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EXPRESSING
LOVE & AFFECTION
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WELCOME TO MODULE 12

EXPRESSING *Love and Affection*



Welcome to Module 12 where our focus is attuned to expressing love and affection. Most people have been given a very narrow description for what expressing love and affection is. This narrowing (read squashing) of our natural emanation of love and affection has many implications on how we relate within our relationships. What this squashing disastrously does is it makes people feel like they are not affectionate (when deep down they are), they don't like affection (this isn't true when you know what affection actually is) and they give up on the enormous capacity they have to offer and receive affection. This module is like a bible for bringing out more love and affection and as such is powerful to read and re-read many times. Each exercise can be redone every 6 months and you will be surprised by what has changed and what you have stubbornly avoided changing. Sit back, grab a cup of tea and enjoy letting this module wash over you and observe the revelations that come to you about your own life.

Question 1: Write down everything that you have been told about affection.

Affection

WHAT GETS IN THE WAY OF AFFECTION?

There are a lot of things that get in the way of having a true expression of affection in your relationship and we have discussed many throughout this program as well as The Enriching Relationships Program. It is very difficult to allow the expression of affection to flow freely when you are carrying unresolved issues, hurts, projections, right, wrong, reactions, lack of purpose, superficiality, momentums of stress, dynamics, undercurrents, blame etc, etc, etc.

Most people are aware that hurts and baggage are not great but very few people really feel how these are stored in their body and become a barrier to feeling and registering affection, or following through on the impulse, expressing the affection physically. Unresolved dynamics, undercurrents and ill intensions can make it extremely difficult to be truly affectionate. Without the clear space between you and another, all the murkiness dampens our sense of wanting to be close (and even causes repulsion). All this topped off with a good dose of unmet pictures and desires means there is enough resentment to fuel a resistance to affection for lifetimes. Taking the time to address all of the above is already 90% of the way to living free to truly express affection. The other 10% is simply learning how to stand out from the crowd and express affection even though 99% of other people are hiding it.

In the next exercise we are going to take a really honest (possibly uncomfortable) look at all of our experiences with affection. Where are we holding back, why we are holding back and how affectionate we deep down know we can be.



AFFECTION *Stocktake*

Have we confused affection with romance, chemistry and desire? Do we clearly read the type of chemistry or do we still get hooked by the promise of all our fantasies being delivered?

When we don't need another to deliver anything to us, we are much clearer on what the quality of energetic exchange actually is and free to discern what is true for us. When the chemistry has no hidden agendas or contracts you are free to feel the real chemistry of how two essences come together and what the deeper purpose of your "togetherness" is.

Note: The best way to do this exercise is with absolute openness and absolute honesty. Check yourself and ask, am I truly willing to uncover all of the pockets of ill-chemistry and affection in my life and start to feel deeper levels of affection?

AFFECTION STOCKTAKE	AWARENESS
What was your strongest childhood/teenage desire when it comes to relationships?	
Were there any movies, books or idols that influenced your idea of romance?	
Do you feel comfortable with your body?	
Are you guarded or protected due to unresolved past experiences?	
How do you feel about being touched? Do you like being touched? Do you like the way your partner touches you?	
Do you feel free to express deep love with your touch?	
Do you become needy at times? Are there specific triggers for your neediness?	

AFFECTION STOCKTAKE	AWARENESS
Do you avoid deeper levels of intimacy, care or tenderness?	
Are you easily inspired by your partner? Are you drawn to be with them?	
What are your partner's most endearing qualities? What is it about them that you adore?	
Do you share openly how you feel?	
Do you shut down your affection? When do you shut it down?	
Is your touch communicating more than a physical connection?	
Do you appreciate the richness of your movements? The way you smile, walk, touch and hold yourself?	
Do you appreciate the richness of your partner's movements? The way they smile, walk, touch and hold themselves?	
Are you aware of who you are and what you feel? Are you able to bring a depth of you to the relationship?	
Are you naturally warm, loving and tender?	

