

## “Acts of Love” Introduction

Thank you for your interest in the section “Acts of Love.” It is generally felt, and we have all heard, that doing something nice or loving for someone will create a kind of karma that will be returned to us. In his book, *The Power of Intention*, Dr. Dwyer alluded to a recent study that proved that both the person receiving a loving act and witnesses to the act had an increase in serotonin, a neurotransmitter in the brain to heighten feelings of joy.

How does this relate to subtle energies? Very simply, many individuals are becoming aware of the energies that exist around and in us, and how to harness these energies to benefit all of mankind. With a simple understanding, or even a speck of faith, any individual can direct loving thoughts or energies toward others and stimulate a tremendous ripple effect. This forum is not specifically designed to review all of the scientific data available on the power of thought nor to prove we have enormous potentials located in our own mind, but just to be a place where we can discuss ideas that have worked in your life and some great occurrences that have happened.

I welcome your stories, thoughts and directions that we can share with other individuals that might make a bad situation better, give purpose to a life and maybe create a synergistic theme of love that will please the heavens. I believe that it is very important to share the loving stories that exist all throughout the world as we strive to achieve Christ Consciousness for our planet, and the first step is to share love and loving stories.

If you have witnessed a loving act, participated in a loving act that resulted in an unexpected outcome or wish to try an act of love, please let us know.

Blessings,  
Jon W. Hester