

no
commercial
value

at you & a bunch of conscious loving friends

LOVE

is all about... YOU!

LOVE



is all about... you!

ai jou | sian sit | boon ling | joyce | tuck loon

Clove & Clive
www.clovenlive.com

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email: clovenclive@gmail.com
website: www.clovenclive.com

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Accepting yourself for who you are and who you are not	1		26 Expressing gratitude for lessons that come your way
Allowing others to be themselves	2		27 Living your life purposefully
Giving worth to yourself	3		28 Making a difference in people's life
Giving up self-pretense and simply be who you are	4		29 Rejoicing in others' happiness
Recognizing abundance in you instead of lack	5		30 Respecting your needs instead of wants
Receiving with joy what is entitled to you	6		31 Handling yourself with gentleness
Being grateful for the little blessings that come your way	7		32 Trusting your own capabilities
Being thankful for everything that is already you	8		33 Turning your perspective 180°
Being kind to yourself in moments of stress	9		34 Surrendering to your highest good
Seeing everything with gratitude	10		35 Surprising others with random acts of kindness
Opening up to greater possibilities	11		36 Allowing yourself to live instead of exist
Inspiring others with confidence	12		37 Letting yourself be appreciated
<i>Dedicated to those seeking Love</i>			
Sharing your innermost fear	13		38 Overflowing your life with kindness
Sharing what you love	14		39 Silencing yourself in stillness
Rewarding yourself for a job well done	15		40 Attending to your inner call for peace
Listening to your heart	16		41 Giving others the benefit of doubt
Guiding others to grow at their own pace	17		42 Making time for yourself and your needs
Embracing negativity with forgiveness	18		43 Allowing the good heart to be contagious
Listening with the silence of the heart	19		44 Encouraging yourself to serve
Speaking with fullness of the heart	20		45 Seeing others with compassion
Giving yourself a measure of comfort a day	21		46 Letting go of control
Sharing yourself with others	22		47 Believing in your goodness
Letting go of past hurts and grievances	23		48 Choosing loving and positive thoughts
Forgiving yourself unconditionally	24		49 Loving yourself unconditionally
Letting go of guilt and regrets	25		50 Letting fear be your teacher

Preface

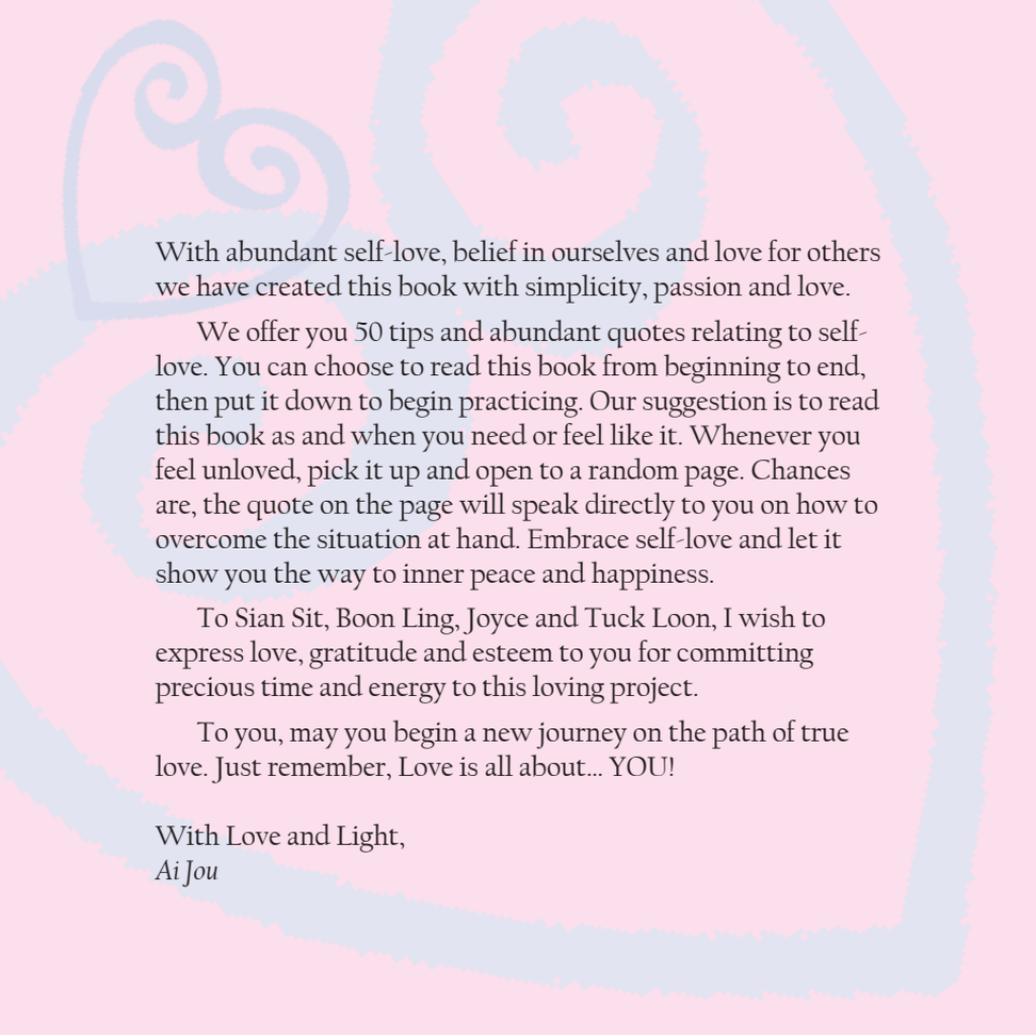
You are Love.

Love is not to be sought for outside. Love is inside you, love is within.

When you are love, you are bigger than your ego, your thinking mind and your powerful emotions. When you are love, you see love everywhere. When you are love, you bring love from your heart to others.

The greatest love of all, and often the most difficult to do, is to love yourself. You can't begin to love others if you don't love yourself truly and deeply. Take a brief moment to ponder and see where you are in terms of self-love.

This book is a gift to you. Wonderfully, it comes to you *free* with the support of kind souls and kindred spirits who believe in the power of love, and the power of the written word. Most amazing of all, this book was put together in just 16 days by a group of ordinary people who could do extraordinary things.



With abundant self-love, belief in ourselves and love for others we have created this book with simplicity, passion and love.

We offer you 50 tips and abundant quotes relating to self-love. You can choose to read this book from beginning to end, then put it down to begin practicing. Our suggestion is to read this book as and when you need or feel like it. Whenever you feel unloved, pick it up and open to a random page. Chances are, the quote on the page will speak directly to you on how to overcome the situation at hand. Embrace self-love and let it show you the way to inner peace and happiness.

To Sian Sit, Boon Ling, Joyce and Tuck Loon, I wish to express love, gratitude and esteem to you for committing precious time and energy to this loving project.

To you, may you begin a new journey on the path of true love. Just remember, Love is all about... YOU!

With Love and Light,
Ai Jou

A large, light blue spiral graphic is centered on a pink background. The spiral starts from the center and winds outwards, creating a sense of movement and depth. The lines of the spiral are slightly irregular, giving it a hand-drawn or organic feel.

Love coming out of you is the only way to be happy.

Unconditional love for yourself.

Complete surrender to that love for yourself.

You no longer resist life.

You no longer reject yourself.

You no longer carry all that blame and guilt.

*You just accept who you are,
and accept everyone else the way he or she is.*

don Miguel Ruiz

THE MASTERY OF LOVE

LOVE IS...

Accepting yourself for who you are and who you are not

1

Accept your strengths and weaknesses.

Accept your good and bad habits.

Accept yourself, warts and all.

Acknowledgement and acceptance is the first step
towards changing negative behaviours.

In this whole entire universe,
we can find only one unique YOU!

FOOD FOR THE HEART

*Being happy doesn't mean that everything is perfect.
It means that you've decided to look beyond the imperfections.*

—UNKNOWN AUTHOR

2

LOVE IS...

Allowing others to be themselves

When we allow, we give others the opportunity to be who they are, instead of who we want them to be.

Just as we want freedom to be who we are, similarly we should give others the freedom to be who they are. Allowing is selfless, allowing is love.