THE 6 ESSENTIALS OF EXPRESSING *Love*

1. Touch

2. Tone

3. Words

4. Deeds

5. Movement

6. Presence

THE 6 ESSENTIALS OF EXPRESSING Love

1. Touch

Touch can be exquisitely confirming, it can be very intimate, or it can make your skin crawl. When we understand touch as a vibration that is either an expression of love (something that holds and confirms) or . . . not an expression of love (something that doesn't hold or confirm), we can set quality and standards for touch in our relationships. An important starting point in building our awareness of the vibrational quality of touch is to ask ourselves how something feels (not how it should feel or how we want it to feel but actually the vibration that came with the touch). The most powerful way to build your sensitivity to the vibration of touch is to bring quality and standards to the way you touch yourself. Do you dress yourself with the same tenderness as you would a newborn baby? If the answer is no, then you are training your body to accept rough touch as normal.

2. Tone

Our voice communicates much more than the meanings of the words it forms. We can bring an enormous amount of warmth and holding to the tone, quality and vibrational richness of our voice. Our voice can be used to be fortifying to the depth of someone's being or it can be used to foster doubt, fear and reticence. What is the quality that your voice carries? Does it lose its quality, if so how? Does it become tense, shrill, aggressive, frustrated or dismissive, cold or sharp?

3. Words

What I love about words (text, email, letters, cards, notes, articles, posts, blogs, books, conversation, speeches, etc) is that you can detail things in such a way to bring greater clarity or understanding that allows not only for people to get to the same page but also as an avenue to enrich each other. If you are using these in a way that comes with the vibrational quality of love, that comes with a regard, that comes with a holding, it translates. In other words, you can feel it, it has an impact and a tangible meaning. Do you use words to bring a detail that enriches people or do you use words as a pure perfunctory means to an end?

THE 6 ESSENTIALS OF EXPRESSING Love

4. Deeds

When you are holding someone in the regard of who they truly are, then your deeds, the little gestures, the cup of tea, the gift, making the bed, turning a lamp on, lighting some incense, running a bath, cooking dinner, whatever it is that is your deed . . . the deed carries the vibrational quality of love and therefore deeply confirms, nourishes and supports. Deeds can come with a hidden agenda, laced intention, jealousy, competition, comparison (all of the destroyers of love) and even if the deed is “good” it carries a seed that erodes love, honesty and openness within the relationship. Someone who does nice or pleasing things just to get their own way, score brownie points or tick a box for how they want to be seen will never offer love or enrichment as the vibrational transfer within their deeds.

5. Movement

Our movement communicates much more than how efficient we are at doing things. We say so much to those around us through the quality of our movements. We can feel steady, confident and assured by the way our Mum or Dad walk us into our first day of school. The quality of the way we move around the house can be harmonious, in deep respect for others in the house or it can be disruptive and individual. Our movements can communicate that we are open, receptive and non-threatening or they can indicate we are disinterested, uncaring or threatening. We can also show how empowered we truly are, our deep settlement and contentment, our deeper purpose or we can move in a way that says “I don’t know who I am”, “I am not valuable”, “I have nothing to contribute”.

6. Presence

Presence is possibly the most important out of all six expressions I have shared here. We could say that presence precedes all other forms of movement because it is created by the inner movement. Our relationship with ourselves, how we relate to life and essentially what we are willing to be in the world. In its true transparent gloriousness it represents us in our full divinity, who we are at our deepest level. In our avoidance of our essence and depth of purpose, it represents our hurts, fears, unresolved issues, desires, demands, reactions and the many ill-fed consciousnesses we align to instead of claiming what we truly and deeply know. We have an enormous impact on others (loving or not) through the quality of our presence. Have you ever felt buoyed or lifted by spending time in another’s presence?

8 Foundational STEPS TO BUILDING A LOVING RELATIONSHIP

The 8 Foundational Steps to Building a Loving Relationship came from a Relationship Quiz that I created a couple of years ago. It's A LOT of fun to do and has the added bonus of delivering a lot of wisdom.

I recommend doing the quiz before moving onto the next section. You can also share it with your partner, friends, family or work colleagues to see what their next steps in relationship are.

