



COMEDIAN
Jason Love

IS THE "IDIOT
 BODHISATTVA"

Kent RAUTENSTRAUS

"I finally woke up when I discovered the Science of Mind teachings," says Jason Love, aka, the "Idiot Bodhisattva."

For too many dark years, this engaging yet hypersensitive comedian known for his "clean style of comedy and quirky spirit" was heavily medicated on antidepressants. "I spent years screaming and crying and praying for God. ... I was obsessed with darkness and death. I wanted to go out like Jim Morrison."

Then, at a pivotal time when he was close to cashing it all in, Love's friend introduced him to Dr. Ernest Holmes's embracing poem "Peace Be Unto Thee, Stranger," located in the front of "The Science of Mind." A weary Love began to glimpse a sense of well-being in the universe.

The poem includes the stanzas:

Peace be unto thee, stranger, enter and be not afraid.

I have left the gate open and thou art welcome to my home.

There is room in my house for all.

I have swept the hearth and lighted the fire.

The room is warm and cheerful, and you will find comfort and rest within.

Mindful

TO LIFE WITH **NEW**
THOUGHT TEACHINGS



The more Love studied the practical and empowering teachings of the Science of Mind and Spirit collated by Dr. Holmes from the world's religions, as well as other New Thought teachers including Ram Dass, Wayne Dyer and Yogananda, the more he wanted to create a different and better life.

Love began to align with his soul's true calling. "I allowed myself to finally want what I wanted — to be a stand-up comic!"

Today, Love proclaims, "I know the universe is a friendly place. It has conspired around the clock on my behalf. I love what I do so much."

Now a full-time comedian featured on Comedy Central, "Arsenio," "Last Comic Standing" and HBO as well as headline appearances at A-list comedy clubs around the country, Love says his essential daily work is to "get his insides right."

As "Idiot Bodhisattva," Love elevates others by reminding them that the game of life isn't to be taken



Reflections on
COMEDIAN
**Robin
Williams**

*Love and his fiancée,
Patti Hutchings, with
Robin Williams*

The 2014 suicide of comedian Robin Williams was personally difficult on Love, who just months earlier met Williams backstage before a show. "Robin, tongue in cheek, said we should compare notes. We had experienced the same kind of depression and had tangled with the same drugs.

"His death was heartbreaking," Love says. "In a sense, Robin was too human. He had total access to his emotions and was able to feel more deeply."

Love wishes that Williams had found a spiritual solution to his human problems. "The same power that makes a person sick can also make him well. Depression and bliss both prove the power of our mind," he said.

too seriously. It is, however, to be lived mindfully, and he offers himself as a powerful example of staying awake to the spiritual path.

"I had to go from words on my lips to actually personifying these spiritual principles with my heart, mind, soul and body." To that end, Love says, "I meditate every day, use affirmations, journal on gratitude, practice forgiveness, exercise and visualize. I make sure I stay connected to [the] Source."

EXISTENTIAL CRISIS

Growing up in California, Love experienced a toxic home life. The soft-spoken comic doesn't like to return to this period of time, other than to say, "There's dysfunctional and then there's diseased. My sister suffered as much as I did."

The result was daily panic attacks, violent tics and a belief that something was wrong with him.

"I was always looking over my shoulder for the next attack. It's like being buried alive, but there's no dirt to make you feel better about it." Love's existential crises often led him to contemplate suicide, explaining it was "to end the feeling of being lost and alone in the universe."

Despite his difficult home environment, Love was a high-achieving student who discovered comedy as early as age 10, when he practiced his stand-up at Thanksgiving gatherings.

In eighth grade, Love developed an eating disorder and began to binge and purge food. It only got worse through the years.

"At one point I was screaming at Life to the point where I got nodes on my vocal chords. My facial tics and body spasms were diagnosed as Tourette's, even though I have since 'miraculously recovered.' Others said I was bipolar. I was medicated for everything."

