



2026 Theme: OPEN AT THE TOP

June Theme: Higher Deeper Love

Week 24: *I Was Made for Loving You*

June 14th thru June 20, 2026

We are born to love all life. Sometimes that's not as easy as it sounds. Life and love in this human experience can be messy and seem imperfect. In these challenging moments, it's important to ask ourselves, "*how am I showing up as Love in this situation?*".

TALK NOTES:

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GOING DEEPER

1. Choose one conversation this week where you intentionally practice deep active listening.
 - Focus on truly hearing and understanding their perspective, even if you disagree.
 - Reflect back to them what you're hearing, how you're understanding them, and ask them if you have it correct.
 - Practice curiosity asking them to clarify anything you don't fully understand.

Journal prompts:

- Practicing deep listening I experienced...
 - Reflecting my understanding back to the other person I experienced...
 - Practicing curiosity I experienced...
2. Think about a recurring "uncomfortable" situation you experience on a regular basis..
 - Before encountering it again, consciously set an intention to identify the presence of Love within this experience.
 - How did this practice change your experience of a typically challenging situation?.
 3. Choose a person that you interact with regularly, with whom you experience some level of challenge in your interactions and give them a genuine, specific compliment acknowledging something positive in them or their actions.
 - How did this feel?
 - How has it changed how you think & feel about this person?
 - How has it changed you interactions with this person?