FOOD FOR THE HEART

None of us has the power to make someone else love us. But we all have the power to give away love, to love other people. And if we do so, we change the kind of person we are, and we change the kind of world we live in.

—RABBI HAROLD KUSHNER

LOVE IS...

Giving worth
to
yourself

3

You were born with an abundance of
talents & abilities.
The world can sometimes create conditions
that make you forget what they are!
Tell yourself that you are beautiful, talented,
unique, capable and skilful.

FOOD FOR THE HEART

When your self-worth goes up, your net worth goes up with it.

—MARK VICTOR HANSEN

4

LOVE IS...

Giving up
self-pretense and
simply be who you are

Wearing a mask all the time is tiring and suffocating.
It also means you don't trust or allow the world
to know you as you are.

Give up that mask and be the radiant,
beautiful & kind person
that you were born to be.

FOOD FOR THE HEART

*Our greatest pretenses are built up not to hide the evil and the ugly in us,
but our emptiness. The hardest thing to hide is something that is not there.*

—ERIC HOFFER

LOVE IS...

Recognizing abundance in you instead of lack

5

Know that you are born with an abundance
of unique inner talents, gifts and abilities.

When challenges come your way,
have faith that you are able to see them through
with *abundance* as your state of mind
instead of lack.

FOOD FOR THE HEART

Life in abundance comes only through great love.

—ELBERT HUBBARD

6

LOVE IS...

Receiving with joy what is entitled to you

To receive joyfully is a blessing.
When you accept something with love and joy,
you are telling yourself,
“I am worth it, I deserve this.”
This is self-love of the highest level.

FOOD FOR THE HEART

*The minute you settle for less than you deserve,
you get even less than you settled for.*

—MAUREN DOWD

The background is a solid blue color. Scattered throughout are several light blue, stylized heart shapes. Each heart has a decorative, swirling tail that curls upwards and to the right. There are approximately 10-12 such hearts of varying sizes and orientations, some overlapping the text.

If you have the
eyes of love,
you just see love
wherever you go.

don Miguel Ruiz
THE MASTERY OF LOVE

LOVE IS...

7

Being grateful for
the little blessings
that come your way

Be grateful for that unexpected parking spot.
Smile back at the kind stranger who has helped you.
Give thanks to the friendly waitress
who gave you excellent service.

FOOD FOR THE HEART

*When love comes to you, don't refuse it by thinking you are not worthy.
You are worthy, or love couldn't come your way.*

—JOHN-ROGER

LOVE IS...

Being thankful for everything that is already you

8

You have gone through a wealth of experiences and come a long way to be who you are today.

Give thanks to all the positive experiences which have shaped you into who you are today. Learn from the life's lessons and stressful times that have made you stronger.

FOOD FOR THE HEART

Be content with what you have; rejoice in the way things are. When you realize there is nothing lacking, the whole world belongs to you.

—LAO TZU

LOVE IS...

Being kind
to yourself
in moments of stress

When the stresses of life set in, take a moment
and do something kind for yourself.

Take a bubble bath and have a long soak.

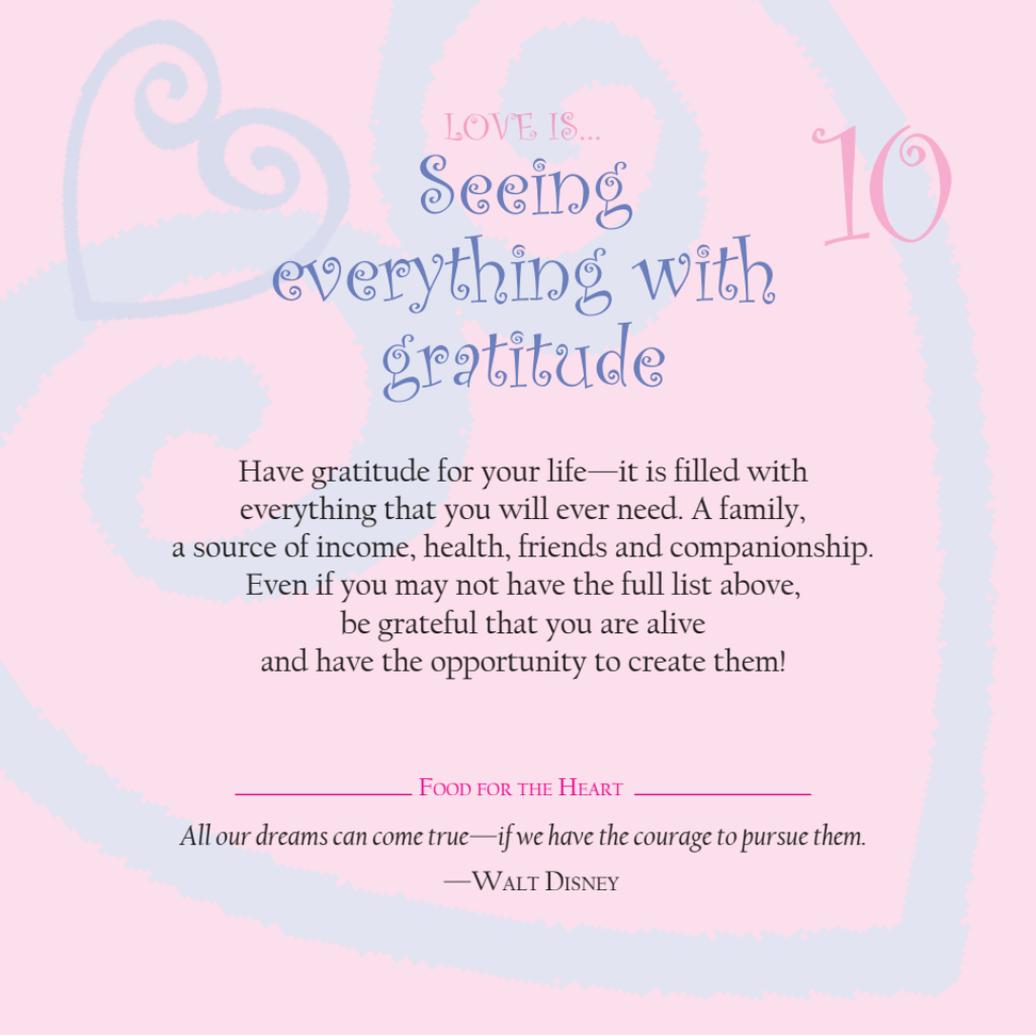
Put on your favourite music CD. Take a much-needed nap.

Being kind to yourself will open your heart and mind again
to the doors of possibility and the solutions to your problem.

FOOD FOR THE HEART

*Our grand business in life is not to see what lies dimly at a distance,
but to do what lies clearly at hand.*

—THOMAS CARLYLE



LOVE IS...

Seeing
everything with
gratitude

10

Have gratitude for your life—it is filled with everything that you will ever need. A family, a source of income, health, friends and companionship. Even if you may not have the full list above, be grateful that you are alive and have the opportunity to create them!

FOOD FOR THE HEART

All our dreams can come true—if we have the courage to pursue them.

—WALT DISNEY

11

LOVE IS...

Opening up
to
greater possibilities

Free yourself from all limiting beliefs.
You have great dreams, visions and boundless talents.
Open yourself to greater possibilities
by releasing all limitations and know that
you are able to achieve them.

FOOD FOR THE HEART

*Become a possibilitarian. No matter how dark things seem to be or
actually are, raise your sights and see possibilities—
always see them, for they're always there.*

—DR. NORMAN VINCENT PEALE



LOVE IS...

Inspiring
others
with confidence

12

Give others the boost of confidence that they need.

Inspire them with your positive perceptions
and admiration about them.

Tell them that they can do it,
that you believe in them all the way.

Inspiring others with confidence enhances your own.

FOOD FOR THE HEART

Express love through acknowledgment.

Notice the good in those around you and freely comment on it.

