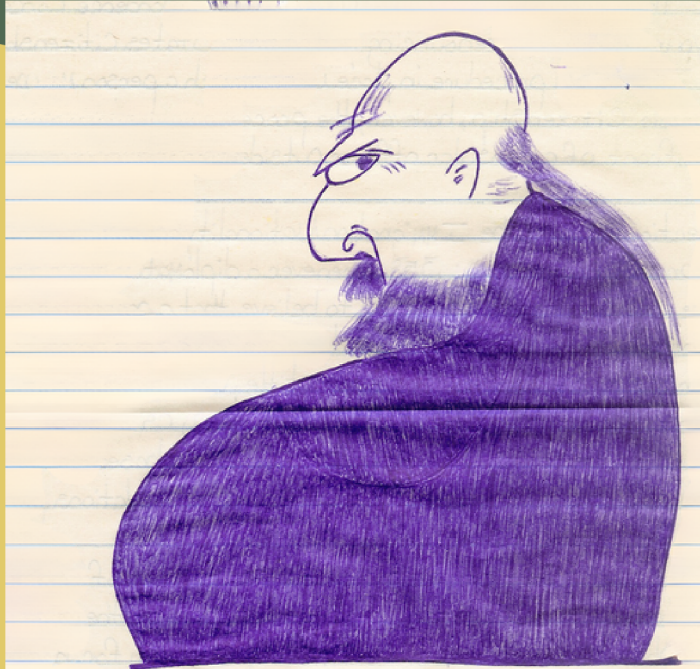


**“The ones that are the hardest to love are  
the ones that need it the most.”**

Robert, 2010

## Reflection

Breathe deeply and imagine you are receiving all the kindness the world has to offer. Now, it is your turn to share kindness with someone you find difficult. Pay attention to the feelings that come up; be curious and kind to yourself as you offer kindness to this person. Say to them (and yourself):  
may you be happy, may you be safe, may you be healthy and live with ease, may you be free.



Art by Tommy B.

## Questions

When did you show love to someone when it was hard?  
What did you learn?

When did you feel like you were hard to love? Who showed you love at this time in your life? What did you learn?

“ I can come to God **just as I am.** ”

Melvin, 2009

### Reflection

Tell yourself today: I am enough, I am capable, I am good, I belong, I can show up, just as I am. You do not need transformation; you need revelation—to see yourself with the grace and love that God sees you. When you take off the layers of pain and protection you have mistaken for yourself, what remains is the shining brilliant beauty that is you, just as you are.



Art by Gary F.

### Questions

What kinds of masks have you worn to protect yourself? Why have you worn them?  
What's underneath the mask?  
Complete the sentence “I am” with ten positive statements about yourself.



Art by George J.

**“God's gift to us is love,  
and that we shall always  
have in abundance.”**

Al, 1982

## Questions

Who and what helps you hold steady when times are rough?

When have you offered someone shelter or protection when they needed help?

When has someone offered you shelter or protection when you needed help?

## Reflection

It's easy to feel overwhelmed. The sea is so big; our boat seems so small. But love is always there, even when we're unaware. The love of others and of a holy spirit—however you understand this to be—can help anchor you, so you can weather the storms that arise. Today, look at your surroundings with a renewed awareness of the love that holds and protects you, even in your darkest hour.

“After all, isn’t this the purpose of every religion known— **to love your neighbor** as you want to be loved?”

T, 2014



Art by Edwin R.

## Reflection

Everyone, everywhere, at every moment needs love, especially when it’s hard, especially when they’re hard. When we show love, we grow love. So be a love gardener today. Sprinkle love in unexpected places. Water the love in others that needs to be tended. Care for the love within you and then spread it madly, spread it gladly, and watch it fly away.

## Questions

Say hello to someone you don’t know well today and ask them questions about themselves.

Be interested in the answers.

When have you learned a lesson from a difficult neighbor?

What can you do to try to be a better neighbor to those around you?



**“What I have found  
the easiest is  
to have compassion for  
all living things,  
big and small.”**

Albert, 2017



## Reflection

Open your arms and tell the world and everything in it you love them. Now look at everything alive around you. Take a minute and tell everything alive you see that you love it. Tell the leaves on the trees, the grass on the ground, the apple on the table, the bug flying around, the person sitting next to you (maybe say it in your heart, you make the call.) Look at your world, alive with love.

## Questions

Reflect on a time you felt really truly alive.

Where is a place you feel deeply connected?  
Describe why you feel this connection and what it feels like to be there.

### Practice

Take a deep breath and imagine you are breathing in all the love the world has to offer. Breathe out and imagine you are sharing all the love you have to offer. Feel yourself surrounded by love in the wind and whirl, the air and earth. You are key to the love within and around you.

Open your heart to this love.



**“I met love. I’ve tasted it and liked it and daily am consumed by it. Through love I am learning to control my thinking, my learning, and my actions.”**

LS, 1980

### Questions

How can love help you control your thinking, learning and actions? When has it not? Reflect on a time you could taste love in the food. Describe the tastes, smells, sights, sounds, and feelings of this moment. How do you most like to show love to others? How do you like to receive love?





**“As long as I actively BE LOVE then  
when the wind comes to blow me away,  
I'll fly with a smile.”**

M, 2011

### Reflection

Love is in everything. Love is you and you are love. Breathe in a full awareness of this love. Breathe out and imagine your breath like the wind, blowing away all that separates you from knowing, feeling and believing in this love within and around you. This right here, right now, this air, this earth, this light, this shadow are all woven through and made of love. You are a thread of this love. You are part of everything.

### Questions

Who is the most loving person you know? Tell a story about how this person showed you love.

What have you learned from them?

When and where do you feel most aware of the presence of love?