<https://www.healthhealinglife.com/relationships-quiz/>

In the quiz you will find out which out of the 8 foundational steps to building a loving relationship you have to bring focus to now. If you have done this quiz before, I suggest doing it again as what needed focus 6 months ago may have changed or how you interpret the result might have a whole new meaning. In reality, you never have purely one area of relationship that you are focusing on and you will find that you will probably resonate with 2 or 3 of the foundations. That's why I have included all of the foundations into this module so that you can read and re-read over them.

Once you have done the Quiz (or re-done the quiz for those who have used it before) give yourself time to read all of the foundations and feel which ones resonate with you the most at this point in time. You may even gain some more understanding of where other people in your life are at. You can also have a lot of fun sharing the quiz and finding out what other people's results are. I have also placed the link to the quiz in the Module 12 page in the Building Love and Affection content hub.

1.

LET

people in

WHERE ARE YOU AT?

The times you need to let people in even more are the times when you are most in disbelief of someone's behaviour and the choices they make. When you are struggling to understand what makes them tick and everything in you wants to withdraw, give up or even run the other way, you know it is the time to let them in. Letting them in means letting down any walls that stop you seeing who they truly are and allow yourself to get a deeper sense of where they are coming from.

YOUR NEXT STEPS

What you observe about your partner's poor choices and uncaring behaviours may be accurate but it is not the deepest truth. The great thing is, you have an opportunity to go deeper with your awareness and see through (but not ignore) the issues, dramas and behaviours of your partner to understand who they truly are. Allow yourself to feel the deeper qualities they have... even if it is buried under fossils and ancient ruins. As you start to get a sense of the deeper qualities and aspects of your partner, you can more easily address any issues that need to be addressed.

HOW THIS EVOLVES YOU

On a broader scale, this allows you to really appreciate many more people and understand what makes them tick. When you start to see through people's issues you don't take their actions so personally and you don't get so affected by their behaviours.

CHALLENGE YOURSELF

When you feel the urge to withdraw from a relationship or completely wipe it, stay present and be open to feeling a deeper sense of who a person is. Seeing people for their essence first and then their baggage second won't be completely new for you as you probably did this very naturally as a young kid. If you can find what you value about them you will be able to take the next step in relationship, whether that is to continue as partners or to move on as friends.

2.



WHERE ARE YOU AT?

When you feel like you have an inner world / outer world conflict going on you know it is time to let yourself out more (I don't mean parties and events). On one level keeping your inner world hidden can seem like it is safer or a more non-fuss drama reducing approach but on a deeper level you feel the cost of not truly sharing yourself with people. It may seem easier to have the outer version of yourself playing bodyguard to your more inner thoughts and feelings . . . but essentially it stops you from developing more meaningful relationships.

YOUR NEXT STEPS

Even though this can slightly freak you out, the key is to allow others to see past the outer face, quips, jokes, emotions or protection and into the depth of who you are and what you really feel.

HOW THIS EVOLVES YOU

Not everyone will "get you" but by sharing more of your depth with others, all of your relationships will be enriched. You will find that the superficial relationships will fall away and more meaningful ones will be drawn to you.

CHALLENGE YOURSELF

Start to bring a fresh approach to life and do things a little different. Start with one person who you feel will be more receptive and share with them more of what you truly think and feel. Start small and build your confidence in sharing more depth with others.

3.



WHERE ARE YOU AT?

When you feel like you are routinely making choices that come back to bite you on the butt you know you need to bring greater discernment. This is not because you are stupid, dumb or even unaware . . . it is because you override what you truly feel. This may be because you don't like disappointing people or saying no or it might be because you get caught up in the potential of a relationship even though it never delivers. Life is too short to not be discerning, every decision is a decision that deserves your all.

YOUR NEXT STEPS

The key is seeing and discerning what is true in every situation before making a decision. Don't get stuck in the picture or outcome of what you would wish the relationship to be. . . or even what it could possibly be. Being swept off your feet may feel exhilarating in the moment but it doesn't come with the deep holding and settling feeling of when something feels true from the depth of your being.

