

## Week 35 Practice

This is the week of the kindness dare.

As these months of loving come to a close, our *ideas* about belonging have begun to expand. Now, our *practice* of belonging will begin to expand as well. We have been practicing building pockets of belonging and giving and receiving love amongst those closest to us. But a love that doesn't love everyone is stunted—it harbors a selfishness that robs love of the power it naturally possesses. In other words, by practicing loving even the stranger, the love we give and receive amongst our closest friends and partners and spouses gets amplified and deepened and enriched.

So, this week, I challenge you to compete at kindness.

You have no other focus this week, except to look for opportunities for kindness. Give your cards away. Make eye contact. Say hello. Bless a sneeze. Don't worry if you feel handicapped in your ability to do so—your limitations in this regard make the gift of your kindness that much more valuable. Once you decide to play the game, you'll become aware that the opportunities for kindness are *everywhere*.

This is the week of the kindness dare, and also the conclusion to the months of loving. Of course, this does not mean loving stops here. It means you have built a foundation upon which you can truly live. In the months ahead, this true self you have revealed to your people will finally be resurrected in the way you live everything else as well.