



ALL LETTERS ARE LOVE LETTERS

OVERVIEW: What if, secretly – consciously or unconsciously – every letter ever written were a love letter. A love letter to someone, or to something. So as you read each letter that comes across your brilliant radar, your first job is to first inquire what that object is. A letter to a lover? Yes, perhaps obvious. But perhaps more complex, too? (to a human quality, a shared passion, a fear, to friendship, to yourself too?) A bill from the power company – is it a love letter to invested infrastructure, systemic order, science, power, themselves, efficiency, warm winter evenings, profit, greed, employees, or some or all of these? Welcome into the game that never ends...

EFFECTS: clarity, detachment, and love

TOOLS: any letter ever read, received, or given

RISK: from this day forward, every letter you read or write, is a love letter

TO PLAY: Not a single letter escapes your attention. To exercise this humanity muscle, greedily scoop up every piece of mail this week – stamped, transactional, circular, (yes, political...) – and use your whole-body self (mind, heart, gut, bones) to ascertain its likely love targets to it. Dig into old correspondence to practice more. Don't worry about certainty, it's not the point. You're exercising an inquiry muscle in asking a certain kind of question.

Because then, and only then, will you know how to answer it.

BONUS POINTS: Every letter that leaves my hands (handwritten, bill payments, life management, advocacy, mad love), gets a kiss on the envelope. If it's digital, it gets an air-kiss. It's the principle of the thing. It's a stand.

BONUS, BONUS POINTS: Write and send a love letter in any form. The world needs them.