—REV. MARY MANIN MORRISSEY

13

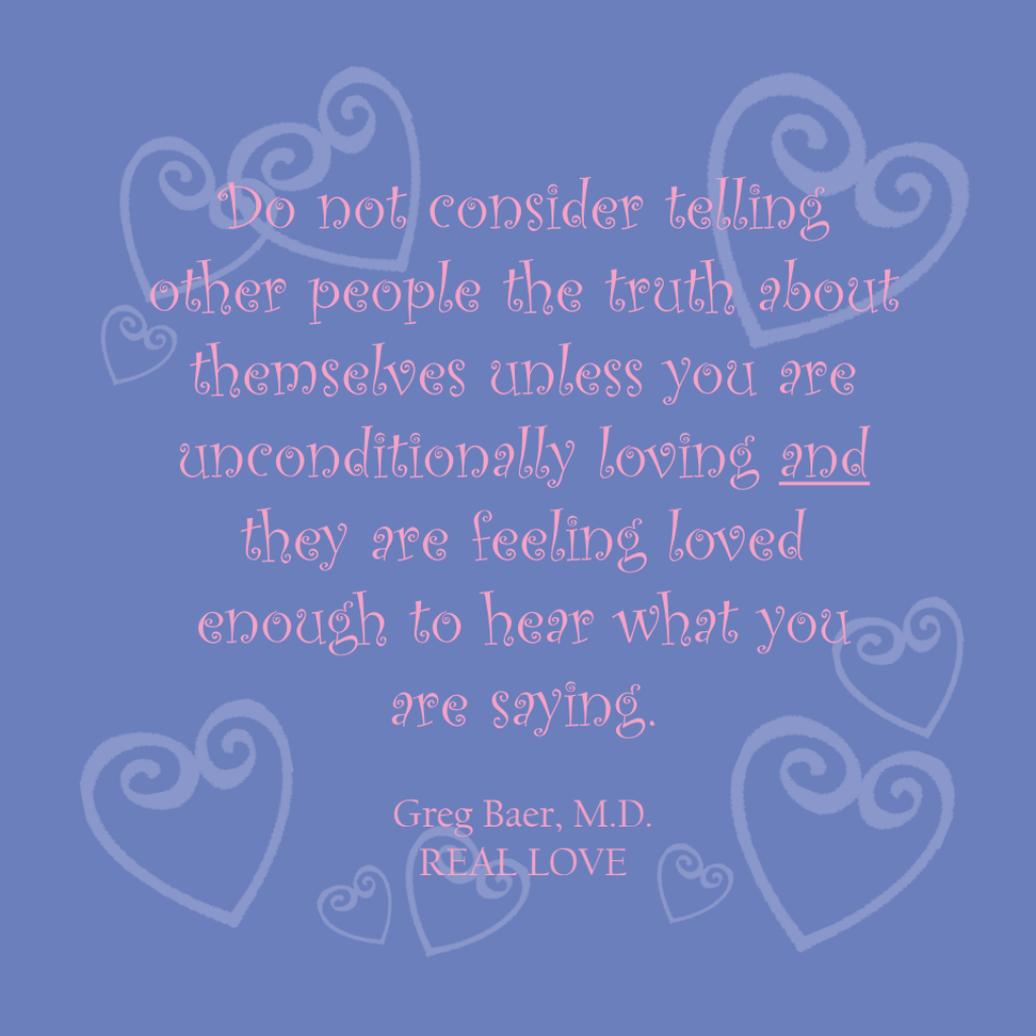
LOVE IS...
Sharing
your
innermost fear

When you share your innermost fear with others,
it is both liberating and comforting.
Feel liberated that your fear is not
your own secret anymore.
Feel comforted that others too have big fears
that are just as irrational or uncommon.
You are not alone!

FOOD FOR THE HEART

F.E.A.R.—False Evidence Appearing Real

—UNKNOWN AUTHOR

The background is a solid blue color. Scattered throughout are several light blue, stylized heart shapes. Each heart has a decorative, swirling tail that curls upwards and to the right. There are approximately 10-12 such hearts of varying sizes and orientations, some overlapping each other.

Do not consider telling
other people the truth about
themselves unless you are
unconditionally loving and
they are feeling loved
enough to hear what you
are saying.

Greg Baer, M.D.
REAL LOVE

14

LOVE IS...
Sharing
what
you love

Lend others your favourite book.
Let someone borrow your favourite clothes.
Allow somebody else to drive your car.
Treat your family to your favourite food.
Loving is in sharing, and sharing is loving.

FOOD FOR THE HEART

Intense love does not measure, it just gives.

—MOTHER TERESA

LOVE IS...

Rewarding yourself for a job well done

15

Give yourself a pat on the back for a job well done,
and reward yourself with something you love—
watch a nice movie, have your favourite food
or take a well-deserved break.

Appreciating yourself makes your heart and mind
happy and ready for the next step ahead!

FOOD FOR THE HEART

To receive honestly is the best thanks for a good thing.

—UNKNOWN AUTHOR

16

LOVE IS...
Listening
to
your heart

Listen to the whispers of your heart,
above the roars of your thinking mind.
Follow your heart in balance with your mind
and your life will be in
wonderful harmony and equilibrium.

FOOD FOR THE HEART

*The best and most beautiful things in the world cannot be seen,
nor touched... but are felt in the heart.*

—HELEN KELLER

LOVE IS...

Guiding others
to grow
at their own pace

17

Every single individual is different.
Guiding and teaching others, whether they are your
children, students or colleagues
is for the purpose of encouraging growth.
Allow them the freedom of growing at their own pace—
their knowledge will be better absorbed
and rebellion unlikely to arise.

FOOD FOR THE HEART

Tell a person they are brave and you help them become so.

—THOMAS CARLYLE

18

LOVE IS...

Embracing negativity with forgiveness

Catch hold of your anger, hurt, blame,
guilt, hatred, grief and sorrow.

Put it in a big imaginary bag and tie the bag tightly.
Shine the light of forgiveness and understanding on it.
They will grow lighter and lighter
and one day, float away.

FOOD FOR THE HEART

*Don't blame others for your failure to be fully accountable for your own life.
If others are to blame, then you have given them control.*

—BOB PERKS

LOVE IS...

Listening with
the silence
of the heart

19

Listen with no judgements.
Listen without answering with the voice in your head.
Go beyond outer appearances and listen
to the message within.
Listen lovingly with the silence of your heart.

FOOD FOR THE HEART

Love is the voice under all silences.

—E.E. CUMMINGS

20

LOVE IS...

Speaking
with fullness
of the heart

Speak the gentle truth and with fullness of the heart.

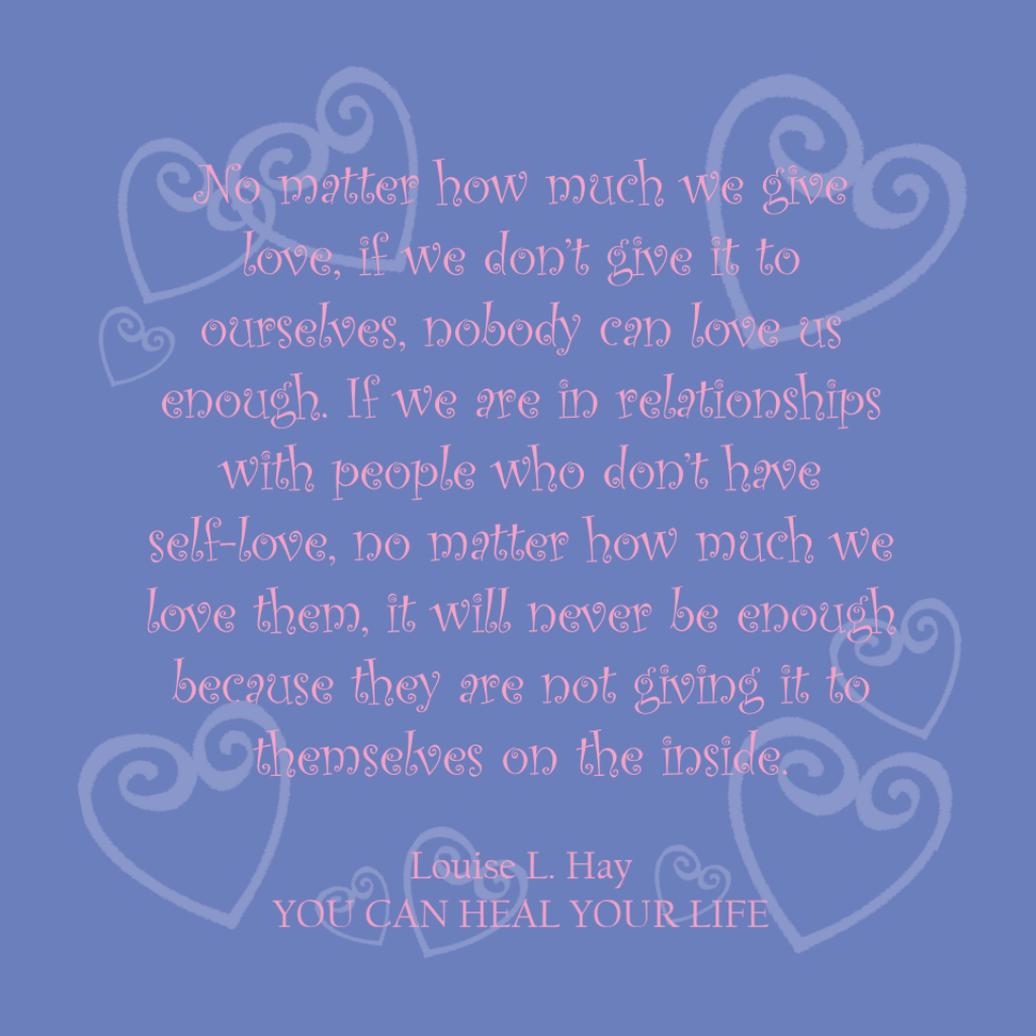
Speech is a powerful human tool
and the tongue is sharper than the sword.

