



**CREATING MORE
LOVE & LIGHT
IN THE WORLD**



Creating More Love And Light In The World

Christina was on the phone with her mum for their weekly phone chat. They were having a discussion and the topic turned to the state of the world today. Christina began ranting about everything going wrong - all the brutality, the economic collapse, hatred, and the constant division.

After listening to her rant for a while, Christina's mother finally asked a gently question. "What are you doing to counteract the hate?"

Mother Teresa once said, "Not all of us can do great things. But we can do small things with great love."

It's tempting to forget that we have the power to make change. We forget our own power and focus on everything that seems to be going wrong. But the truth is we can all make the world a better place. We can be agents of change.

This change starts by living with love. Carrying love with us in every area of our lives and spreading that love far and wide.

Start With Self Love

Of course, living with love can prompt an important question. Namely, "Where do I begin?" Start with your own inner journey. Learn to love yourself and you'll then be able to love those around you easily and with great joy. Here are some tips to help you do that.

Recognize What You're Doing Right

Most people blame themselves constantly for all the things they're doing wrong. Maybe you shouted at your child this morning, or you didn't finish a report you needed to on time. Perhaps you weren't able to be there when a friend needed you this week or couldn't get to the grocery shopping.

Sometimes we keep a running list in our head of all the things we're doing wrong, but we don't ever celebrate what we're getting right.

Maybe you weren't able to finish that report on time - but you did manage to get some quality time in with your teenage daughter over the weekend. Perhaps you did shout at your child this weekend - but you apologized and sought forgiveness. Then you did something together to strengthen your bond.

Keep a list of what you're doing right. Focus on that and celebrate it instead of looking at all the things that you think you're doing wrong.

Take Care Of Yourself

Think about what makes you feel confident and sexy. This might be something like putting on make-up, wearing a special perfume, or having your lucky shoes on.

You want to do one thing every day that makes you feel confident and sexy. This can be a different thing each day, depending on what you want to do and what you're in the mood for.

Maybe you have a special outfit that makes you feel good about yourself. Maybe, it's going for a manicure or getting a massage. Put yourself on the to-do list, just as you would any other appointment.

You spend so much time taking care of other people. Make sure that you're also taking care of yourself as well.

Believe In Your Dreams

Think about what you really want to do in life. What you would want your life to look like if money and time were no obstacles? Would you move to a different place? Would you change careers? Would you take up a new hobby?

Consider what you want out of life. Then ask yourself, "What would I do to support a friend who wanted these things?"

When you come up with an answer, turn around and do those things for yourself. For example, a friend wants to travel but she's nervous about going to get her passport. So you agree to help her research what she needs and get her documents in order. Do the same thing for yourself!

Be Creative

Another way to show yourself love is to take time to be creative. You may not consider yourself a creative person, so you may struggle with this idea if that's the case. But understand that creativity is a gift within all of us. How you choose to display that creativity may look different from how others do it.

Some fun ways to be creative include writing a poem, doodling for a few minutes, taking a cake decorating class, or journal in a special notebook.

Don't be afraid to try new and creative things. The more creative you are, the more it releases endorphins and the better you feel about yourself. This creates a culture of self-love that enables you to bring more love into every area of your life!

What did you do right this week? Did you acknowledge your awesomeness?
How do you like to take care of yourself? What makes you feel sexy and confident?
What would you like your life to look like if money and time weren't obstacles?
How would you support a friend who has the same dream as you?

What creative activities do you enjoy? Do you consider yourself a creative person?

Create More Love In Your Home

As you begin the journey of creating more love in your life, the next place to look is creating love in your home. This means freely offering and showing affection to those closest to you including your spouse, children, parents, and pets. Here are a few ways you can spread the love.

Say It

Say “I love you.” Tell your loved ones you care about them before they go to bed and first thing in the morning. Starting and ending the day with love reminds the people around you how much you care. It ensures that the first thing they hear each day is, “I love you” and the last thing they hear each night is, “I love you”.

Don’t underestimate the power of those words. So often we don't know what those closest to us are going through. But saying “I love you” reinforces that they're not alone and that they are precious.

Let Your Touch Speak

You can touch the ones you love in little ways to remind them how much you care. This can be very powerful if you have a loved one whose primary language is touch. Some simple ways to touch a loved one are to hug them good night, give a pat on the shoulder, ruffle their hair, or offer a high five after a cool accomplishment.

