



L ♥ VE

Notes

THE LOVE SUMMIT

Igniting Passion, Connection and FUN!

*When all your desires are distilled;
You will cast just two votes:
To love more, And be happy. —Hafiz*

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Founder, Compassionate Communication, Inc.

Love is the Answer - Always

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Igniting Passion

*“We come to love not by
finding a perfect person,
but by learning to see an
imperfect person perfectly.”*

–Sam Keen,

To Love and Be Loved

Adding Passion

Forgive your partner
Forgive yourself
Put down your “walls”
Change your “filters”
“Start over”
Reboot, renew, redo
Say “you’re sorry” (and mean it)
Say “I love you” – and then show it–
OFTEN
Show your love–the way your partner
would like you to show it (touch, words,
acts of service)
Ask them – they will tell you!
Touch each other – often,
respectfully and safely
Give each other foot rubs or back
rubs
Get a babysitter and go out (or hide
from the kids and stay “in”)
Talk for ten minutes a day – about
fun things
Hug – and let your partner be the
one to end it first (don’t pat on
the back – just breathe)
Lay in each other’s arms and match
your breathing as you “spoon”

Ask them what they want and like
Experiment with touch – tickle, scratch,
rub
Start with the hands, back, neck – and
make it non-sexual
Don’t have sex for a while then let your
partner initiate
Add romance (notes, flowers, caring
conversation) “just because”
Kiss or hug “hello” and “goodbye” and
“goodnight”.
Learn how to talk about everything –
with empathy and respect.



Creating Connections

“Change the way you look at things and the things you look at change.”

– Wayne Dyer

Adding Connection

With a partner:

Look into their eyes, daily and deeply
Kiss “hello” and “goodbye”
Communicate compassionately
Practice the Miracle of Empathy
Learn the Five Steps to get what you want and need graciously
Stay grateful
Do something fun that THEY decide
Learn about ADD (see Resources)
Understand HSP (see Resources)
Take your medication if it helps you
Go to Al Anon or AA if needed

Without a partner:

Love yourself unconditionally
Take yourself out – to dinner, a movie, a walk
Join a club, dating service, hobby group, health club
Volunteer
Learn to meditate
Start a book club
Journal
Go have fun



Creating Connections

With your child:

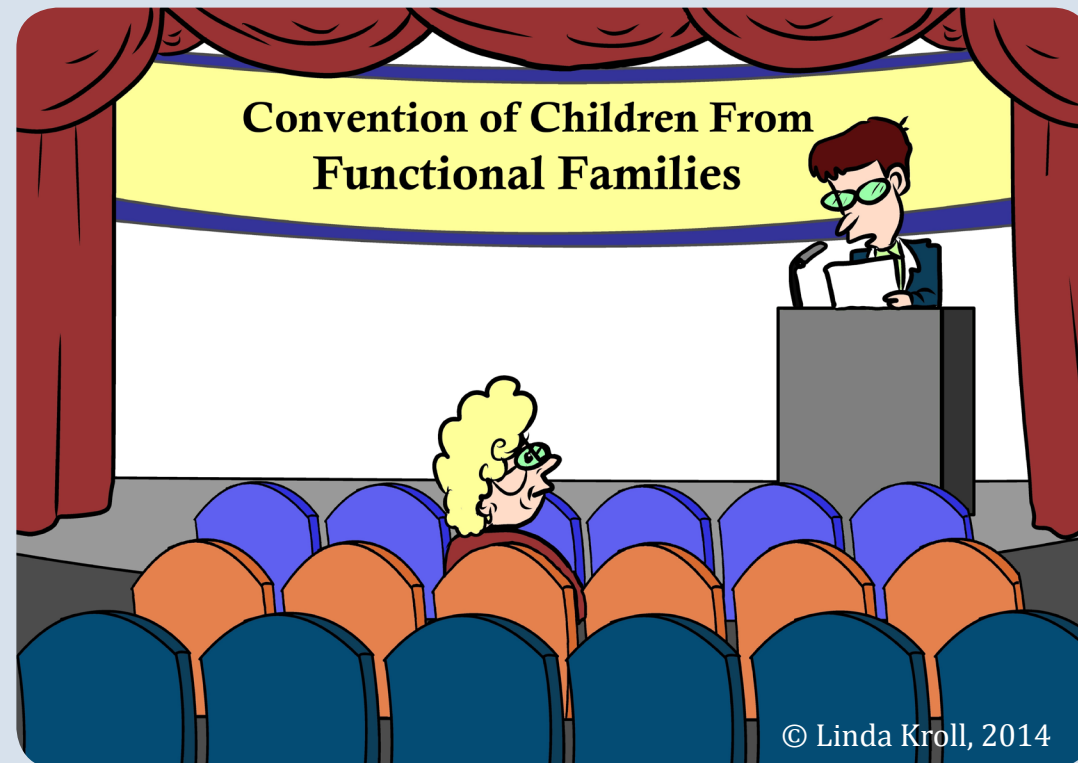
- Be there
- Stay open
- Be curious
- Play
- Listen
- Support, nurture, cheer on
- Be respectful
- Have clear boundaries and fair consequences
- Ask them how they feel
- Ask them “what would YOU do if you were the parent”