Use love, kindness and sincerity in your speech
and it will return to you a thousand-fold!

FOOD FOR THE HEART

The rose speaks of love silently, in a language known only to the heart.

—UNKNOWN AUTHOR

The background is a solid blue color. It is decorated with several light blue, stylized hearts and swirls. The hearts are of various sizes and are scattered across the page. Some hearts have decorative swirls extending from their top and bottom points. The overall aesthetic is soft and romantic.

No matter how much we give
love, if we don't give it to
ourselves, nobody can love us
enough. If we are in relationships
with people who don't have
self-love, no matter how much we
love them, it will never be enough
because they are not giving it to
themselves on the inside.

Louise L. Hay
YOU CAN HEAL YOUR LIFE

21

LOVE IS...

Giving yourself
a measure of
comfort a day

Give yourself a measure of comfort at the end of every day.

Affirm within yourself the courage to face challenges.

Forgive yourself for an unkind deed, word or thought.

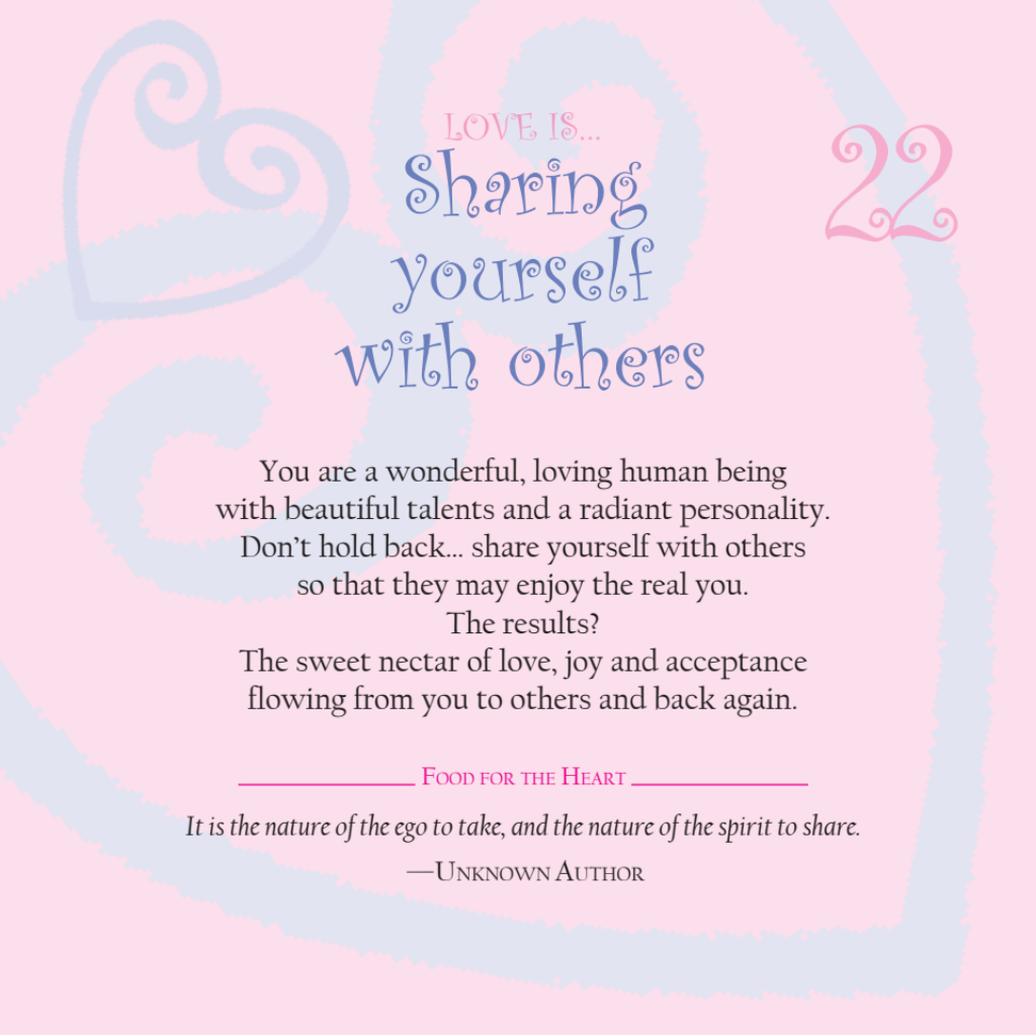
Comfort yourself at the end of a difficult day
that tomorrow will be better.

You are your best friend and companion.

FOOD FOR THE HEART

*You, yourself, as much as anybody in the entire universe,
deserve your love and affection.*

—GAUTAMA BUDDHA



LOVE IS...
Sharing
yourself
with others

22

You are a wonderful, loving human being with beautiful talents and a radiant personality. Don't hold back... share yourself with others so that they may enjoy the real you.

The results?

The sweet nectar of love, joy and acceptance flowing from you to others and back again.

FOOD FOR THE HEART

It is the nature of the ego to take, and the nature of the spirit to share.

—UNKNOWN AUTHOR

23

LOVE IS...

Letting go of past hurts and grievances

Holding on to past hurts and grievances eats you away slowly. Be a bigger person and forgive others for what they have done to you, whether knowingly or unknowingly.

Allowing bygones to be bygones releases you from the shackles of emotional pain and grants you
FREEDOM.

FOOD FOR THE HEART

“Why do you stay in prison when the door is so wide open?”

—JALAL AD-DIN RUMI

LOVE IS...

Forgiving
yourself
unconditionally

24

The hardest person to forgive is yourself.
Likewise, the hardest person to love is yourself.
Forgiving yourself opens the door to acceptance,
compassion, kindness and love for...
y-o-u-r-s-e-l-f.

FOOD FOR THE HEART

The weak can never forgive. Forgiveness is the attribute of the strong.

—MAHATMA GANDHI

25

LOVE IS...

Letting go of
guilt
and regrets

Make peace with yourself and the mistakes
in the past which cannot be undone.

Learn from those lessons and move on.

Your experience has given you a new perspective
and you will know how best to face it the next time.

FOOD FOR THE HEART

*When you find peace within yourself, you become the kind of person
who can live at peace with others.*

—PEACE PILGRIM

LOVE IS...

26

Expressing
gratitude for lessons
that come your way

Nothing happens by chance.

Reflect on every lesson in your life and see
how much you have learnt and grown from them.

Lessons serve to make you stronger
and allow you to discover new talents and limits
you never knew you had!

FOOD FOR THE HEART

*We owe almost all our knowledge not to those who have agreed
but to those who have differed.*

—CHARLES CALEB COLTON

27

LOVE IS...
Living
your life
purposefully

Living a life of purpose creates loving possibilities
for you to experience your fullest potential.