Of course, it's important to keep in mind this may not work well for all family members, especially family members who have been through physical trauma. They may struggle with being touched and you may want to ask them before you do so.

For example, you might say, "I'd like to give you a pat on the shoulder. Is that okay?" Then respect their answer. If they say no, accept that and don't take their rejection personally.

Do Chores

Pick a chore that you know a family member doesn't enjoy and do it for them. This could include taking out the garbage even if it's not your job, doing a load of laundry for somebody else, or refilling the coffee pot.

It doesn't have to be cleaning the whole house. Think tiny and do small things to make your loved one's days easier and less stressful.

Try Surprise Gifts

The thing about surprise gifts is they don't have to be expensive. They can be little things. This can include grabbing a bar of chocolate they like from the store, picking flowers from the side of the road, getting them a funny sticker, an inspirational card, or even a tiny stuffed animal.

Remember this is about showing the other person you're thinking of them and care about them. These unexpected surprises can be very powerful for those who speak the language of gifts.

Give Your Full Attention

This means you're not looking at something else. You're not you're paying attention to your phone or staring at the TV. You're not getting distracted by what's happening in the next room. Instead, you're staying fully present.

Settle down, relax together and simply listen. You don't have to ask questions or offer advice. You can simply nod along to your loved one. Give them a smile, squeeze their hand. Small gestures can encourage them that you're here and you're with them without ever saying a word.

Compliment Your Loved Ones

Make sure to tell your loved ones how much you believe in them, how much you love them and why you think they're unique. Mention what you love about them. You might even say something like:

- You have a beautiful laugh.
- Your smile lights up a room.
- You're so talented with...
- You're an amazing father / mother.
- You're always so patient with our boys.

Small compliments can make a huge difference in somebody's day. They can spread a lot of love and make those around you feel really good.

Leaning into love within your own home doesn't have to be difficult. It can, in fact, be simple and only takes a few minutes to do!

Consider	Share Your Thoughts
How often do you say "I love you" to those you live with?	
Do you love somebody who speaks the language of touch? How do you give them affection?	
What's a chore your loved one hates to do? Will you do it for them this week?	
When was the last time you surprised a loved one with a gift?	

Show Love To Your Friends

As you've begun to show yourself more love and create love in your home, now it's time to branch out even more. Start pouring the love on your friends. If you're not sure where to begin, consider a few of these ideas.

Write A Note Or A Letter

Let a friend know that you're thinking of them and that you care. With all the digital communication in the world today, a card or note really stands out as a physical object. It shows the recipient that you took time to find a card and that you also spent a few minutes thinking of them and looking for a way to encourage them.

A note or letter doesn't have to be long. It can actually be something simple like, "Hey, I saw some purple flowers by the side of the road today and I remembered that time we walked through the lavender field on vacation. Do you remember that we laughed so hard?"

Invite A Friend To Dinner

Turn off your phone and simply enjoy each other's company. Remember that when it comes to inviting somebody to dinner, you don't necessarily have to cook. Even frozen pizza between friends can be precious when you value the company.

It feels good to reconnect with others in our busy and rushed world. It gives your mood a boost and encourages your friend at the same time.

Celebrate Your Friend

Being there for your friend during their ups and downs is very powerful. Maybe your friend didn't get the job she wanted, or perhaps she wasn't able to get the next belt in her karate class.

Your friends remember not who was with them at the peak, they remember who was with them in the valleys. Be the valley kind of friend. Rally around them in the face of their setbacks and also celebrate their accomplishments.

Help A Friend With A Project

Take the time to help your friend with something that they really struggle with. For example, if they struggled with updating their resume, take two hours on a Saturday going over their resume and formatting it correctly.

You can also help them do something physical, if they need help with that. For example, building a fort in the backyard for their kids, you could show up, ready to help with whatever they need. Doing this sends a powerful message to your friend. It lets them know that you're not somebody that's a fair-weather friend.

Check In With Your Friends

It's frustrating always being the friend that reaches out first. Don't let your friends feel like that - instead, reach out and be the first to initiate communication. Be the first to send a simple text like: "Good morning. How are you?"

Follow up after important moments. For example, you might text: "Hey, I was thinking of you today. How did that interview go?"

Create Ripples

Be a friend to those around you. Look out for them and share the love. Then watch as all that love creates even bigger ripples in the world around you!

Who could you write a letter or note to this week?

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How will you celebrate your friend?

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What project could you help a friend with?

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How often do you check in with your friends?

