

# **AS LONG AS WE SHALL LOVE**

**One-evening webcast class with John Morton**

**February 6, 2007**

## **Partner exercise**

- 1. What area of your life or with whom do you find it challenging to be loving?**
- 2. What judgment or expectation do you have concerning this situation or person?**
- 3. What judgment or expectation do you have of yourself in this situation or with this person?**
- 4. If this situation or person is a master teacher what are they teaching you about loving?**
- 5. Make statements of forgiveness:  
"I forgive myself for judging...."  
or  
"I forgive myself for judging myself for....."**

**Continue the forgiveness statements until you experience love for yourself.**

- 6. What do you appreciate about this situation or with this person?**