

# THE DANCE OF LOVERS

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WHEN LOVE BECKONS TO YOU FOLLOW HIM  
THOUGH HIS WAYS ARE HARD AND STEEP  
AND WHEN HIS WINGS ENFOLD YOU YIELD TO HIM  
THOUGH THE SWORD HIDDEN AMONG HIS PINIONS MAY WOUND YOU  
AND WHEN HE SPEAKS TO YOU BELIEVE IN HIM  
THOUGH HIS VOICE MAY SHATTER YOUR DREAMS AS  
THE NORTH WIND LAYS WASTE THE GARDEN

BECAUSE  
OPPOSITES ATTRACT  
YOU MAY FEEL  
YOU ARE INCOMPATIBLE  
WITH YOUR PARTNER



BUT  
THERE IS A BEAUTIFUL SYMMETRY

IN THE DANCE OF LOVERS

WHAT IS SUPPRESSED  
IN THE ONE  
IS EXPRESSED  
IN THE OTHER

THE RAPTURE CAN BE RECAPTURED

BUT NOT NECESSARILY BY  
CHANGING YOUR PARTNER

OR BY EXCHANGING  
YOUR PARTNER FOR ANOTHER

THE KEY TO HAPPINESS IS TO  
SEE YOUR PARTNER AS A MIRROR



WHERE YOUR OWN LOST WHOLENESS

AND DENIED MAGNIFICENCE

AS WELL AS YOUR DENIED WEAKNESSES  
ARE REFLECTED

YOU CAN SEE YOUR RELATIONSHIP

AS A SACRED SPACE

WHERE THE UNIVERSAL CHILDHOOD WOUND

WILL BE RE-ACTIVATED

THAT IS:

FEELING UNLOVED  
AND UNLOVABLE

WE ALL FEEL SOME VARIATION OF:  
NO MATTER HOW HARD I TRY  
I WILL NEVER BE GOOD ENOUGH

I AM NEVER HEARD - I AM ALWAYS CRITICIZED  
I AM NEVER APPRECIATED JUST FOR BEING ME  
I AM ALWAYS COMPARED - I ALWAYS COME SECOND  
I WONT EVER BELONG



