Hi guys!

I’m Linda Leland from the Teachers of God Foundation. Thanks for being here.

I wanted my blog this week to be fun and lighthearted! So, we’re going to talk about...how to be a love machine.

In A Course in Miracles, Jesus says that we are either “extending or projecting”. When we’re extending, we’re being a love machine.

When we’re projecting, we’re trying to get rid of something that we don’t like, such as guilt or fear. We see people outside of us acting this out on our behalf. That’s actually how we keep what we don’t want. It’s no fun, so we’re not going to talk about that today. We already spend a lot of time in our spiritual practice working on that.

Today, we’re going to stick to the fun stuff...extending. When you’re extending, laughing, giving, smiling, listening, and loving, it feels great.

There is one law of love: WHAT YOU EXTEND, YOU ARE.

This is how creation works and you are a creator. You’re like a generator and a machine. What do you want to generate?

I used to want to generate popularity, a perfect body, or being really cool. I’m handing in my cool-card. I don’t want that for myself anymore. I want to be a love machine. I want to be someone who extends loves everywhere she goes.

I often think of my friends Rebecca Johnson and Bonnie Kimball. They are two sisters who are love machines. I saw Becky and I said, “I like your necklace!” She took it off and gave it to me. It is the necklace that I have on now. I have something else that Bonnie had on. I said, “I love that!” She took it off and gave it to me.

They’re always extending love, everywhere. It’s not about giving everyone your jewelry. They’re love heroes. They’re doing it! You’ve probably seen them on our Facebook page. They’re some of the happiest people that I know and great examples of people who are love machines.

How do you want to be? What do you want your machine to be manufacturing?
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To be a love machine, you give everything. When you do that, you don’t have to worry about controlling everything or solving problems. You simply extend love, right now, wherever you are. This should be bigger than a full-time job.

You’re extending and creating even when you’re sleeping. You’re never a victim of anything outside of yourself. You are the one generating it all. That’s why I love the word “machine”. We need to be love machines.

I made this little, simple arrow for myself. It is so helpful. Sometimes I want to be seen, loved, or have more money. I look out in the world for it to come to me. I look for someway, out there, that I can bring this into me. It never works.

The arrow is pointing in the wrong direction. It becomes a state of constant scrambling and is never satisfying. This is why we get depressed, hopeless, anxious, dark, and difficult. If you ever feel that way, remember to just take your arrow, and point it in the other direction.

The flow goes this way. God has already given you everything you need. You have it already. It comes through you. You’ve totally got to reverse the flow. You have to open out and away for that imprisoned splendor to escape. You cast it out this way. That’s what extension really is.

I hope that helps. You can make your own arrow if you like. When you are feeling frustrated, flip your arrow around. Also, when the arrow comes through and back, it’s like a “G” for God! It takes great bravery and trust to flip your arrow around. That is the key, I promise.

I want to talk about some fun ways that I like to be a love machine and extend.

There are a billion ways. I brought a few of my favorites with me.

The first way is through charity.

The ACIM definition of charity is much different than the one your probably know of.

Charity means,

“To see a brother much further along in their accomplishments in time than they actually are.”

You see the wholeness and the perfection in another, even if you can’t see it in yourself. You can have fun with this. See them dancing, successful, and happy.

I love the term,

“Speak to the King, and the King will show up.”
This way of extending is especially helpful with teenagers, at least it has been for me. That is the ultimate extension.

**Another great way is to listen instead of wanting to be heard.**

I have a tendency of wanting to tell people everything I know about a topic when they’re talking. Someone once told me that when you’re listening, you’re giving, and when you’re talking, you’re taking. We want to be heard. It is so nice to have someone sit and really listen to you when you know they have no other agenda.

I remember going out to dinner with my husband and another couple. My focus was just to listen. I didn’t tell them one thing about myself.

When we left, they said to my husband,

“Our wife is the nicest, most awesome person that I’ve ever met!”

I didn’t really say a word most of the night. I listened with my whole heart. That is giving.

**Number three is praise.**

When you’re praising others, you’re praising God’s extensions and expressions.

I was recently in a restaurant where I saw somebody speak up to the manager. They were unhappy with their meal. I thought about how many times that I’ve left a restaurant and am happy with my meal. It was the most delicious thing ever and the service was great! I leave them a generous tip but I never actually go up and give them praise.

