

The framework for everything is love.

A brief introduction distilled from the facilitator's opening remarks. It posits that love is one of the few concepts uniting every religion and culture. It's a universal language we all understand. This presentation is an invitation to explore what love is, why it's vital, and where we run into difficulty when we seek it in others instead of ourselves.

It begins with a question that whispers, then gets louder.

Lovely Call

There always comes a time
when the question beckons
why are you here

At first it whispers
then it gets louder and louder

We go looking for an answer
searching in the world of doings
for the great and the extraordinary

Marading the edge of glory
missing the rather obvious

The essence of who we are
it will never run out
seeking expression right now
cuz we already know how

our greatest calling
in the world of beings
to love and to be loved
nothing fills up more

For when love in me
embraces the love in you
love finds itself at home

Our first instinct is to search for love outside of ourselves.

We are conditioned to look for answers in the 'world of doings' – in achievements, extraordinary acts, and external validation.

Romantic narratives tell us we are not whole until we find 'the one,' placing immense pressure on others to supply a love they cannot.

Societal messages imply we need to change or achieve something significant to be 'good enough' or worthy of love.

"We're often told... to be ourselves. But then the messages we're receiving through different mediums might imply that we need to change something in order for us to be good enough."

- Frank



We are the proof.

People look for evidence everywhere, expecting love to arrive once they've proved they are worthy. The realization is simpler and more profound: Our existence is the only proof needed. Love exists, and we are its living evidence.

The search for love is actually a search for home.

Home

A place for me to call home
A place for me to feel at home
A place where I laugh with abandon
A place where I dance with no shame

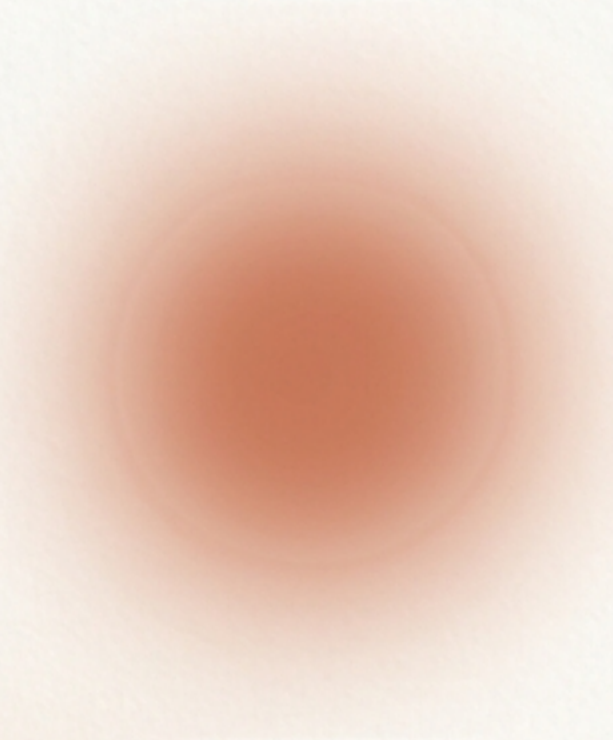
A place where I can be
A place where things fit
A place where I am safe
A place where love lives

A place in my very being
A place from which
no one else can pluck me

Love is its name.