Trusting your heart brings joy, abundance and wisdom.

Soon, two beautiful things may happen:

- 1) You will inspire others with your purpose, or
- 2) You will influence others to live their own life's purpose.

FOOD FOR THE HEART

Put purpose in your life.

Take the tools at hand and carve your own best life.

—DR. FRANK CAPRIO



If you cannot love yourself,
you will try to fill the void
of your own lack of
self-love with the love of
others. You will tend to
demand from others what
you cannot give yourself.

Gay & Kathlyn Hendricks, Ph.D.
CONSCIOUS LOVING

28

LOVE IS...
Making
a difference in
people's life

Nothing is more noble than doing something for others and making a difference in their lives. It may be as simple as taking over a chore from your spouse or parents without being asked to, surprising your loved one with flowers or even delivering gifts personally to the old folks' home.

FOOD FOR THE HEART

Love is the selfless promotion of the growth of the other.

—MILTON MAYEROFF

LOVE IS...

Rejoicing
in
others' happiness

29

Sharing and rejoicing in others' happiness
is love in one of its highest forms.

Express joy and happiness in others' success.
The more you rejoice, the more you will find yourself
being blessed abundantly—
for what goes out will find its way back naturally.

FOOD FOR THE HEART

*Feeling gratitude and not expressing it is like wrapping a present
and not giving it.*

—WILLIAM ARTHUR WARD

30

LOVE IS...

Respecting
your needs
instead of wants

Needs fulfill and nourish the heart whereas
wants make you incomplete and desire for more.
Ask yourself—what do I really need in order to be happy?

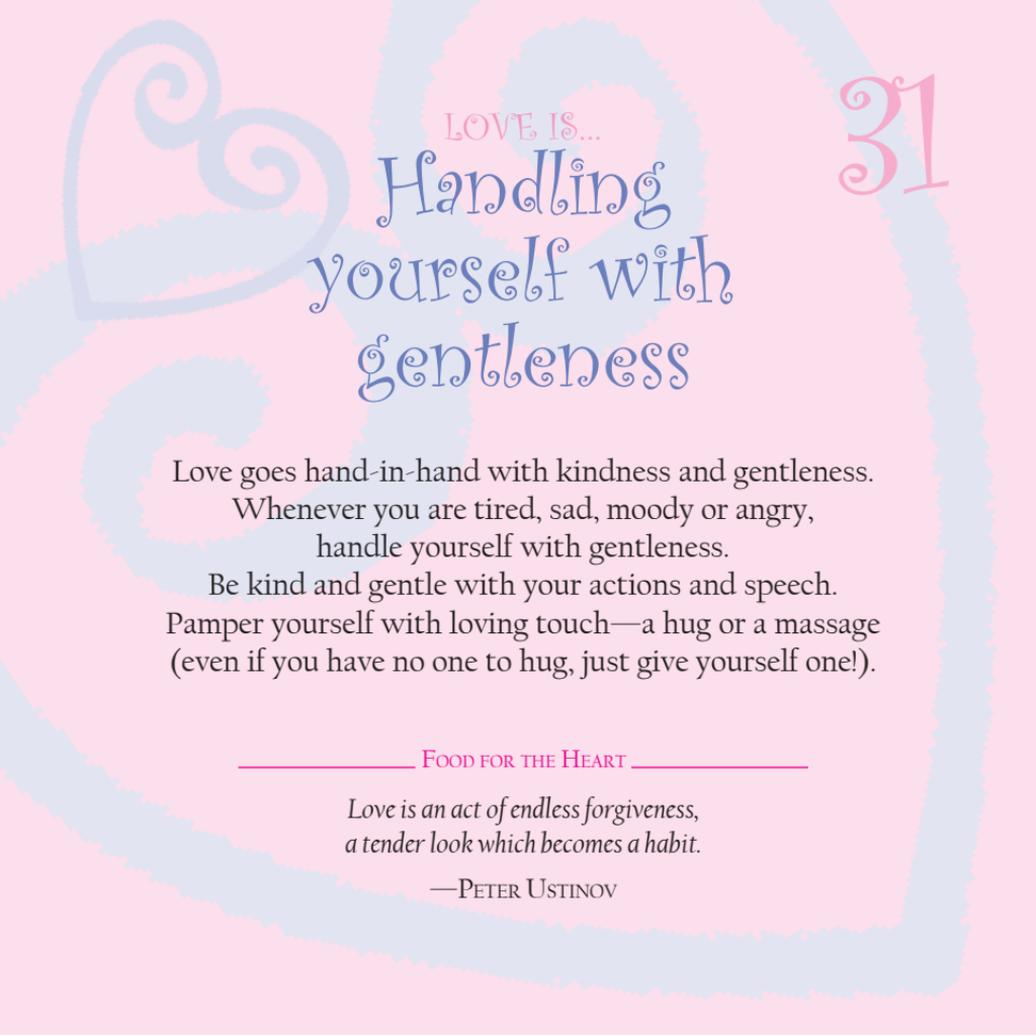
Is having more necessary?

Respect your needs instead of wants,
and you will find your self-respect increasing.

FOOD FOR THE HEART

You must be lord and master of your own actions, not a servant or a hireling.

—THOMAS A KEMPIS



LOVE IS...

Handling yourself with gentleness

31

Love goes hand-in-hand with kindness and gentleness.

Whenever you are tired, sad, moody or angry,
handle yourself with gentleness.

Be kind and gentle with your actions and speech.

Pamper yourself with loving touch—a hug or a massage
(even if you have no one to hug, just give yourself one!).

FOOD FOR THE HEART

*Love is an act of endless forgiveness,
a tender look which becomes a habit.*

—PETER USTINOV

32

LOVE IS...
Trusting
your own
capabilities

You are born with talents, capabilities, a thinking brain and a loving heart. Reflect—when faced with challenges in life, do you forget your wonderful capabilities or do you make full use of them? Have faith and trust in your own capabilities. You will soon find every challenge lighter and every battle easier to win.

FOOD FOR THE HEART

It is never safe to look into the future with eyes of fear.

—E.H. HARRIMAN

LOVE IS...

Turning your perspective 180°

33

When you come across difficult situations and obstacles, take a pause—instead of viewing them as burdensome, turn your perspective 180° around and welcome them.

Whatever you resist is a calling for love within—
an indication for self-healing.

All obstacles are signposts to inner growth.

FOOD FOR THE HEART

*If we perceive things not as problems but rather as
opportunities for learning, we can experience a sense of joy
and well-being when the lessons are learned.*

We are never presented with lessons until we are ready to learn them.

—GERALD G. JAMPOLSKY

34

LOVE IS...

Surrendering
to your
highest good

To surrender is 'to allow our inner resistance to melt'.

Look deeply into your heart—
find the highest unfulfilled good in you.

It may be the fear to explore or to pursue your life's work.

