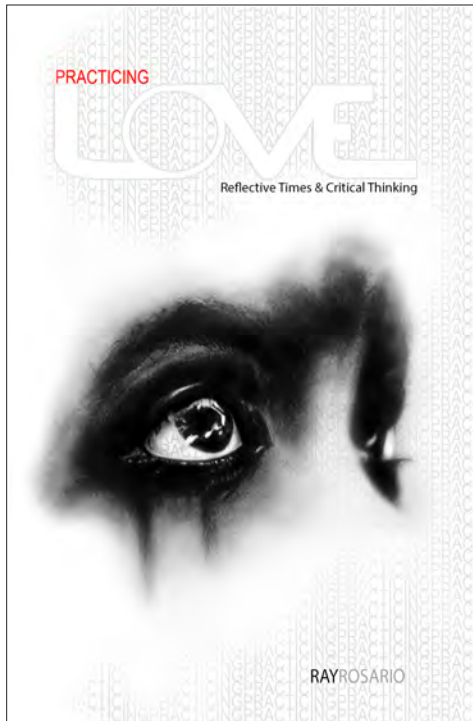


Practicing LOVE

By Ray Rosario

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Reflective Times & Critical Thinking



We are at a critical time in history in which we are losing a vital connection to ourselves and humanity. Love is the grounding force that should be the basis of our thoughts, actions, and foundation. We have entered an era of wanting more than we are giving, taking more than distributing, dismantling more than building, destroying more than loving.

Practicing LOVE is about developing a framework to strengthening our capacity to love and grow in times where hope and faith are needed. It helps us work on increasing the love we have for ourselves while connecting with others in a healthy and positive manner.

There are guidelines to *Practicing Love* and information to digest upon starting. This book/journal touches on how to view and understand our personal past, honesty, fear, insecurities, technology and its effects, judgment, the importance of being a great student as well a leader. These topics are part of all our lives and vital to our growth. Understanding the impact will assist us in becoming critical thinkers and an active participant in life.

Practicing LOVE is an ongoing exercise, a stepping stone in the right direction that will strengthen us in becoming grounded with humility and humanity while making a difference in the lives of others. Small steps with great impacts.

The outcome and results will benefit us and well as all those we extend our love to. Journal writing and sketch pages are provided at the back of the book for expression.

Artist/Author

Ray Rosario is an artist who decided to pursue his passion for art later in life. Transitioning from the cooperative sector he had to abandon the person he was and form a new life with his views, perspectives, thoughts, and education in order to create.

The world has formed his ideas, art, philosophy and passion to make a difference with his gift. His work infuses emotion from the darkest emotional state of human complexity to the enlightened state of renewed life. His writings reflect the same views and he sets an example by living his life no different than his words. He has impacted many with his movement for humanity through art, sculptures, films, workshops, lectures, and now words.

His work has been commissioned and is owed by private collectors, celebrities, and those who value his movement.



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