

Ways to Share Your Love: Leader Guide ¹

Welcome, Course Leaders

Thank you for stepping forward to help guide this meaningful journey. Whether you are facilitating the first sessions or volunteering to lead later, this guide is designed to support you with structure, prompts, and encouragement.

Your Role as a Session Leader

- Open the session with a 3-minute centering meditation (sample prompts included).
- Invite participants to share during the check-in (1–2 minutes each).
- Guide discussion around the session theme using provided prompts.
- Offer a short reflection or activity.
- Close with gratitude and a group check-out (one word or sentence per person).

Facilitation Tips

- Create a safe space: Remind the group of confidentiality and respect.
- Encourage openness, but allow silence—people reflect in different ways.
- Keep time gently: Nudge if someone speaks much longer than invited.
- Model vulnerability and curiosity.
- Trust the wisdom of the group. You don't need all the answers.

Session 1: Radiate Love in Your Daily Actions

Meditation: 'Breathe in love, breathe out peace.'

Discussion: 'What does it mean to live as a role model of love?'

- 'What small act of kindness did you witness or offer this week?'

Session 2: Use Your Voice and Platform

Meditation: 'May my words uplift and unite.'

Discussion: 'What personal story has shaped your understanding of love?'

- 'How do you use your voice to encourage love in your circles?'

¹ Created using writings by Dr. Michael Obsatz and David Tillman used ChatGPT to summarize – September 2025.

Session 3: Build Loving Communities

Meditation: 'I am surrounded by and contributing to love.'

Discussion: 'What makes a community feel safe and supportive to you?'

- 'Who are your cheerleaders? Who do you cheer on?'

Session 4: Transform Challenges with Love

Meditation: 'Even in difficulty, love leads me.'

Discussion: 'What role does grace play in your healing?'

- 'How can we hold boundaries with compassion?'

Session 5: Inspire Inner Reflection & Self-Love

Meditation: 'I am whole, worthy, and divine.'

Discussion: 'What helps you see your worth?'

- 'What practices reconnect you with your inner light?'

Session 6: Believe in the Ripple Effect

Meditation: 'Every act of love ripples outward.'

Discussion: 'What legacy of love do you hope to leave?'

- 'What have you learned about yourself through this group?'