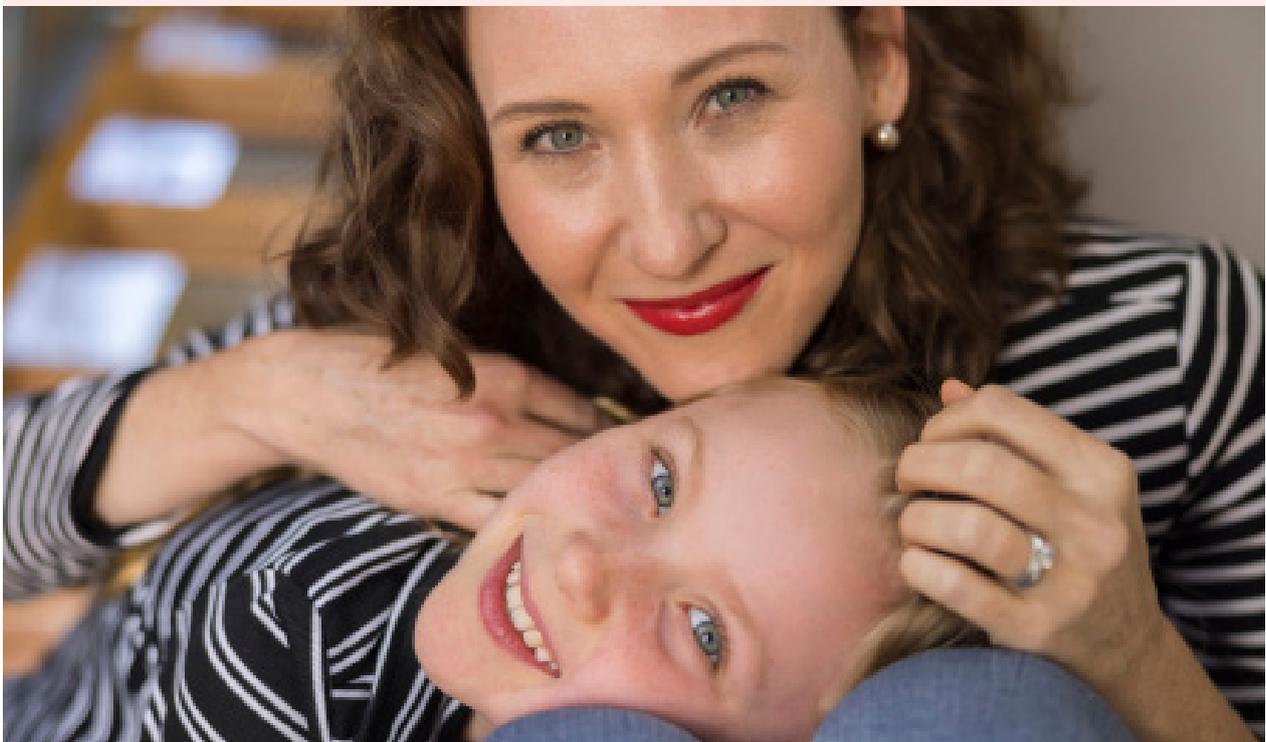


WELCOME TO MODULE 2

Let's start with love...

Let's start with a straight out fact. You are not a novice of love, in fact you are already a master of it. I am giving you total permission to take a moment to appreciate everything you already live in order to ensure you are continually building loving relationships. Building loving relationships is not about perfection, therefore knowing that there is more love to bring is not an excuse to not appreciate the love that has been built. The fact that you can feel that there is more love to bring, shows that you are living the truth of building loving relationships. The truth is, love is ever-deepening and ever-expanding, so there will always be more.



LET'S START!

Throughout this program we are going to cover 3 main aspects of Building a Loving Relationship. The first aspect, which we have already covered is **First Do No Harm**. This means that to the best of your ability your integrity is aligned to getting your own issues, hurts, and needs out of the way so that you never impose, take advantage of, or bring down the other person in any way (no matter how justified it seems). Second, we are going to look at **The Myths of Love** so that we are aware of all of the “false love” traps that we get caught in. Getting stuck in something that looks like love or ticks society’s boxes of love but does not contain the actual substance of love is the biggest trap out there. Lastly, (later on in this program) we are going to have some fun with looking at **The 8 Foundations to Building Loving Relationships**. By looking at these foundations we can see exactly where we are at (and where our partner is at), our strengths and weaknesses and the immediate next steps we can take to evolve.

