

# Considering Loves



# To Practice Altaring Your Loves

As all things are nourished by attentions, why not attend in this noticing way to your Loves?

This is a practice of noticing and setting down those small resonant telling details that make up the daily stream of our days and exchanges. To notice is to love.

What are you noticing about your loves? It might be something unfolding now, it might be something that happened before and stayed with you.

Take a moment, now and then, to notice and remember.

May all my loves, and all their loves  
be washed in love.

All their loves, and all *their* loves  
and so the world.

May all of us, all,  
know the love that holds us.

THINGS I KNOW AND BELIEVE TO BE TRUE ABOUT

# My Husband

