



Being loved  
by  
someone  
gives you  
strength,  
while loving  
someone  
deeply  
gives you  
courage.

Lao Tzu  
(Unknown: 6<sup>th</sup> - 4<sup>th</sup> century BC)  
Philosopher

Being loved is a many faceted gift. Being loved by a friend can be a gift of camaraderie and support. Being loved by a mentor can be a gift of challenge and growth. Being loved by family can be a gift of joyful unknowns - unknown worlds to explore and unexplored trust to be found.

Loving someone deeply gives the gift of our best selves.

Loving someone deeply calls forth our best listening. When we love, we listen to our beloved's longings. With attentive listening, we can help our beloved better know their needs. Their understanding of the most needed of their needs can deepen. With careful listening, we can help prioritize that which our beloved truly requires. We can partner with them to find their most enduring safety and satisfaction.

Loving someone deeply brings forward our fullest empathy. When we love, we seek to understand and, if needed, to comfort. We learn about our beloved's fears and can wonder with them which of those fears might be soothed or softened. With compassion, we assist them in releasing those fears no longer serving a useful purpose. With kindness, we accompany them in those fears that simply must be faced or endured.

Loving someone deeply draws forth respect for another's aspirations. When we love, we glimpse where our beloved finds meaning or passion. We can observe when they are drained by futility or when they are overflowing with purpose. We can remind them of what dreams they have shared with us and of what we have come to know about them. We can honor their visions and partner with their hope. Together, we can imagine new tomorrows.

By loving deeply, we can also live our own finest life.

*What will I do today to show a beloved my love? How am I different today because of the love of someone else?*