With your parents

- Forgive them
- Appreciate them
- Call them
- Spend time with them

With your colleagues

- Learn Compassionate Communication



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Enjoying FUN

How to add more Fun:

- Make a “fun jar” and put in ideas when you have them
- Pick one idea and DO IT
- Take dance lessons
- Take singing lessons
- Learn to play an instrument
- Join your community theater group
- Plan a trip – then go (or not – just planning can be fun)
- Go for a walk
- Swing in the park
- Play with a child
- Play with a pet
- Play in any way
- Create something new – a picture, a poem, a photo
- Scribble, doodle, draw, color, paint
- Write a poem, a ditty, a novel
- Laugh often
- Connect with an old friend.
- Eat ice cream and enjoy it.
- Remember what you loved to do as a child – and then go do it.



FUN - A to Z

- | | | |
|---|---|---|
| Art Fair | Flirt (with each other) | Query about her/his day with
real interest and empathy |
| Aquarium | Fly a kite | |
| Antiquing | Games (Board-variety) | Rafting |
| Adopt a pet | Geneology night | Relate deeply |
| | Go-carting | |
| Bake together | Golf | Scuba diving |
| Ballroom dancing | Grandchildren play date | Sing |
| Baseball game | | Six Flags |
| Batting cages | Hold hands and skip | Shower together |
| Beach walk | | Ski |
| Bike ride/bike tour | Improv night – play
charades | S'mores in the moonlight |
| Bowling – join a league or
play a game | Invite company | Snorkeling |
| Bring home flowers | | Star gazing |
| | Jokes – learn some – or
make some up | Square dance |
| | | Swing |
| Camp | | Slide |
| Canoe | Karaoke | Sports |
| “Canoodle” | Kayak | |
| Car ride | Kiss | Take a class |
| Caroling | | Tennis |
| Charades | Learn something new | Train ride |
| Cook a new dish | Legoland | Travel |
| Comedy Club | Line Dance | Tubing |
| Couple's Massage | | Theater |
| Cuddle | Movies – take turns picking | Vacation |
| Community theater audition | Museums | Volunteer |
| | | |
| Dance | Overnight stay - anywhere | Water ski |
| Day trip | | Wii |
| Disneyworld | Paint | Winery |
| Dress up, dress down,
undress | Picnic in the park | Whale watching |
| | Picnic in your den | |
| Entertain (others or each
other) | Plan a trip | Write a love note – and hide it |
| Exercise | Planetarium | |
| | Plant a garden | Yearly celebrations |
| Fishing | Puzzle | |
| Flea Market | Play a game (board variety) | Zoo |



Your Valentine to Your SELF

February 14, 2014

My Dearest Beloved (put in YOUR NAME),

On this, your (your age) Valentines Day, I want to let you know how much I adore you. Everything about you. Your body, mind and soul.

