



Propagate Love

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This is a game about propagation of love.

To play, you need to come to the table with love held in your heart.

Take a deep breath. Close your eyes, and picture someone - or, if you're having a hard time, something you love.

Exhale, and as you do, try and find a spark of positive feeling there.

Can you smile? It doesn't have to be with your face, it can be with your eyes, or your heart, or your stomach. Can you feel like a smile?

You're ready to play when you are centered, and grounded as best as you can, and the smile is the most of what you're feeling in the moment.

You will need:

- Some way to make a list. You can do this in physical media if you want, or word processing software or a private server on Discord or whatever format works for you.

- Some way to draw or record an image. Get loose with this! If you can picture objects in your mind and can't draw for any reason, that's okay too.

If you want to take photos and do stop motion development of an image, that's also super valid.

- To hold that smile and feeling of love in your heart.

The Game:

While thinking of your special person, or your special object, make a circle with whatever you're using to record images.

Once you've done this, jot down a list of the five strongest positive things you associate with them, their memory, or the experience of using the item.

This is the core. The representation of the love you are holding in your heart.



Next, you need a shape branching off roughly one eighth of the circle. Think of a flower petal, or succulent stems. It can look as funky as you want.

Now, list at least one positive thing about yourself that's attached to that core feeling. If you're stuck for ideas, you can just list "I love them/this", because by starting this game at all you've already found one positive thing!

Draw another shape coming off the core. It doesn't have to be the same shape as the last thing you did, this is your experience, so make it work for you!



Now, list at least one way in which you express appreciation of what is causing you to feel love. If that's a person, it can be something as small as sending them a meme that reminds you of them, or grand.

If it's an object, it can be something like "remembering to put it back in its home" or "regular maintenance" or anything you do to treasure the thing that brings you joy.

Add another shape! You might be starting to see the pattern here by now.

Think of something you could do to further appreciate what or who is bringing you love.

Could you do something like give them a hug, or help them with something they're having trouble with? If it's an item, could you display it somewhere, or maybe give it a special clean? If it's a stuffed toy, would it look good in a very cute tiny hat?

It doesn't matter what you come up with, but remember to record it. Be true to yourself, and how you express affection!

You're onto your fourth shape now, so you're halfway there!

Think of something that your loved person or object has done that has brought you joy or peace or any other positive emotion, specifically. Record at least one thing. If you can do more on any of these steps, that's great!

Draw your fifth shape!

Record a memory of a time the thought of your source of love helped you get through something difficult or stressful.

Were you having a hard day at work, and looking forward to going home to chat with your best friend online, or to watch your favourite DVD, or pet your cat? Mark it down.

Onto number six, and you're nearly at the finishing line.

Make a list of other positive words you associate with your loved one or object, with at least two components.

That can be emotions, colours, sounds, scents or textures - anything you want!

Seventh shape, now.

Write a positive wish for the future involving the source of your smiling heart.

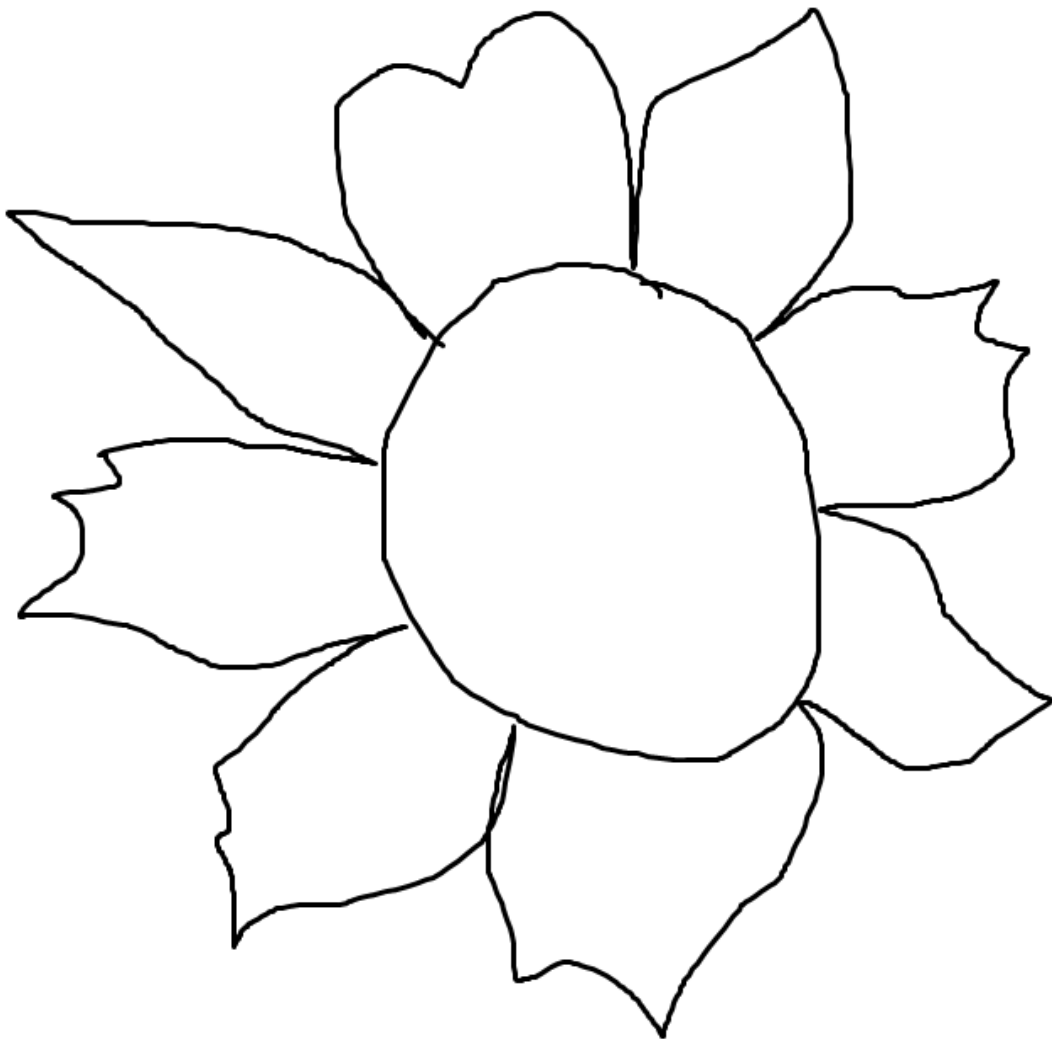
Draw your eighth shape, and as you did the first time, write at least one positive thing about yourself.

It's okay if the most you can think of saying at the moment is still that you love them.

Now, examine the plant you have made.

Appreciate the core of it, the firm feeling of love and happiness.

Look at all those things you wrote!



In the core of your plant, make note of the following:

“The [person/object/loved one] that made me feel all these things, loves me too. I deserve love as much as they do.”

Propagating love for others begins with propagating it within yourself.

Know that even if you're having a very hard time, you're feeling love within your heart for someone or something else.

With that love, you've made something new!

It's okay if it's wonky, or small, or you feel like it's missing something. It's beautiful, because you made it with love in your heart.