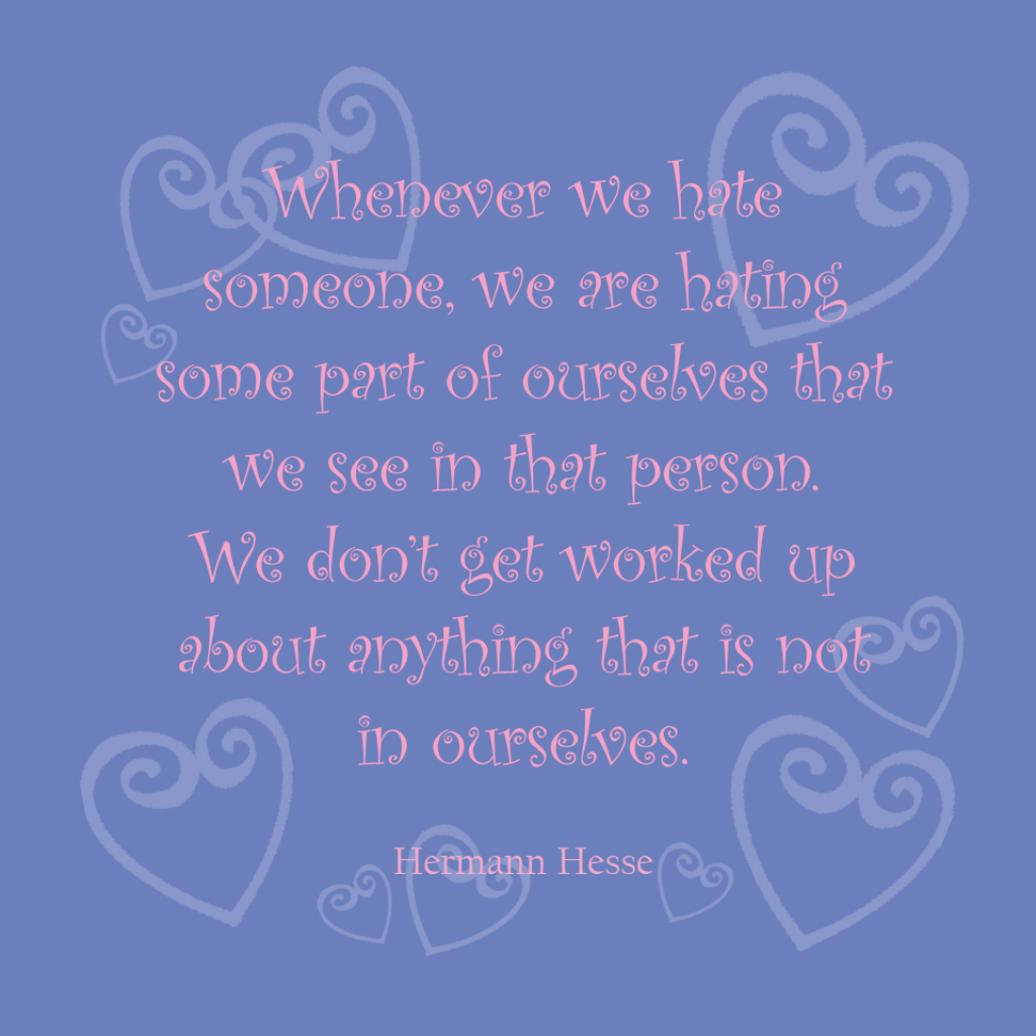
Disregard what others have to say.

Trust and discover the wonders you may never have
found if you hadn't done so.

FOOD FOR THE HEART

Love is a lot like dancing—you just surrender to the music.

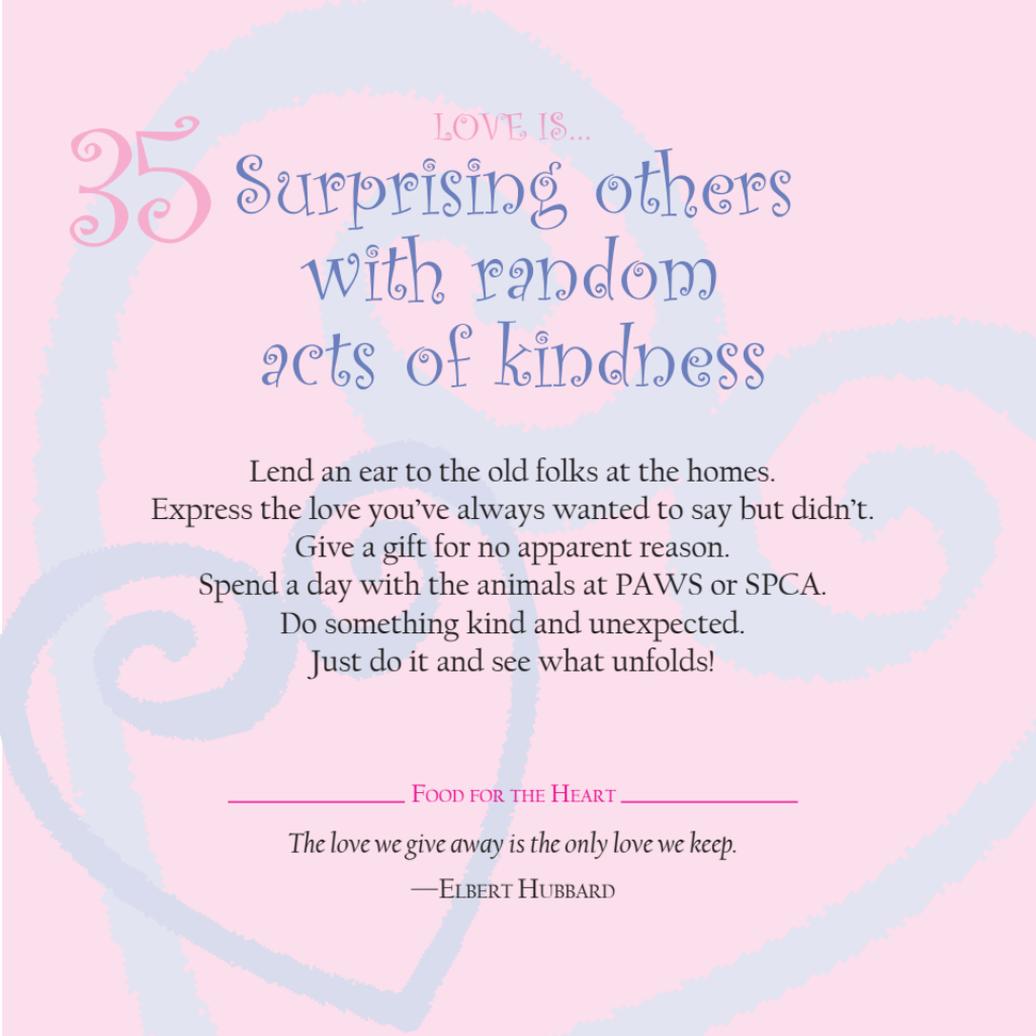
—UNKNOWN AUTHOR

The background is a solid blue color with several light blue, stylized heart shapes and swirls scattered across it. The hearts have a decorative, scroll-like pattern inside them.

Whenever we hate
someone, we are hating
some part of ourselves that
we see in that person.

We don't get worked up
about anything that is not
in ourselves.

Hermann Hesse



LOVE IS...

35 Surprising others
with random
acts of kindness

- Lend an ear to the old folks at the homes.
- Express the love you've always wanted to say but didn't.
- Give a gift for no apparent reason.
- Spend a day with the animals at PAWS or SPCA.
- Do something kind and unexpected.
- Just do it and see what unfolds!

FOOD FOR THE HEART

The love we give away is the only love we keep.

—ELBERT HUBBARD

LOVE IS...

Allowing
yourself to live
instead of exist

36

Make a list of all things you want to do in your lifetime.

Be creative with it—live your dreams,
confront your fears and challenge yourself.

Cross off the items on the list after you have done it.

Experiment. You will find more bounce in your step
and more joy in your life!

FOOD FOR THE HEART

*Dance like nobody's watching, Love like you've never been hurt,
Sing like nobody's listening, Live like it's heaven on earth.*

—MARK TWAIN

LOVE IS...

37

Letting yourself
be
appreciated

When someone gives you
a beautiful compliment or words of appreciation,
don't reject them but accept them
with grace and kindness.

Don't know how? It's easy... just smile with gentleness
and say these 2 magical words: "Thank you!"

FOOD FOR THE HEART

*There is more hunger for love and appreciation in this world
than for bread.*

—MOTHER TERESA

LOVE IS...

Overflowing your life with kindness

In every single moment and minute of your life,
be kind to yourself, your family and all others around you,
including the strangers on the street.

Kindness inspires love. Anger or control inspires fear.

How would you like to lead your life—
in love or in fear?

FOOD FOR THE HEART

Kind words can be short, but their echoes are endless.

—MOTHER TERESA

39

LOVE IS...
Silencing
yourself
in stillness

Quiet or meditative time recharges the inner you. Choose a time of the day (or night) to silent yourself in stillness. Observe the thoughts swarming incessantly in your head without involving yourself in it. Let your in-breath and out-breath calm you down. Breathe deeply to rejuvenate the body. Find peace in silence.

FOOD FOR THE HEART

Move outside the tangle of fear-thinking. Live in silence.

—JALAL AD-DIN RUMI

LOVE IS...

