

Summary

- Introduction
- Eros, Philia and Agape
- Phillis Wheatley
- Pure Love
- Not this, not this
- The Awareness Exercise

Practice

- Practise the exercise each day. This helps to bring stillness and greater awareness to the mind. It connects us with a deeper sense of being.
- Likewise the phrase 'Not this, not this' helps to clear the mind of false or unnecessary limitations.

Sessions this term

- Week 1** Three forms of love.
- Week 2** The expression of love. Thomas à Kempis.
- Week 3** Constancy of love. Love is the natural in-between. Boethius.
- Week 4** The beloved. Great Debates in the Forest. Viktor Frankl.
- Week 5** Causes of conflict.
- Week 6** Love and gratitude. Marcus Aurelius.
- Week 7** Mystical aspects of love. The Sufis, Rumi, Naimy.
- Week 8** Choosing the emotional ground. The Stoics, Epictetus, Phillis Wheatley.
- Week 9** Love and work. Three motivations for work. Khalil Gibran.
- Week 10** Giving love. Love and wise law. Mary Seacole.

Quotations

Phillis Wheatley

On Friendship

Let amicitia in her ample reign
Extend her notes to a Celestial strain
Benevolent far more divinely Bright
Amor like me doth triumph at the sight
When my thoughts in gratitude employ
Mental Imaginations give me Joy
Now let my thoughts in Contemplation steer
The Footsteps of the Superlative fair.

Shri Shantananda Saraswati

Conversations

Everyone has pure love within their nature.

Ralph Waldo Trine

In Tune with the Infinite: The Secret, Power and Effects of Love

Not to love is not to live, or it is to live a living death. The life that goes out in love to all is the life that is full, and rich, and continually expanding in beauty and in power. Such is the life that becomes ever more inclusive, and hence larger in its scope and influence. The

larger the man or the woman, the more inclusive they are in their love and their friendships.

The smaller the man or woman, the more dwarfed and dwindling their natures, the more they pride themselves upon their 'exclusiveness'. Anyone – a fool or an idiot – can be exclusive. It comes easy. It takes and it signifies a large nature to be universal, to be inclusive. Only the man or the woman of a small, personal, self-centred, self-seeking nature is exclusive. The man or the woman of a large, royal, unself-centred nature never is. The small nature is the one that continually strives for effect. The larger nature never does. The one goes here and there in order to gain recognition, in order to attach himself to the world. The other stays at home and draws the world to him. The one loves merely himself. The other loves all the world; but in his larger love for all the world he finds himself included.

Diagrams

