



# **SELF-LOVE 101**

Fall 2021 Colloquium  
Realization Project Fellowship  
Monday, October 11, 2021

Potential is never realized without work.



# LOVE is.....

*Love is patient, love is kind.*

*It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.*

*Love does not delight in evil but rejoices with the truth.*

*It always protects, always trusts, always hopes, always perseveres.*

I Corinthians 13:4-7

*[Love is] the will to extend oneself for the purpose of nurturing one's own or another's spiritual growth. –M. Scott Peck*

**To LOVE is to respect, protect, and correct. –Cornel West**

**“To love oneself is to struggle to rediscover and maintain your uniqueness.” –Leo Buscaglia**



“Love yourself first and everything else falls into line. You really have to **love yourself** to get anything done in this world.”

— Lucille Ball

# LOVE is not.... Attachment

## The Maturity Continuum

←—————→  
Dependence                      Independence                      Interdependence

- Dependence - the paradigm of "you"
- Independence - the paradigm of "I"
- Interdependence - the paradigm of "we"



# Appreciate Others

*Whatever you  
appreciate  
will appreciate!*

Who do you love and who loves you?

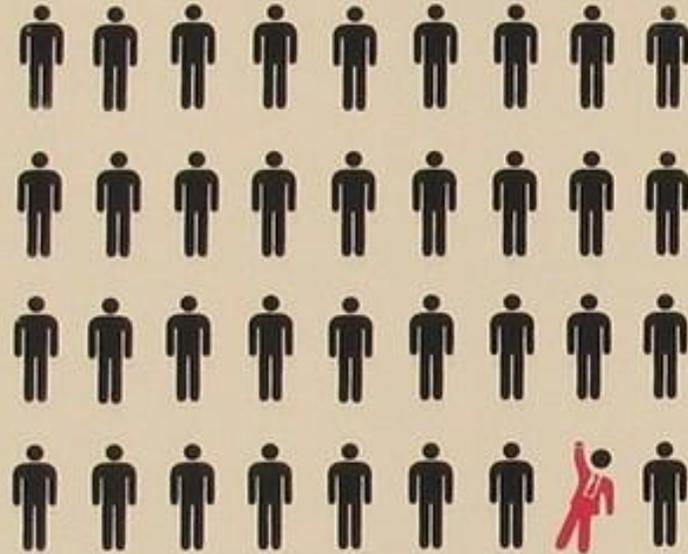
I love: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I'm blessed to be loved by: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Courage to be Yourself

Why is it so difficult to do something so simple?

Be yourself,  
everyone  
else is  
taken



Be Yourself.



# Jump In!

- “A total immersion in life offers the best classroom for learning to love.”
- “Perhaps the most positive word in the English language and the most conducive to continued growth in love is ‘Yes.’ ... A lover says ‘Yes’ to life, ‘Yes’ to joy, ‘Yes’ to knowledge, ‘Yes’ to people, ‘Yes’ to differences.”
- “This loving person is a person who abhors waste—waste of time, waste of human potential. How much time we waste. As if we were going to live forever.”

*“You were born with potential.  
You were born with goodness and trust.  
You were born with ideals and dreams.  
You were born with greatness.  
You were born with wings.  
You are not meant for crawling, so don’t.  
You have wings.  
Learn to use them and fly.”*

Rumi (1207-1273)