



How to Love and Be Loved: Drawing the Larger Circle

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****Originally published in 1985 as Drawing the Larger Circle****

On the human level it is easy to love those who love us, but not always easy to love those who resent us.

Eventually we come to see that we cannot afford to resent another human soul. It makes us miserable.

Eventually it makes us physically ill. It is therefore, imperative that we send out those ever-widening circles of love. We must especially send them out to those who have despitefully used us, and might have rejected our love. This is what we mean by drawing the larger circle.

In this book we have endeavored to give you love techniques, exercises in loving more, especially designed for those who seem hard to love.

Start with your nearest and dearest. Draw a circle of love that includes your beloved. It is easy to love this special person. Now draw a larger circle to take in your friends and acquaintances everywhere. Think of your love as flowing out to them, taking them into the circle.

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Lilian Anderson:

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