

# LIT FROM WITHIN YOGA

facilitator academy

Love it ALL in February!

In the movie Lady Bird, there is a great line, ***“Don’t you think maybe they are the same thing – Love and attention?”***

This line came to mind as we move into February; a month where we celebrate LOVE gives us an opportunity to invite in a little curiosity on what our attention is on.

What would it look like to Love it ALL? You might be saying...hmmm..**Love it ALL?** Even laundry or doing the dishes? Paying my bills? Food shopping? And YES – Love it ALL – **LOVE** that you have clothes to wash. **LOVE** that you have dishes and utensils to eat off of. **LOVE** that you have money in the bank to pay the bills. **LOVE** that you are able to shop for what you want to eat.

**It really does come down to attention.**

If your attention is rooted in complaint, judgement, fears, or worries...LOVE gets shut out. And, if you focus on LOVE, you get to choose!

What’s even better is that **Love it ALL** doesn’t need to stay contained in February. What’s possible this year if you considered that Love and attention is the same thing? Will you say YES to something you are afraid of? Will you say NO to something that doesn’t fulfill you?

**Spend time in these questions for your month of February:**

- 1) What is love to me?
- 2) If love is in our actions (kindness, goodness, patience) how is my love displayed towards those I say I love?
- 3) If love is more than feeling good for myself or saying I feel a certain way towards someone, what can I do this month as an outward display of what I feel for them?
- 4) If love is an action, and actions strengthen the more I do them, what is one act of love that I am committed to practice this month? (softer responses, generosity, extending kindness first, etc)

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