THE PURPOSE OF REPEATING YOUR CHILDHOOD PAIN IS:  
SO THAT YOU CAN HEAL THESE WOUNDS

IN THE LIGHT OF ADULT CONSCIOUSNESS

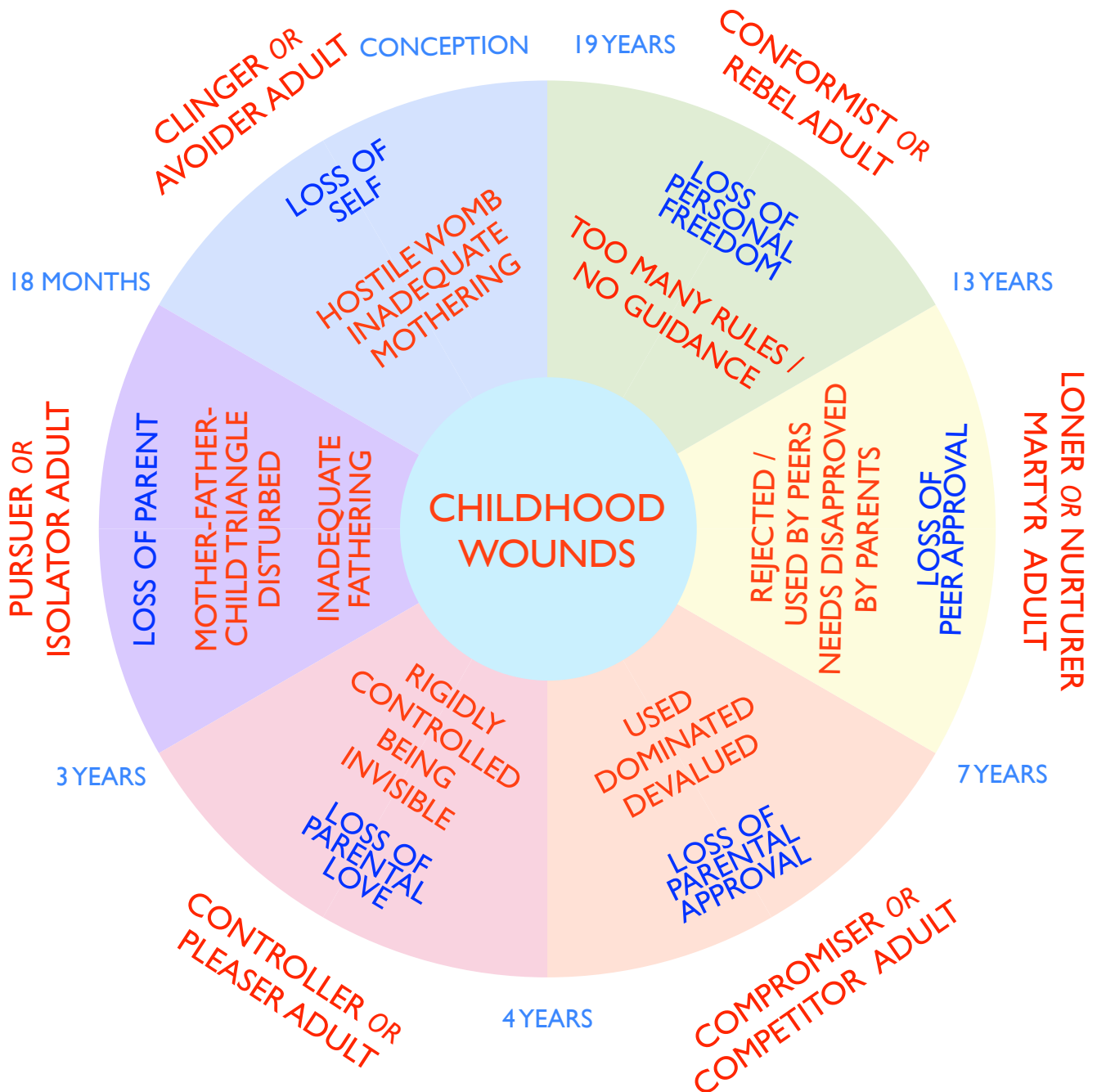
THAT IS WHY  
EVEN THOUGH AFTER THE HONEYMOON  
RELATIONSHIPS CAN BE EXTREMELY CHALLENGING  
AND EVEN PAINFUL

THEY PROVIDE THE PERFECT OPPORTUNITIES

TO RE-EXPERIENCE  
AND HEAL OVERCOME AND GROW BEYOND

OUR CHILDHOOD BLUEPRINTS

BECAUSE WE ARE ALL  
RAISED BY IMPERFECT HUMAN BEINGS  
WE ARE ALL WOUNDED  
TO SOME DEGREE



WHAT DOES THIS HAVE TO DO WITH YOUR ADULT RELATIONSHIPS?  
BELIEVE IT OR NOT:

**90%!!!**

ONLY 10% OF YOUR ADULT RELATIONSHIP ISSUES  
HAVE TO DO WITH YOUR PARTNER  
THIS MEANS IF WE CHANGE PARTNERS  
WE KEEP 90% OF THE PROBLEM

