

Love and Time

.....adapted from Tequila of Life: Inspirational Sharad Gupta

Once upon a time, there was a secluded island where all the feelings lived. Happiness, Sadness, Knowledge, Anger, Trust and all the other feelings including Love.

One day a massive storm threatened to overtake the island and so all of the feelings had to leave. As the rest of the feelings began to prepare their boats, Love was in her own world, just loving– that’s what she did best.

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When the storm was near and Love wanted to leave, she found herself without a boat. *Someone else must have taken it*, she thought. But she wasn’t worried. She would just ask one of the other feelings for help.

Richness was passing by in the most beautiful boat, and Love asked, “Richness, can you take me with you?”

Richness answered, “No, I can’t. There is a lot of gold and silver in my boat and sadly there is no place here for you.”

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Next, Love saw Vanity who was also passing by in a beautiful vessel. “Vanity, please help me!” pleaded Love.

“I can’t help you, Love. You are all wet and you would damage my boat if I take you in.”

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Sadness was close by, and Love asked for help once again, “Sadness, let me go with you.”

Sadness unwillingly responded, "Oh...Love, I am so sad that I prefer to go alone!"

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Happiness passed by Love too— she was so happy and cheerful that she did not even hear her name when Love called her!

Love was in disbelief. She was doomed to go down with the island, but then suddenly there was an elderly voice, "Come, Love, I will take you."

When they arrived at dry land, the elder went on her own way. Love, now blessed and overjoyed, forgot to ask the elder her name.

Realizing how much she owed to the elder, Love asked Wisdom, another elder, "Who was that who stopped to offer me a ride?"

"It was Time," answered Wisdom.

"Time? But why did Time help me?" asked Love.

Wisdom smiled and said, "Because only Time is capable of understanding how valuable Love is."

DISCUSSION QUESTIONS & PROMPTS

OPENING CLASS	DURING CLASS
<p><i>"One word frees us of all the weight and pain of life. That word is love."</i> – Sophocles: Oedipus at Colonus</p> <p>Notice the space around your heart. Whether it feels stuck, tight or constrictive; or full, open and expansive.</p> <p>Wherever your heart is today, start to breathe into your heart space, deepening your breath here...</p>	<p><i>Before Finishing the Story</i> Love is the most powerful force. Everything that love touches, it heals and transforms.</p> <p>Where can you bring the light of love? Where can you soften? Where can you deepen?</p> <p><i>After Telling the Story</i> We may not understand why things are unfolding the way they are, but we can trust that Time will eventually reveal Love to us.</p>
CLOSING CLASS	EXTRAS
<p>Where love is brought forth, miracles occur.</p> <p>This week, where can you speak, think and act from your heart center– towards others around you and yourself?</p>	<p><i>PRAYER OF LOVE</i></p> <p>Love before me</p> <p>Love at my left</p> <p>Love at my right</p> <p>Love above me</p> <p>Love below me</p> <p>Love in me</p> <p>Love in my surroundings</p> <p>Love to all</p> <p>Love to the Universe</p>