

Learning About Love

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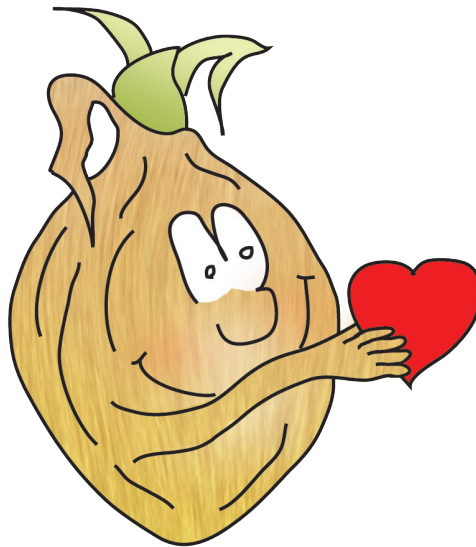
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Introduction

*Love is an amazingly interesting thing
If served up properly, it makes your heart sing.
But somehow, it seems along the way
We lost love's real meaning, how sad to say!
We forgot that love is an action – not a word
To think otherwise is really absurd.
We spend a lot of time not giving love a thought
Too busy buying things, when love cannot be bought.
Love is simply kindness, truth, respect and purity
Safety, enthusiasm, understanding and sincerity.
Remember, we always have an inside mentor
Because love is the core that lives in our center.*

The power of life is in the power of love. Love is the most important thing in the world and yet often it is the most challenging feeling to keep. Love is a word that is thrown and tossed around like a ship in troubled waters. So often people say they love each other and then treat each other with such disrespect, which causes hurt and harm. Love is the exact opposite of hurt, it is heart, it does not harm, it helps. Loving is compassion in action.

When we love ourselves we love others better and when we love others well, we love ourselves more. When we take the time to feel concerned for another's circumstances, instead of criticizing or resenting them, when we take the time to be aware of what another might be feeling, instead of being selfish and selfinvolved, when we take the energy to show another our caring, even when we do not feel like it; we can mightily say, "we know how to love." Many people are fearful of love because they are afraid of getting hurt. However, it is better to have loved and been hurt than not to love at all. Our vulnerability is our strength, not our weakness. There is nothing more rewarding than at the end of the day to be able to say...I have loved well because loving triumphs over everything.



Exercise 1

Learning To Love Myself all by Myself



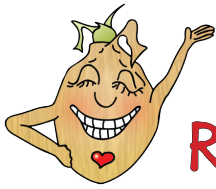
The first step to co-creating a world that is loving is to love ourselves. It has been said that learning self-love is the greatest challenge we can face as a human. Yet, it is the most vital. It does not matter about our past experiences, it only matters what we learn from them. In truth, we have all suffered and yet we are all endowed with greatness and goodness. It is up to each and everyone of us to find these attributes within ourselves and put them out into the world, with a force that can inevitably change almost everything. Let it be known that the greatest triumph in life is learning to love ourselves.

Exercise

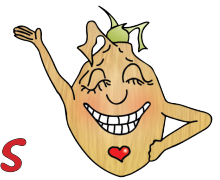
Mark the box you feel is you. You must mark a minimum of 20 out of the 40 boxes. Really take the time to remember wonderful things you said, thought or did. Then look at the list of boxes you did not mark and on the line, make a plan to accomplish those that you feel are important to you.

- I am open-hearted_____
- I am kind_____
- I am giving_____
- I am understanding_____
- I am compassionate_____
- I am generous_____
- I am sensitive_____
- I am forgiving_____
- I am strong_____
- I am intelligent_____
- I am caring_____
- I am a good friend_____
- I am a solid protector_____
- I am a wonderful child_____

- I am a trusting partner_____
- I am smart in the way of life_____
- I am tuned in_____
- I am conscientious_____
- I am adventurous_____
- I am willing_____
- I am a believer in miracles_____
- I am trusting_____
- I am disciplined_____
- I am discerning_____
- I am a beautiful soul_____
- I am all heart_____
- I am a good listener_____
- I am non-judgmental_____
- I am involved_____
- I am evolving_____
- I am open-minded_____
- I am enthusiastic_____
- I am courageous_____
- I am energetic_____
- I am grateful_____
- I am mindful_____
- I am nurturing_____
- I am patient_____
- I am optimistic_____
- I am inquisitive_____



Exercise 2



Revelations lead to loving Explanations

What keeps us from loving ourselves is shame and sorrow. Remorse is the strongest force for positive change. Therefore, the answer to self-respect and self-love is doing what is right and what is good. We all make mistakes, it is part of the reason we are here. Through these mistakes, we are supposed to learn and grow. The Twelve Step Program has been very successful. One of the best exercises is to make amends for our wrong doings. It works wonders because it sets us free from feeling badly about ourselves and the shame that goes with that.

Exercise

Make a list of everyone you feel you have harmed. For those you can make your amends to, do it without any hesitation. If there is someone that you know you cannot reach out to, write a letter of amends to them and then discard it. The Universe hears everything. Whether a person knows it or not, they will feel your loving and remorseful feelings.