# OUR ADULT RELATIONSHIPS USUALLY REPEAT OUR CHILDHOOD WOUNDS

LIKE BEING  
NEGLECTED  
REJECTED  
ABANDONED  
CRITICIZED  
DOMINATED  
DEVALUED  
CONTROLLED  
OR SMOTHERED



THIS IS BECAUSE  
PART OF WHAT ATTRACTED US  
TO OUR PRESENT PARTNER WAS THAT

UNCONSCIOUSLY  
THEY REMIND US IN SOME WAY  
OF OUR PARENTS

THAT EXPLAINS WHY YOU CANT STAND OUR MOTHER-IN-LAW  
ITS BECAUSE SHE REPRESENTS THOSE TRAITS THAT YOU DENY IN YOURSELF

AND THAT ATTRACTED YOUR PARTNER TO YOU IN THE FIRST PLACE

ALSO WE OFTEN FIND OURSELVES  
REPEATING THE MARRIAGE OUR PARENTS HAD

BECAUSE THEIR RELATIONSHIP PATTERNS  
ARE WHAT WE ARE MOST FAMILIAR WITH

# RELATIONSHIPS ARE THE CLASSROOMS

WHERE WE WILL ONLY BE HAPPY IF  
WE LEARN OUR LOVE / LIFE LESSONS



TO GET THE LOVE YOU WANT YOU DONT NEED  
A PERFECT PARTNER  
RATHER YOU NEED TO BECOME  
THE MATURE AND BALANCED PERSON  
YOU ARE CAPABLE OF BECOMING

**YOU WILL GROW**  
**IN EXACTLY THE WAY YOU NEED MOST**  
IF YOU DO  
**THE HEALING STRETCH**  
YOU NEED TO DO

TO BE HAPPY WITH YOUR PARTNER  
**JUST THE WAY THEY ARE**  
WHILE GIVING THEM WHAT THEY NEED MOST  
TO HEAL THEIR CHILDHOOD WOUNDS



HERE IS A COMMON EXAMPLE:

## THE CLINGER-AVOIDER DANCE

A CLINGER HAS TO GIVE AN AVOIDER  
MORE SPACE TO BE THEMSELVES  
WHICH THE AVOIDER DID NOT GET AS A CHILD

BECAUSE THE AVOIDER WAS PROBABLY SMOTHERED  
OR PUNISHED FOR BEING THEMSELVES



THE CLINGER CAN ONLY GIVE THE AVOIDER SPACE  
WITHOUT REJECTING OR PUNISHING THEM BY  
BECOMING MORE SELF-RELIANT AND SELF-NURTURING

WHICH IS EXACTLY WHAT THE CLINGER NEEDS TO DO  
TO BE A MORE BALANCED AND MATURE PERSON



THE CLINGER WILL ASK:

# HOW DO I DO THIS?



THE ANSWER IS:  
YOU ARE IN BED WITH  
THE BEST TEACHER IN THE WORLD  
FOR YOU!

YOUR AVOIDER PARTNER PROVIDES YOU WITH AN EXAMPLE  
OF THE VERY BEHAVIORS AND STRENGTHS YOU NEED TO ADOPT

TO RE-DISCOVER THE INDEPENDENCE AND FREEDOM  
YOU DONT THINK YOU POSSESS

BECAUSE YOU DISOWNED OR LOST THESE POSSIBILITIES  
WHEN YOU LEARNED TO BE A PLEASER AS A CHILD

THE GIFT TO THE AVOIDER WILL BE DISCOVERING THAT  
THEY CAN BE THEM SELF AND STILL BE LOVED

PERHAPS THE AVOIDER WILL THEN BE ABLE TO GIVE THE CLINGER  
MORE CLOSENESS BY BECOMING MORE INTIMATE AND VULNERABLE

THE SPIN-OFF WILL OR MAY BE A HAPPIER RELATIONSHIP

IT IS NOT JUST A LUCKY COINCIDENCE  
YOU WERE ATTRACTED TO THIS PERSON IN THE FIRST PLACE  
BECAUSE THIS VERY GROWTH CHALLENGE COINCIDES  
WITH YOUR LIFE LESSONS

## THE HEART OF THE SHADOW DANCE WORKS LIKE THIS:

IF YOU ARE A CLINGER

YOU INEVITABLY FALL IN LOVE WITH AN AVOIDER

YOU ARE ATTRACTED TO AN AVOIDER BECAUSE YOU ARE UNCONSCIOUSLY  
PROJECTING YOUR OWN DENIED OR LOST STRENGTH AND INDEPENDENCE

AT FIRST YOU SEE ONLY THEIR SELF-SUFFICIENCY AND AUTONOMY

AS YOU FALL OUT OF LOVE THE NEGATIVE SIDE OF THESE TRAITS IS REVEALED  
AND YOU BEGIN TO SEE YOUR PARTNER AS COLD SELF-ABSORBED AND SELFISH