I love your spirit, and the way you want to bring love and joy wherever you go.

I love your heart, and how you share it with your family, your loved ones and the world.

I love your mind, and how it constantly creates.

I love your organization, and lack thereof.

I love your quest for growth, and how you continue to expand your understanding of yourself and others.

I love your humanity.

I love your divinity.

*I love your bigness
and your smallness, for it
is all the same.*

*I love your
compassion, and hope
that you continue to give
it to yourself as well as to
others.*

*I love you for the
mistakes you think you
have made, and what
you have learned from
them.*



Your Valentine to Your SELF

I love the way you love your children and grandchildren, and all children and grandchildren.

I love the way you entertain.

I love the way you hibernate in your flannels in bed.

I love your ADD (Attention Deficit Disorder).

I love your HSP (Highly Sensitive Personality).

I love that you are nuts.

I love how you sing and how you dance.

I love how you cook, and I love you when you don't.

I love all your hurts and wounds, and all the healed places in your heart that are stronger where they were broken.

I love your optimism, hope and cheer.

I love your depression, worry and fear.

I love your anger, and I love that you are learning to love it too. Or at least to give it its rightful place in your repertoire of feelings.

I love that you are allowing yourself to feel and to express.

I love that you are forgiving yourself for all that you have repressed and suppressed.

I love your kindness, thoughtfulness and generosity.

I love your selfishness, thoughtlessness and pettiness.

I love your superficiality.

I love your depth.

I love all the ways you have chosen to hide.

I love your courage in being seen.



Your Valentine to Your SELF

*I love the judgments you have made.
I love that you are trying not to judge.*

*I love the ways you love.
I love the ways you give.*

I love the ways you (add your own)...

I love you unconditionally and completely.

*I love you in all the ways you have ever hoped to be loved - safely, completely,
forever.*

*I see you, I get you, I appreciate ever nuance of your being.
You make me laugh. You make me sing. You make me dance.*

*With you I am safe, at peace, at home.
You are the one I have been waiting for.
You are all the parts of me I have shown the world and all that I have disowned.*

*You are my highest, truest and best Self,
And I am yours.*

*Now and forever,
My Dearest Valentine... with all my heart.*

*(Now Sign YOUR NAME)
XOXOXOXOXO*





*Twinkle, Twinkle, Little Star
I hope you know how bright you are.
Your light shines through in every way.
Allow yourself to glow each day.*

*Twinkle, Twinkle Little Star
I hope you know how loved you are.*

*Twinkle, Twinkle, Brilliant Glow
Let your grace and wisdom flow
You need not be the moon or sun
You're perfect now, my Dear Sweet One.*

*Twinkle, Twinkle Brilliant Glow
You're loved more than you'll ever know.*

*Be unafraid, my Angel true
The whole world lives inside of you.
Your Light, The Light is all the same
By any word, by any name.*

*Twinkle, Twinkle, Little Star
Remember Love is who you are.*

~Linda Kroll

How Do I Love Me? Let Me Count the Ways.

*“Your task is not to seek for
love, but merely to seek and find
all the barriers within yourself
that you have built against it.”*

