

Questions for Class
OLLI – Love 2.0 May 20, 2014

Chapter 8: Loving Without Borders

1. BF says that self-absorption blinds us to the concerns, gifts and welfare of others (p. 161). Do you agree? In practical daily life, in what ways do you see self-love as different from self-absorption?
2. What do you think of her suggestion to approach others wondering “Who are you?” rather than “What can you do for me?” (p. 166).
3. BF calls experiences of oneness and connection “the signature of love” (p 179). Do you agree? Does this work with strangers and sunsets?
4. BF says “The point I wish to make here is that your experiences of love and connection need not overwhelm you to open your perceptual gates.” (p. 181). Is this a devaluation of love, or an expansion of the fields available for harvest?

Chapter 9: A Closing Loving Glance

1. BF believes that our cultural norms have unwittingly placed constraints on our awareness of opportunities to experience reverberating positive connections. Do you agree? Has your opinion changed in this class?
2. Lisa Feldman Barrett’s research on the question, “What is an emotion?” separates the physical *core effect* from the story we attach to our experience of the core effect. For example, Barrett renames the core effect of anger as “an instinctual response to an imbalance of resources.” (p. 188) BF believes that renaming the core effect of love in a way that extends beyond romance and personal commitment opens the door to our more frequent experience of love, albeit at a less intense level. (p. 189) What are the risks of doing this?
3. BF wrote, “I’ve since learned to plan my day and week around love and other opportunities to feel good” (p. 193). Does this sound useful to you? Does it sound attractive?
4. BF notes that we already have what it takes to become more aware of opportunities for positivity resonance, and that it “matters a lot,” both to ourselves, and to those around us. What do you think?