YOU COMPLAIN THAT YOUR PARTNER IS UNAVAILABLE NEVER THERE  
HAS NO FEELINGS ACTS LIKE A ROCK WALL

YOU GET MORE CLINGY AND DEMANDING

YOU ALTERNATE BETWEEN INTENSE FEAR SADNESS AND RAGE

YOU BLAME DEMAND CHASE COMPLAIN AND DEVALUE YOUR PARTNER OR THEIR VALUES

YOUR AVOIDER PARTNER REACTS BY BEING HYPER RATIONAL AVOIDING CONFLICT  
PASSIVE AGGRESSION WITHDRAWAL AND COLDNESS

IN FIGHTS YOU ARE HYPER EMOTIONAL UNCOMPROMISING AND DEMANDING  
THEN BEING SORRY AND GIVING IN

YOUR AVOIDER PARTNER SEES YOU AS DEMANDING ALL-CONSUMING

WANTING TOO MUCH TOGETHERNESS TOO EMOTIONAL TOO CHAOTIC

AND BECOMES MORE DETACHED AS HE / SHE FEELS YOU DONT RESPECT THEM OR THEIR VALUES  
AND EVEN THAT YOU HATE HIM / HER

YOUR GROWTH CHALLENGE IS TO RECLAIM YOUR OWN DENIED OR LOST

STRENGTH INDEPENDENCE SELF-SUFFICIENCY AND AUTONOMY

YOU NEED TO LEARN TO INITIATE SEPARATENESS AND DEVELOP OUTSIDE INTERESTS

THE REAL CHALLENGE IS TO INTERNALIZE YOUR PARTNER

BY BECOMING MORE LIKE THEM

THIS WILL BRING BALANCE IN YOURSELF

AND HARMONY IN THE RELATIONSHIP



THE SAME PRINCIPLES PERTAIN TO  
**THE OTHER DANCE PAIRS:**

THE PURSUER AND THE ISOLATOR

THE CONTROLLER AND THE WIMP

THE COMPETITOR AND THE LOSER

THE LONER AND THE CARETAKER / MARTYR

THE REBEL AND THE GOOD GIRL / BOY



# INDEED OPPOSITES DO ATTRACT

AND THE VERY TRAITS THAT ENCHANTED YOU  
WHEN YOU FELL IN LOVE  
END UP BEING WHAT YOU RESENT MOST



WHEN OPPOSITES ARE  
JUDGED REJECTED RESENTED  
RESISTED AND OPPOSED  
THIS CAUSES AN INCREASING IMBALANCE  
AND TWO CARICATURES EMERGE

THE RESULT WILL BE  
INCREASED POLARIZATION  
CONTROL MANIPULATION SMOTHERING  
RESENTMENT ACCUSATION DISHONESTY  
SEXUAL DESIRE DISAPPEARS  
AND LOVE TRIANGLES MAY APPEAR

# THE POSITIVE TRAITS

THAT YOU DENY / SUPPRESS / DISOWN  
IN YOURSELF

ARE PROJECTED ONTO YOUR PARTNER  
WHEN YOU FALL IN LOVE

## THIS IS YOUR GOLDEN SHADOW

COMPLETE WITH PEDESTAL

FOR EXAMPLE:

YOUR MAGNIFICENCE

YOUR BEAUTY

YOUR FREEDOM

YOUR STRENGTH

YOUR BRILLIANCE

YOUR SACREDNESS



## THE “NEGATIVE” TRAITS

THAT YOU DENY / SUPPRESS / DISOWN IN YOURSELF

ARE PROJECTED ONTO YOUR PARTNER  
WHEN YOU FALL OUT OF LOVE

## THIS IS YOUR DARK SHADOW:

YOUR DISHONESTY

YOUR INFIDELITY

YOUR JEALOUSY

YOUR COLDNESS

YOUR IRRESPONSIBILITY

YOUR ANGER

# PSYCHOLOGICAL GROWTH

IS MORE ABOUT EXPANSION  
TO INCLUDE PREVIOUSLY DENIED REJECTED AND DISOWNED  
PARTS OF YOU  
THAN IT IS ABOUT CHANGE

IT IS NOT CO-INCIDENCE  
THAT YOU ARE PAIRED WITH A PERSON  
WHO REPRESENTS YOUR OPPOSITE  
WHO COMPLEMENTS AND COMPLETES YOU

