

GIVING GARLAND

*Divine love is joyful, thankful.
It gives itself fully.*

—Sri Harold Klemp, *The Loving Heart*, p. 136

1.

Print all three pages, and cut out the triangles.

2.

Choose the printed ideas you like or write your own ideas on the blank triangles provided.

3.

Punch holes in the top corners of each triangle.

4.

Run a ribbon through the holes to connect the triangles.

5.

Hang your garland where you will see it every day.

6.

Each day, pull a triangle off your garland, and give that gift of love!



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Real love is selfless. We do continual acts of kindness to make the way easier for our loved ones.

—Sri Harold Klemp, *The Loving Heart*, p. 5

Pay close attention to what others do for you today, and thank them kindly.

As a surprise, do one of your family members' chores, with a loving heart!

Ask if there is something you can do to make a teacher's or coworker's day easier.

Make a game for your classmates or friends to play on a rainy day!

Volunteer at a rest home to read a book, sing, or help out, and listen to the residents with love.

All day long, act as if you are spreading sunshine, light to those around you!

Make something special for all of your classmates or coworkers.

Write your experiences in a journal!

How does giving make you feel?

Share your experiences with your family at the end of the day!

Send someone a card in the mail, expressing love or thanks. Call a loved one who lives far away, and ask, "What have you been up to?" Listen with your heart.

Smile at everyone you see today, and count how many people smile back!

Tell someone a specific thing you appreciate about them.

Put Post-it notes on a family member's door. On each note write something you love about them!

Sing HU inwardly as you listen to others today. What do you notice?

Hold the door open for others everywhere you go today!



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Begin with the love you have. Love gratefully. This love expands your heart into a greater vessel which can hold yet more love.

*—Sri Harold Klemp, *The Loving Heart*, p. 11*



Ask
the
MAHANTA,

"What loving
deed can I
do today?"

Have
fun

being a
light of
love in the
world!