

TAMPA BAY AREA

Local Event Offers The Lowdown On Love

GLOBAL LOVE DAY URGES UNDERSTANDING

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TAMPA — Can you feel the love?

From hugging to poetry to face painting, a day filled with love took place Sunday at The Lotus Room. As part of Global Love Day, more than 100 people seeking love entered the yoga studio on Kennedy Bou-

levard.

"It's a day to remember to love yourself first, because it really comes down to self-acceptance, accepting ourselves unconditionally," said Harold W. Becker, founder of Global Love Day. "The better we understand ourselves, the better we will understand everybody around us."

Lanis Loveday Chidel dressed as a fairy godmother in a pink tutu and painted children's faces.

She said she loves Global

Love Day.

"It's wonderful and loving and fun, and you feel so natural doing it," she said. "If you want to see love in the world, you have to be it. You have to be love. I think being born with the name Loveday kind of labeled me."

In 2000, Becker formed a nonprofit organization called The Love Foundation Inc. The group strives to inspire people to love unconditionally, funding activities that enhance "unity and self-conscious ex-

pression while promoting love and tolerance to all aspects of life," according to its Web site.

It has no religious affiliation.

Becker has written three books about love, including "Unconditional Love — Freeing the Angel Within." The first Global Love Day was last year. This year's theme: "Love Begins With Me."

Becker said about 28 Global Love Day events took place Sunday, including events in Italy, Korea, Australia, Nigeria, Kenya and Nepal.