

DESIRE

We judge desire as selfish, but it can be a beautiful gift! Desire brings life to our relationships. It lights up the world with our energy, attention, intention. It makes things happen.

It's good to be wanted

The saddest words in the world: "No one wants me." Like an unwanted mate, or an orphan.

It's good to want

We die (or *feel* dead) if we stop desiring. Desire brings us to life. It focuses the mind, energizes the body, expresses the heart.

WILL TO LOVE

LOVE MAKES DESIRE HEALTHY

People close their hearts, calling love dangerous and painful. Nothing's more painful than trying to live without love. Love is our home.

Love is what we are, and want to be

We all want to love more than anything—naturally. Maybe that's why it takes so much self-suppression to squelch our love.

Love is what we watch for, and want to see

Everyone wants love. Love is the currency of life. In every exchange, it's the ebb and flow of love that we care about *most*.

HUMANITY

NEED

We may not want to need, but we sure want to be needed—hmm. Need is not a *weakness* or *flaw*, just a *fact*. As social creatures, we're not whole without others.

We need to be needed

"No one needs me"—what a heartache! Like a mom whose kids are all gone; or a friend whose help was refused.

and so do other people

Our loved ones need to feel needed by us—or they need to find *someone who will* need them.

NO PERSON IS AN ISLAND

FRAGILITY

THEIR vulnerability empowers US

They say it's risky to be vulnerable and show your feelings, but how sad it is when people won't. Like someone not missing you when you're gone, or not responding when you say, "I love you." True feeling responses are food for our soul.

Who wants to be vulnerable? Who wants to show weakness? A *strong* person, they say—and an *honest* person!

OUR vulnerability empowers THEM

Our vulnerability allows others to move us, heal us, feed us. It makes their caring impulses matter. How sweet, to make someone smile, sigh—or blush!

THINK YOU'RE NOT FRAGILE? WE ALL NEED TO BE HANDLED WITH CARE

A KEY FOR FULFILLING RELATIONSHIP: FIND SOMEONE WHO SINCERELY NEEDS AND WANTS YOUR LOVE