Upon high school graduation and armed with a scholarship, Love enrolled at University of California Santa Cruz, earning a 4.0 grade point average despite the fact that he "minored in drugs." At Santa Cruz, old patterns continued as Love "marched down the rabbit hole," referring to a scene in the metaphysical movie "What the Bleep Do We Know!?"

He hit rock bottom after a series of breakdowns and a failed suicide attempt. "I thought there was something wrong with me chemically — that I was mentally ill." Love was suspended by the university, returned home and checked into a mental institute.

"DUMPED IN OUR OWN LAPS TO FIND OUR WAY HOME"

Over a two-year period, Love stepped into every church, temple and drum circle he could find. He tried hypnosis, workshops, Brandon Bay's Journey work — anything for a sign of the Divine.

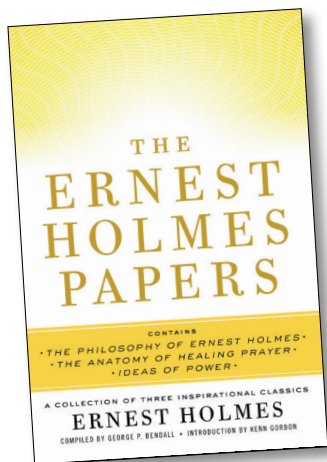
"I managed an apartment complex while reading, reading, reading." Slowly, Love began to embody the wholeness that he experienced in spiritual communities and on the pages of spiritual books. He read "The Science of Mind" three or four times, memorizing passages.

"I wouldn't shut up to friends about what I was learning," he laughs. "Ernest Holmes says that the Universe is good, but we are our own savior," Love recites, adding, "We're finally dumped into our own laps to find our way back home." In a pivotal moment at the end

"I know the
Universe is
a friendly place."



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ELEVATED THINKING OF
DR. ERNEST HOLMES

The best of Holmes's talks, classes and lectures can be found in this one powerful book, compiled by his close friend and associate, George P. Bendall.

What Holmes says in this book, two years before before his transition, comes directly from the heart and spirit.

IN PRINT & EBOOK

of an ocean jetty, Love decided at the top of his lungs to stop taking meds "even if I lose my mind."

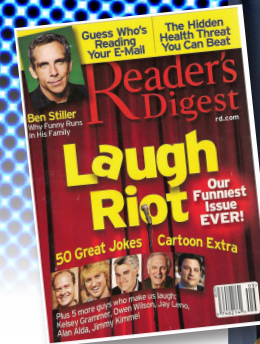
"Medication," he says, "kept me crazy and prevented me from realizing my potential." He eventually stopped other obsessive behavior for which he was being medicated.

At numerous Centers for Spiritual Living around the country founded on the teachings of Holmes, Love met unconditionally loving people who embraced him and saw the spiritual truth of who he is. For Love, it was "nothing short of revelation." They taught him about spiritual accountability and how to ask the Universe for what he wanted. The individuals he meets at the centers are to this day his "favorite people in the world." Love moved out of his comfort zone by allowing strangers to pray for him. "We cried together as I experienced for the first time a bliss that can't be disturbed by gain or loss."

This connection to a higher power caused Love to consider becoming a Religious Science minister, but he couldn't ignore the comedy bubbling up from within.

EMBRACING HIS
COMEDIAN DREAM

It sounds like a movie scene, but Love entered the world of comedy by tapping on the window after hours at the Ventura Harbor Comedy Club in Ventura, California.



Love has been featured in Reader's Digest, and his comic strip, "Snapshots," is syndicated in more than 100 publications.



"I got the owner's attention and asked if I could mop floors in exchange for stage time." Impressed with Love's initiative, the owner agreed.

"I was horrible," says Love. "I bombed night after night. I'll never forget one heckler who, in seeing me flounder, said, 'I didn't mean to throw you off your script.'" Mortified, Love set to work on his improvisational skills, which are now a big part of his act. "The audience is an instant barometer. Stand-up is always a democracy."