WHAT IS LOVE?

I often feel that the word love has been thrown under a bus about 20,000 000 000 times. The reason I say this is that there are about 20,000 000 000 different interpretations of what the word love or loving means. Some people say that they love their chocolate and some people say they love their wine and I'm going to just take a stab in the dark by saying that loving people might be different to what is going on when people say they love chocolate or wine. Love can be a touchy subject and very challenging for many people who are not ready to take an honest look at what they have invested in as love.

So what is love? Or should I say what isn't love?

To truly ask yourself what is love is not a once off question. It is an ongoing question because the more that you get to know yourself, the more you truly feel and understand life, the more you understand what the word love truly means. You can do a test if you like. Ask 10 people what the word love means to them. Firstly, you will see how uncomfortable or awkward many people are with that question and secondly you will find that a lot of people will give you a list of things that they do . . . not actually what love is. It's not surprising though, most of our world is geared towards defining ourselves through what we do. The way we communicate, the way we think about life is predominantly focused on knowing ourselves through what we do, not on the quality we feel.



Stop for a moment and think about how you reflect on your day. You will find that your thoughts will be directed towards what you've done or what you need to do or what you will do or should have done. Now that is a stop question isn't it? Most people live their day through what they do or didn't do or should do or will do. In other words, their relationship with themselves is **based on productivity, efficiency and achievement**. It's interesting because productivity, efficiency and achievement have nothing to do with love because love is a quality. **Love is not a deed it is a quality**. If love was purely about productivity, efficiency and achievement then we would have to say that kids are not very loving. Well we know that is not true because kids are often teaching us about love, openness, warmth, sweetness and tenderness. Kids know what love is, they may not have the words to be able to fully articulate what is loving and what is not but they know. You can see it in the expression on their face when they are faced with a situation that doesn't feel true or loving to them. They will usually just stare or hide behind you when they feel a situation that doesn't feel loving to them. Young kids are still very very very receptive to what they feel and this is the point. **Love is a quality that can only be discerned through feeling or sensing . . . not intellect.**

HOW DOES *Love* GET LOST?

SENSITIVITY

What happens to us is we lose our trust with our sensitivity. **Life doesn't always reflect the truth** of what we are feeling and in many cases it manoeuvres to deceive so that things look one way but underneath is another story. We get confused with the mixed messaging (especially from those close to us) and we start to doubt if what we are feeling is actually real. We stop reading energy and we start taking things on face value rather than the quality of energy and intention that accompanies the actions. **We end up in a position where we have abusive relationships** that people call love. Time and time again there are situations where relationships are toxic and abusive but the people in those relationships will be adamant that they love each other. The truth is, when you know **love as a quality, love cannot have one ounce of abuse in it.** That doesn't mean we have to be perfect but we have to be honest because we have a world that in a lot of ways is normalising abuse. As a child, we could feel the tension between family members even if they pretended to be "happy families". This discrepancy in what we feel vs what we are told is true is one of many that contribute to the demise of our trust with our sensitivity.

DEFINING LOVE

So how do we define love because a lot of people would say that it's too subjective, it's not something you can actually qualify or define. They will argue that every person will have their own personal definition of what is loving and that is the way it should be. However, we make love something that is subjective by our language and how we condition ourselves to see life. We make love something that follows preference or taste and individual desire. This is not love, this is attraction, based on our spirits taste or desire. Love in an easily discernable quality of beholding, not an intoxication or high. When love is known as a quality, it is actually objective, easily discernible, and irrefutable felt by all who can clearly feel energy.

Just because you can't do a double blind randomised controlled clinical trial to prove what love is, doesn't mean that it is not objective.

