



Olympic Park
Stratford Gate
GOOD AFTERNOON
ONE TO LONDON 2012

London 2012
Welcome
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IDON 2012

LOVE YOURSELF

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loveyourselfproject.net

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OUR MISSION

Utilizing the arts to celebrate and empower communities around the world, to spread a message of unconditional self-love.

We exist to inspire people to build a strong relationship to the self, mindfully creating a future with loving regard for all living beings and the environment; ultimately, manifesting a humanity that declares itself unwavering in its commitment to peace, loving-kindness, and compassion.

WHY LOVE YOURSELF

Building a world community based on cooperation, compassion and loving-kindness requires a society of individuals who love and accept themselves as they are. The path to compassion starts inward with a practice of accepting the self. We start with “Love Yourself” and create art projects that provide communities and individuals opportunities to explore concepts of self-love.

Arts education and psychological studies on how the arts stimulate the brain prove that arts involvement increases the human capacity to self-visualize, challenge perceptions and think self-sufficiently, independently and comprehensively. The self-visualization process and independent creative thinking processes are essential to the development of a strong individual identity and community identity. The Love Yourself Project increases access to these opportunities and encourages participants to be involved with the creation of public arts projects around the world that influence others to increase self-awareness and self-love.

“There are two basic motivating forces: fear and love. When we are afraid, we pull back from life. When we are in love, we open to all that life has to offer with passion, excitement, and acceptance. We need to learn to love ourselves first, in all our glory and our imperfections. If we cannot love ourselves, we cannot fully open to our ability to love others or our potential to create. Evolution and all hopes for a better world rest in the fearlessness and open-hearted vision of people who embrace life.”

— John Lennon



HOW IT STARTED

Beginning Nov. 19, 2010, the Love Yourself team took to the streets and subways of New York City greeting people with messages of kindness and love, distributing over 500 “Love Yourself” stickers and hand-folded hearts, and encouraged people to engage in a conversation about self-love. Since then, similar events have been held in Paris, Luxembourg, Cape Verde West Africa, Pakistan, Sarasota Florida, Buffalo NY, Miami, London, and Australia. To date we have distributed over 100,000 stickers.

In spring 2011, the Project began working with children at The Earth School in NYC. Team members helped youngsters (ages 5-12) make origami hearts and facilitated discussions about what it means to ‘love yourself’. The origami hearts were featured in the “1,000 Hearts” Exhibition. The Project continues to create and collect origami hearts for the future exhibition of “10,000 Hearts”.

To share about the project and invite people to join the Love Yourself team, The Love Yourself Project has participated in and hosted a wide variety of events such as: The Festival of New Ideas with The New Museum in NYC, Art Basel Miami, Florida, Teen Pregnancy Prevention Program at Grant Street Settlement NYC, block parties, dance parties at Panda nightclub in NYC, open-mic events at Culturefix, providing food to homeless individuals, distributing stickers at Occupy Wall Street, educational events with Rush Arts Educational Program in Chelsea, Slyfest-The Good Neighborhood Project in Buffalo, NY, Hannah Senesh School, Brooklyn NY, Safe Horizon Organization, NY NY, Taap at Fashion Industry High School NY NY, numerous exhibits at Michael Mut Gallery, Figment 2012 on Governors Island, Flow.12 on Randall’s Island Park, and a pot luck dinner at Corridor Gallery in Brooklyn.



WHAT WE OFFER

PUBLIC ART EXHIBITIONS

Love Yourself Project seeks to organize and curate community art exhibits to showcase the work of artists who are traditionally underrepresented. Artists' work will be selected based on its ability to communicate within the conceptual vein of self-awareness and reflection. Shows may represent various themes within that framework. Exhibition spaces will range in location, as we want to reach a wide audience by offering exposure to underserved communities and to cultivate art scenes.

PUBLIC PANEL DISCUSSIONS

Love Yourself Project realizes the importance of innovative ideas and communal dialogue in order to make collective progress. Love Yourself hosts several Art and Design centered panel discussion events in which various creators and great thinkers are invited to lead. These events are free and open to the public, and community members are asked to contribute freely to the conversation. We seek to organize these events in an evocative way. For Example, The Role of Women in Street Art would be a topic of discussion. All discussions will be a one time occurrence, but recorded and made available on the website for future enjoyment and benefit of our community.

EDUCATIONAL WORKSHOPS

Love Yourself Project seeks to empower our community members and provide opportunities to improve their skills and understanding of the wide applications of art. Love Yourself hosts various education based events where working artists, educators and recognized innovators are invited to offer intensive workshops on specific mediums or fields of thought. These workshops range in age appropriate levels and areas of interest.

SPECIALIZED PROGRAMS

The Love Yourself Project will include specialized long-term programs whether exclusive or in collaboration with local service based centers. For example, the Love Yourself team has designed a program for young girls called "Passion for Fashion." Young girls (8-16) will be invited to participate in an eight week program to learn about the history of fashion in the United States, consider their own fashion aesthetic, and be challenged to consider how they might more effectively represent their individual personality in their presentation. A Fashion Show and Potluck event for family, friends, and community will have the girls modeling their own styles. The intention is to explore the self amidst current social trends and influences.



CONTACT US

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