

SPIRITUAL PRINCIPLES AND PRACTICES of the AGAPE MOVEMENT



INTRODUCTION

The very nature of the spiritual principles governing the universe and one's individual life is their invisibility to the five senses. However, through inner spiritual practice a conscious, direct, co-creative relationship with these cosmic laws becomes activated within the consciousness of a committed practitioner.

The following five spiritual principles encompass the core teachings of the Agape Movement and its founder Dr. Michael Bernard Beckwith. When embodied and integrated into one's daily spiritual practice they open the gateway to self-realization and offer access to the realm of infinite possibilities.

1. **God is good, therefore life is good.** Cosmic Goodness is the substance, source and the supply of all existence. This aspect of the godhead is always in integrity with itself, which means that it does not contradict its own nature, laws, and relationship with its creation. We live in a friendly, supportive universe.
2. **God is omnipresent, omniscient, omnipotent and omniactive.** All existence is the activity of First Cause, or God. Ours is a holographic universe in which every facet—that which is seen and that which is unseen—is an emanation of the presence and omni-qualities of the Infinite.
3. **Every person is an individualized expression of God.** As unique expressions of the Infinite, all beings are mandated to discover and express their inherent soul-qualities of unconditional love, intelligence, wisdom, intuition, joy, peace, compassion and creativity.
4. **All beings are self-responsible for their evolutionary growth.** Every individual has been empowered with freewill and is therefore self-responsible for his/her evolutionary progress. The aspiration to become spiritually liberated is supported by choosing a teaching and teacher that illuminate the path to awakening.
5. **The universe, being infinite, is in a constant state of evolutionary expansion.** We live in an ever-evolving universe and have the capacity to contribute to its evolutionary progress and become a beneficiary presence on the planet.



SPIRITUAL PRACTICES



FOR EVERYDAY LIVING

The following spiritual practices taught by Dr. Michael Bernard Beckwith form the matrix of individual spiritual evolution. While there are additional practices that assist in the expansion of consciousness, these seven provide the tools for practitioners to quicken their inner growth, God-communion, and open heart.

- 1. Meditation:** All meditation techniques share this common purpose: to awaken awareness. Meditation can still the mind, increase the capacity to intuitively receive guidance from the Higher Self, and cultivate compassion. In meditation the practitioner learns to pay undistractable attention to Reality.
- 2. Affirmative Prayer:** The power of affirmative prayer sets in motion a process of healing false beliefs acquired through all forms of conditioning which prevent an individual from fully realizing their true nature as being perfect, whole and complete. It provides the realization that what we are praying for we already have.
- 3. Life Visioning:** The Life Visioning Process, originated by Dr. Michael Bernard Beckwith, is a method for sensitizing consciousness to intuitively catch the highest vision for one's life. Visioning is applicable to all life structures—spiritual, mental, emotional, professional, relational, communal, financial and creative.
- 4. Sacred Service:** Service is meditation in action. The realization of one's connectivity to all life is accompanied by a natural desire to serve the One in all beings, to be in service to the evolutionary impulse of the universe that is seeking to emerge as unconditional love, peace, joy, and creativity.
- 5. Spiritual Study:** At every stage of growth it is important to maintain a “beginner's mind” in order to remain teachable. Remaining teachable indicates that one's consciousness continues to be expanded through spiritual study of the principles and practices that awaken mindfulness, awareness, and loving kindness.
- 6. Spiritual Community:** Active participation in a spiritual community accelerates growth. When individuals gather to meditate, pray, chant, serve and celebrate, their unified consciousness impacts the progress of each individual. The community provides the opportunity to cultivate patience, humility, compassion and selflessness. When we need encouragement on the path, the community of spiritual practitioners is there to inspire cheer us on.
- 7. Tithing: Conscious Giving:** As we mature in our understanding of the law of Circulation, we realize we live in a field of inexhaustible Good. It is then that sharing our financial resources, talents, skills, time and energy becomes a spiritual practice. In grateful recognition of our spiritual teachers and their teachings, we tithe to them and their organizations to support the continuance of their vision, mission and contribution to the world.

