

Story XII

The Art of Love, Part 4 PRACTICE

SIDENOTE
UNSELFISHNESS AS A VIRTUE,
HARMONY + VICTIMHOOD

↳ troubled symptoms such as depression, anxiety, tiredness, inability to keep love as relationships, etc.

↳ giving oneself up is not a virtue

↳ it is dimming your light not belief you deserve love, joy, happiness

↳ does not want anything for themselves, living for others = UNPRODUCTIVE LOVE

↳ THERE IS NO PRIDE IN GIVING UP YOURSELF, JUST SHIN (for yourself + those around you because your deepest unhappiness affects yourself + those around you as well)

SELF-LOVE VS SELFISHNESS

↳ if it is a virtue to love others, it is a virtue to love ourselves too (since we are a human being as well)
LOVE FOR MYSELF IS INSEPARABLE TO LOVE ANOTHER
ATTITUDES TOWARDS MYSELF + OTHERS ARE CONJUNCTIVE
Love of others + love of ourselves is not alternatives!

the affirmation of one's own life, happiness, growth, freedom is ROOTED in one's capacity TO LOVE!

→ SELFISHNESS + SELF-LOVE ARE NOT IDENTICAL: THEY ARE OPPOSITES ON THE SAME SPECTRUM
selfish people over up/compensate for their failure to love themselves or others
they love themselves not at all, in fact they hate themselves
lack of fondness + care, leaving them unhappy + frustrated

THE PEOPLE WHO NEED LOVE THE MOST, ASK FOR IT IN THE MOST UNLOVING WAY!

EXERCISE 'SELF-WHAT?'

- reflect on your life:
 - ↳ have you ever been called selfish?
 - ↳ why, describe the situation
 - ↳ was it righteous or wrong?
- reflect on your life:
 - ↳ have you ever been called unselfish/selfless?
 - ↳ how did that make you feel?
 - ↳ was it serving you to be unselfish?

THE PRACTICE OF LOVE

REQUIREMENTS TO LEARN ANY ART:

- theory ✓ - practice
- ↳ ultimate concern for it

REQUIREMENTS TO PRACTICE ANY ART / LOVE

- discipline
- concentration
- patience
- objectivity
- faith

PATIENCE
the quicker the better shortcuts designed to SAVE TIME, THEN WE HAVE MORE TIME, THEN WE KILL TIME VS GIVE LIFE DEPTH IN EVERY ASPECT be patient with yourself, others + life itself

CONCENTRATION

- or mindfulness, awareness, the NOW, presence
- learn to be with yourself without anyone + anything else
- most people get anxious, fidgety, nervous, talk themselves into the unreasonability of the task
- active listening, give + extend your presence to the people you interact with

DISCIPLINE or consistency

hobby = only when I am in the mood
regular practice NOT IMPOSED ON YOU / NOT A BURDEN
BUT EVENTUALLY THEY BECOME SECOND NATURE
IT BECOMES AN EXPRESSION OF YOURSELF
... dedicate time DAILY

NOT INDULGING
NOT ESCAPIST ACTIVITIES (overeating, doomscrolling, over-do anything, BALANCE to all things)

MEDITATION SIT WITH YOURSELF (READ)

PRODUCTIVE RECREATION (walking, mindful eating, looking, nourish the soul)
MORNING + EVENING - STRETCHING EXERCISE

EXERCISE 'IN TOW'

- remember episode 3 'Breathing'
- dedicat 3 days during this next week to the 4-4-4 box breathing exercise, morning + night
- journal about any changes/impact this has on your life

FAITH
will be discussed in another episode

OBJECTIVITY

see also episode 4: "SANDER"
see that our perception is not the only one NOR IS IT THE MOST IMPORTANT ONE
learn when you are not objective, observe why not (triggers) + work on remaining a compassionate, objective observer of life

EXERCISE 'what would a person who loves themselves do?'

- come back to your notes from the past weeks of decision making.
- has something changed in your life, your mindset, your attitude through being aware of the love towards yourself?