



Feeling Love

This stream deals with your ability to connect with yourself and others out of a warm, open and honest basic attitude. Compassion, generosity and appreciation are qualities of a loving heart. Love is the key to a happy and meaningful life. The lover decides how you play the game of life.

Challenge : feeling infinite love

Subject

Why wouldn't you love yourselves and others all the time?

Where does anger come from?

Impatient?

How are you lonely?

Afraid to fail?

Do you cry?

How courageous are you?

Can you be trusted?

Will you come play outside?

Let's become friends?

Do you know what time it is?

Do you get contact?

Is your world beautiful?

Challenge

1 Loose everything that distracts from love

2 Welcome all emotions, act only to the constructive ones

3 Live peacefully

4 Dare to loose

5 Feel at ease with every fear

6 Share grief

7 Living courageously

8 Adopt a vulnerable and open attitude

9 Have a playful attitude

10 Let people make a good impression on you

11 Live like you will die tomorrow

12 Connect with yourself while you connect with others

13 See the beauty in everything



Why wouldn't you love yourself and others all the time?

Loose everything that distracts from love

Reflection

Love is the ultimate connection with yourself, with each other and with the divine. Love is a natural feeling, a natural act, you are a born lover. Attention is a form of love. Often love is hard to see through troubles, pressure, expectations and roles. Love is comparable with the shining sun, always present in the background. Desires and negative emotions are the clouds that stop the light and the warmth. Our ability to feel love is the Dow Jones of our life, a graduated scale of success.

Make a list with names of all the people you love. Determine per person what you especially appreciate in them. Tell this to him/her the next time you meet.

Exercise a. You Especially

Name a person that you are in conflict with. Imagine that you are reincarnated in this life. Imagine that the person you are in conflict with was your mother in a previous life. How would you deal with it then? Try to do so now as well. Evaluate your approach (together).

b. Your enemy is your mother

"Some travel in their cars

Some travel in their minds

Travel in your heart"

Dalai Lama





Where does rage come from?



Welcome all emotions,

act only after the good-natured ones

Exercise

a. Background

Pay attention to the first moment that you sense a strong negative emotion. Turn to the pause mode. By which thought and feelings was it preceded. Who is to blame? What else do you feel? Are you sad about something? What do you feel in the background?

b. Bad Habits

State (each) an undesirable habit of yourself. What is the most important disadvantage of this habit? Inventory which expectations, feelings or thoughts nurture these habits. Decide to spend your time differently.

Reflection

The only one that can hurt you is yourself. The cause of negative emotions such as rage, anger, guilt, pride and jealousy is confusion. Confusion arises by maintaining a fixed image, a truth that needs readjustment. Letting go of your fixed images provokes a panic reaction: the fear of not being unique, of losing yourself, of not being respected or appreciated as an individual. The negative emotions often shout down your real sorrow. Sorrow and fear that you don't want to experience, maintain negative emotions.

"Rage"

Growing compulsion to rise to the bait

Cuttingly you spontaneously blame the enemy

Aggressive despair swarms in your lower belly

Pent-up you search for retaliation

You loose from your own pain

veni vidi vici your rage



Impatient? Live patiently

Convince yourself that everything you do is exactly what you should do at this moment. It is best to practise patience at impatient moments.

a. Just in Time (JIT)

Exercise

Start with sitting still for 2 minutes. Think: "doing at lot has nothing to do with feeling hasty". Concentrate on quiet, relaxed breathing. Think of a quiet day at the beach. Strain your body firmly for a while. Then relax your whole body. Feel how your feet are touching the ground. Now reorganise the direction and number of your activities. Deal with the consequences.

b. Time-out

Haste and impatience often bring you somewhere you don't want to be. Haste is a compelling belly feeling that wants to meet ambitions and deadlines and fears not to make it. You will feel haste better when you encounter obstacles. Haste then changes into anger, e.g. during traffic. Haste is a form of suffering and is caused by ignorance (if you die tomorrow, would you feel the same haste?), blockage of energy or resistance against your feelings. Haste is a good signal for doing the wrong things at the wrong place, at the wrong time in a wrong way .