The truth is, we don't need to do a clinical trial to find out what love is because we can feel it. We are actually designed to feel and know what love is but it is an awareness that we (as a whole) have lost touch with. Most people let go of their ability to feel clearly what love is (and what it isn't) for a more palatable 'ignorance is bliss' awareness in life. Do we truly want to know what love is? Do we want to know when our integrity is coming from love and when it is not? Do we honestly want to know when someone else is truly loving and when they are not? If you do want to know then you are in the right place, this is something that will deepen and become more clear to you as you unfold the lessons within this module and apply them to your life.

RECLAIMING THAT WE KNOW Love

RECLAIMING THAT WE KNOW LOVE

Every single person needs to stop to ask themselves “do I honestly know what love is?” If you think you **don’t know what love is, you are not alone.** . . . but you can easily change this through re-awakening your sensitivity and giving yourself permission to feel more. Specifically, you need to allow yourself to be sensitive again, and from there, understand that what you are feeling gets clearer the more you ask yourself the question ‘What do I feel’ and **observe what is there.** As you let go of your own expectations, needs, hurts and scars, a cloud is lifted from you and it becomes easier to clearly feel **what is loving or not.** This is really important. Shouldn’t this be our first lesson growing up? To be able to claim the fact that we can feel what is loving and what is not. For many people, this first gets corrupted within their family, especially when there are **unsaid rules,** expectations and taboos. What we feel as love (or not love) is not confirmed by what is said or insinuated. If mum and dad have moments of lacking love but there is no honesty around this, then we start to doubt that we feel clearly. If there are family dynamics with in-laws or extended family and this isn’t discussed honestly or even worse portrayed as happy families, we won’t be supported in our ability to trust what we feel.



SORTING OUT WHAT IS NOT Love

NAVIGATING THROUGH THE MYTHS

Building love in your relationships is one of the **most powerful** things you can do in your life. Your every day experience of life changes as you are more able to **hold a loving quality** in everywhere you go and everything you do. The truth is you don't really build love step by step because love is something natural to us, we don't lose it, it just gets buried under layers of protection, hurt, conditions and withdrawal. The process of **building love** is not about creating more love but actually re-connecting to the quality of love deep within, our essence, who we deep down truly are. The problem is, we have to sort through the outer layers of muck, hurt, confusion, hope, wish, beliefs and ideals before we are **clear enough to sense the vibration of love**. This is where the myths about love come in. Before we are free to know what love truly is (and this is constantly deepening), we need to **let go** of what is not true. We need to challenge what society, our parents, past relationships, television, movies, music and school has told us that love is and start fresh with a clean slate and sense for ourselves what love is.



“Once you re-connect and you have a real, clear, tangible, marker for what the vibration of love feels like, you then build rhythms and rituals into your life that support you to be in flow with what deep down resonates with your marker of love. In other words, you say yes to things that support the feeling of love and you say no to things that feel at odds with your sense of what is love. “

BUSTING THE MYTHS OF LOVE

1. Love IS A QUALITY OF FEELING NOT A LIST OF DEEDS

Love is a quality we emanate not a list of deeds, gestures, pleasing words, or achieved expectations. We have to be really aware of this not only because when unaware we can place expectations on others but also we can fall for false expectations being placed on us. It is not uncommon for both men and women to feel like they need to prove their love or they are not loving unless they have done this or that for their partner, mother, sister or friend. With this, it's really important to clearly know your own intentions, what you're feeling and the quality of presence that you are bringing to any situation. When you pay attention to this, it's easier for you to be claimed in the love you feel and the quality of intention you bring without having to be perfect. This supports you to not fall into the trap of needing to prove your love through deeds and it also supports your partner to focus more on the quality of presence and connection within the relationship. From here it is easier to deepen the quality you are both bringing without getting caught in expectations.

Question 1: How do you make love into a list of deeds you need to get done?

Question 2: Reflect on a time where you felt love was a quality and not a thing you or your partner had to do.

2. *Love* IS NOT AN EMOTIONAL NEED

A lot of relationships get caught up in thinking that “love” is when your emotional needs are met. When there is an element of emptiness that seeks to fill itself through a relationship or another person’s attention rather than dealing with what is missing within oneself, then you will end up with at least some neediness. The emotional needy love can be like a drug and we can even form an addiction to it. We have so many sayings that come from this notion or type of love, for example: I can’t live without you; I would die to be with you; you mean everything to me; my life would be nothing without you; or I don’t deserve to be with you. All of these sayings are declarations of “love” that are actually coming from an emotional need and an emotional attachment. You can feel how loaded and needy they are. We might be conditioned to think they sound good but if you stop and feel them they feel very heavy and actually quite imposing.

