



# 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 2

## Handbook

## **A Secret**

There's a secret that we want to share with you. It's just too good to keep to self. A secret about how to find that certain someone who will fall head over heels in love with you. Once you know this secret and begin living it—well, hey, anything can happen...

## **How open are you for Love**

Close your eyes and imagine yourself in a loving relationship, partnership or marriage.

What images, thoughts or feelings arise within you?

Allow yourself to receive that information without judging yourself or shutting it down.

You are just noticing what you think, feel and say to yourself all the time outside of your conscious awareness. Once you become aware of it, you have the power to change it.

## **Creating space for Love**

How much space—physically and emotionally do you have for love? Where do you leave room - an open space - for love to come in and take you by surprise? Or - DO you even have any space for love?

### **Creating a space for love is being open to the**

- Possibilities
- Opportunities
- Adventure of being in love and being loved
- Allowing room for that special person to show up in your life.

## **The Love Scale**

### **No Love**

- Fear, anger, grief
- Anxiety
- Resistance
- Disconnected

### **Love for Good Reasons**

- Appreciate and feel connected to certain people
- Inspires you to contribute to others
- Able to give and receive love
- You don't try to change the other person
- You feel special and valuable

### **Love for No Reason**

- Fully present in the moment
- Feel a oneness and connection to all things
- Live in the flow of your loving feelings
- Compassionate and nonjudgmental
- Speak and listen from your heart

### **Love for Bad Reasons**

- Using others to fill a void
- Feeling needy or desperate
- Giving love to get love
- Pleasing others to be accepted
- Controlling those you love-so you will look better
- Looking for love outside of yourself

### **The Love Scale (see the Learning Center for this exercise)**



### **Foundation for Love**

Think about the Mirror Neurons and what did you learn from your family, or those that raised you, about love?

What examples of love did you see and feel and experience? Negative or positive.

These experiences are your current foundation for loving yourself and others. Take the time to do the exercise in your Learning Center on your own to identify what you may not have noticed.

## **Inner Connection**

When you consciously engage at the first level of your subconscious mind, that part of your intelligence that was formed in the womb to age 5 in the theta/delta brainwaves, you have the power to change, improve or remove ideas that were established during that time in your life that are limiting, inaccurate, or simply wrong!

Your younger self represents your emotional body, your subconscious mind, and is the vessel of the dreams and desires of all that you wish to become.

The best way in the world to come to a peaceful safe place in your thinking is to make friends with your younger self and to take care of that small vulnerable younger self within.