

NASSAU COMMUNITY COLLEGE
Garden City, NY

THE BEST OF BUSCAGLIA -- ON LOVE

1. Almost impossible to define. Cannot be weighed or measured, bought or sold.
2. Love is a learned phenomenon. If man is brought up as an animal, he will behave as an animal.
3. Man needs to love and be loved. Actually an inborn need for togetherness.
4. To love others, you must first love yourself. Develop a good self image.
5. To love you must free yourself of labels. If you have an avoidance reaction to individuals based on group to which they belong, the possibility of loving is minimized. You are a slave to labels -- to prejudice.
6. Love involves responsibility. There is the responsibility to yourself and responsibility to help others.
7. Love recognizes needs. The physical and emotional need of others and yourself must be met. Frustration, isolation and anxiety are brought about by unmet emotional needs with severe crippling of the psyche.
8. Vulnerability is always at the heart of love, and it requires great strength of character to truly love.
9. The loving person is a person who abhors waste--waste of time, waste of human potential.
10. A loving individual is a person who is spontaneous. We are all marking time and we are all regimented. We don't trust our feelings any more.
11. We need not be afraid to touch, to feel, to show emotion.
12. And this loving person is also one who sees the continual wonder and joy of being alone.
13. The loving person has no need to be perfect, only human.
14. Man is always capable of growth and change, and if you don't believe this, you are in the process of dying.
15. The opposite of love is not hate--it's apathy.
16. There are a thousand paths to loving. Every one will find his own way, if he listens to himself.
17. No change takes place without working hard and getting your hands dirty.

18. We are all functioning at a small fraction of our capacity to live fully in its total meaning of loving, caring, creating and adventuring.
19. As the human child grows, the world which surrounds him, the people interacting in his world, will teach him what love means.
20. Many "need" attachments are mistakenly called love.
21. Each family member in his turn will play a role in teaching the child something of love.
22. We seem to refuse to face the obvious fact that most of us spend our lives trying to live in it and dying without ever truly discovering it.
23. One cannot give what he does not possess. To give love you must love.
24. One cannot teach what he does not understand. To teach love you must comprehend love.
25. One cannot appreciate what he does not recognize. To recognize love you must be receptive to love.
26. One cannot have doubt about that which he wishes to trust. To trust love you must be convinced of love.
27. One cannot admit what he does not yield to. To yield to love you must be vulnerable to love.
28. As the human child grows, the world which surrounds him, the people interacting in his world, will teach him what love means.
29. It is this culture which in many cases has taught the family its responses to love. No person can be totally free of cultural pressures.
30. To become a "socially approved" person, one must always give up some of himself.
31. The culture and society has the power then, if we choose to be a member of it, to affect our thoughts, limit our choices, mold our behavior, teach us its definition of adjustment and show us what it means by love.
32. The unique family and the individual's culture may at times come into conflict.
33. Teachers can teach only what they have learned. If the love they've learned is immature, confused, possessive, destructive, exclusive, then that is what they'll pass on and teach to their young.
34. Language is most important. Through words the child is given not only content but attitude. His attitudes of love are so formed.

35. So most of us never learn to love at all. We play at love, imitate lovers, treat love as a game.
36. If you want to learn to love, then you must start the process of finding out what it is, what qualities make up a loving person and how these are developed.
37. Love, especially, is learned best in wonder, in joy, in peace, in living.
38. Studies of understaffed hospitals and orphanages (Chapin, Banning & Skeels) show that even with a perfect physical environment, a superb diet, and hospital-type hygiene, the infant mortality rate is appalling. They die from lack of love.
39. Other studies -- Dr. Rene Spitz, Drs. Fritz Ridell, David Wineman, Karl Menninger -- indicate a positive correlation between human concern and togetherness and human growth and development.
40. This need does not change in adulthood. In many cases, the need for togetherness and love becomes the major drive and goal of an individual's life.
41. The fear of aloneness and lack of love is so great in most of us that it is possible we can become a slave of this fear.
42. William Faulkner -- "If I were to choose between pain and nothing, I would choose pain."
43. In adulthood, we find the easiest way to being accepted is to be like those by whom we wish to be accepted, so we conform.
44. We need others. We need others to love and we need to be loved by them. There is no doubt that without love we too, like the infant left alone, would cease to grow, cease to develop, choose madness and even death.
45. I CORINTHIANS 13 - "Love is patient and kind; love is not jealous, or conceited or proud; love is not ill mannered, or selfish or irritable; love does not keep a record of wrongs, love is not happy with evil, but is happy with the truth. Love never gives up its faith, hope and patience never fail. Love is eternal...There are faith, hope and love, these three; but the greatest of these is love."
46. Scientists seem to avoid the subject of love. It is left to poets, philosophers and holy men. Particularly strange is the silence of the psychologists.
47. Love is many things, perhaps too many to be definitive about it.
48. Love is a learned, emotional reaction. It is response to a learned group of stimuli and behaviors.
49. Love, of some type and degree, is present in all civilized men. A base for love and the potential for growth in love, is also present in each man.