HOW THIS EVOLVES YOU

By becoming more discerning your life has more flow in it and you don't end up in so many compromising situations. There is less drama and more space for enriching your life and supporting other people.

CHALLENGE YOURSELF

Start asking yourself what you truly feel about a situation / decision. Don't try to figure this out from your head, feel whether the situation resonates with you and offers a settling, surrendering feeling or whether you feel hooked, dazzled, excited or screaming noooooo. You know these feelings you just have to listen to them more.

4.



WHERE ARE YOU AT?

You know you need more understanding when you seem to be getting frustrated about everything. Have you ever had thoughts like “Why do they need to eat like that and surely they don’t need to breathe so loud all the time”. As awful as it feels to feel so frustrated all the time the great thing you can take from it is that you really do care. In fact, you care so much that sometimes you get tied up in knots about it all. You know, reacting, conflict and heated communication does not support you or your partner. In fact, when you react you water down your message as your partner doesn’t get to hear the awareness or insight you have, they just feel your angst.

YOUR NEXT STEPS

It is important for you to see through the conflict, argument or tug-of-war to feel or understand the shared truth. Do you want to be right and win the argument or do you want to bring understanding, tenderness and a shared truth? The latter is definitely worth it, even if it means swallowing a few small amounts of pride that may come up.

HOW THIS EVOLVES YOU

As you start to work through your reaction (before you discuss it with someone) you find that you are clearer with your communication and people are actually wanting to listen to what you say. Over time, people start to feel safe to open up with you more and you can have some really constructive conversations and outcomes. This has so many benefits including reducing the drama and your stress levels.

CHALLENGE YOURSELF

Challenge yourself to more deeply understand what you feel and how to express what you feel. The only way to do this is to bring more tenderness to yourself and others . . . including your partner. There is so much you can bring to your relationship by being the first to put down the tug-of-war rope and feel what you truly feel (hint: no blame or judgement) and not what you are reacting to.

5.

OFFER OTHERS

the space to grow

WHERE ARE YOU AT?

You are fully committed to your relationships and you like to put 100% in. You see clearly what needs to be done and you understand what could really support other people. The problem is that this can become a burden for you and can somewhat take the joy out of life. When you start to feel like you are always carrying others then you know it is time to take a step back, let go of your attachment to them “getting it” and give them the space to grow.

YOUR NEXT STEPS

As difficult as it can be, sometimes we need to take a step back and allow another the space to grow, develop and understand life in their own way. Stepping back is not a withdrawal or a lack of care, it is an opening up and taking the pressure off yourself and others. In fact you are actually bringing a deeper, wiser love. Maybe there are shortcuts you could offer your partner but if they are not ready for them it won't help and can in fact put them off taking the next step.

HOW THIS EVOLVES YOU

Giving space to another also allows you to focus your energy on your next steps in life. What will grow you as a person? As you step back and let others find their own way a bit more you will be able to focus on yourself a bit more. This naturally has a positive flow-on affect to your partner and anyone else around you.

CHALLENGE YOURSELF

Take a step back and re-focus your commitment towards your own growth. Specifically, allow yourself to feel what lightens the load and brings you joy. Being joyful naturally brings so much to those around you . . . and that is without even trying. You already have a sense of what your partner's potential is and through this, you will naturally bring a very steady and consolidating support for them . . . without imposing your timing on them. This allows your partner the grace to grow in a way that they feel is true . . . even if it is somewhat excruciating for you to watch.

6.



WHERE ARE YOU AT?

What if I was to say that you are actually a role model. You have loads to offer everyone around you including your partner. So the question is . . . are you aware of everything you have to offer others? Are you saying yes I do have a lot to offer, or are you slightly cringing? If you are cringing, it means that you are more comfortable making yourself small than stepping up to be a role model and if that's you, you definitely have to start shining like you have never shined before.

YOUR NEXT STEPS

You have heard of the saying "Dance like you have never danced before". Well in this instance you need to shine like you have never shined before. Shining means that you are not afraid to stand out or be seen for who you are. You are gorgeous, let it out. When you decide to shine and keep shining you bring an enormous amount of spark to your relationship and to your partner.

