

The Transformation Process

Rev. Victoria Loveland-Coen, October 2nd, 2022

Becoming aware of our automatic responses to life – our “autopilot self” (habitual ways of doing things and unquestioned beliefs and opinions) helps us return to the driver’s seat and we are now at choice. Here are the **4 Levels of Thought Progression...**

- **Absolute:** Concrete thinking, black and white. Convinced you’re right and others are wrong.
- **Abstract:** You can hold the tension between polarities. Instead of either/or, you can see both/and. You are aware of the lens through which you perceive life.
- **Mystic Receptivity:** “Is this perspective working for me...bringing me peace, or causing me pain?” You’re willing to live in the mystery.
- **Spiritual Oneness:** Living from an awareness of wholeness. “The Divine is alive in me.”

The Levels of Heart Growth:

- **Friendship Love:** You love those who love you and are kind.
- **Loving Differences:** You love those who are different from you and who think differently than you, and who may be unkind.
- **Self-Love:** You love and accept yourself completely just as you are.
- **Omnipresent Love:** You are love expressing. You can love everyone, regardless.

For more, go to: www.UnityChapelHill.org

The Transformation Process

Rev. Victoria Loveland-Coen, October 2nd, 2022

Becoming aware of our automatic responses to life – our “autopilot self” (habitual ways of doing things and unquestioned beliefs and opinions) helps us return to the driver’s seat and we are now at choice. Here are the **4 Levels of Thought Progression...**

- **Absolute:** Concrete thinking, black and white. Convinced you’re right and others are wrong.
- **Abstract:** You can hold the tension between polarities. Instead of either/or, you can see both/and. You are aware of the lens through which you perceive life.
- **Mystic Receptivity:** “Is this perspective working for me...bringing me peace, or causing me pain?” You’re willing to live in the mystery.
- **Spiritual Oneness:** Living from an awareness of wholeness. “The Divine is alive in me.”

The Levels of Heart Growth:

- **Friendship Love:** You love those who love you and are kind.
- **Loving Differences:** You love those who are different from you and who think differently than you, and who may be unkind.
- **Self-Love:** You love and accept yourself completely just as you are.
- **Omnipresent Love:** You are love expressing. You can love everyone, regardless.

For more, go to: www.UnityChapelHill.org