WHAT YOU EMBRACE IN YOUR PARTNER  
ENABLES YOU TO ALSO  
LOVE THAT SAME POTENTIAL IN YOURSELF

AS ILLUSTRATED IN THE STORIES  
OF BEAUTY AND THE BEAST  
AND THE PRINCESS AND THE FROG PRINCE  
WHEN A “NEGATIVE” TRAIT IS ACKNOWLEDGED AND EMBRACED  
ITS POSITIVE SIDE IS UNCOVERED AND OWNED



THIS IS WHY IT IS SO IMPORTANT THAT YOU STICK WITH YOUR PARTNER  
WHEN YOU BRING OUT “THE WORST” IN EACH OTHER

IF YOU EMBRACE AND OWN YOUR PARTNER’S SELFISHNESS  
IT CAN BECOME YOUR ABILITY TO TAKE BETTER CARE OF YOURSELF

IF YOU EMBRACE AND OWN YOUR PARTNER’S INSENSITIVITY  
IT CAN BECOME YOUR ABILITY TO TAKE THINGS LESS PERSONALLY

# THE HAPPY ENDING HAPPENS WHEN YOU BALANCE YOURSELF



BY BECOMING MORE  
LIKE YOU PARTNER

IF YOU FIND WITHIN  
YOURSELF

THOSE TRAITS YOU THOUGHT  
WERE EXCLUSIVELY OWNED BY YOUR PARTNER

YOU WILL ALSO BE ABLE  
TO GIVE TO YOURSELF

THOSE GIFTS  
YOU ALWAYS WANTED  
FROM THEM  
FOR EXAMPLE:  
(SELF-) AFFIRMATION  
(SELF-) SUPPORT  
(SELF-) APPRECIATION  
(SELF-) WORTH  
(SELF-) LOVE

WORDS OF POWER:  
MY RELATIONSHIPS MOVE ME TOWARDS  
A GREATER APPRECIATION AND UNDERSTANDING  
OF MY OWN WHOLENESS  
NOTHING IS MISSING IN ME  
I AM COMPLETE UNTO MYSELF  
I EMBRACE THE TRUTH THAT  
LOVE HAS A BALANCE OF SUPPORT AND CHALLENGE



YOU FELL IN LOVE  
WITH YOUR PARTNER  
IN THE FIRST PLACE

PRECISELY BECAUSE YOU  
THOUGHT YOU LACK THOSE VERY QUALITIES

WHICH FIRST  
ATTRACTED YOU AND NOW PISS YOU OFF

REMEMBER  
YOU CAN ONLY RECEIVE  
FROM ANOTHER

WHAT YOU ALREADY  
HAVE WITHIN YOURSELF

NOBODY CAN GIVE YOU ANYTHING  
YOU HAVE NOT ALREADY GIVEN TO YOURSELF

MOST NOTABLY  
A SENSE OF BEING  
LOVED AND LOVABLE



# TO BECOME MORE LIKE YOUR PARTNER



YOU NEED TO REMEMBER  
HOW YOU SAW THEM WHEN  
YOU FIRST FELL IN LOVE

FOR EXAMPLE  
THEN HE SEEMED LIKE A GREEK GOD  
AND NOW HE IS JUST A GODDAM GREEK

THE LADY IN RED BEFORE...



