

Love

Frequently people think compassion and love are merely sentimental. No! They are very demanding. If you are going to be compassionate, be prepared for action.

Desmond Tutu

What else is love but understanding and rejoicing in the fact that another person lives, acts, and experiences otherwise than we do?

Friedrich Nietzsche

There's an evolutionary imperative why we give a crap about our family and friends. And there's an evolutionary imperative why we don't give a crap about anybody else. If we loved all people indiscriminately, we couldn't function.

David Foster, House M.D.

There is no remedy for love but to love more.

Henry David Thoreau

Love is the triumph of imagination over intelligence.

H. L. Mencken

The Meaning of Love

Rumi

Both light and shadow are the dance of Love. Love has no cause; it is the astrolabe of God's secrets. Lover and Loving are inseparable and timeless. Although I may try to describe Love, when I experience it I am speechless. Although I may try to write about Love, I am rendered helpless; my pen breaks and the paper slips away at the ineffable place where Lover, Loving and Loved are one. Every moment is made glorious by the light of Love.

Looking For Love in All The Wrong Places

David S. Blanchard

There can be love in being told we are wrong. There can be love in sharing a regret. There can be love in asking for help. There can be love in communicating hurt. There can be love in telling hard truths. Most of us find it painful to live at this level of love, but it can be there, even in these most unlikely places. It isn't the kind of love we've been promised in the fairy tales of princes and fairy godmothers, but it is the kind

experienced by frogs and dwarfs. It's the sort of love that can bring us closer to finding the missing pieces of ourselves that we need to make us whole.

Questions

- What does love mean to you?
- Which kind of love is the most important?
- Is there any real difference between the various kinds of love?
- How has love changed you, healed you, betrayed you?
- Is it possible to love all humans? What about "loving our enemies?"
- What from the readings spoke to you, did you disagree with anything?

Activities

When you were a child, you most likely made valentines to all of your classmates. Do this again. Buy a pack of cheap valentines (or make them yourself) & write them out to 10-20 people in your life who are not romantic partners but do play a role in your life. Look at this as an act of gratitude & joy. Seeing your love & gratitude for the others in your life will fill you with joy & in return you will give those others joy.

Spend some time at the end of a day. Write in your journal about all the moments of love you experienced that day. It could be the joy at seeing the sun rise, a child's hug, a partner's consideration, a smile from a stranger. Try to look past the commercialized romanticism that love is typically defined as. "Love is so large, that it has to live in the holiness of very small moments." - Ann Voskamp