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Fall in Love With Your Career

When you feel excited and passionate about your career, you can't help but love your job. This affects those around you including your boss and co-workers. Not only does it boost morale, life is more fun when you're actually doing work you enjoy.

But what if you hate your job and you don't know the first thing about how to find a fulfilling career? Here are some ideas and insights to help you look at your job in a new light.

Take On Projects That Excite You

Admittedly, this isn't always possible. There might be times in your professional life when you're too busy working on other goals and can't pause to find a passion project.

But if you have some room on your plate, it can be a wonderful idea. Look for a problem at your company and come up with a way to solve it that really lets your talents shine.

For example, you might say to your boss, "I noticed the project workflow is slowed by the spreadsheet phase. Could I create a spreadsheet template to fix the problem for the company and simplify the workflow?"

A question like this is likely to be answered positively. You're helping your boss and you're making things easier on your co-workers.

Besides volunteering for projects, look for committees and teams that are looking for somebody with your skill set within the organization. You don't have to take on more than you can handle - but definitely don't be afraid to have one or two projects on your plate that really excite you.

Partner With Others

If you have projects you don't enjoy, see if you can partner with somebody you admire or who you get along with. Doing work with somebody you enjoy hanging out with can make a project more pleasant.

You get to spend some time getting to know your co-workers, learning about how they work best, and determining how you guys can work more efficiently together in the future.

You might also try bartering with somebody else. Look for a co-worker who hates doing the task you love, and vice versa. This can be a wonderful fit and it a great example of co-workers coming together for the good of the organization or company.

Keep in mind that it's important to pick a co-worker that you know will do the task. Somebody who says they'll do it then bails is likely to leave you feeling resentful.

Second, you should only exchange tasks that you really don't like to do so you can get tasks you do like to do. If you're exchanging tasks with somebody and you always end up dreading or hating the work, it's a sign that you should not be bartering with that person because obviously you have skills that are too similar.

Gain New Skills

Have you always had an interest in learning website design or copywriting? Don't be afraid to pursue these interests! You should also keep in mind that some organizations will pay you to attend seminars, trainings, and other events where you can grow these skills.

Even if your organization doesn't do that, you can still gain new skills on your own time. You can do this through reading books, taking online classes, or finding a mentor in an area that you would love to learn more about.

Don't be afraid to seek out new skills and new opportunities. Regularly challenge yourself to step outside of your comfort zone, even if it's just a little bit.

Mentor Somebody Else

Being around somebody who's new to the industry and seeing their enthusiasm and their spunk can be refreshing. It will help you remember why you got into your career in the first place.

It can also reveal to you the things that you wish you had known. It can give you insights into the future and it provides you with an opportunity to give back and show love to somebody else.

If you haven't been feeling the love for your career, look for new ways to get excited about what you do again. It's never too late to fan the spark of love!

Consider	Share Your Thoughts
What are some potential projects you could volunteer for at your workplace?	
How often do you seek out committees or other leadership opportunities?	
Is there a co-worker you'd like to barter with on tasks?	
What skills are you interested in developing?	
How could you work on developing these skills?	

Who do you know that could benefit from a mentor? Are you willing to do it?	
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Share The Love With Your Community

Ursula cared for her mother through dementia. After her mother's passing, Ursula grieved deeply for her. She struggled to find the strength to get out of bed each day. Then she heard about a local nursing home that was looking for volunteers.

So, Ursula made a commitment to show up once a week with flowers, games, and chocolates. She talked to the residents, listened to their stories, and spent time with them for a few hours.

Doing this helped Ursula feel closer to her mum and let her spread more love and joy in the world. Pretty soon, Ursula's favourite days were the ones she went to the nursing home.

Lately, you've been focused on loving yourself and the people around you. This is a wonderful start to creating more love and light in the world.

But as time goes on you, you'll want to step outside your immediate circles and begin finding new ways to share love with the community around you. Here are some simple tips for getting started with that.

Look For Causes You Care About

Think about what really fires you up. Are you passionate about fighting for the rights of abused children? Do you want to see more homeless vets in permanent housing? Are you passionate about fostering animals and helping them find forever homes?

Consider a group of people you care about helping. Because you love this group and you are excited to serve them, it'll be easier for you to find ways to get involved. You're already naturally drawn to the cause, and this makes sharing your love simple.

Get Involved

Look for organizations within your area that serve the groups that you're passionate about helping. Remember that different organizations will have different needs depending on the time of year and their budget.