Reflection



In which way are you lonely?

Dare to loose

Reflection

There is nothing essential that you can loose. Loneliness is the illusion of loss. You momentarily don't feel the love for yourself, the love for and of others. The illusion of separation in mind, word or act is there. Until you recognise that love is invincible and unbreakable. Many people don't want to run the risk of losing. That is choosing for a medicine that creates the worst kind of loneliness. Fear to loose is actually the feeling of not being good enough and it leads spasmodically to a repeating game of power and (in)dependence.

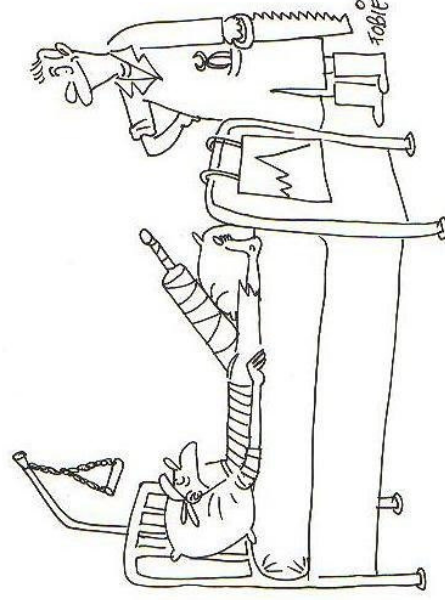
Find out for which colleagues, friends or family members you are exerting yourself to get their support or not to offend them. What do you want from them? Describe accurately how they should behave towards you. Start today with decreasing the troubles you feel by 50%. Behave towards them exactly how you feel they should behave towards you (in spite of the risks).

b. The loser wins

Grant a colleague an activity that you would like to have done yourself.

a. Granting

Exercise



HEALING

Afraid to fail?

Feel able to cope with every fear

Reflection

Fear is the feeling of not being able to cope with a situation. An insecurity about possible pain that you might suffer as a result of either doing something or leaving it off. Fear is an animal flee reflex, protecting us from danger and recklessness. We don't want or dare to feel afraid and hang on to what we know and what we are capable of by using all sorts of tricks. The most important cause of fear is a high expectation level of how a situation should be handled, combined with a lack of faith in ourselves and others. The problem is rather the fight against fear than fear itself.

Exercise

a. Set your mind on something

Check in scary situations: what does the situation look like? What are the facts really? Concentrate on your senses. Describe what you see. Describe what you feel and think. Is it true what you are thinking? What is the evidence? Which evidence is there to the contrary? Observe calmly.

b. BeautyintheBeast

What are you afraid of? Make a top 3 together and imagine that these fears are realised. Sense how it feels. Feel the fear in all its aspects. Examine with interest and astonishment the swarming around the fear and exaggerate for a minute. What are the consequences realistically? Do you survive? Repeat out loud until you mean it: "It's OK to feel this way". Relax.

"For it is under the greatest adversity that their exists

the greatest potential for doing good, both for oneself and others".

Dalai Lama

Do you ever cry?

Share grief

Reflection

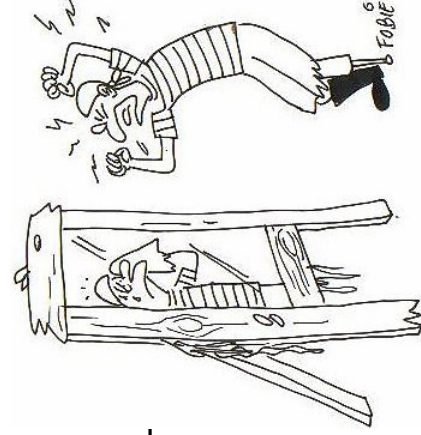
Grief is a pure expression of connection and compassion. The feeling of farewell causes sadness and is beautiful and calming. Sadness emphasises the lasting connection. On feeling and showing grief is a mortgage, socially seen: most people are ashamed of it and only cry deep inside and alone. Regret, repentance and feeling lonely are forms of grief. Denying grief makes angry. Living grief makes free. Sharing grief makes happy. .

