

**Notes from Classes**  
**OLLI – Love 2.0 – May 20, 2014**

**What is Love? (Classes 1 and 2)**

- What do we think love is?
  - Friendships, family, beautiful sunsets, beloved pets, strangers, the world?
  - Where does romantic love fit?
- When – if ever – is love unconditional?
- How does Fredrickson characterize love?
- Love as Connection and Resonance
- What is involved in feeling safe?
- Are feeling safe and feeling trust the same thing?
- What is an emotion?
- The body as verb; love as an action

**Framing (Class 3)**

- Our minds as amalgams of Fast and Slow Thinking (Kahneman; Haidt)
- Our minds use Anchors, Biases and Priming
- Loving Kindness Meditation as conscious awareness (slow thinking) to re-adjust unconscious filters (fast thinking).
- Different sorts of love
  - What's the difference between loving and liking?
  - What is the relationship of love to hate?
  - Love as a "catchall"

**Love's Biology and Self-Love (Class 4)**

- What is Free Will? Do we have it?
- What does free will have to do with love?
- What is self-love?
  - Why is it hard?
  - Why is it needed in order to love another?
- What is our identity?
- What is bugging us about this book and this approach?

**Love's Ripples (Class 5)**

- Alternative names for the book:
  - Love & Friendship
  - Positivity
  - The Emerging Science of Love
  - Love, You Need: If You Give It, You Get It

- Remember our Existential Situation! SNAFU
- Love's Ripples
  - Extending to others
  - Connection, Harmony, Cooperation
  - Desire to invest in the other's well-being
  - Confidence, willingness to be seen, safety
  - Cooperate and graduate
  - Better health
  - Resilience
  - Belonging amongst a community of others
  - Compassion sickness! Too much "love"!

**Fredrickson's Definitions:**

- Love is connections: shared positive emotions, physical harmony, desire to invest in the other's well-being
- Love is an emotion
- Love 2.0 is the underlying body chemistry of connection
- Love is our experienced history of Love 2.0 events

**Erich Fromm, from *The Art of Loving*:**

- All kinds of love involve four elements:
  - Respect, Responsibility, Care and Knowledge
- Love is an Art
- Arts are developed through practice.
- The practice of developing any art requires four things:
  - discipline, concentration, patience and supreme concern about becoming skilled at the art.
- To master an art requires at least 10,000 hours of practice – 5 years.