–Rumi

1. Think of all the things you've always wanted to do if you had time. Do one—or don't.
2. Get in bed and vegetate. Don't be afraid you'll never get out again. You will.
3. Rent movies.
4. Read—a magazine, poetry, a good book, anything.
5. Get a manicure, pedicure, massage—or give yourself one.
6. Plan a trip—a spa, a bus ride, a day off, a lunch date. (Call a travel agent to consider a vacation).
7. Give yourself permission NOT TO bake, cook, clean, shop, or do laundry, dishes, ironing.
8. Get used to the novelty of deciding what you want to do—and doing some of it.
9. Let go of expectations of yourself and others.
10. Change your paradigm.
11. Set aside sad time if you want.
12. Cry.
13. Call a friend or family member.
14. Write a letter, a note, a poem, a short story, your novel.
15. Learn to understand yourself.
16. Join Al Anon or AA.
17. Go to extra meetings.
18. Buy a present for yourself.
19. Make something special to eat—just for you.
20. Get in bed and eat chocolate.
21. Find a new hobby.
22. Play the piano.
23. Paint, color.
24. Think about classes you may want to take and look through catalogues.
25. Entertain, if you want.
26. If you do entertain, make it as easy on yourself as possible. Paper plates, pot luck.



How Do I Love Me? Let Me Count the Ways.

*“Men marry women with the
hope they will never change.*

*Women marry men with
the hope they will change.*

*Invariably they are both
disappointed.”—Albert Einstein*



27. Exercise (walking, yoga, Pilates, bike, swim, lift weights, dance!)
28. Breathe deeply and often.
29. Meditate.
30. Hire a babysitter and go out—or stay home.
31. Ask the kids to tuck you in.
32. Take a walk.
33. Take a class.
34. Take a bath.
35. Volunteer.
36. Say 'no' when you don't want to do something.
37. Journal.
38. Give yourself permission to do what you want, when you want, with whom you want.
39. Connect with your Inner Child. Give him or her a hug.
40. Listen to his/her feelings to help. Empower him/her to feel safe, calm, and happy and to have FUN!



*Connecting to
Your BEST
SELF
To add more
Peace, Love
and Joy!*

Angels
Art
Ask for it
Body Scan
Channeling
Children
Chi gong
Collage Making
Coloring
Connecting
Dance
Deep Breathing
Drawing
Dreams
Flowers
Focusing
Guided Imagery
Intuition
Journaling
Knowing Place
Labyrinth
Letting Go
Listening
Loving
Mandala
Mantra
Meditation
Miracles

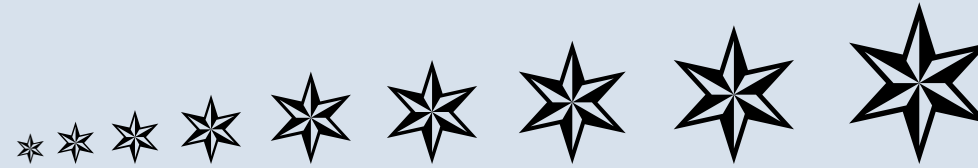
Movement
Music
Nature
Nia
Painting
Parts - sending love
Pause
Pets
Prayer
Private Place
Running

Silence
Singing
Sleeping
Slowing Down
Solitude
Space
Sports
Stars
Surrender
Sweat Lodge
Synchronicity

Swimming
Tai Chi
Talking
Quiet Mind and Body
Walking
Workshops
Writing
Yoga



The Little ✨



Once upon a time
There was a little ✨
She was afraid to glow too brightly
Because she was so little,
compared to those other stars she saw.



Inside, she knew
She had a big light to shine
But she was *afraid*
Of what the other stars would say.
“Who is she to be so big? She’s just some little ✨!”



Sometimes she could imagine herself
In the middle of a circle
Surrounded by stars shining with her.
But who was she to take center stage?



She could help shine her light on other stars
Embracing them in a circle of support.
But she did not feel worthy
Of asking for the same for herself.



