

A vibrant blue sky with a soft, white, fluffy cloud in the center. The text is overlaid on the cloud and sky.

**Courage  
to Love**

**There is only  
one Presence and one Power  
In the Universe and in my life...  
the all-loving Goodness of God.**



- Love Only
- Forgive Everything
- Remember Who You Are

“The universe appears to be a thoroughly, interconnected whole. Inseparability implies that we are an integral part of everything and everyone. This understanding showers us with meaning, purpose and connectedness.”

Mel Schwartz, *The Possibility Principle*

“Love is not a sentimental attachment to mankind: love is a law; love is a mode of conduct; love is an attitude. Love does not come to us. Love is within ourselves...”

“The only truly spiritual life possible is lived by keeping our thoughts and deeds in at-one-ment with the law of love...” It must be the love that does unto others as we would have them do unto us. That is real love.”

“If it is love that you truly desire then set out at once on the task of seeing... As you do this the hard, protective shell around your heart will soften and melt and your heart will come alive with sensitivity and responsiveness. The darkness in your eyes will be dispelled and your vision will become clear and penetrating, and you will know at last what love is.”

Every time you find yourself irritated or angry with someone, the one to look to look at is not that person but yourself.

The question to ask is not, “What’s wrong with that person?” but “What does this irritation tell me about myself?”

*Anthony De Mello, The Way to Love*



COURAGE

People who live wholeheartedly, share the qualities of

- Courage
- Compassion
- Connection

From research by Brene Brown

**COURAGE:** “The root of the word courage is “cor” – the Latin word for heart. Courage originally meant ‘To speak one’s mind by telling all one’s heart.’ Over time, this definition has changed and today, courage is more synonymous with being heroic. We certainly need heroes, but I think we’ve lost touch with the idea that speaking honestly and openly about who we are, about what we’re feeling, and about our experiences (good and bad) is the definition of courage. Heroics is about putting our life on the line. Ordinary courage is about putting our vulnerability on the line – the courage to be imperfect. In

“Wholehearted living is about engaging in our lives from a place of worthiness. It means cultivating the **courage, compassion, and connection** to know I AM ENOUGH. Yes, I am imperfect and vulnerable and sometimes afraid, but that doesn't change the truth that I am also brave and worthy of love and belonging.

“Wholehearted living is not a onetime choice. It is a process. In fact, I believe it's the journey of a lifetime. And how much we know and understand ourselves is critically important, but there is something that is even more essential to living a Wholehearted life: Loving

“The ancients tell us that we are made in the image and likeness of God, and that God is love. When we drop the false selves and live from love we experience our own divinity and oneness. So, how can we do that more?

There are libraries filled with teachings, practices and philosophies that seek to answer that question. But no one can open that door but you.

It has something to do with willingness, something to do with authenticity, something to do with vulnerability. We can't be open to love and guarding our hearts – or our reputations – at the same time. There is no managing others' perceptions in the presence of love



SAINT

FRANCIS  
OF ASSISI

## A Reframe of The Prayer of Assisi

### MY PEACE PRAYER

As a Unique Expression of the Absolute Love,  
Intelligence and Perfection of Spirit – The I AM that I AM:

- I AM willing to BE an instrument of Peace.
- Where I perceive hatred, I AM willing to BE Love.
- Where I perceive injury, I AM willing to BE Forgiving.
- Where I perceive doubt, I AM willing to BE Faith.
- Where I perceive despair, I AM willing to BE Hop
- Where I perceive darkness, I AM willing to BE Light.
- Where I perceive sadness, I AM willing to BE Joy.

## A Reframe of The Prayer of Assisi (Continued)

From the altitude of Absolute Love and Spirit's Perfection...

- I AM willing to BE consoling, and to BE consoled.
- I AM willing to BE understanding, and to BE understood.
- I AM willing to BE loving, and to BE loved.
- I AM willing to BE both giver and receiver.
- I AM willing to BE both forgiver and forgiven.
- I AM willing to BE born anew to perpetual Peace through the renewing of my mind.

And So It Is – AMEN