

## All About Love

### Chapter #9

#### Presentation Outline

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A useful gift all love's practitioners can give is the offering of forgiveness. It not only allows us to move away from blame, from seeing others as the cause of our sustained lovelessness, but it enables us to experience agency, to know we can be responsible for giving and finding love. We need not blame others for feelings of lack, for we know how to attend to them. We know how to give ourselves love and to recognize the love that is all around us. Much of the anger and rage we feel about emotional lack is released when we forgive ourselves and others. Forgiveness opens us up and prepares us to receive love. It prepares the way for us to give wholeheartedly.

Outcome –

- Participants will understand the importance of forgiveness in loving and growing.

Agenda –

- Greetings
- Forgive – the act of a victim letting go of resentment, revenge and/or punishment (pardon).
- Opening Question
  - We all have done things that we come to regret. Others have done things to us that were (are) painful. Yet we must learn to forgive to move forward in our lives.
  - Tell us the earliest example of when you had to ask for forgiveness.
- Reading
  - Take a couple minutes to read the quote from the book.
  - *Chapter 9*  
*“Generous sharing of all resources is one concrete way to express love. These resources can be time, attention, material objects, skills, money etc...Once we embark on love’s path we see how easy it is to give. **A useful gift all love’s practitioner can give is the offering of forgiveness.**”*

- Reading Response
  - What are your immediate thoughts about this passage?
  
- Discussion Question
  - **Think about something you did or that was done to you that continues to impact you right now.**
  - **What is keeping you from forgiving and letting go? (everyone needs to respond)**
  - **Why is it so important for you to forgive?**
  - **Forgiveness “not allows us to move away from blame, from others as the cause of our sustained lovelessness, but it enables us to experience agency, to know we can be responsible for giving and finding love.”**
  
- Summary
  - Review –
    - There are only 2 emotions – love and fear.
    - Love draws you closer to yourself and others. Fear pushes you away from your true self and other. Fear keeps you tethered in place.
    - To be great and maximize who you are destined to be, you must love consistently and use that to take **RISK**.
    - True success that last requires a love of self and others. That love allows for risk. But to take love and take risk, we must know and embrace truth about ourselves.
    - Our best selves require us to intentionally develop a **FOUNDATION FOR SUCCESS**.
    - Rock Bottom – the moment where you truly recognize your “normal” can no longer continue. The point where ego and pride surrender to being open to the unknown. It is the truly the death of fear and the start of the recycling process. You must be a recycler.
    - Changing and growing is a process.
    - That process requires a plan to be successful...just like baking a cake needs a recipe.
    - Fear disappears because the plan reflects the love you have for yourself.
    - As we grow our love for ourselves, we learn to speak the best of who we are. Why? Because we know our words impacts others and will outlive us.
    - As we speak, we must also listen. Listening is also an expression of how much we genuinely love ourselves.
    - Community is essential to us being our best selves.

- We must be intentional in building and maintaining a community of love.
- Forgiveness “not allows us to move away from blame, from others as the cause of our sustained lovelessness, but it enables us to experience agency, to know we can be responsible for giving and finding love.”