



CONTEMPLATING FAITH 30 X 39

# PRACTICING LOVE

RAY ROSARIO IS AN ARTIST AND AUTHOR; HE ENCOURAGES US TO TAKE A SHOT AT EXPANDING THE AFFECTION WE HAVE FOR OURSELVES, WHILE ADDITIONALLY ASSOCIATING WITH OTHERS IN A POSITIVE WAY



There is no power greater than self-love to create change. That is the starting point of greatness for all those who have given their lives for humanity. This country's atmosphere is changing drastically. There seems to be more separation than unity. Drastic times will always produce individuals who rise up to help restore hope and faith in humanity. We have come across one such person, an artist who has given his life to humanity with his art, films, actions, words, and movement.

Ray Rosario has been producing art for 18 years. His movement for humanity is catching traction and his spirit has inspired many to pursue their dreams, passions, and become who they are inside.

Rosario is an American artist who pursued his passion for art later in life. Transitioning from the corporate sector to the art world, Rosario

transformed his life based on his experiences, values, and perspectives. His world view has shaped his philosophy and passion for the greater good. His work infuses emotion from the darkest arenas of human nature to that of spiritual enlightenment. His writings reflect the same views and he sets an example by living his life no different than the values he holds dear and necessary for a fulfilled life.

He has written a book titled Practicing LOVE being released this month on Amazon. Practicing LOVE is about developing a framework to strengthen our capacity to love and grow in times that hope and faith are most needed. It helps us work on increasing the love we have for ourselves, while also connecting with others in a healthy and positive manner. Rosario outlines guidelines to Practicing LOVE and wastes no time in giving the

reader food for thought. This book/journal touches on how to view and understand our personal past, honesty, fear, and insecurities. These topics are part of all our lives and vital to our growth. Understanding their impact will assist us in becoming critical thinkers and an active participant in life. Practicing LOVE is an ongoing exercise, a stepping-stone in the right direction that will strengthen us in becoming grounded with humility and humanity, while making a difference in the lives of others. Small steps with great impacts. Journal writing and sketch pages are provided at the back of the book for self-expression.

The richness that Rosario has produced in his own life cannot be captured in one article. He is an artist, philanthropist, creator and so much more. To learn more about his artwork, his book, and his movement for humanity, visit ray-rosario.com.