

LOVE



Love is not love, which alters when it alteration finds
Shakespeare

Love is a spontaneous reaction.

It is the power of love which causes one person to wish happiness for another and take pleasure in their well-being. Thoughts direct a beneficial energy (love) towards the other person. As this energy flows through our own body first, it also enhances our own health.

Love is unconditional, positive regard for the good of another. It is giving and unselfish.

Scientific experiments have been carried out with plants showing how loving thoughts towards them have enhanced their growth and flowering considerably.

Love is essential if children are to grow up healthy in mind and body.

Love is the basis for all the values.

Action with love is right conduct.
Speaking with love becomes truth.
Thinking with love results in peace.
Understanding with love leads to non-violence.
Sathya Sai

Like truth, love is unchanging.

Love is the Energy of the Mind

When the mind is turned away from selfishness, the 'heart' opens, and love flows. Love is an energy, not an emotion, and is inherent in every breath. Love is the motive force of the physical body and is enhanced through breathing exercises. The component of group singing in the Programme promotes harmony, co-operation and joyfulness. In singing a child may experience the sweetness of love.

Love may also be fostered through story telling and activities which provide young people with the opportunity to care for other people, animals, plants and objects.

There was a man and some did count him mad;
the more he cast away, the more he had.
John Bunyan

VALUES RELATED TO LOVE