HOW THIS EVOLVES YOU

In many ways it is understandable that you may have struggled with letting your shine out. When you shine it can bring a lot of jealousy your way. However, more than this, shining brings so much to others and an enormous amount of joy within yourself. Why sacrifice your mojo so others don't get jealous when really the whole world benefits from more mojo?

CHALLENGE YOURSELF

Each day ask yourself what is next? What do I feel, what do I know, what can I bring? There is so much enrichment that can come from stepping up and shining, what are you waiting for? If you need help with this, have a look at my [Meditation Essentials course](#).

7.

STOP, CONNECT

and go within

WHERE ARE YOU AT?

If you tick all the boxes of nice, caring or pleasant in the relationship but deep down you know you are not fully satisfied then you need to stop, connect and go within. There is so much more for you to explore within your own relationship with yourself but you have been too busy caring for other people and what you think they need. Without a foundation of knowing who you truly are and what you truly feel the relationship will always feel a bit flat to you. The beauty of relationships is bringing your spark to one another and if you are feeling all of the above, you are more than ready to do this.

YOUR NEXT STEPS

The next step in your relationship is to understand what you truly feel. It is difficult to be in a relationship with someone else when you are not first truly in a depth of relationship with yourself. There are many reasons that we don't allow space to connect more to who we are and what we feel. Often it is because we are avoiding feeling something that is uncomfortable. Even though feeling what we don't want to feel can be uncomfortable, it is only momentary discomfort as opposed to the longer lasting agony of living with less awareness of who you are and what you feel.

HOW THIS EVOLVES YOU

You will find that you will become stronger within yourself and people will start respecting you more. This not only feels great for you but it also means that others learn from your sensitivity, care and natural sweetness. When you start to understand more about what you are truly feeling, you will naturally raise the bar in how everyone around you cares for and treats one another. This is great for everyone.

CHALLENGE YOURSELF

Now is the time for action. You know the things in your life that reduce your connection and awareness . . . start to let these fall away. Instead, bite the bullet and allow yourself the space required for contemplation, pondering and a deepening connection with yourself. If you need support check out my [Meditation Essentials course](#).

8.

BRING

greater wisdom

WHERE ARE YOU AT?

If you can easily see through other people's dramas to the source of the problem but you don't say anything or end up saying what they want to hear, or you find yourself saying "I knew that was going to happen" then chances are you are holding back bringing to others the wisdom you feel. There is no doubt that you have access to greater wisdom: just accept it. You have much more insight and awareness than you let on, now it is time to bring it to your partner and all those around you.

YOUR NEXT STEPS

No more holding back expressing the full truth of what you see and feel. Sometimes people can get a little shocked when they first hear the truth but in the end most people really appreciate the support. There is an art to expressing and sharing truth with people and as you express the truth of what you feel more and more you start to settle into this being a normal part of life.

HOW THIS EVOLVES YOU

When you truly care for people you know that it is your responsibility to bring all of your resources (wisdom) to another in order for them to take their next step in growth and evolution. Pandering to others, giving in or caring more about being liked than what will truly serve the situation are all in your past.

CHALLENGE YOURSELF

To understand, appreciate and confirm that what you have to share is valuable. Insight and wisdom is available for you to share if you allow yourself the opportunity to feel the truth of any situation . . . don't get swayed by the emotion.