Discuss the ultimate high and low of the past six months. Pay special attention to describing your feelings. Find courage to share your feelings as honest as possible. What do you have to loose?

b. High-Low

Institute today as the day of grief and allow yourself to get overwhelmed by your grief in minor and major issues. Today you have the day off of feeling and being happy.

Exercise a. Piece of Grief



How courageous are you?

Live courageously

Exercise

a. Tom Thumb

Amplify: who am I that I can do

Who am I that I want? Who do I think I am that I? Then prove for every question that you are the right person. Go for it. Imagine that you can do or be it without counter evidence. Proving the opposite only shows that you could not do it (yet) yesterday.

b. No other option than scoring

Find a big, unselfish goal together with a friend or colleague. Dedicate yourself to it. Every result you achieve helps realising that big goal.

Courage is choosing unconditionally. Courage is looking past your own mortality and realising there is nothing to be afraid of. Courage surpasses doubt in little and large thoughts and in small and big acts

Reflection

"Our deepest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond measure.

It is our light and not our darkness that most frightens us.

We ask ourselves: Who am I to be brilliant, gorgeous, talented and fabulous? Actually, who are you not to be? You are a child of God. There's nothing enlightened about shrinking, so that other people won't feel insecure around you.

We are meant to shine as children do. We were born to manifest the glory of God that is within us. It is not just in some of us. It is in everyone.

As we let our light shine, we unconsciously give other people permission to do the same. As we are liberated from our fear, our presence automatically liberates others".



Can you be trusted?



Adopt a vulnerable and open attitude

Exercise

a. Congratulations

Prepare and congratulate a colleague or friend publicly with an earnest and personal poem or wish.

b. No-guts-no-glory

Discuss with somebody a subject or irritation that is sensitive for one of you. Discuss in an interested, exploring and warm way.

Reflection

Intimacy is trusting in a loving exchange of vulnerability. Trust means believing fully even though you are not sure. Intimacy is also running the risk of getting hurt. But what could hurt you? Your carefully cultivated image (vanity)? Your fragile self-image (ego)? Your secrets (yes, you are welcome to deny)? Being hurt is an excellent signal to learn.

"It is better to suffer wrong than to do it,

and happier to be sometimes cheated than not to trust"

Samuel Johnson





Will you come play outside?



Behave naturally playful

Be accustomed to a playful attitude

Reflection

Playing is one of the most important activities in our life. For some it is even the meaning of life. Playing helps you to break with fixed patterns and feel the essence of your being: lively and energetic. Playing is an important positive improvising strategy that adapts to insecurity. Playing is the medicine against being melancholic and grown-up.

Exercise

a. Cartoon

Start using cartoons regularly. Draw a cartoon with the funny elements of the day up till now. Find your inspiration in existing cartoons.

b. Twister

Buy the game Twister and play it with a group of friends or colleagues. Movement and standing still. Support or fight each other. Divide the scarce space or fight over it. Falling down and getting back on your feet. Inconvenience and exuberance/excessiveness. Play the game.

To do is to be

Socrates

To be is to do

Sartre

Do be do be do

Sinatra





Let's become friends?



Let people make a good impression on you

Try to meet a stranger today in three different ways. Make it into a game. Don't have any expectations on how the meeting should be or how the other person sees you. Try to let the other person make a good impression on you. Notice what happens.

Exercise

a. StrangerFriend

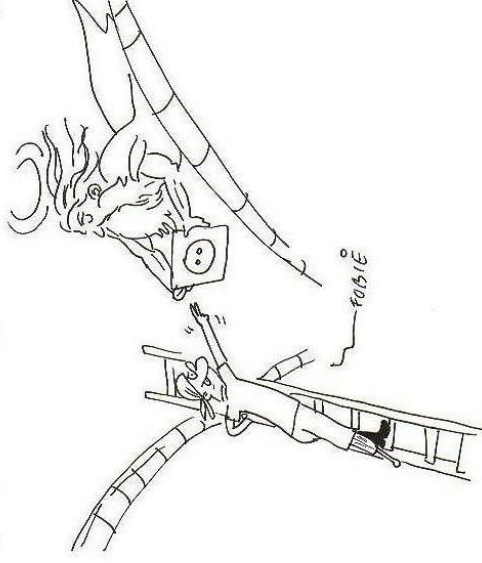
Say hello to everybody in the room without words. Then say hello as you think they do in the Bronx. Finally you greet each other as if you are meeting one of your best friends you have not seen for a while. Notice what happens!