AND AFTER THE HONEYMOON

ALL TRAITS HAVE  
**TWO SIDES:**  
A BENEFIT  
AND A DRAWBACK



EVERY TRAIT IN YOU AND IN YOUR PARTNER  
IS BOTH A BLESSING AND A CURSE

**RESENTMENT IS  
AN EXAGGERATION  
OF NEGATIVES**

**INFATUATION IS  
AN EXAGGERATION  
OF POSITIVES**

WHETHER YOU ARE  
**INFATUATED OR DISILLUSIONED**  
DONT BOTHER ASKING WHETHER YOU POSSESS ALL THE TRAITS  
YOU SEE IN YOUR PARTNER  
ITS ONLY A MATTER OF WHERE WHEN AND WHO SEES THESE TRAITS  
IN YOU

# THE HEART OF LOVE:

## HOW TO GO BEYOND FANTASY TO FIND TRUE RELATIONSHIP FULFILLMENT

### WORDS OF POWER:

I RECOGNIZE THAT PEOPLE ARE FAITHFUL TO THEIR OWN VALUES  
NOT TO ONE ANOTHER

I MOVE INTO THE HEART OF LOVE BY FINDING OUT WHAT IS IMPORTANT  
TO MY PARTNER AND NOT PROJECTING MY IDEALS

I RECLAIM MY OWN DISOWNED PARTS SO THAT I CAN MOVE FORWARD  
WITH BALANCED PERCEPTIONS AND AFFECTION

INFATUATION IS BLIND TO THE NEGATIVES  
AND RESENTMENT IS BLIND TO THE POSITIVES  
I CHOOSE TRUE LOVE IN ORDER TO SEE  
BOTH SIDES EQUALLY

I SEE EVERY UPSET IN MY RELATIONSHIP AS AN OPPORTUNITY  
TO EXPERIENCE RELEASE AND GROW BEYOND A CHILDHOOD BLUEPRINT  
EVERY INJURY IS AN INVITATION TO BECOME MORE OF THE PERSON  
I WAS CREATED TO BE

ONLY CHILDREN HAVE A RIGHT TO UNCONDITIONAL LOVE  
FOR ME IT IS A PRIVILEGE AND AN OPPORTUNITY TO DEVELOP CHARACTER:

COURAGE  
STRENGTH  
INTEGRITY  
SELF-ESTEEM  
EMOTIONAL RESTRAINT  
AUTHORITY  
INDEPENDENCE  
INITIATIVE  
POWER

TENDERNESS  
GENTLENESS  
TOLERANCE  
APPRECIATION  
EMOTIONAL EXPRESSION  
HUMILITY  
INTER-DEPENDENCE  
FLEXIBILITY  
PATIENCE

# THE ART OF LOVE

GOING BEYOND HEARTBREAK BY AVOIDING  
THE RECIPES FOR DISASTER:

MANIPULATION  
GIVING TO GET  
CONTROL - IF YOU LOVE ME YOU WILL DO IT MY WAY  
EMOTIONAL BLACKMAIL  
THE WIN-LOSE ATTITUDE  
BETRAYAL  
COMPETITION  
POWER-STRUGGLES  
THE NEED TO BE SPECIAL  
POUTING AND TANTRUMS  
THREATS AND VIOLENCE  
ACTS AND ATTITUDES OF REVENGE  
NOT LISTENING  
“GOTCHA”  
POSSESSIVENESS AND JEALOUSY  
SELF-ATTACK  
BEING RIGHT  
VICTIM PATTERNS SACRIFICE AND MARTYRDOM  
OVER-SENSITIVITY  
INDULGENCE  
AFFAIRS



HEALING PRINCIPLE:  
A COMMITMENT TO HEAL OUR PAINFUL EMOTIONS  
RATHER THAN USING THEM TO TRY TO GET SOMETHING  
BY HURTING OUR PARTNER  
IS A BIG STEP TOWARDS MATURITY AND PEACE

# HEARTBREAK LESSONS

## DID YOU KNOW?

EMOTIONAL PAIN SHOWS THAT YOU ARE MAKING A MISTAKE  
THIS MISTAKE CAN ONLY BE CORRECTED BY YOU

EVERY HEARTBREAK IS A DARK FRUIT THAT HAS ITS ROOT IN CHILDHOOD

ALL HURTS SHOW THAT YOU ARE TRYING TO GET OR TAKE SOMETHING  
WHEN YOU ONLY WANT TO GIVE YOU CANNOT BE HURT

YOU CAN ONLY BE UPSET IF SOMEONE BREAKS YOUR RULES  
YOUR RULES ARE DEFENSES AGAINST OLD PAIN  
AND THEY BEG TO BE BROKEN