The Little ✨

**She became aware that she was part of many circles
Overlapping, intertwining, connecting,
And that the only circle in which she was hiding
Was her own.**



**She began to see that they were all linked
In a Matrix of Light
And that she needed to be as bright
As she could be
For the benefit of all**



**So she turned herself on and
allowed those enfolding her
To merge their light with hers**



Remembering that it is all the same LIGHT



The Little ✨

and we are all



ONE



Houston, We have Liftoff

The Seed

*The wind will carry it.
The earth will embrace it.
The rain will nourish it.
The sun will shine on it.
The universe will support it.*

*All I have to do
Is get out of its way
And let go.*

Linda Kroll



I've kept under the radar
Afraid to be seen
With Protective Inner Critics
Well meaning but still mean

Burdened, lost and frightened
Overwhelmed, confused, forlorn
I yearned to share my blessings
Yet daily I was torn

Gravity held me captive
My launch was unrequited
Still I knew if I broke through
My soul would be delighted

Without any fiddle
I'd dawdle and diddle
My days weeks and months turned to years

I finally decided
It's now time to try it
And lovingly faced all my fears

With a flock to support me
As mentors exhort me
The liftoff cannot come too soon

With celestial light
I now will take flight
And joyfully soar over the moon!



Oh, the Places We'll Go!

Oh, the places we'll go
If we stop asking, "Why,
Who, how and when?"
And just give it a try.

Bring along all our fears.
Make a place on your lap.
Keep them safe in your arms
And then throw out your map.

Just show up for the ride
And be willing to try.
You will just be amazed
At how far you can fly.

Come along. We'll have fun.
We'll be safe, we'll be fine.
Give our egos a rest
As we merge with Divine.

"But I can't," said the Scared One.
"I'm too weak," cried the Sad.
"It will hurt," thought the Wounded.
"I won't go!" yelled the Mad.

Yet the Nice One was willing
For she couldn't say "no".
She'd agree if it killed her.
She got ready to go.



Oh, the Places We'll Go!

Then some others revolted,
Overwhelmed, Sick and Tired.
Not intending to rebel,
It's just how they are wired.

So it seems there's a problem
Some work we must do.
To lighten the burdens
Of our burgeoning crew.

Roll up sleeves, get the buckets,
The mops and the rags.
Let's gather the garbage
And stuff it in bags.

Take the bags to the Light
Where they'll be cleaned and be healed.
And away we can go
To see what Life can yield.

TYDGA © Linda B. Kroll
with thanks and apologies to Dr. Seuss

"Divinity" by any name is
Divine.
YOU are DIVINE!



Resources

- **Al Anon** – <http://www.al-anon.alateen.org> (strength and hope for families of problem drinkers)
- **Alcoholics Anonymous (AA)** – <http://www.aa.org> (fellowship of men and women helping each other)
- **HSP (Highly Sensitive Person)** – <http://www.hsperson.com> (Elaine Aron's wonderful work)
- **Adult ADD (Adult Attention Deficit Disorder)** – <http://www.webmd.com/add-adhd/adult-adhd-your-relationships>
- **National Alliance on Mental Illness (NAMI)** – nami.org
- **Linda Kroll** – www.LindaKroll.com
and Linda@YourCompassionateCommunication.com



About Linda

Linda Kroll, LCPC, JD,
Therapist, Mediator, Attorney
Chopra Certified Master Teacher
Founder, Compassionate Communication, Inc.

Love is the answer always – and it starts with loving your SELF.

I am a grateful lifelong learner who wants to share the wisdom and knowledge I have acquired from many wonderful mentors and guides. I would love to help you become more loving and compassionate with yourself – and with the other people in your life.

As a therapist, mediator and attorney, I have counseled thousands of individuals and couples. I teach Compassionate Communication to foster more kindness in all relationships –even when a relationship ends. I provide Compassionate Mediation™ for a SELF-led Divorce™

As a Chopra Certified Vedic Master (teacher of Meditation, Yoga and Perfect Health), I integrate the principles of holistic health with the Internal Family Systems (IFS) modality of SELF actualization and healing. I hope to share these practices with you as we become the change we hope to see in the world.

I wish for you a lifetime filled with love, passion, connection and joy!

You can learn more about me at www.lindakroll.com or contact me directly at Linda@YourCompassionateCommunication.com.