For example, if you help out at a soup kitchen, you may find that during the holidays, the organization doesn't need food donations as much as they need volunteers to come in and serve the food.

Keep this in mind as you as you look at different organizations and talk with them. See what they need and where you can help.

If you find an organization and it's not a good fit for you, then continue looking. You can search in the surrounding areas until you find an organization that can use your skills and that makes you feel like you're contributing and bettering your community.

Bring Others With You

Irina started volunteering at an organization that helped abused animals. She often brought along her kids when they were young. As they became teenagers, people would frequently comment on how kind and compassionate her children were.

Finally, Irina realized the connection was volunteering. She'd volunteered at many organizations over the years and often took her kids along with her. They saw first-hand how difficult life can be for others and it caused them to develop a strong sense of empathy.

When it comes to helping your community, get those around you involved, too! Volunteering is more fun when you get to share the love with others.

Do Something Out Of The Box

When Ashley Brooks and Annaliese Hughes met in college, they bonded over their shared love of cats. After they graduated, the two friends started a cat café called [Pounce Cat Café](#).

Patrons can come into the café and order a drink and snacks all while cuddling with adorable foster cats. Every cat in the café is eligible for adoption and many go on to find their forever homes thanks to Ashley and Annaliese.

If you have an idea that is different or unusual, don't be afraid to go after it. Your unconventional method may have a wonderful impact on your community.

Love starts inside but the more love you have, the more it begins to overflow. This overflow eventually splashes over to everyone around you including your family, friends, co-workers, and community!

What causes or groups are you passionate about?
What organizations in your area are serving your groups?
How could you get involved and help out these organizations?
Who could you bring along for the ride?

Let Your Love Shine Out To The World

Another wonderful way to share all the love in your heart is to bless perfect strangers. The cool thing about helping a stranger is they don't know who you are and they may never have the opportunity to thank you. This lets you be a quiet agent of change who brightens the day for others. If you're not sure how you can shine love to strangers, here are a few ideas to get you started.

Carry Coins

Keep a big collection of quarters or other coins with you. When you see somebody at a drink machine or a child at a game machine, pass out the coins. There's nothing like watching a kid's face light up when you give them a handful of coins so they can keep playing their favourite game.

Bring An Extra Umbrella

On the next rainy day, look for somebody without an umbrella. Give them your extra one and wish them a good day.

Share Flowers

Give out flowers just because you can. Leave flowers on the car of perfect strangers with a note that you just wanted to brighten their day.

Strike Up A Conversation

Don't be afraid to strike up a conversation because so many people are lonely. You can find people to talk to all around you, at the doctor's office or while waiting in line at the grocery store.

Start with a compliment followed by a question. For example, you might try one of these things:

- I like your shoes. Where did you get them?
- I love the band on your shirt. Have you seen them in concert?
- Your hair is beautiful. What's your beauty routine like?

Simple questions like these allow somebody to share about something they care about and get them excited.

Pay For The Person Behind You

This one is really easy to do and it's fun too. It allows you to bless somebody and stay anonymous. Simply pay for the car or customer behind you.

Leave A Large Tip

Instead of doing the usual 15-20%, give a tip of 50% or if it's a very small order, even 100% of your price. Remember that many servers are underpaid and underappreciated.

Sometimes they're not even tipped at all. When you leave a large tip, you're spreading more love in the world.

Reach Out To An Old Teacher

Choose somebody who changed your life and let them know what they did. If possible, try to do this with a handwritten note. Share with your teacher what your life looks like now and thank them for what they did for you.

Many people forget the influence they've had, and it becomes easy to feel like they didn't make a difference. But when you reach out, showing them how awesome they were and how much of an impact they had, it can brighten their whole week.

There are so many ways you can create more love in the world. All it takes is small acts of kindness in every area of your life!

Consider	Share Your Thoughts
Have you ever had somebody do a random act of kindness for you? How did it feel?	
What's your favorite way to strike up a conversation with a stranger?	
Which teacher made an impact on your life? Have you reached out to let them know?	
Do you carry coins, extra umbrellas, or flowers to brighten somebody's day?	

Love Is The Answer

The thought of living with more love can easily overwhelm you or leave you feeling like there's so much to do. But that's not the point.

Focus on doing one or two loving things each week. As you share and spread the love, don't be afraid to try new things. Make a note of what makes you feel the most love and what touches people the deepest. These are the things you're going to want to do again and again.

Remember that love makes us feel better. Love gives us hope. Love reminds us that we're not alone and we can do brave things.

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