Attending
to your inner
call for peace

40

Make time for solitude.

Seek ways to restore peace in yourself—
a slow walk in the park, meditation or spiritual readings.

Be present to your quiet mind and peaceful heart.

Recognise that feeling and bring up the same feeling
in times of stress.

FOOD FOR THE HEART

*The more tranquil a man becomes, the greater is his success, his influence,
his power for good. Calmness of mind is one of the beautiful jewels of wisdom.*

—JAMES ALLEN

41

LOVE IS...

Giving others
the
benefit of doubt

Give others the benefit of the doubt
in what they say and do.

This resonates with trust, faith and acceptance in others.

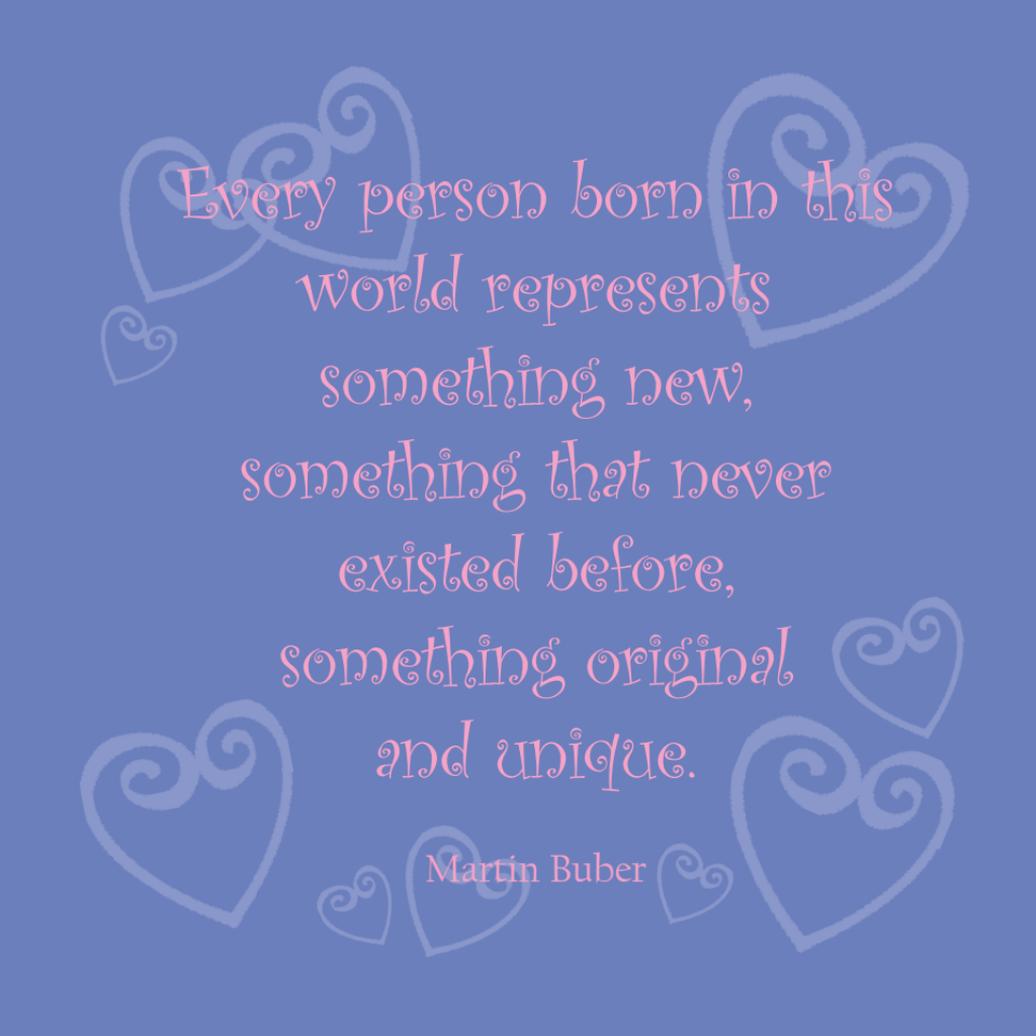
The measure of trust you have in others
reflects on the measure of trust you have in yourself.

As within, so without.

FOOD FOR THE HEART

*There are two worlds; the world that we can measure with line and rule,
and the world that we feel with our hearts and imaginations.*

—LEIGH HUNT



Every person born in this
world represents
something new,
something that never
existed before,
something original
and unique.

Martin Buber

42

LOVE IS...

Making time for yourself and your needs

In this fast-paced world, choose to make time
for yourself and your needs.

Quality food, rest and sleep will do wonders
for your body and mind.

Recharging and rejuvenating will bring better quality
to your life and take you further in your journey.

FOOD FOR THE HEART

All work and no play makes Jack a dull boy.

—PROVERB

LOVE IS...

Allowing
the good heart
to be contagious

43

Have love in your heart and let it spread around.
For every goodness you receive,
bestow it upon others and pass it on.
Be clear and mindful to cultivate only good actions.
Let the good heart be contagious!

FOOD FOR THE HEART

*Smiling is infectious, You catch it like the flu.
When someone smiled at me today, I started smiling too.*

—UNKNOWN AUTHOR

244

LOVE IS...

Encouraging yourself to serve

Stop thinking about “Me! Me! Me!” for a moment
and think of ways that you can serve.

Ask, “How may I be of service?”

Contribute to your favourite charitable organization.

Volunteer yourself in social work.

Support a worthy cause.

FOOD FOR THE HEART

Everyone can be great, because everyone can serve.

—MARTIN LUTHER KING

LOVE IS...

Seeing others
with
compassion

45

Remove those colour-tinted glasses of distrust and fear
and see others with kindness and compassion.

Discover what a difference this will make in the way
you perceive people and situations.

When you are compassionate to others,
compassionate blessings will come to you in many ways.

FOOD FOR THE HEART

*Hatreds never cease through hatred in this world;
through love alone they cease. This is an eternal law.*

—GAUTAMA BUDDHA

46

LOVE IS...
Letting go
of
control

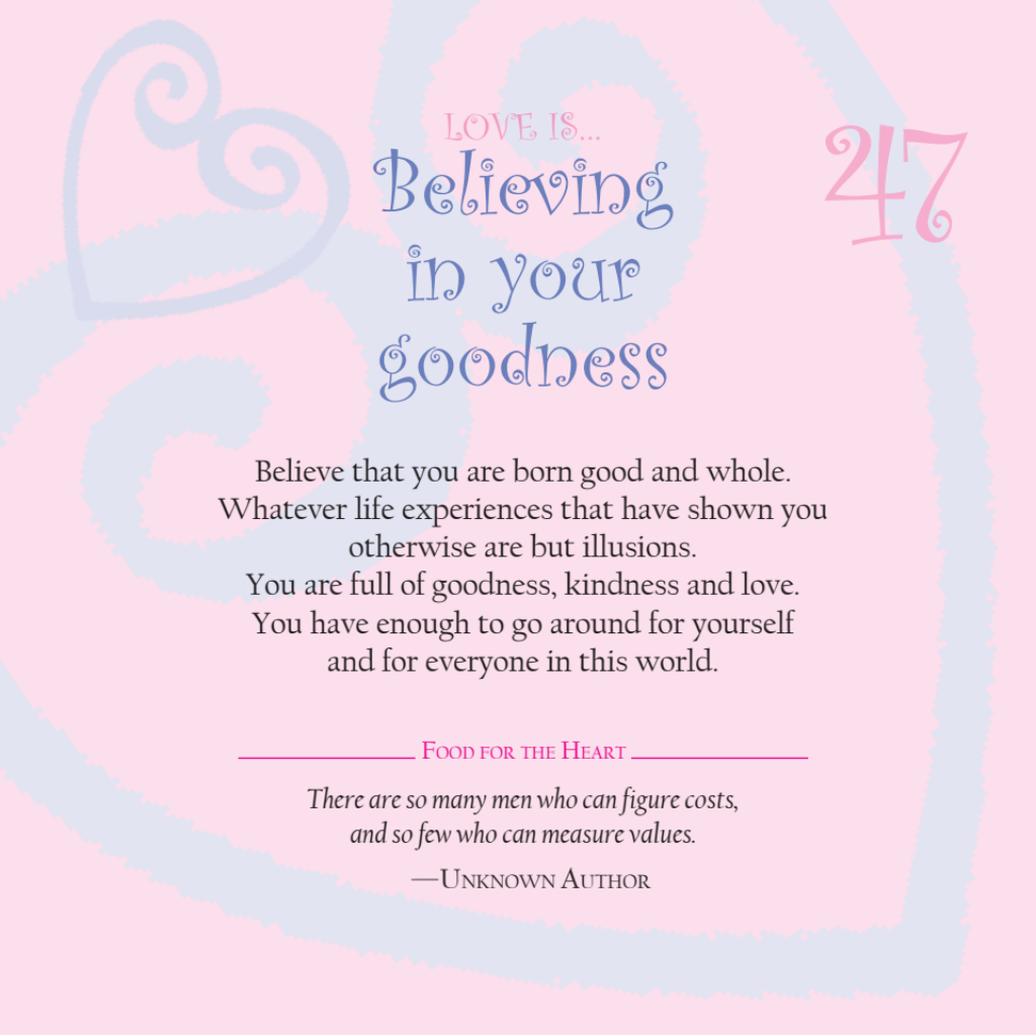
Try this: go about one day and let go fully of your controlling mind for everything that happens that day—the traffic, the rain, the latecomer, the less-than-clean dishes.