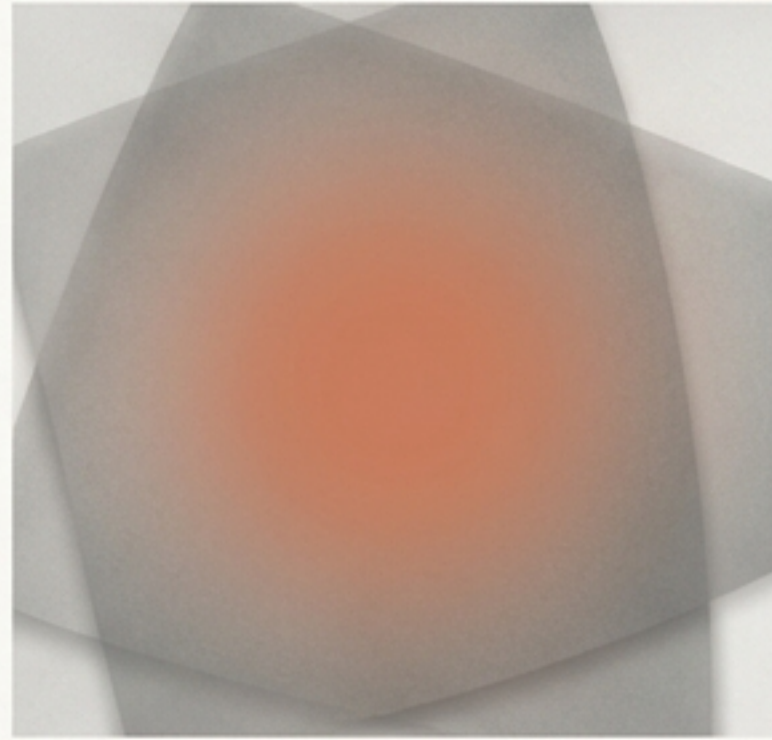
This home is described as "heaven inside you," a place of safety and unconditional acceptance that is available right now.

This inner home is our birthplace,
before the stories were layered on.



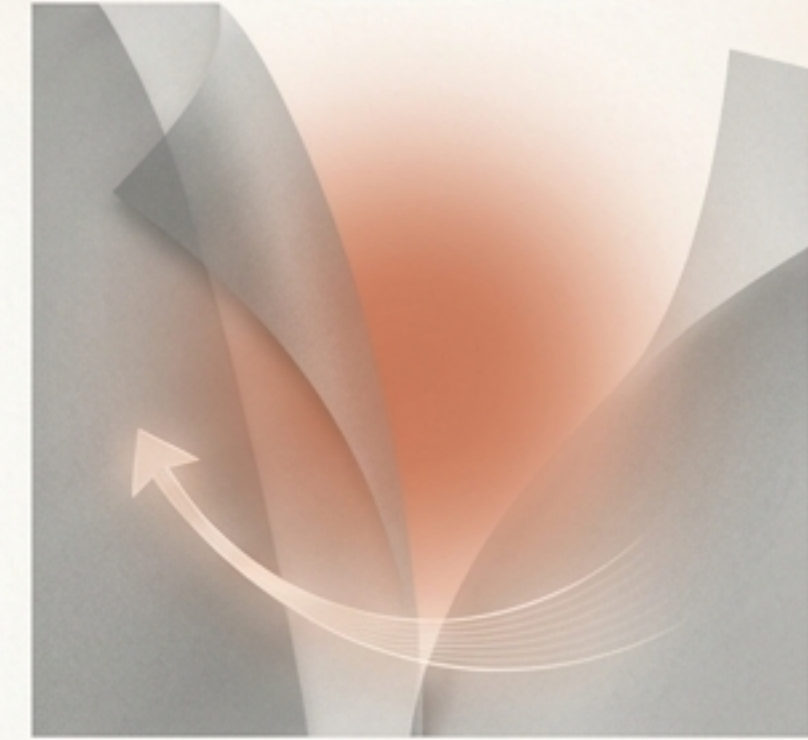
The Starting Point

We are born without filters, shame, or conditioning. This is our natural state of being.



The Layers

Through life, we accumulate stories, programming, and shame that obscure our true nature.



The Return Journey

Maturity is the process of unpicking these layers to rediscover what has always been there.

“It's like the full circle moment... we're born without those things and then somehow just by being in this space all those things later and then we're then maturing through on on picking that and and then discovering what has always been.” - Heather

So how do we measure success in a world of being, not doing?

