

LOVE 2.0
THE HISTORY, SCIENCE AND PRACTICE OF OUR SUPREME
EMOTION

April 15, 2014

Welcome

Business:

- Class Assistant
- Email
- Website
- Re-arranging chairs

Overview and Handouts

Ground Rules

Introductions - Expectations for the Course

Brainstorming - Love

History/Herstory of Love

“It’s Not What You Think”

- Not exclusive, lasting, unconditional
- Not a category of relationships
- Broadens and builds
- Nourishes your body
- Draws one out of “cocoon of self-absorption to attune with others
- “The sheer complexity of love’s biology is reason enough for awe”

Index cards: What is the purpose of your life?

Next Week: What is Love?