EVERY INJURY IS PART OF A POWER STRUGGLE  
BEING HURT IS A FORM OF EMOTIONAL BLACKMAIL THAT YOU USE  
TO LAY GUILT ON YOUR PARTNER

BEING HEARTBROKEN IS AN ACT OF REVENGE ON THE PERSON INVOLVED  
YOUR PARENTS AND POSSIBLY AN EX-PARTNER  
HEARTBREAK IS USING YOUR PAIN AS A WEAPON

EVERY HEARTBREAK WAS PLANNED BY PART OF YOUR SUBCONSCIOUS MIND  
YOU CAN ACCESS THAT PART OF YOUR MIND TO SEE WHAT WAS GOING ON

EACH HEARTBREAK REPRESENTS A MISTAKE  
AT A SIGNIFICANT CROSSROAD OF YOUR LIFE  
ONE IN WHICH YOU COULD HAVE GONE BEYOND A FEAR  
AND CHOSEN THE NEXT STEP FORWARD INSTEAD

THERE ARE PAYOFFS IN YOUR HURTS THAT REPRESENT A CHOICE FOR YOUR EGO'S AGENDA  
RATHER THAN A CHOICE FOR A NEW LEVEL OF LOVE

EACH HEARTBREAK IS A FORM OF SELF-PUNISHMENT  
IN AN ATTEMPT TO PAY OFF GUILT  
THIS MEANS YOU ARE PUNISHING YOURSELF FOR SOME MISTAKEN REASON  
WHILE REFUSING TO LEARN THE LESSON INVOLVED

THE MAGNITUDE OF THE INJURY SHOWS THE SIZE OF THE GIFT  
HIDDEN WITHIN YOU THAT YOU ARE AFRAID OF EXPRESSING  
THIS GIFT STILL AWAITS YOU AND THIS IS THE EASIEST WAY TO HEAL THE PAIN

NO RELATIONSHIP ENDS WITHOUT BOTH PEOPLE WANTING IT TO  
IN SPITE OF WHAT YOUR CONSCIOUS MIND IS TELLING YOU

PAIN REPRESENTS THE FEAR OF THE NEXT CHAPTER IN YOUR LIFE  
THE SIZE OF THE HEARTBREAK IS HOW BIG THE LEAP IS

THE NUMBER ONE CAUSE OF HEARTBREAK IS THE IMBALANCE  
OF DEPENDENCE / INDEPENDENCE IN LOVE  
THE EASIEST WAY TO HEAL A RELATIONSHIP IS TO COMMIT TO EQUALITY

# MARRIAGE

YOU WERE BORN TOGETHER AND TOGETHER  
YOU SHALL BE FOR EVERMORE

YOU SHALL BE TOGETHER WHEN THE WHITE WINGS  
OF DEATH SHALL SCATTER YOUR DAYS

AYE YOU SHALL BE TOGETHER EVEN IN  
THE SILENT MEMORY OF GOD

BUT LET THERE BE SPACES IN YOUR TOGETHERNESS  
AND LET THE WINDS OF THE HEAVENS  
DANCE BETWEEN YOU

LOVE ONE ANOTHER BUT MAKE NOT A BOND OF LOVE  
LET IT RATHER BE A MOVING SEA  
BETWEEN THE SHORES OF YOUR SOULS

FILL EACH OTHER'S CUP  
BUT DRINK NOT FROM THE SAME CUP  
GIVE ONE ANOTHER OF YOUR BREAD  
BUT EAT NOT FROM THE SAME LOAF

SING AND DANCE TOGETHER AND BE JOYOUS  
BUT LET EACH ONE OF YOU BE ALONE  
EVEN AS THE STRINGS OF A LUTE ARE ALONE  
THOUGH THEY QUIVER WITH THE SAME MUSIC

GIVE YOUR HEARTS  
BUT NOT INTO EACH OTHER'S KEEPING  
FOR ONLY THE HAND OF LIFE CAN CONTAIN YOUR HEARTS

AND STAND TOGETHER YET NOT TOO NEAR TOGETHER  
FOR THE PILLARS OF THE TEMPLE STAND APART  
AND THE OAK TREE AND THE CYPRESS  
GROW NOT IN EACH OTHER'S SHADOW

