Always Choose Love

Rhythm Phrase and Reminder

Always

All - Ways

All ways we love: 4 pathways

Balance,
Shared Perception,
Commitment to Truth,
Inclusion and Connection

Discern not evaluate or judge

Direction, not perfection

Choose

Love must be a conscious choice

perception, thought and action

Every time you make a choice you strengthen your capacity to choose

effect on brain

Are we moving toward love or away from love

Love

God is Love

Purpose is to learn to love

love must be chosen

choosing not to love creates pain, which can deepen our capacity for love

2 sources of pain: choices/events

Road Blocks

Tension — or — Balance

physical, mental, emotional, health, activity, relationship

Fixed perception — or — Expanding Perception

frame, filter, focus

Defensiveness — or — Compassion

Blame, judgment — or — personal responsiblity

Self-centered — or — humility

fear — or — hope

Self-interest — or — Truth

Heart and Mind

Exclusion and Isolation — or — Inclusion and Connection

Pathways

True Love

True love acknowledges we can't fully know what love is and commits to explore it

Each of us must come to understand love for ourselves and it is only in coming together that we truly began to more fully realize what love is.

True love is moving toward love. It's not where we are that matters but where we are headed = choice

Bob Van Oosterhout 2-3-17