The truth is love has no neediness in it, it is complete and whole and seeks nothing in return. We sometimes call this unconditional love but in reality, love from a wholeness is the only love: anything loaded with conditions isn’t actually love. In other words, if you love because you want something in return, that’s not actually love. Taking an honest look at your emotional love or neediness can be quite confronting. Feeling how we have imposed our needs and conditions on others can be hard to swallow but the most difficult of all is accepting the lack of love that has actually pervaded so many of our relationships. We have to feel all of the times we accepted less, all of the times we justified and all of the times we buried our sensitivity to how unloving the “love” we accepted actually was. However, having the courage to be honest about this is worth it, as it allows us to have the awareness to not settle, but to raise our standards in what we accept as love.

Question 3: Reflect on a time where you wanted your partner to fill your emotional needs. How could you love and build your own sense of self worth to ensure you are not needy of another’s love?

3. Love IS A CONNECTION NOT AN ATTACHMENT

Love is a connection not an attachment. I actually love putting these two words together because even just reading or saying those two words allows you to feel how they resonate differently. Let's take a moment to feel the difference, "love is a connection not an attachment". Vibrationally, attachment feels completely different to connection and the way they play out in relationships is also completely different. Clearly defining these words at a vibrational level gives us the opportunity to be aware of the difference and then be honest about when we are feeling an emotional attachment to our partner as opposed to when we are feeling a connection with our partner. With an attachment there's very little space and it can feel quite suffocating because there are lots and lots of conditions. When there's a connection there's an intimacy, there is a deeper level of feeling met but there's the space to observe, engage and hold presence. With connection there is the space to be yourself because you are free to make your own choices without another's attachment to you being a certain way based on their needs.

Giving someone the space to be themselves doesn't mean that you allow them to be disrespectful or allow them to be abusive. You have a relationship with them, and you therefore have a responsibility to be honest, engaged and communicate to them what you feel, what standards you hold, and what values you align to. When you have a connection, you are free to communicate what you feel and see but when you are attached what you communicate is always held at ransom to the attachment within the relationship. In other words, attachment will guarantee that you do things or see things a certain way to get the result you want.

Question 4: From what you have experienced, describe the difference between a connection and an emotional attachment within a relationship?

4.

Love IS NOT SYMPATHY, IT DOES NOT PANDER

Love is not sympathy it does not pander or cave in. We often confuse the concept of being nice, pleasing or sympathetic with the concept of what is loving. If we like nice or pleasing people, it's because they are invested in you liking them and therefore won't push your buttons. This only serves to keep a surface level pleasantness or polite arrangement and doesn't offer you anything deeper. Love on the other hand never pleases for the sake of pleasing but instead offers standards, quality and connection. You can't hide from love and you certainly can't keep things superficial and pleasant while burying undealt with issues.

The truth is: sympathy is really, really imposing, in fact, it's patronising because it confirms that there's something wrong, they are to be pitied rather than communicating that they are capable of stepping through whatever is going on. Having an understanding and even a little empathy (I feel for you) within a relationship is very different to sympathy. If you are not wanting to wallow in whatever is going on for you, then you do not seek sympathy. In fact sympathy can be extremely imposing and many people avoid sharing what is going on for them because they don't want others to feel sorry for them. If you are seeking sympathy, it means you are wanting to indulge a little longer in being the victim. If someone comes to me with a "bad" situation, I will absolutely feel the magnitude, how easy or difficult they are handling it but also (and most importantly) I will feel the potential growth the "bad" situation is offering them. For me there is growth in everything, and this is one of the major reasons I don't go into sympathy for myself or others. As a teenage girl, I thought I wasn't a loving person because I tended to tell people the truth instead of sympathising with them. Not really the way female relationships are done in high school. It wasn't until I was in my late twenties that I realised that I have always been loving and that in those moments in high school I could see the potential my friends had even more than they could and I was in effect holding more love for who they truly were than they were. That was a major revelation because I had stepped away from claiming just how loving I was because I couldn't resonate with sympathy or pandering and this was the picture I was sold in relation to love.

