

## Part 6: Love

### Summary

Love has two aspects: the aspect of creation and the aspect of identification. Exercises are given that will help participants see the good in others and in themselves. An additional exercise is given that will help participants realize their oneness with other people.

### Love Exercise

In a meditative environment think of someone you love. Imagine that person is sitting in front of you. Talk to that person. Talk lovingly, describe what that person means to you. As you do this, be in touch with what you are feeling. (Allow five to ten minutes for this exercise.)

### Discussion Questions

1. Why is love closely related to spiritual growth? Why is love so incomprehensible? What is your understanding of love?
2. Fr. de Mello said, "Love is something that is so vast that it is almost like God himself." Explain what this statement means to you.
3. What is meant by the aspect of love as creation? What did the story of the eagle and the chickens teach you about this aspect of love?
4. How can you give those close to you the consciousness of who they truly are? How can you give you them wings?
5. Do you think there is such a thing as a bad boy or a bad girl? Why or why not? How much do you think people are shaped by those around them? What did the story about the "spurters" teach you about this?
6. What was Father Flanagan's secret with the kids at Boys Town? How might you put his secret to use with someone you know?
7. Psychologists say people tend to become what they feel they are. Do you think this is true? If ~o, do you think this is a spiritual truth? Why? How can you use this for the good of others?
8. If Jesus returned to earth, what do you think would be the first thing he would notice in humanity?
9. Why do you think good people tend to see the good in others and evil people tend to see the evil? Do people tend to see in others a reflection of them-selves? If so, why?
10. How can the exercises de-scribed in this program make you a more loving person? Which of the exercises do you think will be the most effective for you?
11. What are some examples in the gospels of Jesus' seeing the good in others? What was the effect of this on those people?
12. How is the story of the princess and the frog really the story of all of us? What person in your life has done the most for you by seeing the good in you? Recall this story and share it.
13. If Jesus came back to earth today and wanted to stay at your house tonight, how would he treat you? What would he think of you? What good would he see in you?
14. What is love as identification? Who is the holy person? What are the characteristics of the holy person?
15. How can you attain the kind of love that is the mark of the holy person?
16. In what ways are you and those around you not two and yet not one? What do you and those around you have in common? What separates you from them? How are all Christians one in the body of Christ?

17. What can you do to gain the aspect of love as identification? Why is this kind of love a grace? What can you do to prepare for this grace?
  18. If you had to describe God with only verbs, what verbs would you use to describe him?
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## Exercises for Creative Love

### Talk to Someone You Like

In a meditative environment think of someone you love. Imagine that person is sitting in front of you. Talk to that person. Talk lovingly, describing what that person means to you. As you do this, be in touch with what you are feeling.

### Talk to Someone You Do Not Like

In the same manner as above think of someone you don't particularly like. Imagine that person is in front of you. As you look at that person, try to see something good in him or her.

### See Jesus Look at This Person

Imagine Jesus is standing be-side you and he is looking at that person that you do not like.

Jesus becomes your teacher in the art of love. What good and what beauty would Jesus detect in that person? Say what Jesus would say to that person.

### See Jesus Look at You

Imagine you have Jesus in front of you and he tells you all the goodness, the beauty, and all the lovely qualities he sees in you. Don't shirk this exercise. Jesus makes allowances for defects and will see through them to your goodness. What name or names do you think Jesus would make up for you?

### Look and Listen

Repeat the first looking exercise of these programs. That is, look at some scene or some object without thinking about it. Don't look for anything sensational. Just look and listen and touch with a quiet mind.