



# Try Loving

If you feel sad and tired of your day-to-day troubles,  
wrestling with all sorts of sorrows, try loving.

If your load seems too heavy to bear, when you feel lonely  
within a crowd, when you are beaten by adversity  
and it seems as if you were  
entangled in a hopeless maze of insanity, try loving.

If you are in the verge of despair, feeling weak and lost, try loving.

Whatever the circumstances, no matter how difficult the situation  
that confronts you, try loving.

Spread love like a fertilizing pollen made of light,  
and love will fly back to you as peace and spiritual beauty.

Never return evil for evil; instead, do unto others as you wish others would do unto  
you. If you do so, you will realize that loving your neighbour is really  
the golden rule, the perfect solution for all human problems.

Always try loving; and continue loving until love becomes  
an inherent part of yourself.

By *Joanna de Ângelis (Spirit)*  
Book: *Living and Loving*