Question 5: What are the areas of your relationship that you still go into sympathy or pandering when really what is loving is to bring a new standard and support your partner / friend to be held accountable?

5. Love COMES FROM WITHIN, NOT A LIST OF RULES

Love comes from within not from a rule book with a list of shoulds or shouldn'ts. It is really important, in fact vital, that we don't take on another person's expectations or needs as our "to do list" of love. Love can't be determined by the expectations or the needs of others, it has to be felt as a genuine impulse from within and then acted upon. Otherwise you become a cardboard-cut-out of what you think another person wants instead of a genuine representative of who you are and the deeper values you align to. Even if you can tick all the boxes for your partner's list of rules, it will always fall short or empty because you will be offering deeds without the vibrational fullness that comes with genuine love. It is important that you catch yourself when you are acting on behalf of what you can feel is someone else's expectations, and stop. As much as it might cause short term tension within the relationship, you need to stop fulfilling other people's expectations in an attempt to keep them happy. You need the space to re-connect and feel how you feel to express love. This is the authentic love that comes from within, you can't calculate it or intellectualise it. You may initially find this difficult, your sense of love may be buried under hurt, frustration, resentment, lack of trust, lack of confidence, giving up and all sorts of unresolved experiences. . . but there is not one person that does not have love within. That doesn't mean that everyone is willing to come from love, but rather if you are willing it is there. Love exists long before any of the needs, expectations, rules, hurts, anger or resentment surface. Allowing the space to be honest about where you are at (even if you are not feeling loving) is more evolutionary than pretending to love.

Question 6: What rules do you have when it comes to love?

Question 7: What rules does your partner have when it comes to love?

6. *Exposing* THE LOVE-HATE RELATIONSHIP

The love-hate relationship is the type of dynamic that goes from being completely head-over-heels, intoxicated, can't-live-without-someone, to revengeful rage that has many people do unimaginable things to their spouses / ex-spouses. When it comes to love-hate relationships there is a drug-like emotional love playing out where there is a heavily intoxicating co-dependency lived out through an emotional attachment not a loving connection. This form of "love" can very easily become destructive, toxic, unhealthy and abusive. Any relationship where there are intoxicating highs and destructive lows exposes that there are needs, conditions or even demands for the relationship to be a certain way. If the relationship meets the needs and conditions then there are fireworks; if it doesn't there can be destruction. When relationships are filled with lots of emotions, the volatility bounces from the momentary false highs of elation, passion, or need to the lows of dis-empowerment, hurt, anger and many more. When there are unresolved elements within our self and we are using a relationship to have a false sense of fulfillment, we can feel exhilarated or a relief for a period of time but if someone drops the ball (eventually someone drops the ball) we get devastatingly hurt. This can play out over and over again, with periods of emotional needs being met and then eventually another ball is dropped. Each time the cycle plays out, the hurt gets bigger and over time you end up in a situation where someone you "loved", can end up being someone that you vehemently hate.

With a true deep love, there is no volatility, no highs and lows because love is beyond emotion, it is beyond highs and lows. You can certainly have high and low moments in a relationship but neither of these come from love. The feeling of love is a feeling of being deeply settled and enormously content while possessing an unshakable magnitude of warmth that emanates first from your chest and then from your whole body. This warmth has no other purpose but to hold another in the true gorgeousness and Godly aliveness that they naturally are.

Question 8: Have you ever experienced or observed a love-hate dynamic?

Question 9: Have you felt love as a warm radiant feeling in your chest? When throughout the day do you feel this feeling?

“We need to start claiming that we can qualify love as a quality of vibration and use this as a very clear and sure way of not only navigating relationships but also navigating life.”

WHERE TO NEXT?

Write down what you know love to be vibrationally and what myths you or your loved ones have fallen for.

MODULE 2 - CHECKLIST

- Watch Module 2 Video
- Complete Module 2 in the workbook
- Listen to Module 2 Audio
- Observe where you can see the myths of love being sold as the real deal.