Next time you’re at a restaurant and have great service or great food, go tell them. You’re going to make their day. Tell the grocery bagger, or the cashier that they’re really good at what they’re doing and you love that you’re in their line. There is always a way that you can give praise.

Someone also told me another technique that I have fun with. When you’re in traffic and other traffic is trying to come in, stop and let them in.

Say in your head,

“I value you.”

This is especially good when you’re in a rush. My kids even do this now. Let them through and value them. It lifts you up and extends love to them and everyone else, even if they can’t hear you.
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I want to show you another really fun way of praise that I do. It’s almost empty now. This one is for my husband, but I’ve done it for so many people. I got this idea from Judy Morton who is the greatest giver I know. She gives everything. Her whole life is based on giving.

I put 200 Hershey’s kisses in this jar with 200 little notes about things that I love about him. Every morning he gets up, puts a little Hershey’s kiss in his mouth and gets to read a note.

I had so much fun doing it. You could do it for a friend for their birthday. You could do it for yourself. It doesn’t have to be Hershey’s kisses. It could be pistachios.

During the Christmas season, I love getting those little 99 cent advent calendars. I open up the little doors where the chocolate hides, put notes in there, and give them to my kids or my friends.

There’s fun ways that you can give praise that don’t cost you anything. It makes you feel so good too.

The fourth way to extend is tithing.

For tithing, we can bust this arrow out again. So many people are afraid of tithing. When you think that everything goes this way, tithing is scary. It doesn’t feel good. It’s never going to make sense to you unless you flip your arrow around and remind yourself that it goes this way.

You are giving out what it is that you need. You are opening the flow. That’s why it’s so beautiful. You are knowing that God has a grand supply and it’s already in you. You’ve just got to open it up and let it out. That’s what tithing is about.

I love the fifth one, gratitude.

You can have gratitude anywhere. It’s not an emotion. Gratitude is not a thought. Gratitude is a life force. It absolutely, instantly raises your vibration.

I challenge anyone out there to give me one situation where there’s not something to be grateful for. You can always find something, no matter what you’re going through. If you need an instant boost, that’s how you can do it. Find something to be grateful for.

The sixth way is to be authentic.

Just be yourself. God gave us you and no one else like you. It is a gift when you extend your authenticity and the truth of who you are to the world.

That one is really important. I forget this one a lot. It’s definitely a great way to extend and be a love machine.
The last one is to play.

The things in life that you love to do more than anything else are your gifts. Those are your expressions. God gave you that feeling. Do it as often as possible. Whether you like to paint, color, work on the computer, or cook, do it as often as you can. Playing is huge.

While we’re on the topic of play, I want to show you these. I’ve got to give these people props when it comes to being love machines and extending love. These high quality, beautiful cards are made by this company and they send them to you for free. They don’t even charge you shipping.

On the front, this card says,

“You are loved. Pass it on.”

You can go to their website at youarelovedpassiton.com and ask them to send you some. My husband and I take these downtown wherever we go. I always have them on me. I have a blast! Sometimes I sneak them to people, hand them right out, or leave them under a salt and pepper shaker.

I’ll walk up to someone, hand the card to them, and say, “Pass it on.”

Sometimes people will just put it in their pocket and say, “Thanks.” Other times people cry, hug us, and tell us that this was exactly what they needed and that they can’t wait to pass it on. It’s so much fun.

Whoever is out there that made these and is giving them away for free, I thank you so much, you totally inspire me and I’ve had a blast!

Love heals everything. I’ve recently read Marianne Williamson say that it boosts your immune system.

Jesus says,

“As we love, we shall be released from all pain.”

Everybody wins when you extend love. Have fun with it. Be a love machine. It’s instantly going to raise your vibration and put you in alignment with the kingdom of everything that’s within you as you keep letting it out.

It alleviates sickness and depression. When you do this, you’re going to send ripples of hope and light out into the world in more ways than you’ll probably ever find out.
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Thank you for being here. I’d love to hear your comments and the ways that you like to extend love in the world. There are billions of ways and we can all share these ideas with each other.

I hope you were inspired. I will make sure that I read all of your comments.

I love you so much. Go be a love machine!