

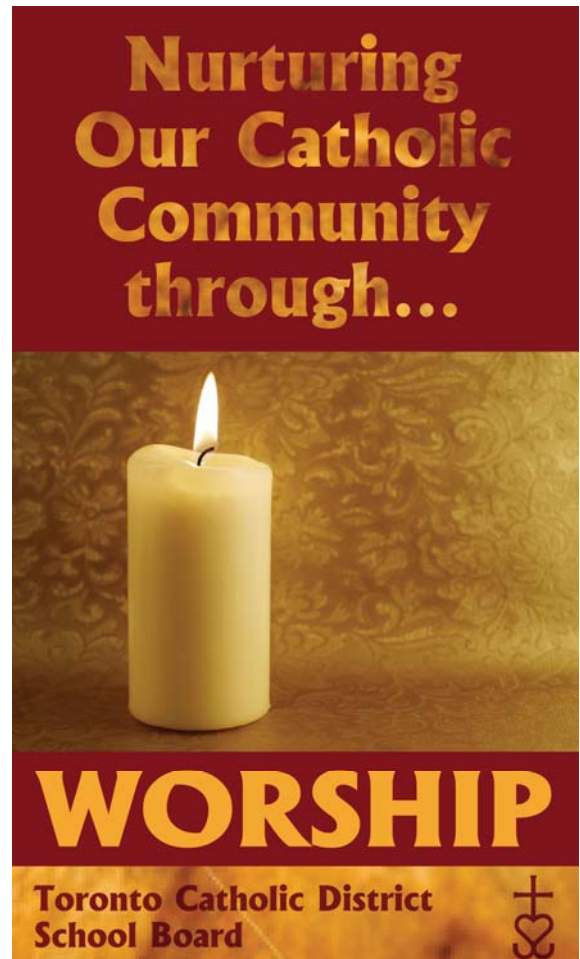
Exploring Your Inner Self: Why the Virtue of Love May Be For You

If you're feeling...

- lonely
- afraid to love
- worry that nobody will love you back
- Apprehensive about the quality of your love relationships: are they strong enough, good enough, durable enough?
- disappointed by love
- not loveable

Then, the virtue of love might be called for

- It is through loving that we experience the full essence of God's love.
- As you move through your day, be aware of love's many expressions emerging from you or being sent toward you — attraction, focus, absorption, desire, adoration, security, trust, empathy, caring, harmony, contentment, communion. These are just some of the feelings you may experience that signal that the virtue of love is alive in your life.
- Open your eyes, ears and heart to listen for God's message of love in all of your experiences.



- Love can bridge divisions and heal wounds
- You can't fully love others until you truly love yourself — body, mind, and soul