****How to be successful****

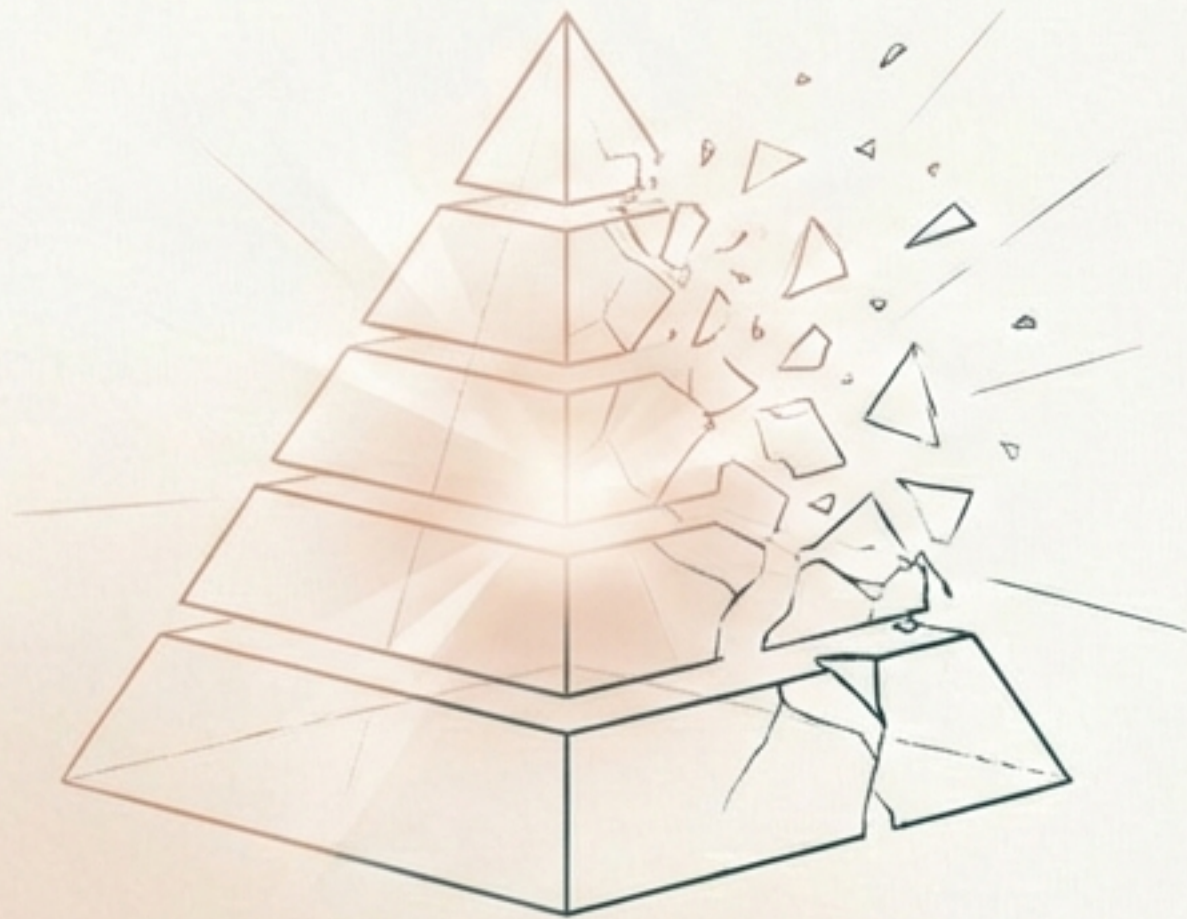
Let's set the bar
where everyone can reach

then no one has to wait
to do what everyone can

simply by letting go
of why not
to reveal the love inside

The poem is a setup, challenging the idea of a 'bar' for success at all. Is success something we must aspire to, or something we already are?

True success has no bar because it's what you already are.



The conventional model of success creates a “hierarchical divide,” placing superstars, leaders, or even God on a pedestal.

The real work is to “let go of the why nots”—the stories we tell ourselves about what we must achieve before we can be considered successful.

Love is the foundation. It makes one “safe to hold power.” Without it, power sought for self-affirmation is often misused.

“God is in everyone... God who is all in all.”

