

5 Love Languages

<http://www.fivelovelanguages.com/30sec.html>

What

Everyone has a primary and secondary “Love Language,” which is how you like to receive expressions of love and caring. Similar to spoken language, you have a main one, and then likely a secondary one. In this case, everyone appreciates all five love languages, but there are a couple that really touch you especially.

I feel especially loved when people express how grateful they are for me, and for the simple, everyday things I do.	Words of Affirmation.
I feel especially loved when a person gives me undivided attention and spends time with me alone. Not just time, quality time.	Quality Time.
I feel especially loved by someone who brings me gifts and other tangible expressions of love. They are thinking about me, and they care.	Receiving Gifts.
I feel especially loved when someone pitches in to help me, perhaps by running errands, or taking on my chores.	Acts of Service.
I feel especially loved when a person expresses feelings for me through physical contact.	Physical Touch.

So What

You might have a love language of Acts of Service and Quality time. In that, it would be common for you to imagine that people in your life find those to be particularly pleasing as well. Someone you care about might actually have the love languages of Physical Touch and Words of Affirmation. The resulting mismatch may have the other person not feeling as cared for as they really are. You’re doing dishes, helping out, and hanging out with the person you care for, yet they’d really love it if you hugged them more and told them your thoughts and feelings about them.

What are your primary and secondary love languages? Do the people in your life know what they are?

Consider the core 7 – 10 people in your life. Do you know what their primary and secondary love languages are?

Now What

What are your campers’ love languages?

Look and listen for them. Are they wanting to be near you and hang on you? Is a camper very verbal and commenting on activities, other people, or yourself? Is a camper wanting to take clinics with you, talk with you, and be your partner in things? Does a camper make something for you, or give you something from home, or share stories about things from home? Does a camper clean up in the cabin, get things for you, help out at clinics, or offer to be the hopper at meals? People, and especially children, tend to show you their love language(s).

Especially with older campers, you can create an evening embers around love languages. Lead them through it backwards – ask them how they display caring for others, and how they like to be cared for themselves. Then, ask them to think of other ways people in general display caring. After that has finished, talk about the five love languages, and get their reactions to them. Finish with their guess about the love languages of the most important people in their lives.

The five love languages are not a complete picture in and of themselves. They are a useful lens by which to see an element of life that may be more obscured otherwise. The staff manuals hold many useful lenses to help see and be seen in our human quest.

Pick Up the Eggs -- Buddhists have wonderful teaching stories. This is one told about Ajahn Chah, a Thai monk and teacher. A monk at his monastery kept complaining to him about all the other monks--they should be better meditators, they should eat less. Finally Ajahn Chah turned to him and said, "You are like somebody who keeps chickens and then goes out in the morning and picks up the droppings instead of the eggs." What eggs are you ignoring right now because you're so focused on the droppings?

"A smile is a light on your face that lets people know your heart is home." --Anon.

Calvin: "Nothing I do is my fault."

Calvin: "My family is dysfunctional and my parents won't empower me!
Consequently, I'm not self actualized!"

Calvin: "My behavior is addictive functioning in a disease process of toxic
codependency! I need holistic healing and wellness before I'll accept any
responsibility for my actions!"

Hobbes: "One of us needs to stick his head in a bucket of ice water."

Calvin: "I love the culture of victimhood."

The truth is always friendlier than anything less than the truth

"When the power of love exceeds the love of power, we will have peace on earth." William Gladstone (1809-1898)

Everyone is given a key that opens the gates to
heaven; the same key opens the gates to hell.
Buddhist Proverb

The healthy man does not torture others -
generally, it is the tortured who turn into
torturers. Carl Jung

Most people are other people. Their thoughts are someone else's
opinions, their lives a mimicry, their passions a quotation. Oscar
Wilde.

Resentment is like taking poison yourself and waiting for the other person to die
A man is not old until his regrets take the place of his dreams.

"If we are to reach real peace in the world, we shall have to begin with the children..." --Gandhi

We give children life. It is our duty to act in such a way that they do not ask why.

When faced with a situation that is interfering with our happiness, we have three options: 1. Change it with grace; 2. Leave it with grace. 3. Allow or accept it with grace. The trick is first to understand that those are our choices (rather than moaning or complaining for instance). Then we must decide which of the three options is most preferable and doable with grace. That's where the mental shampoo comes in. We need to clean our minds of regret, victimization, or anger so that we can choose well. Grace is crucial because the more graceful we behave in enacting these choices, the less havoc we leave in our wake and the happier we feel. Is there something in your life that needs you to make such a choice right now?

"Things start getting better when I start doing better things. Action is the magic word."

Kahlil Gibran, a Lebanese poet and philosopher, said, "What is it to work with love? It is to weave the cloth with threads drawn from your heart, even as if your beloved were to wear that cloth...it is to charge all things you fashion with a breath of your own spirit" It is a true expression of happiness and inspiration to be able to fulfill your passions daily.

To bind oneself to matter
Means to grind the soul to dust.
To find oneself in spirit
Means to unite human beings.
To behold oneself in the human being
Means to build worlds.
Rudolf Steiner