I make my amends to _____ for the following reasons:

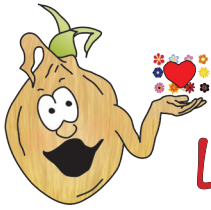
I make my amends to _____ for the following reasons:

I make my amends to _____ for the following reasons:

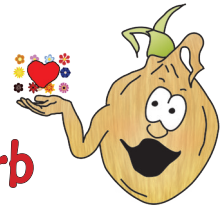
I make my amends to _____ for the following reasons:

I make my amends to _____ for the following reasons:

I make my amends to _____ for the following reasons:



Exercise 3



Love is Not a Noun – it is a Verb

We all can be the difference that makes the difference. Each day think of one person or organization you are going to reach out to. Love is as love does. Promises unspoken cannot be broken. We need to be people of our word. Think realistically about what would be good for yourself and the world in order to create the change that is so very needed. We cannot go wrong when we do right. Any commitment made in the spirit of love cannot be undermined.

Exercise

Mark the box with an X of things that you do and mark the box with an O of things you plan to incorporate into your life. You can add other things that are not on this list.

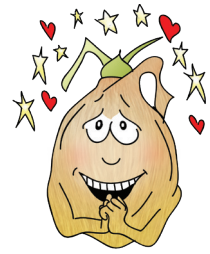
- Each morning as you go to the mirror, compliment yourself.
- Call someone that you know is lonely or sad and ask them how they are or if you can be of service to them.
- Call a non-profit and see how you can possibly help them.
- Leave pennies in a penny jar at a store.
- Be mindful of the elderly when in public.
- Pat an animal.
- Hug a person.
- Keep your space clean and tidy as it shows self-respect.
- Thank a waiter or waitress for their good service.
- If the food is good in a restaurant, send a compliment to the chef.
- If someone falls in public, rush to help them up.
- Tell a child you see in a public place or at home how beautiful they are.

- Should you see a military person in a public place, thank them for their service.
- Thank a police or fire person for being there to protect you.
- Volunteer at an animal shelter.
- Get with like minded people who want to make a difference.
- Pick up litter.
- Be conscious of your surroundings.
- Say something kind to someone you do not know.
- If going through a toll, pay for the person behind.
- If it is safe, move a dead animal to the side of the road.
- Donate food to food boxes.
- Donate toys at Christmas time for kids that have nothing.
- Plant a tree wherever you can to replace those being taken down for needless purposes.
- If a dog is lost, stop to help it by calling the police or if they are tagged, the owners.
- Compliment someone whenever you can, wherever you can.
- Thank positively and optimistically, knowing that there is a solution to every problem.
- When you go to bed, be grateful for what you have and who you are.
- _____
- _____
- _____



Exercise 4

To Show Love we Need To Know Love



Exercise

Read over the following love quotes. Mark the ones you feel you are good at with an X and then mark the ones you feel you need to work on with an O.

- Love promises a great future, no matter the past.
- Love never differentiates between race, sex or religion.
- If we cannot feel the love – heal it with love.
- Love in a relationship is secured when feeling safe.
- Love to love.
- When unsure – plan lovingly.
- When we leave this world, as we all will, the only thing that matters is how well we have loved.
- Do not love in order to be loved.
- Love is innocent but needs intelligence.
- Love does not float – it is the boat.
- Loving someone today can change their entire tomorrow.
- Love does not judge, but it is useful in sound judgment.
- Look to what we love about someone when facing what we don't love about them.
- Love cannot exist without truth.
- We incarnated solely to learn about love.
- Incorporate love into the corporate world.
- Love is the only seed that can grow a new garden.

- Love quickens our good karma.
- No love – no miracles!
- The twists and turns of life come to teach us unconditional love.
- Love does not have a season; nor does it require a reason.
- Love is the ticket to eternal freedom.
- Nothing is more exciting than living love.
- Life without love is not a life, it is but a mere existence.
- We are shaped and developed by what we love.
- The cure to all ills, wrongs, sorrows and crimes is love.
- Love does not look with the eyes, but sees through the heart.
- Love cannot survive if we sell our souls.
- True love is grounded on our self-esteem.
- Love, or lack of it can change nature.
- Heaven on earth is manifested through living loving.
- Ugliness is transmuted to beauty through love.
- Love is the fragrance of life that heals the fragments of life.
- Love is not logical – it is genuine.
- There is nothing holier than the consciousness of love.
- Love ensures faith - as faith ensures love.
- Love strengthens our character and our nobility.
- Make it a promise that our first love is our self-love.
- Don't talk love – walk love.
- Do not get hooked on the love money – make money in order to love.



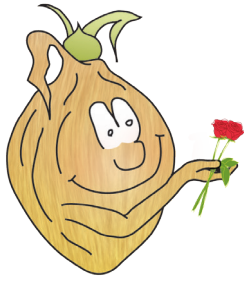
Exercise 5

Closing Exercise

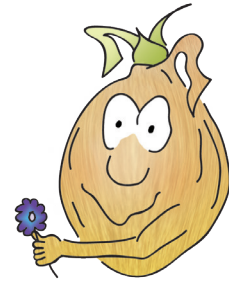


1. What do you feel you learned from this guide that you will incorporate into your life?

2. Which exercise did you like the best and why?



The Love Garden



Feeling Generous

Love cannot seed without it.

Feeling Grateful

Love cannot germinate without it.

Feeling Loyal

Love cannot be rooted without it.

Feeling Caring

Love cannot grow without it.

Feeling Kindness

Love cannot blossom without it.

Feeling Respectful

Love cannot be watered without it.

Feeling ConscIOUS

Love cannot be tended without it.



Feeling Honest

Love cannot live without it.



A life without love is like a garden without flowers.