

- ABOUT -
LOVING
THE SHIT
OUT OF
E **ERY**
THING

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THE
CREATIV
ECOACH

LOVING THE SHIT OUT OF EVERYTHING!

Hi!

Most of us are pretty good at loving the shit out of **very specific things**. We love our family (most of the time), our friends, our holidays, our hobbies, our beds, our pets, our Netflix, and of course: our phones.

But what we DON'T love, is everything.

This little book is aimed at changing that. I'd like to inspire and intrigue you to look beyond what you believe about love, so you can start loving the living shit out of everything. You obviously don't have to or need to, but loving the shit out of things makes for one hell of a delicious life!

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ISN'T LOVING THE SHIT OUT OF EVERYTHING A DELUSIONAL IDEA?

There's nothing wrong with being a normal human with normal human traits and ideas. Being pissed off about stuff is fine. Hating things or having really grumpy days comes with the territory.

All good, for sure!

I'm just sharing a radical alternative. I like to have options in life, I like to play with things that seem absolute and solid, just to see if I can bend them. Loving the shit out of everything is **very cool and practical**. It makes life a lot easier, and even if you crank up your daily loving by just 5%, it'll change your experience drastically.

LOVING THE SHIT OUT OF EVERYTHING IS COOL!

Life becomes so much richer and so much more colorful when you decide to love the shit out of everything. And it doesn't even mean you **have to like everything**: this is way bigger than forcing yourself to like stuff. It's a state of being, an appreciation.

Everything is included, so you can also love the shit out of your frustration, your anger, and your insecurity. There's no need to be perfect at this or become enlightened and flawless. Loving the shit out of everything just means REALLY seeing the miracle of being alive, living in a body, having all these weird experiences. It's like a meta state, where you even love what you don't love...

WHY DON'T WE LOVE EVERYTHING?

The reason we don't love everything is that we have preferences and opinions. They are our unique and very personal, very human filters of the world, and they decide whether or not we appreciate stuff.

Preferences and opinions are always 100% subjective. The people we trusted and needed when we were kids, taught us to like and dislike specific things, and we believed them and never questioned their words.

We don't love things for their inherent qualities: we love them because we've learned to do so. We just assumed that loving them was the right thing to do.

NOTHING IS REALLY UNLOVABLE!

You probably have specific things you love, like music, films, chocolate, certain people, and the odd sports team. It makes total sense for you to love the shit out of these things. But for other human beings? Not so much. Some of the stuff you love a looooot, is intensely hated by other people.

How is that even possible? Well, because love is never in the things, and not really about the things. Even 'difficult' things like cancer or terrorists or being tied up to a bed, have fans. Everything you can find in the world is loved by at least one person.

So everything is lovable, ultimately.

HOW DO YOU LOVE THE SHIT OUT OF EVERYTHING?

Well, you simply decide to do so. It starts with realizing that you want to do it, and you take it from there. In the beginning, it can feel weird and difficult, and your mind will probably protest a lot. But that's all good because you can **love that too!**

Make loving the shit out of everything a daily practice. Do it consciously, create little reminders around you, and tell people that you are working on loving the shit out of everything. Some of them will be deeply inspired, others will think you're crazy. Love both of those viewpoints!

IT'S NOT AN INTELLECTUAL THING

Loving the shit out of everything is not something you **think yourself** into. If you try to only use the rational mind, it will constantly object and complain. Instead, you begin by loving the idea, you enjoy the power it brings, and you become curious about what it would mean to live like that.

You start working on becoming **a person who loves the shit out of everything**. It's pure, delicious creation. You be like that as often as you can, you experiment with it, you practice it, and you learn by doing, day after day. It can be very challenging, for sure, but see it as playing a game where the objective is not to win, but to play.

AUTONOMY IS AWESOME!

When you start loving the shit out of everything, you'll get your autonomy back. It means you're no longer constantly outraged, frustrated and disappointed by people and circumstances. By loving the shit out of everything, you become bigger than any situation, you're no longer **a victim of what other people do**, and you'll stop worrying. What is there to worry about when you love the shit out of everything? The future? The past? Ha! You love them!

Take back control over your emotions by loving the shit out of everything. It's the best decision you'll ever make.

BEING IN LOVE

If you've ever been deeply in love, you had a direct experience of the greatest feeling in the world. Being in love makes you crazy! You walk around and look around and almost everything you see and experience is amazing and sweet and good.

Stuff that annoyed you before doesn't really bother you anymore. Co-workers or family members you couldn't stand for years, are now seen from a different, more gentle perspective. It's like walking around blowing love bubbles at everything.

The world is so cool! And that's why loving the shit out of everything is really amazing.

LIFE IS AMAZING!

Loving the shit out of everything starts with realizing that life is amazing. Because it is! I can't even begin to tell you about all the stuff we get to play with, all the things we get to explore, all the nuances and colors and details that are out there. It's all so layered and rich and complex and big!

Being human can be totally overwhelming, but it's the most unique experience there is, literally, and we only get to be here for a little while to fall in love with that. So stop wasting time, start loving the shit out of everything, and life will feel amazing for the rest of your short existence!

LEARNING FROM THE PROS

If you want to start loving the shit out of everything, you need to look at life through the eyes of a kid again. Kids naturally love everything because they haven't adopted the complex adult system of likes and dislikes, judgments and opinions yet. They come at life with pure love, with joy, with fresh innocence, and that's why they have such an amazing time.

It's good to realize that we are all capable of experiencing the world like this. We were born with it, it's part of our factory settings, so you just have to work at catching all the adult ways to make life miserable, complicated, and conditional.

WHAT WILL IT BRING ME?

Loving the shit out of everything brings you clarity, peace of mind, joy, fun, and a way of living that keeps you grounded and powerful. It's also really practical and it will help you to create new things easily.

Most of the time, hating stuff doesn't change anything. It's a waste of time, really. But if you start loving things, you ALWAYS see possibilities, and you get to feel good almost all the time.

Because that's the very basic thing with love: it feels really fucking good!

ISN'T IT HARD TO LOVE THE SHIT OUT OF EVERYTHING?

It certainly can be challenging. But it's not hard because it's literally hard; it's hard because we're not used to doing it. Most of us love conditionally, most of us see love as a very special and very scarce commodity, so we don't give it away that easily.

Learning to love the shit out of everything means learning about its natural abundance. Love is absolutely infinite, it's everywhere and in everything, and you can never run out of it. So don't hold back, start loving the shit out of everything!

NOW TRY THIS!

- Decide that, from now on, you will love the shit out of everything
- If you forget to do it (and you definitely will), love that too. Keep going!
- Think about all the things a person who loves the shit out of everything would do, and do more of that
- BE a person who loves the shit out of everything as often as you can
- Make a list of things you don't really like very much, and create reasons to love them anyway ('I love the shit out of my parking ticket because the system creates a lot of jobs', or 'I love my headache because it makes me appreciate my health')

- Slow down a couple of times each day and feel grateful for being able to love the shit out of everything
- Don't debate this with your rational mind: it doesn't want you to love the shit out of everything because that would mean fewer reasons to complain
- You can't do this wrong. If you start hating things again, that's simply your habitual thinking. No problem! Forgive yourself for that and move on
- Having a hard time loving the shit out of everything? That's cool. Just really, DEEPLY hate the world for 5 minutes straight, and you'll probably have had enough resentment for a while



**LOVE
EVERYTHING!**

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