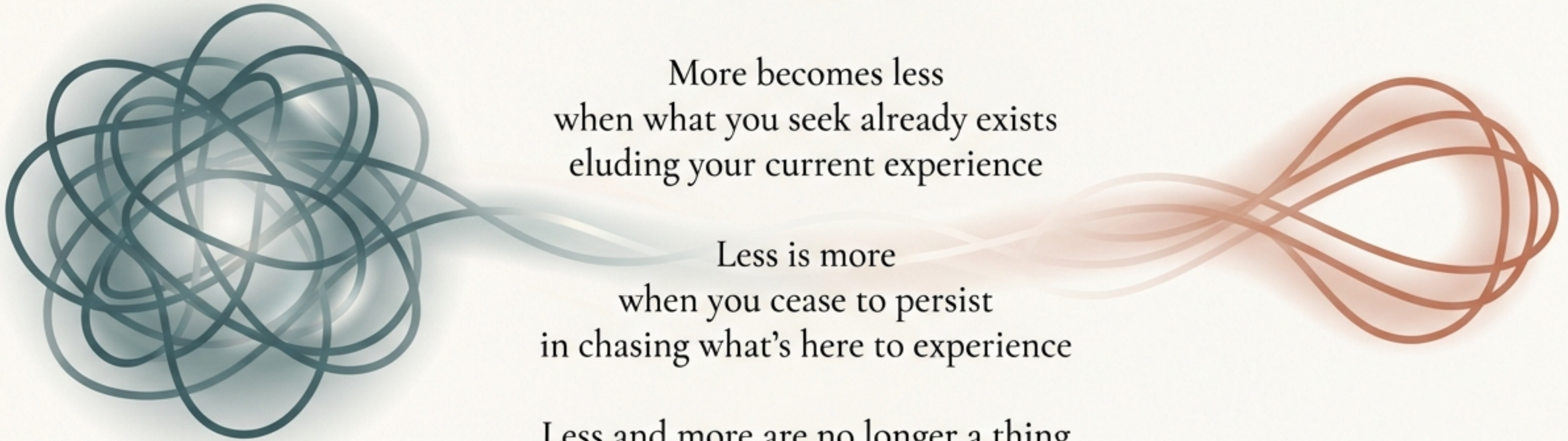
The paradox of the chase: more becomes less.

Less is more

More becomes less
when what you seek already exists
eluding your current experience

Less is more
when you cease to persist
in chasing what's here to experience

Less and more are no longer a thing
when you give yourself permission to experience



The mind creates stories that make us feel 'less'.

Case Study 1: The Roundabout

"I became less the more I was searching for more... I was lost in everything... I had to lose all to find me."

This illustrates how the chase for more can lead to a complete loss of self.



Case Study 2: The Comparison Trap

A participant shares how viewing his current, perfectly good job as 'less' because he was drawn to something 'higher' created anxiety.

"Your role did not change. But all of a sudden you've experienced your roles in two different ways depending on whether you're comparing it to something that's yet to happen."

**Our experience is not a reflection of reality,
but of the story the mind chooses to frame it with.**

We pin our hope of happiness on others.

Happ(i)ness

I would have been happy
How could I be happy
I pinned my hope of happiness on you

I couldn't make you happy
If I could possibly be happy
I pinned my hope of happiness on you

We should have been happy
We could possibly be happy
if we unpin and look within

Happiness is dependent on happenings.
Joy is what's already inside.



Happiness

Is temporary and dependent on external events ('happenings'). We suffer when we become attached to these happenings and they inevitably change.



Joy

Is internal. It is the celebration of the self, of what already is. It doesn't require an external trigger.

"I discovered so much... I didn't have to put that burden on [someone else] to make me happy. I have it. It's just I have to be done in some aspect of my life for me to really enjoy that joy in me."

- Dia

We have been sold a fairy tale about love.

Fairy Tale

Once upon a time
in a land not so far away
there lived creatures
too fear to behold
and too rare to feel

With wings they fly
doing daring deeds
as like in a dream

evading the eyes of those awake
leaving no trace
safe in the land where fairies live
happily thereafter

The unrealistic, 'happily ever after' narrative is the source of our flawed expectations. Disappointment is the gap between expectation and reality. Waking up from the fairy tale is the beginning of building something real.

The journey inward leads to a simple, profound knowing.

“I’m never too old to learn.”

“Just be me always.”

“I’m enough.”

“It’s my take for how I’m happy or content or I feel valued.”

“Love always.”

“We’re all still a work in progress.”

Darling,
you are the event,
you are the occasion,
and you are the invitation.

- Muriel