

Living  
the art of  
Loving  
*a picture book*

written and illustrated by  
Lara Match

  
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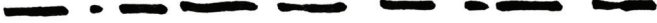
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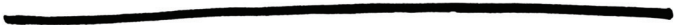
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What is unity?



We all have thoughts.



It takes a moment to even notice  
that another person is there.





To make room for them,  
we let go of our thoughts.



This is not easy to do.  
It takes time and focus.



With effort, we clear our minds and spirits,  
freeing the space to welcome the other.



...



We become an empty container for them.

So empty that we almost don't exist.



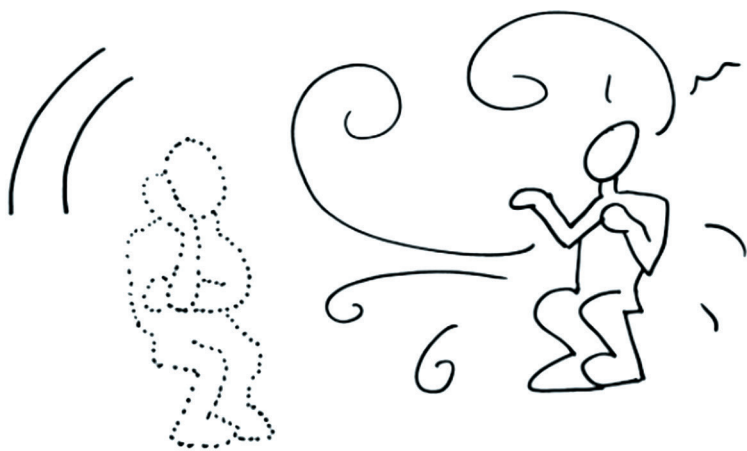


They sense our openness  
and begin to speak.



Our emptiness draws them out,  
like a vacuum.

There is a momentum to their sharing, as  
the stumbling blocks have been removed.

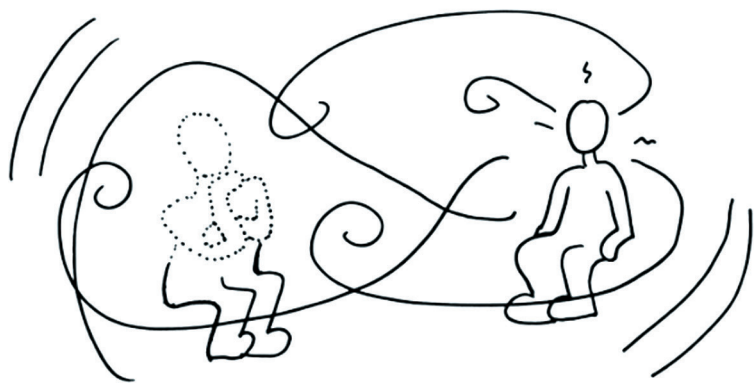


We become immersed in their ideas,  
feeling them as our own.

This generates mutual respect  
and mutual care.

In the other person,  
we find ourselves.

The good in them  
is like the good in us.



We arrive at a state of  
connectedness and harmony.

Here, the ideas feel new.

There is a clarity that seems  
beyond either of us.

Some people call this unity.