50. At each point in a person's life, his love is at a different level of development as well as in the process of becoming.
51. There are not "kinds" of love. Love is only of one kind. Love is love. There are degrees of love.
52. ERIC FROMM-- "Love is an act of faith, and whoever is of little faith is of little love."
53. The perfect love would be one that gives all and expects nothing.
54. When you cease placing conditions on your love, you have taken a giant step toward learning to love.
55. They are so concerned with tomorrow, they have lost the purpose of life.
56. Love is spontaneous and craves expression through joy, through beauty, even through tears.
57. There is ample reason for man to blame his inability to love on factors apart from himself. Endless obstructions exist -- others hostile, depraved.
58. ANNE FRANK -- "No matter, I still believe that at heart man is good."
59. Man learns evil in the same manner in which he learns good.
60. Real love always creates, it never destroys. In this lies man's only promise.
61. Another deterrent is rationalization that there are too many forces prohibiting a sane person to love.
62. THORNTON WILDER (Bridge to San Luis Rey)- "There is a land of the living and a land of the dead. The bridge is love; the only truth, the only survival."
63. His proof and support rests in the argument that it has always been, so it will always be, and he as an individual is helpless to change it.
64. The only question we can justly ask of ourselves - "What can I do?"
65. Things can be changed, nothing is irreversible.
66. "You can't teach an old dog new tricks" -- Nonsense
67. As Japanese Haiku says -- "My barn having burned to the ground, I can now see the moon."
68. One must never be satisfied with his ability to love. No matter where he is, it is only beginning.
69. Deterrents to love are man made. Love will not be deterred -- ever changing, recognizing no obstacle -- like a river.

70. You can give to others only what you have yourself.
71. Loving oneself does not imply an ego centered reality -- means respect for yourself.
72. To love oneself is to struggle to rediscover and maintain your uniqueness.
73. Only about 4-5% of us are realized in our lifetime. We should pursue this 95% potential.
74. His search is not in competition with anyone else's. He becomes his own personal challenge.
75. Only you can be the final judge in determining what is right for you.
76. The western culture has been a culture of competitors.
77. Value the joy and peace of mind over property and business.
78. The 30's in the U.S. caused many people to take a deep look at values.
79. If you know, accept and appreciate yourself and your uniqueness, you will permit others to do so. When you love yourself, you will love others.
80. If your learning has caused an avoidance reaction to Black men or Jews or the Mexican or those with different manners from yours, a different dress, then your possibilities of loving these human beings will be minimized.
81. Man developed language to free himself -- never imagining that he would become a slave to language.
82. He inferred, therefore, that he could communicate it to others simply by using labels. This distanced man from other human beings.
83. The negative stimuli produced by the word "Communist" were enough to convince him he could "hate" the individual -- could be a good father, gentleman, dedicated teacher, a good human being, a warm lover, a pacifist, a dreamer or creator."
84. Dago, Wop, etc. What they didn't know was that mamma was a singer and our house was always full of music. Mama had great secret medical knowledge: papa made great wine "Fit for a papal altar." Demanded continual growth in our education.
85. Beware of language traps.
86. Psycholinguistics -- The effect of language on personality. Language affects behavior.
87. Perhaps the most positive word in the English language and that most conducive to continued growth in love is "YES." "JOYCE "Ulysses" -- "Molly sighs several ages of "yes."
88. The Gospel statement "You shall love your neighbor as yourself" presupposes self-love and suggests that man "shall" love others to the extent to which he loves himself.

89. ALBERT SCHWEITZER -- As long as there was a man in the world who was hungry, sick, lonely or living in fear -- it was his responsibility. Accountable for "A Family of Man."
90. To be human is to be responsible.
91. To be responsible in love is to help other men in love.
92. The more all-encompassing his love, the greater his growth.
93. Love is not selfish and exclusive but selfless and inclusive.
94. Love abhors waste, especially waste of human potential.
95. Two young people wrote their own marriage vows "I will love you as long as I can and help you to grow in love."
96. Another responsibility of love is to create joy.
97. Students to write "If I were to die tomorrow, how would I live tonight." Discover that you are wasting time -- not living fully.
98. Even lovers are not mind readers -- express needs -- as one shows others he loves them, so must he reveal to them his need for love.
99. A responsible love is accepting and understanding.
100. Responsible love is empathetic -- does not imply total understanding.
101. If two people grow apart in love, it is usually due to the fact that one or the other refuses to grow or change -- or recognize uneven development.