda Green, of "Love Without End, Jesus Speaks"

"Alecia has poetically charted footprints leading across a lifetime, from childhood to motherhood. Reaching from human love to the Divine she journals each meaningful step. Her poems give us visual images to explore our own heart's rich landscape. Alecia leads us to a deeper understanding of our true selves. Within the lines is a kind of fragrance, like an opening rose that offers wonderful intimations of higher truth. She is the Love she puts so beautifully into words."

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