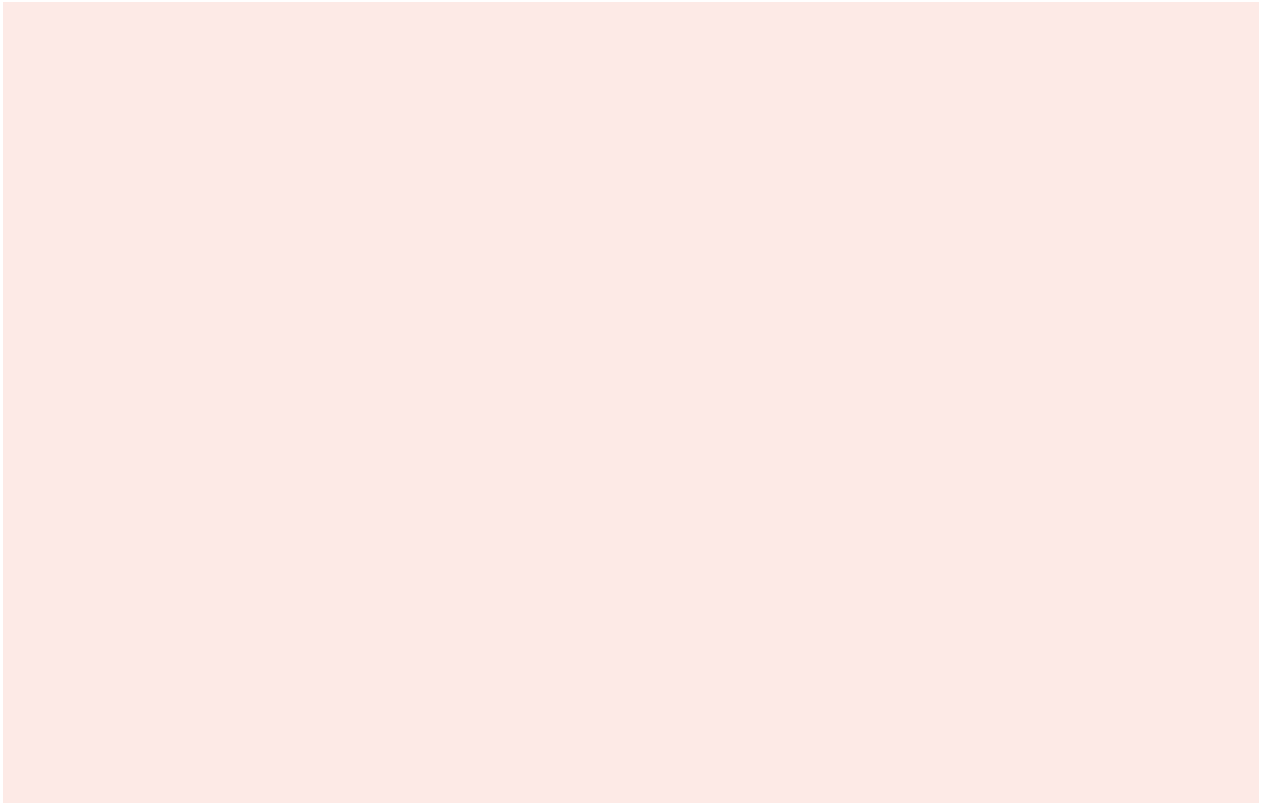
8 *Foundational* STEPS TO BUILDING A LOVING RELATIONSHIP

Question 2: Having read through the 8 Foundational Steps on the preceding pages, feel which 3 out of the 8 Foundational Steps resonate with you the most. Write notes in each of the sections below to come up with your own personalised plan.