KAHLIL GIBRAN





**GROWING UP**  
**- NOT HAPPINESS -**  
**IS THE REAL PURPOSE OF**  
**RELATIONSHIPS**

THE GOOD NEWS IS THAT  
THE REWARD FOR EMOTIONAL MATURITY  
WILL BE THE CAPACITY  
TO CREATE A HAPPY RELATIONSHIP



IF NOT WITH YOUR PRESENT PARTNER  
THEN WITH SOMEONE ELSE

BUT YOU WILL STILL HAVE TO LEARN YOUR LOVE / LIFE LESSONS

# THE PURPOSE OF LOVE AND THE PURPOSE OF LIFE

IS TO HELP AWAKEN YOU TO  
THE INHERENT WHOLENESS AND BALANCE EXISTING  
WITHIN YOU AND AROUND YOU

TO DISCOVER THAT WE ARE  
THE SAME IN ESSENCE  
THOUGH DIFFERENT IN EXPRESSION  
AS ALL OTHERS

TO DISCOVER THAT ALL  
HUMAN ATTRIBUTES / POTENTIALITIES ARE WITHIN YOU  
WHETHER YOU ACKNOWLEDGE THEM OR NOT



TO TEACH YOU BALANCE  
TO ASSIST YOU IN ACKNOWLEDGING  
THE MAGNIFICENCE  
WHOLENESS BEAUTY AND WORTH  
OF ALL BEINGS

# LOVE

ALL THESE THINGS SHALL LOVE DO UNTO YOU  
THAT YOU MAY KNOW THE SECRETS OF YOUR HEART  
AND IN THAT KNOWLEDGE BECOME A FRAGMENT OF LIFE'S HEART

BUT IF IN YOUR FEAR YOU WOULD SEEK ONLY  
LOVE'S PEACE AND LOVE'S PLEASURE  
THEN IT IS BETTER FOR YOU THAT YOU COVER YOUR NAKEDNESS  
AND PASS OUT OF LOVE'S THRESHING-FLOOR  
INTO THE SEASONLESS WORLD WHERE YOU SHALL LAUGH  
BUT NOT ALL OF YOUR LAUGHTER  
AND WEEP BUT NOT ALL OF YOUR TEARS

LOVE GIVES NAUGHT BUT ITSELF  
AND TAKES NAUGHT BUT FROM ITSELF  
LOVE POSSESSES NOT NOR WOULD IT BE POSSESSED  
FOR LOVE IS SUFFICIENT UNTO LOVE

WHEN YOU LOVE YOU SHOULD NOT SAY  
"GOD IS IN MY HEART" BUT RATHER  
"I AM IN THE HEART OF GOD"

AND THINK NOT YOU CAN DIRECT THE COURSE OF LOVE  
FOR LOVE IF IT FINDS YOU WORTHY  
DIRECTS YOUR COURSE

LOVE HAS NO OTHER DESIRE BUT TO FULFILL ITSELF  
BUT IF YOU LOVE AND MUST NEEDS HAVE DESIRES  
LET THESE BE YOUR DESIRES  
TO MELT AND BE LIKE A RUNNING BROOK  
THAT SINGS ITS MELODY TO THE NIGHT

TO KNOW THE PAIN OF TOO MUCH TENDERNESS  
TO BE WOUNDED BY YOUR OWN UNDERSTANDING OF LOVE  
AND TO BLEED WILLINGLY AND JOYFULLY

TO WAKE AT DAWN WITH A WINGED HEART  
AND GIVE THANKS FOR ANOTHER DAY OF LOVING  
TO REST AT THE NOON HOUR  
AND MEDITATE LOVE'S ECSTASY

TO RETURN HOME AT EVENTIDE WITH GRATITUDE  
AND TO SLEEP WITH A PRAYER FOR THE BELOVED  
IN YOUR HEART AND A SONG  
OF PRAISE ON YOUR LIPS

KAHLIL GIBRAN