

# STORY XIII Musings on Love

## ROMANTIC / EROTIC LOVE

- ↳ falling vs staying in love
- ↳ how to be lovable vs having capacity to love
- ↳ FINDING THE ONE vs Loving all

LOVE IS THE active concern

FOR THE *life & growth*

OF THAT WHICH WE LOVE *VERICH FRESH!*

## BROTHERLY / SISTERLY / UNIVERSAL LOVE

conformity  
kills uniqueness  
brings fear (ostracise)  
causes shame + guilt

SYMPTOMS OF  
HERD  
CONFORMITY

EQUALITY

≠  
SATIETY

Equality is unity  
through diversity

there is no other way  
our system makes us sick in all aspects  
(mentally, physically, emotionally, spiritually)  
U-TURN → no masking, striving for 100%  
authenticity

YOUR LIGHT IS NEEDED IN THIS WORLD!

## EXERCISE 'IGNITE'

- make a list of 5 things you always wanted to do or be (in a different life, if nothing stood in the way & all would be possible!)
- reserve time during this week just for you + make one of these things true OR take one step towards making it true  
eg no money for riding lesson?  
ask if you could help with maintenance in exchange for the lesson
- what does this do with you?  
journal about your experience

## → OBSERVE AS A SELF-EMPIRICAL STUDENT OF SELF

### EXERCISE 'MUSING ON LOVE'

- list all relationships you had in your life (romantic/erotic aspect)
- try to discern which of the above fit any to the past relationships you listed
- Now make a list of things that shows what reflects your capacity to love
- THEN make another list of things you want to experience in your current or future relationships
- can you embody the wishes you have towards your romantic partner? if not, why? if yes, why?
- REFLECT: would you be willing to grow + become that person you wish to embody all your wishes?

## THE ONE VS THE ALL

- dismisses the imperative to nurture your own capacity to love
- dismisses the infinite UNCONDITIONAL state of love
- pretense of all my own needs put onto one person only
- what if I don't find the one?  
what if there's always a better choice out there?  
this is too hard → swipe!

## PRACTICE OF LOVE DISCIPLINE ♥ PATIENCE ♥ CONCENTRATION ♥ OBJECTIVITY ♥ FAITH IN INTUITION INNER TRUTH + WISDOM

### EXERCISE

What would a person who loves themselves do?

Remember our exercise that we started with our first part of this series?

- Did this question stick with you?
- Did this feel useful for you? why or why not?
- Will you continue your self-love journey with this question? why or why not?

### EXERCISE 'OBJECTIVITY'

we know now that clarity on our goals consistency on how to achieve them consistency + compassion for us

WILL GET US FURTHER ON OUR HEALING JOURNEY

Now it's about training to see the bigger picture snapping out of patterns / interrupting the pattern of living in our heads

- take one situation during the week when you would have lost your temper
- interrupt yourself, try to repeat it
- ask yourself why this triggers you + how you could describe it more objectively / grand scheme of things!