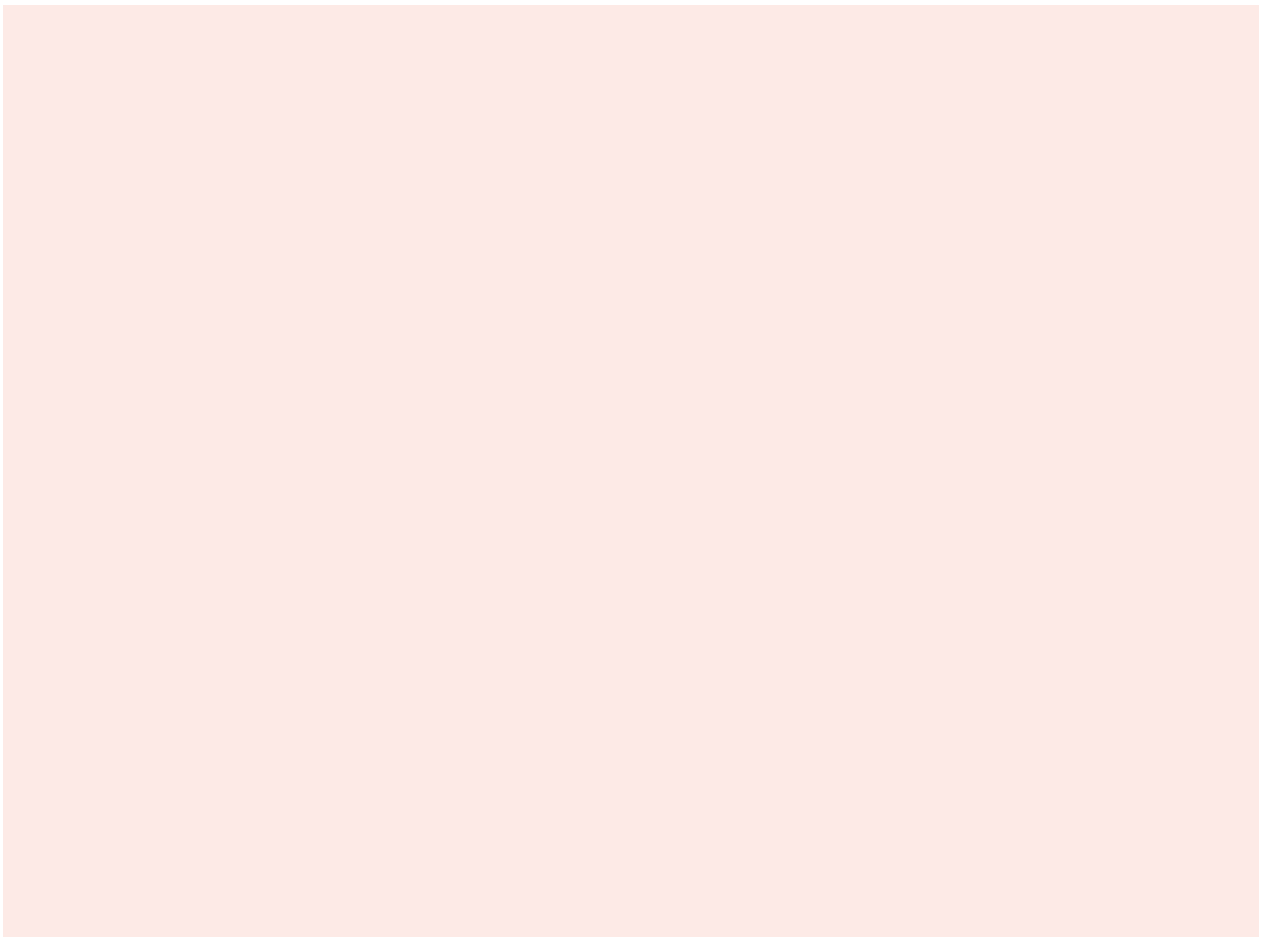
WHERE ARE YOU AT:

YOUR NEXT STEPS:

HOW THIS EVOLVES YOU:



CHALLENGE YOURSELF:



“Love is so strong, it holds the ability to withstand anything. It does not bend, it does not move, it does not cave-in because it has no need outside of the purpose to hold another in the true divine spunkiness they naturally are. There is no greater love than the love that comes from fully surrendering to the depth, magnitude and power of your soul.

Rebecca Poole

WHERE TO NEXT?

*The **Building Love and Affection Program** is the second program within our Mastering Relationships Series. You have already completed **The Enriching Relationships Program** and this together with the Building Love and Affection Program forms the foundation for the final instalment of this series, **The Deepening Intimacy Program**. The Deepening Intimacy Program is an advance that offers us to let go of everything that has infected, denigrated, diminished or damaged our ability to be absolutely transparent, infinitely intimate and completely content. Making love is an everyday and everyway occurrence and this program supports deep intimacy in the bedroom and everywhere else. I encourage you to allow what is next to wash over you and prepare you for this third instalment of the **Mastering Relationships Series**.*

MODULE 12 - CHECKLIST

- ☐ Watch Module 12 Video
- ☐ Complete Module 12 in the workbook
- ☐ Listen to Module 12 - In Session With Rebecca audio