

2010-02-19

DO LOVING THINGS

You've been in love; you know what it's like. It's a sense of delight, not just in the person you love, but in all people, in yourself, in life. Suddenly you see beauty, excitement everywhere. You're not afraid to express your love and you feel strong, generous, fully alive. But something always happens; maybe you've only been able to love a few minutes or a few weeks, or your loved one has died. You've about given up; you're just not going to get that involved anymore. It's not fate that keeps you from loving; it's your own attitudes: toward love, toward other people, and toward yourself. Luckily, these attitudes can be changed through your own actions.

Learn to act lovingly when you feel like it; every time you hold back from expressing love, you make yourself more afraid to express it or even believe in it. Reverse this cycle; begin to act on love when you feel it and teach yourself to be giving, receptive and unafraid. You can reinforce and intensify a love you already feel by acting upon it -- call your loved one and say, "Have you got time to talk; I just wanted to hear your voice." By taking the time to think about what you value in a person, you cheat yourself out of a capacity to feel. Find specific words; you may feel more vulnerable but also more loving. When giving a gift to your loved one, be a bit impractical sometimes, giving something you're sure they will enjoy, not just a practical thing.

Also learn to touch the person you love simply to express affection -- not necessarily leading to sex. A gentle hug can bring much joy and be refreshing to the spirit. Try to find enjoyment in doing simple things together, finding ways to see each other in a better light and associate pleasure and fulfillment with each other.

From: Self Creation

By: Dr. George H. Weinberg

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February 19, 2010