

Homework

Reflections Initiations by Fire, Class 2: Loving

Love is a mystery. We are drawn to love. We run away from love. We are unhappy with love, unhappy without love. What is this mysterious, powerful, seductive substance? Love is everything. Odd that we usually realize that the most in desperate times. We appreciate people more when they are gone. We only realize what we have lost once we have lost it. Why do we not utilize the power of love when we are in the midst of it? Why is it that we do not fully exploit this power in ourselves? We are curious creatures when it comes to love.

Opening prayer from Class 2:

“Lord, I thank you for the gift of people loving me in this lifetime. I am powerless when it comes to making someone love me and yet some people do love me. Something – some one – perhaps You, arranged that miracle. I am grateful to have people to love, to experience what it is to love another human being and even many people. As I grow older, it becomes more important to me to love each one better in some way – more carefully, more compassionately, more generously. Help me with this task. Grant me the grace to love as deeply as I can. I would like to know how deep that is. I would like to discover how good I am at being a loving human being. So hover over me, Lord. Inspire me, guide me, and open my heart a bit more each day for the rest of my life.”

- **Love is:**

- The power to heal
- To quiet anger
- To make the unendurable endurable
- To provide sustenance (as Mother Teresa did)
- To comfort
- To transform life through the actions of your life

- **Your practice:**

- Love is power
- The mindfulness of love as empowerment
- Breath as love
- Do you radiate love in your own life? How?
- Do you expect love to come to you or do you express it to others?
- Do you practice fear or love?
- Love is not personal; it is a creative force that is uncontrollable. But we try to control love within ourselves by judging others, by limiting our potential, by self-criticism, by fear, by believing things that are not true. What are you willing to challenge to make your universe bigger?