Just accept everything that is, as it is, and experience the liberated mind.

FOOD FOR THE HEART

*God, grant me the Serenity to accept the things I cannot change,
Courage to change the things I can, and the Wisdom to know the difference.*

—SERENITY PRAYER



LOVE IS...

Believing in your goodness

47

Believe that you are born good and whole.
Whatever life experiences that have shown you
otherwise are but illusions.
You are full of goodness, kindness and love.
You have enough to go around for yourself
and for everyone in this world.

FOOD FOR THE HEART

*There are so many men who can figure costs,
and so few who can measure values.*

—UNKNOWN AUTHOR

48

LOVE IS...

Choosing loving and positive thoughts

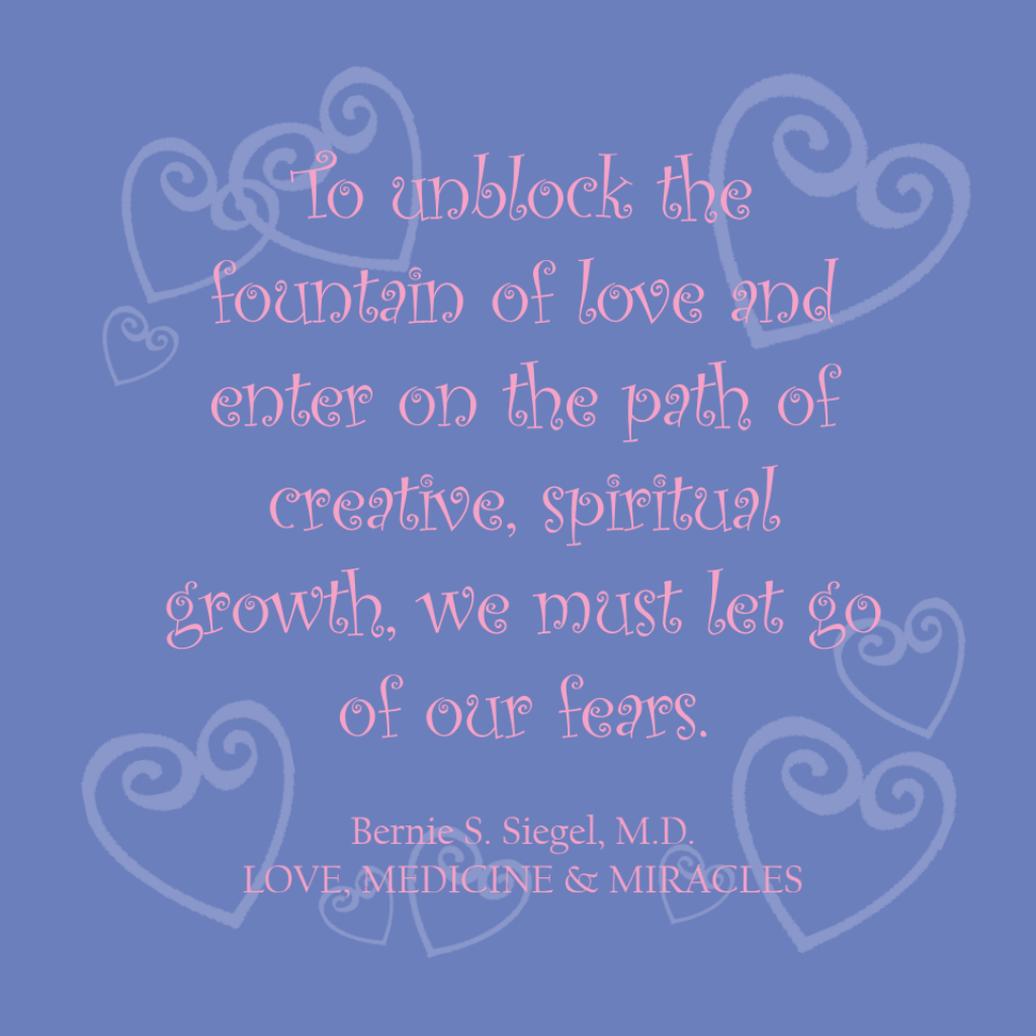
Be quiet and observe your thoughts for one day:
do you find more positivity or negativity in them?

Make a conscious choice
for loving and positive thoughts.
Your thoughts make you who you are!

FOOD FOR THE HEART

It is neither good nor bad, but thinking makes it so.

—WILLIAM SHAKESPEARE

The background features several light blue, stylized hearts with decorative swirls extending from their top and bottom points. These elements are scattered across the blue background, framing the central text.

To unblock the
fountain of love and
enter on the path of
creative, spiritual
growth, we must let go
of our fears.

Bernie S. Siegel, M.D.
LOVE, MEDICINE & MIRACLES

49

LOVE IS...
Loving
yourself
unconditionally

Love yourself with no conditions and without limits.

Don't wait until you have achieved something great before loving yourself.

You are whole and complete as you are.

If you can't love yourself,
how can you begin to love others?

FOOD FOR THE HEART

Becoming free is not changing yourself into someone you think you should be.

Becoming free is falling in love with who you are—right now.

—UNKNOWN AUTHOR

LOVE IS...

Letting fear
be your
teacher

50

Your greatest fear can be your greatest teacher—
if only you would confront it.

Fear shows to you that there is a part in you
that needs love.

When fear enters your heart, diffuse it with love.
With love, anything is possible!

FOOD FOR THE HEART

Of all the liars in the world, sometimes the worst are your own fears.

—RUDYARD KIPLING



A Final Word

Love is...
emailing this
ebook
to everyone!



Clove & Clive

living and loving a life of mindfulness

We are a centre dedicated to nurturing full participation of mindfulness in conscious loving and conscious living. We engage ourselves in activities that focus on love and wisdom. Check out our website www.clovenclive.com for more details on our workshops, free talks, spiritual games, group sittings, book projects and community projects.

The book you are holding is the first in a series of *free publications* on love and wisdom. Look out for the following suggested titles in 2007/8:

- Stress? You Must be Joking!
- Seeing Teachers and Lessons Everywhere
- My Mother, My Angel of Love
- My Father, My Pillar of Strength
- Teatime Tete-a-tete *for the Working Woman*
- Teh Tarik Stories for Men
- Awareness & Conscious Living

If you would like to support these free publications, please write to us at clovenclive@gmail.com or visit www.clovenclive.com for more information. We also welcome your authentic feedback on how you have gained wisdom from this book, and we definitely welcome suggestions on other ways that we can improve further.

Want to know more about true self-love? Check out these books...

- **CONSCIOUS LOVING** Gay Hendricks & Kathlyn Hendricks
- **REAL LOVE** Greg Baer
- **A MASTERY OF LOVE** don Miguel Ruiz
- **CODEPENDENT NO MORE** Melody Beattie
- **LOVING KINDNESS** Sharon Salzberg

