Love without Conditions, by Paul Ferrini

You will find all kinds of methods to teach you "how to be".
But, as long as there is a method, you will be "doing".

I am telling you to drop all your methods. They are not necessary.
Simply cease judging, interpreting, conceptualizing, speculating.
Let all that is not "being" fall away. And then being will
flower of itself. Then grace will unfold out of the seeming
randomness of events. And you will understand the meaning and be
glad that it is so.

There is no one who would shrink from his purpose here once it has
been revealed to him. But it cannot reveal itself as long as he is
trying to force his life open.

Be patient. Be gentle. All the joy and beauty of your life is at
hand now. Your purpose is fully manifesting in this moment.

Do not look for meaning outside your own experience. Just trust what
is and be with it. That is the most profound teaching I can give
you. For, in this simple practice, all the barriers to truth will
come down. [...]

Authentic spirituality is not linear. It is not prescriptive. It
cannot tell you "do this and do that, and such and such will
happen."

Whatever is done must come from deep inside. It must be fresh, clear
and centered in the heart. It must be done spontaneously.

If there is any residue from the past, if there is any fear, trust is
missing and the miracle will not occur. Every thought that is free
of fear, every action that is free of the compulsion to "do", to
"save" or to "heal" is miraculous in nature. It is free of
the laws of time and space yet operates with spontaneous efficacy
within them.

Why is this true? Because it is unrehearsed. Because it does not
come from the conditioned mind. Because it is spontaneous and fully
trusting. Such a thought or action is a living prayer. It cannot
be anticipated or repeated. It is not a product of your learning.
It is a result of your living communion with the unconditioned mind.

--Paul Ferrini in _Love Without Conditions_