b. First Contact

Reflection

Meeting/enchanting is making room for giving and receiving. Un-enchanting/un-meeting is actually leaving behind must and admitting may. Often you want others to be as you see fit otherwise they are disappointing. If you think like that, you are constantly wasting your time and sometimes you have a conversation that you find worthwhile. You will long for that every moment and use it to compare all other acquaintances to. You have the chance to make every acquaintance into an interesting moment and a possible friendship. If the number of friendships increases, world peace will increase as well.

SHORTCUT NAAR VERLICHTING





Do you know what time it is?

Live like you will die tomorrow

Exercise

a. Settle accounts please

If you would die in 6 months, what would you do right now? What are the unsettled accounts that you want to square? What do you regret that you can fix? What desires do you really have? Intend to actually do those important things within 6 months.

b. Life after death?

Discuss the following question with your table-companions: Why are we created finite?

Everything changes, that's the certainty we keep. Dying well is learning to live well. Dying well is dying without regret, dying with satisfaction about your life, your meaning to others, with love in your heart and willing to let go. Your soul is eternal; everything else perishes, maybe already tomorrow.

Reflection

"Dear Philo,

Your presence was always so powerful, warm and vivid

The grief of missing you is just as intense as your presence

We all knew that you would pass away soon

But soon still looks like a long time

Until I receive your message Monday night and don't comprehend

To me you will always be that affectionate spanker/bouncer?

I miss you already





Do you get connection?

Be connected with yourself while you connect yourself to others

Think of a few interesting ideas of how you can be your own best friend. Behave accordingly.

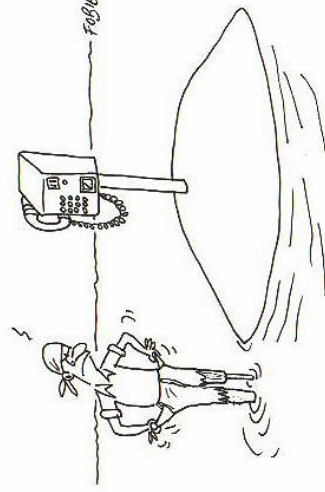
Exercise a. Individual Brainstorm

For the next (non)verbal question you receive: don't answer the question until you focused your attention completely on that person. Answer intuitively.

b. Contact

Reflection

Connecting is the road to friendship, with yourself and with others. The more friends there are, the less conflict and hatred. Connecting yourself inward is being in contact with your essential incentives and intuitive self. That road goes along a happy, relaxed life that provides satisfaction. Connecting with others is focusing your attention completely on the other persons. Receiving and giving simultaneously in the relationship. In essence we are all connected to each other. You can feel it through the spiritual consciousness. So it seems that with every breath we take, we inhale oxygen atoms that Julius Caesar exhaled. Talking about connection .



Is your world beautiful?

See the beauty in everything

Reflection

Wonder is you entrance ticket to beauty. Beauty connects you to an inspiring form of humility and happiness. Experiencing beauty is one of the greatest gifts to mankind and one of the main reasons why humans are on the earth

Exercise

a. Beauty contest

Take a 20-minute walk and enjoy. What is beautiful about nature? What is beautiful about garbage on the sidewalk? What is the beauty of a difficult project that you are working on?

b. Surrender

Explain to friends what you admire or what moves you in your favourite music. Listen to the music together and be overwhelmed. Listen to the story and favourite music of your friends.





1

**Why wouldn't you
love yourself
and others all the time?**

**Loose everything that
distracts from love**





2



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**How courageous
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Can you be trusted?

**Adopt a vulnerable and
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Let's become friends?

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