



Learning About Love

manual

Index

Introduction

Exercise 1: I Am that I AM

Exercise 2: Join the Fight and Get it Right

Exercise 3: Awaken Your Might - Be the Light

Exercise 4: What the World Needs Now is Great,
Grand, Gorgeous Love

Exercise 5: Closing Exercise

Introduction

The Key to Paradise is Love

With all that is happening in the world today concerning all the hate slogans, killings, angry news and violent entertainment, what we need now to counter-balance this dilemma is love – love – and more love.

We may not think we can change the world, but in fact we can. It has been proven that just one small deed of loving contradicts 100 large deeds of abuse and hatred. We lay a seed that will blossom no matter how many weeds grow around it and try to strangle it.

Most of us are not even certain what love is anymore. This manual is a way to bring us back in touch with our hearts. And through our hearts, we open the door to compassion, empathy, understanding, goodness, which triumphantly leads to love and ultimately to peace.

Whether we like it or not, we are the collective one and part of one big puzzle. When one of us hurts, it affects the whole of us. The answer today seems to be desensitization or even walking around being half asleep or blind. It is time to wake up and take charge of our individual lives, which inevitably will change the collective whole of humanity. Believe it to see it....and all falls into its rightful place.

Each and every one of us is important. In the story of the 100th monkey it was proven that when one hundred monkeys peeled the banana on one little island in the South Pacific, monkeys all across the world copied it and did the same. The most significant part was that it was a baby monkey that started the entire change. Let each one of us act as if we are the first of the one hundred that will follow. But remember, we must be it to lead it.

Think big, act now and then take a bow!

Exercise 1

I Am that I AM

Learn to love yourself all by yourself

The first step to co-creating a world that is loving is to love ourselves. It has been said that learning self-love is the greatest challenge we can face as a human. Yet, it is the most vital. It does not matter about our past experiences, it only matters what we learn from them. In truth, we have all suffered and yet we are all endowed with greatness and goodness. It is up to each and everyone of us to find these attributes within ourselves and put them out into the world, with a force that can inevitably change almost everything. Let it be known that the greatest triumph in life is learning to love ourselves.

Exercise

Mark the box you feel is you. You must mark a minimum of 20 out of the 40 boxes. Really take the time to remember wonderful things you said, thought or did. Then look at the list of boxes you did not mark and on the line, make a plan to accomplish those that you feel are important to you.

- I am open-hearted_____
- I am kind_____
- I am giving_____
- I am understanding_____
- I am compassionate_____
- I am generous_____
- I am sensitive_____
- I am forgiving_____
- I am strong_____
- I am intelligent_____
- I am caring_____
- I am a good friend_____
- I am a solid protector_____
- I am a wonderful child_____

- I am a trusting partner_____
- I am smart in the way of life_____
- I am tuned in_____
- I am conscientious_____
- I am adventurous_____
- I am willing_____
- I am a believer in miracles_____
- I am trusting_____
- I am disciplined_____
- I am discerning_____
- I am a beautiful soul_____
- I am all heart_____
- I am a good listener_____
- I am non-judgmental_____
- I am involved_____
- I am evolving_____
- I am open-minded_____
- I am enthusiastic_____
- I am courageous_____
- I am energetic_____
- I am grateful_____
- I am mindful_____
- I am nurturing_____
- I am patient_____
- I am optimistic_____
- I am inquisitive_____

Exercise 2

Join the Fight and Get it Right

Remorse is the strongest force for positive change

What keeps us from loving ourselves is shame and sorrow. Therefore, the answer to self-respect and self-love is doing what is right and what is good. We all make mistakes, it is part of the reason we are here. Through these mistakes, we are supposed to learn and grow. The Twelve Step Program has been very successful. One of the best exercises is to make amends for our wrong doings. It works wonders because it sets us free from feeling badly about ourselves and the shame that goes with that.

Exercise

Make a list of everyone you feel you have harmed. For those you can make your amends to, do it without any hesitation. If there is someone that you know you cannot reach out to, write a letter of amends to them and then discard it. The Universe hears everything. Whether a person knows it or not, they will feel your loving and remorseful feelings.

I make my amends to _____ for the following reasons:

I make my amends to _____ for the following reasons:

I make my amends to _____ for the following reasons:

I make my amends to _____ for the following reasons:

I make my amends to _____ for the following reasons:

I make my amends to _____ for the following reasons:

Exercise 3

Awaken Your Might – Be the Light

Love is not a noun – it is a verb

We all can be the difference that makes the difference. Each day think of one person or organization you are going to reach out to. Love is as love does. Promises unspoken cannot be broken. We need to be people of our word. Think realistically about what would be good for yourself and the world in order to create the change that is so very needed. We cannot go wrong when we do right. Any commitment made in the spirit of love cannot be undermined.

