

### 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?

