



wakeup TO HAPPINESS

A Practical spirituality
for the pandemic

Course Study Guide

How to Love

<https://demellospiritualitycenter.com>

3. What is the distinction Tony is making between love and dependency?

4. How does the Buddha described the problem of desire?

LEARNING THROUGH STORIES

1. Tony de Mello begins the segment by telling the story of the camel owner who has twenty camels but only nineteen pegs to tie them to. The owner tells his slaves to pretend to hitch the last camel to a peg. The next morning the camel does not budge until the slaves pretend to untie it. Tony's point is that we are hypnotized by habits of mind and social conventions that undermine our peace and happiness but that we never question.

What are a few things on your social measuring stick you automatically accept as defining who you should be and what you should strive to achieve to be seen as successful?

2. Another story Tony tells in this segment is of the different approaches an archer can take when shooting at a target?

What was the message of that story for you when exercising your skill, talent, and ability?

Why is it hard to forget the wrongs that others do?

PRACTICE

These exercises will help you put into practice some of the ideas in the video presentation. Take your time with them. The goal of these exercises is to help you distinguish between love and desire and to learn to love without desiring.

1. Tony de Mello says that people are programmed by society into believing that they need things and people in order to be happy. They also believe that constant craving and desiring are the only way to get what you want out of life. Think of the beliefs that have been stamped into all of us that we cannot be happy without this person or that success.

Make a list of what you believe that without, you will not or cannot be happy?

2. Think about a time when you desired someone. Recall the feelings this desire to possess this person created in you. Now, think about a time when you loved someone without desire or possessiveness. What feelings did this love create in you?

AT HOME

During the week, review your responses in the "Practice" section and add to it.

1. Use the space below to describe any time this week when you caught yourself treating someone with conditional regard instead of unconditional regard. What was the condition you required the other person meet before you would treat them with loving kindness?

2. Who in your life are you refusing to forgive? Describe why, then describe the emotional state this produces in you, and finally describe what your unforgiveness costs you?

The Journal – Notes to Myself

As you go along, use the space below to record any of your own insights and experiences as you apply what you have learned from this course to your everyday life.