Exercise

Mark the box with an X of things that you do and mark the box with an O of things you plan to incorporate into your life. You can add other things that are not on this list.

- Each morning as you go to the mirror, compliment yourself.
- Call someone that you know is lonely or sad and ask them how they are or if you can be of service to them.
- Call a non-profit and see how you can possibly help them.
- Leave pennies in a penny jar at a store.
- Be mindful of the elderly when in public.
- Pat an animal.
- Hug a person.
- Keep your space clean and tidy as it shows self-respect.
- Thank a waiter or waitress for their good service.
- If the food is good in a restaurant, send a compliment to the chef.
- If someone falls in public, rush to help them up.
- Tell a child you see in a public place or at home how beautiful they are.

- Should you see a military person in a public place, thank them for their service.
- Thank a police or fire person for being there to protect you.
- Volunteer at an animal shelter.
- Get with like minded people who want to make a difference.
- Pick up litter.
- Be conscious of your surroundings.
- Say something kind to someone you do not know.
- If going through a toll, pay for the person behind.
- If it is safe, move a dead animal to the side of the road.
- Donate food to food boxes.
- Donate toys at Christmas time for kids that have nothing.
- Plant a tree wherever you can to replace those being taken down for needless purposes.
- If a dog is lost, stop to help it by calling the police or if they are tagged, the owners.
- Compliment someone whenever you can, wherever you can.
- Thank positively and optimistically, knowing that there is a solution to every problem.
- When you go to bed, be grateful for what you have and who you are.
- _____
- _____
- _____

Exercise 4

What the World Needs Now is Great, Grand, Gorgeous Love

To show love we need to know love

Exercise

Read over the following love quotes. Mark the ones you feel you are good at with an X and then mark the ones you feel you need to work on with an O.

- Love promises a great future, no matter the past.
- Love never differentiates between race, sex or religion.
- If we cannot feel the love – heal it with love.
- Love in a relationship is secured when feeling safe.
- Love to love.
- When unsure – plan lovingly.
- When we leave this world, as we all will, the only thing that matters is how well we have loved.
- Do not love in order to be loved.
- Love is innocent but needs intelligence.
- Love does not float – it is the boat.
- Loving someone today can change their entire tomorrow.
- Love does not judge, but it is useful in sound judgment.
- Look to what we love about someone when facing what we don't love about them.
- Love cannot exist without truth.
- We incarnated solely to learn about love.
- Incorporate love into the corporate world.
- Love is the only seed that can grow a new garden.

- Love quickens our good karma.
- No love – no miracles!
- The twists and turns of life come to teach us unconditional love.
- Love does not have a season; nor does it require a reason.
- Love is the ticket to eternal freedom.
- Nothing is more exciting than living love.
- Life without love is not a life, it is but a mere existence.
- We are shaped and developed by what we love.
- The cure to all ills, wrongs, sorrows and crimes is love.
- Love does not look with the eyes, but sees through the heart.
- Love cannot survive if we sell our souls.
- True love is grounded on our self-esteem.
- Love, or lack of it can change nature.
- Heaven on earth is manifested through living loving.
- Ugliness is transmuted to beauty through love.
- Love is the fragrance of life that heals the fragments of life.
- Love is not logical – it is genuine.
- There is nothing holier than the consciousness of love.
- Love ensures faith - as faith ensures love.
- Love strengthens our character and our nobility.
- Make it a promise that our first love is our self-love.
- Don't talk love – walk love.
- Do not get hooked on the love money – make money in order to love.

Exercise 5

Closing

Love is a revelation and inspiration that needs no explanation

1. What do you feel you learned from this manual that you will incorporate into your work life?

2. What do you feel you learned from this manual that you will incorporate into your personal life?

3. Which exercise did you like the best and why?

(877) 915-0888 info@harnessinghappiness.org www.harnessinghappiness.org

© 2018 Harnessing Happiness, all rights reserved.

“Harnessing Happiness” is a registered trademark of Harnessing Happiness, Inc.

All products are printed on tree free, or 100% recycled paper with non-toxic ink.

Harnessing Happiness Foundation offers materials and products for personal development and does not claim to solve or cure any problems.