



VENUE AND TIME: Milltown Institute, 10 to 12pm Mondays: Jan 29, Feb 5, 12, 19, 26, Mar 5, 12, 26, Apr 2, 16
CONTACT DETAILS: Christine Clear web: www.christineclear.org Tel: 087-7837421
AWARDS: For Personal Enrichment

LOVE - *from the mundane to the mystical*

If, according to Teilhard de Chardin, love is the "most universal, the most tremendous, the most mysterious of the cosmic forces", why on earth is it so difficult?

Throughout the age's poets and mystics, spiritual leaders and philosophers have sought to understand love and see how it connects to human freedom, peace, joy, suffering, and hope.

This course will explore different levels of love and examine whether basic and universal laws direct its flow. How can love be experienced so that it can fully realise its human and divine plan? Can I give love without getting hurt? What do I mean by receiving love? What do I mean when I say 'I love you'? The course will combine discursive and private reflections to explore love's dimensions.

Programme Aims

The course hopes to offer participants an overview of divine and mundane love. It will present love as the ultimate need and desire of all human beings, and hopes to give participants a mystical and philosophical context for human love. Through group work, and with reference to contemporary and ancient writers the course will explore love as paradox, as action, as beauty and wisdom. The course will be both theoretical and experiential in nature with a short lecture followed by private reflections/writing exercises and group discussions, meditation, and explorations.



MILLTOWN INSTITUTE, MILLTOWN PARK, SANDFORD ROAD, DUBLIN 6, IRELAND

TELEPHONE: + 353-1-277 6300 **FAX:** + 353-1-269 2528 **EMAIL:** info@milltown-institute.ie **WEB:** www.milltown-institute.ie

Topics include

Explorations, reflections, meditations and discussions will be based on the following:

- Introduction – What's love got to do with it?
- Agape love - responding in love as the basis of Christianity. Deus Caritas Est 2006.
- Self-love - self-discipline and responsibility as the basis of all love. Where is love in our deepest desires, sufferings and struggles?
- Filial love – compassion & loving-kindness as the basis of human love.
- Erotic love- the history of romantic love, and romantic mythology.
- Forgiveness – the psychology and theology of mercy. What does love tell us about the world?
- Embodiment – living life as gift, the spirit in the body, celebration, praise, worship, delight, ecstasy
- Creativity and Transformation – What does love ask of us? How do we develop the gift for others, and bring beauty, meaning and reflection into our relationships.
- Justice – protecting the gift for others, bringing truth, accountability and honesty into our relationships.
- Mystical union – listening, conversing, petitioning and praising through love. How are we changed by Love? What does Love ask of us?



Admissions and progression

This course is part of the Selected Courses programme. It runs from January to April and is facilitated by Christine Clear M.Phil, H.Dip (Spir) a past student of Milltown Institute.

MILLTOWN INSTITUTE, MILLTOWN PARK, SANDFORD ROAD, DUBLIN 6, IRELAND

TELEPHONE: + 353-1-277 6300 FAX: + 353-1-269 2528 EMAIL: info@milltown-institute.ie WEB: www.milltown-institute.ie