Love battled daily with fear and self-doubt and what he called the slithering saboteur.

"You can't listen to voices that say things like, 'You can't make a living in comedy,' or 'Who are you to hold a microphone?'"

He credits New Thought metaphysical books for helping him break through the chatter — or lies, as author don Miguel Ruiz calls them.

"Finding my voice was so empowering. That feeling, for me, was the meaning of life." His comic "voice" includes delivering clean one-liner jokes while strumming a guitar.

"I work clean and take the brunt of most of my jokes. I play with the absurdity of it all."

Love sharpened his comic chops by writing a humor column for a local paper and submitting jokes to other comedians as well as to publications such as Reader's Digest. Love also started a comic strip, Snapshots, now syndicated in over 100 publications.

Fast forward 1,000-plus performances, when in October of 2013, Love took second place at both the Cabo (Mexico) Comedy Festival and the Ventura Comedy Festival. He shares about his adventures on a weekly podcast, Labor of Love.

The Gift of Stillness

Last Sunday after our service, my wife and I were at home relaxing in front of the television when my cell phone rang. As I was speaking to the caller, two people began texting me. Within a minute, our home phone began ringing. That is a *lot* of stimulation. We live in a world where it's often difficult to get quiet time to just "be," but we all need it.

As I write this column, my Center for Spiritual Living is facing some financial challenges which will require us to move to a smaller space.

It is a very taxing time for our leadership council and me. While facing these issues, it is very easy to get caught up in the fear, challenges and busyness that can be a part of all this. Yet, to have the ability to make the best decisions, we must rise above appearances and be able to think clearly. That is where the gift of stillness enters.

What I have found is as I move into a quiet space and become still, I feel a sense of peace and comfort that replaces the fear and tension I have been experiencing. In this state, I am able to make better decisions because my mind is clear and focused on the issues and not on the uncomfortable emotions that accompany them.

Stillness also enables me to be a better leader because our congregation sees me as a person following our principles and being centered rather than fear-based.

So, the next time you are facing difficult issues, stop and become still. I prefer meditation, but that isn't the only path to stillness. If it suits you, take a walk in nature or on the beach. Listen to music that inspires you. Do something that allows you enter a place where you move beyond the mind chatter and you can just "be."

If you are working with a group, the next time you meet, begin with a minute or two of quiet time. It will set a tone for the entire meeting. Remember, the Divine Presence is wherever we are. To hear what It is telling us, we need to make room for Its voice to be heard. ☸



REV. RON FOX is the minister at Center for Spiritual Living, Space Coast in Rockledge, Fla.



What a Dream!

Love and Hutchings with fellow comedian Bob Saget

FINDING LOVE WITH POCAHONTAS

Love now joyously shares the road and his life with his fiancée, Patti Hutchings, a permanent makeup artist whom he met at the Ventura Comedy Club just six months after getting sober. He affectionately calls her "Pocahontas."

"She saw me come out of the rabbit hole. She heals me in a way that medication never could. Instead of feeling like a robot, as I did with meds, I am blessed with clarity."

For her part, Hutchings witnesses how her fiancé uses humor to connect with people — from college students to corporate executives. "I tell Jason before he goes on stage, 'Smile and go slow. Have fun. Send love. Be yourself.'" Judy Carter, former editor of L.A. Weekly, agrees with Hutchings: "Jason Love is comedy that brings people together."

Hutchings also acknowledges Love's ministry through comedy with his pro bono appearances at cancer treatment facilities. "Some people are initially 'out of it' due to chemo or just the reality of their situation, but by the time Jason is done with his comedy, their spirits are elevated. It is a beautiful thing to see."

THE ART OF LIFE

Today, Love is grateful for every moment. "There is nothing you can't heal if you love it enough. In doing what you love there is transcendence, or fulfillment, even when you're bombing."

The "Idiot Bodhisattva" leaves a final thought: "Happiness is a thousand decisions you make every day."

For more information, visit JasonLove.com. ☸



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