



Love Relationships Happiness



Self Love - Love of Others & Real Happiness
is Yours by Your Command
The Ultimate Human Relationship

Mastery at Your Command

Love Relationship Happiness 1

Handbook

Living in Self Love

Love is what you're born with; fear is what you learn.

~ Marianne Williamson

When you are living in Self-Love you are ready to be in a truly loving relationship with yourself and others.

Here you'll discover an extraordinary loving place within you that, when activated, transfers to every area of your life—relationships, family, friendships and romance...

And the profound knowledge that you are already complete and whole, and that you have living within you right now everything you need to live in love.

Your presence here means you are ready to create something new—new ways to love and new relationships based on love, respect, thoughtfulness, shared interests, and being good to and for each other.

It also means you are ready to let go of being disappointed, let down, or having your heart broken yet again.

What keeps us in from Love and Happiness

- Lack of self-worth and self-acceptance
- Lack of confidence and seeking approval
- Beliefs in scarcity, lack, or not being good enough
- Not knowing what love and happiness are
- Looking to others to make you feel loved and happy
- Judgments of self and others
- Fear that you will never be loved or happy

Think about your life

Close your eyes and take a deep breath. When you think about each thing on the list do you feel relaxed or stressed?

Relationship
Job
Home
Body
Finances
Fun
Friends

How you spend your day

False Beliefs

There is only one cause of unhappiness: the false beliefs you have in your head, beliefs so widespread, so commonly held, that it never occurs to you to question them. ~ Anthony de Mello

You are so accustomed to believing that your thoughts are true, that you are not even aware that you are reacting to them, or even questioning if they are true.

What causes you to suffer:

- Reacting like a victim
- Complaining
- Blaming others
- Guilt and shame
- Judgment that says you can't have what you want
- Not being heard or appreciated
- Ignored/misunderstood
- Tend to see limits rather than possibilities

The key to finding meaningful love

The key to finding meaningful love – a healthy connection to yourself and others -- is that happiness comes from being in relationship with yourself in new ways.

Loving and being loved is a primary driving force in our nature.

A baby is born with a need to be loved—and never outgrows it.

~Frank A. Clark

The hunger for love is much more difficult to remove than the hunger for bread.

~ Mother Teresa

Being Loved and Happy is an inside job

Nothing outside of yourself can make you happy (or unhappy) loved (or unloved).

90% of all behavior is habit. So you need to look at your Habits of Love and Happiness.

You can't just decide to be happy and expect instant mastery.

You must create a change in your beliefs.

Your habitual thoughts and behaviors over the years have created specific neural pathways in the wiring in your brain.

When you think or behave a certain way over and over again, the neural pathway is strengthened and the groove becomes deeper—like a well-traveled path.

Unhappy people tend to have more negative neural pathways. This is why you can't just decide to be happy.

Myth of Happiness and Love: *I'll be happy and loved when I have...*

The perfect mate
A better job
A baby (or another baby)
More recognition or appreciation
Lost 5 pounds (or 10, 15, 20)
A bigger home
Enough
More money
Someone to love me

The more I have, the happier I'll be –
More love
More success
More toys
More stuff
More money
More than I have now

Biology of lack of Love and Unhappiness

We have 70,000 thoughts a day. Repeating every 90 minutes. 80% of those thoughts tend to be negative.

That is over 45,000 negative thoughts repeating in your mind day in and day out—even in your sleep.

- I'm not good enough.
- My husband (wife or partner) doesn't love me
- I hate the way I look
- I'm worried about money

- My daughter (son) doesn't respect me
- I'm so stupid
- I hate my job.
- No one will ever love me

With all those negative thoughts running through your head, it's difficult to stay happy.

The Body's Happiness Robbers: Stress and Toxins

If our bodies are designed to promote and support happiness, then why aren't we happier?

- Too busy lifestyles
- Eating on the run and eating junk food
- Lack of exercise
- Not enough sleep
- Not enough fun in your life

Create new neural pathways in your brain

You have to create new neural pathways in your brain.

And you do that by changing your beliefs with the 6-step process of The One Command.

When you think, feel and act in new and different ways, the brain changes and actually re-wires itself. It is possible to train your brain to know love and to be happy.

Biology of Love and Happiness

When we are happy, the chemicals of our body and brain underlie our positive experiences. More than 100,000 chemical reactions go on in our brains every second. The natural happiness-enhancing ones are endorphins (the brains painkiller, three times stronger than morphine), serotonin (which naturally calms anxiety and relieves depression), oxytocin (the bonding hormone) and dopamine (which promotes alertness and a feeling of enjoyment), among others. When your cells are happy, you are happy.

~ Candace Pert

50% of what you believe or how happy you feel is created from what you learned from your childhood, your environment, people around you, what you see on television, etc.

Of all that, 40% are your thoughts, feelings and beliefs

With The One Command you can change in an instant that 40% and create what you really desire instead of your limiting beliefs.

That changes your Happiness Set Point.

Increasing your Love and Happiness

One begins identifying those factors, which lead to happiness and those factors which lead to suffering. Having done this, one then sets about gradually eliminating those factors which lead to suffering and cultivating those, which lead to happiness. That is the way. ~ Dalai Lama

Studies abound showing how everyday activities, singing, listening to relaxing music, playing with a pet, getting a massage, enjoying a hug, gardening, increase our happiness chemicals.

Even smiling raises our happiness chemicals.

Happy people are 35% less likely to get a cold and produce 50% more antibodies in response to flu vaccines than the average person.

Happiness and optimism scale

Individuals who score high on happiness and optimism scales have a reduced risk of cardiovascular disease, hypertension, and infections.

People who maintain a sense of humor, and indication of inner happiness, outlive those who don't, and the survival edge is particularly large for people with cancer. One study showed that a sense of humor cut a cancer patients chance of premature death to about 70%.

Happiness and health create a positive feedback loop: improving one will automatically improve the other.

1. Nourish your body
2. Energize your body
3. Tune into your body's wisdom

Habits of happy people

- Believe that being happy is up to you
- Have the ability and power to be happy by changing your beliefs
- Take responsibility (the ability to respond) to events in your life that support your happiness
- Focus on the solution
- Do things that create happiness within you
- Live from your Passion
- Follow the Inspiration of the Moment
- Contribute to Something Greater Than Yourself