



**“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?