

## How Solitude and Sacrifice Lead to True Love

### What's poppin, people? It's Dante.

Getting my morning started here in the **Centennial Arboretum**.

I'm in the most historic park in America.

**This is it. This is the heart of Philadelphia.**

Think about it...

- All the trees planted throughout Fairmount Park
- One of the biggest city parks on the East Coast
- Maybe even *bigger than Central Park*

Welcome to the **heart of the city**.

And today?

I'm thinking about **love** and what that means to me.

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## Finding Love in Solitude

For the last 3–4 years, I've lived mostly alone.

And what's wild is...

***"Despite not feeling love from the external world, I feel an insane abundance of love itself."***

The sunlight hits my skin—*bliss*.

I wake up rested—*vitality*.

I eat nourishing food—*satisfaction*.

I have shelter—*comfort*.

My **baseline human needs** are met.

But to reach the *pinnacle*, the *essence* of love?

***"You can bypass worldly love—validation, wealth, attention—when you're tapped into God."***

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## **The Well: A Metaphor from Zambia**

When I was in the **Peace Corps in Zambia**, I saw this every day.

Each morning, the villagers gathered at the **well** to draw water.

- Women with babies on their backs
- Buckets on their heads
- Boys building bricks
- Girls preparing food
- Fathers building homes
- Everyone sacrificing for the tribe

And at the center of it all?

**The well.**

But not just the physical one.

Also the **church**.

And at the center of the church?

**The altar**—a symbol of sacrifice.

A reminder of **Jesus on the cross**.

***"The hierarchy is God, tribe, and land—not bureaucracy."***

These people didn't need government.

They had **spiritual nourishment**.

They were **overflowing with love**—because they were tapped into the source.

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## What Is the Source?

***"The source is God. The source is love. The source is the well that never runs dry."***

Every individual, when tapped into God, becomes a **well**.  
And that well overflows into the family, into the community, into the world.

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## The Role of Sacrifice

Love isn't just a feeling—it's a *sacrifice*.

- It's waking up early
- Doing hard things
- Following your conscience
- Choosing kindness when it's easier not to
- Embodying peace when others are angry

***"Spiritual nourishment makes physical sacrifice effortless."***

Don't strive to be a martyr.  
But *follow the model*:

- Socrates
- Jesus
- Muhammad
- Buddha

These are **moral compasses**, guiding us back to the source.

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## You Are the Ripple

If someone can't find love—**be love.**

If someone can't feel joy—**embody joy.**

*"You become the ripple in the lake. That ripple becomes a wave."*

Through your small acts,  
through your words,  
through your sacrifices...

**You change the world.**

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## The Deep Well Within

*"A well doesn't just appear—it must be dug."*

And digging is *hard*.

Takes time.

Takes pain.

Takes persistence.

But once you **tap into the underground stream**, you never go dry.

And then others can come drink from you.

Because you're overflowing.

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## Humans Are Trees

Like a tree:

- Roots planted deep in the earth (in *hell*, through *suffering*)
- Limbs reaching for the sun (toward *heaven*, through *light*)

***"Be the well. Be the tree. Be the one who overflows with love."***

This is the **pinnacle human experience**.

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## **The Kingdom Is Within**

People always say the heart is the symbol of love.

But really?

***"Love is a perspective. It's how you see."***

It's choosing:

- **Courage** over fear
- **Love** over hate
- **Joy** over sadness

And when you do that?

You **find paradise**.

You **find heaven within**.

***"You don't need a building. You don't need a preacher. You are the temple."***

The **truth** is in the light.

And that light is within **you**.

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## Roses and Thorns 🌹

Check these out.

Roses.

They weren't here Friday.

Now it's Monday.

And they've *bloomed*.

Roses... with thorns.

Beautiful.

Just like love.

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### **Thought of the day?**

You are the well.

Tap into the source.

Overflow with love.

And give freely.

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📖 **Read more reflections here:**

👉 <https://dantesisofo.com>