



## **Carmen T. Gonzalez, Ph.D., PC**

After reading the book "God is Love, and Hell is not," the author, Al Tamargo, asked if I would write a foreword for this meaningful and spiritual book. Regardless of your beliefs regarding the nature and existence of God, the meaning of life, or your faith in a particular religion, you will find this book inspiring and worthwhile, not so much because the author's ideas are new, but because of his very down to earth and simple straight-forward way of conveying his very personal and profoundly changing experiences.

As many others have written, when they have felt the power of spirit, this book is all about love for others, no matter their deeds, personality, or sins. In many ways, it is fascinating that these words Al writes, which mostly came to him while sleeping or dreaming, are reminiscent of those described by authors such as Helen Schuman, in "A Course in Miracles", and many other spiritual authors who have felt compelled to share messages received, that if we are to attain our maximum potential as spiritual beings, our primary goal in life needs to be love and kindness for others.

Of course, while the message—for us to love each other in this world— is the same in all spiritual writing, the delivery and words used by each author is entirely different. Thus, while some spiritual writing, such as "A Course in Miracles", is extremely complex with people spending years trying to understand the real meaning of the words within, Al's message is delivered in a fairly humble, simple, and concise manner, but its meaning is nevertheless powerful.

A unique aspect of the author's message relates to the four questions that he poses for us to ask ourselves in evaluating our belief systems to determine if they reflect love toward others. If the answer to any of the four questions is "yes," he believes that we should "throw the belief out." Interestingly, the four questions can be applied to all beliefs related to God, something that Al did not realize until after the book was published, while talking to a person who is an atheist. Thus, the message of this book applies to agnostics, atheists, and believers of all faiths and is helpful in creating a vision of where we need to go, even if the task is difficult and laborious. Who can really love a person we consider evil? Yet this is what we are asked to stretch to do.

In this age of controversy, anger, and division, the book's message is a very pertinent one. It is one of unity, acceptance, peace, and love, while also calling us to accept our limitations and our need for continued growth. While he does not feel special or understand why he was chosen to receive the messages and revelations which inspired him to write this book, he is fully committed to pass the messages along for all of our benefit. I hope you consider that which resonates, and are open to that with which you disagree. I totally commend him for trying to put forth his message, with no prior experience in book writing or publishing, but only with a burning desire to see his brothers and sisters connect to the almighty force that he calls love, or God.