



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 4

Handbook

Finding Certainty in You Creates Balance in Relationship

Learn to trust yourself!

Replace lack of trust, or fear in trusting others, with trust in yourself – so you seek only the best and most trustworthy people for you.

How committed are you to identifying what inner relationship rules you have projected onto your partner and how committed you are to be flexible and loving in changing the (rule) expectation?

Replace, “I don’t trust others” with, “I don’t trust myself to choose the right people, places and circumstances for my best loving good.”

I don’t know how I reestablish my trust in myself. I only know that I do now and I am fulfilled.

Either you 100% create your reality, and in fact you do - or you are a victim of others – which you are not.

The 100% Relationship Rule

What creates the resistance to successful partnership is withholding communication and blaming the other person. Or communicating anger, resentment and criticism rather than love, support and joy about the other person.

There is not a 50/50 partnership; only a 100% commitment by each person.

I make a 100% commitment to being in a successful relationship. That means I take 100% responsibility for a happy relationship and 100% responsibility for an unhappy relationship.

5:1 Find what is good

Dr. John Gottman of University of Washington studied marriages in order to predict which marriages would be successful.

One of Dr. Gottman’s biggest discoveries was the 5:1 Relationship Rule.

The rule states for a marriage to be happy and successful, the ratio of positive interactions to negative interactions has to be great than 5:1.

When ratios dip below that 5:1 range, the marriage was in trouble and showed signs of failing.

Significance: feeling unique, important, special or needed

What are you doing to support, love, improve yourself and contribute to you and your relationship?

What good things attracted you to each other – write out 5 to 1 ratio. That is 5 positive reasons you are together for every complaint – and if it is lower than 5 positive to 1 negative then command a change of your judgments, resentments and unhappy feelings by your Command.

You can only change you – you can never change another person – ever!

Higher values

Making a connection of love and happiness at a higher frequency than your immediate family needs.

What does your love relationship hold as its highest value – a commitment that is greater than the 2 of you?

The frequency of Love

Love 500-540

Only if, in the level of Reason, you start to see yourself as a potential for the greater good of mankind, will you have enough power to enter here. Here is where you start applying what was learned in your reasoning, and you let the heart take over - rather than the mind - you live by intuition.

This is the level of charity - a selfless love that has no desire except for the welfare of those around them. Gandhi and Mother Theresa are examples of people who were living at this level. Only 0.4 percent of the world will ever reach it.

Levels of consciousness

Dr. Stephen Hawkins says that the two most difficult spiritual growth barriers seem to be at level 200 and 500. Two hundred, the level of courage, represents a profound shift from destructive and harmful behavior to life-promoting and lifestyles living with integrity.

Currently, approximately 78% of the world's population is below 200. The destructive capacity of this majority drags down all of mankind without the counterbalancing effect of the 22% above 200.

Because the scale of consciousness is logarithmic, each incremental point represents a giant leap in power. As such, one person calibrated at 600 counterbalances the negativity of 10 million people below 200.

Love is a choice

The ancient Greeks used the term Agape – most closely defined as unconditional love. Agape is a choice, a decision made to love regardless of circumstances. Unconditional love means loving the essence of the person no matter what they do.

It is learned and must be practiced as a choice.

Unconditional love is an action rather than a feeling – to act with love under all conditions.

Connection with unconditional love

Thoughts from www.wikihow.com/Love-Unconditionally

Love more by “caring” less.

Wait, isn't caring what love is all about? Yes, you want to “care” for a person in the sense that you strive for their well-being and happiness. You don't want to “care” in the sense that your love is predicated on specific outcomes, which by definition is conditional.

So, not I don't care what you decide (because your well-being is irrelevant to me); but instead, I don't care what you decide (because I just love you regardless of your choices and actions). You don't love in return for actions that make you happy; you derive happiness from the act of loving unconditionally.

Don't expect to shield someone you love from all discomfort and pain. Part of loving someone is fostering their growth as a person, and pain and discomfort are an inescapable part of growth in this life. Unconditional love means doing what you can to make the other person happy and comfortable, but also helping them grow through their inevitable experiences of discomfort.

Don't lie to "protect" the feelings of someone you love; support them in dealing with their feelings in the face of pain.

For example, lying about a dire financial situation to spare pain is likely to foster more pain and distrust in the long run. Instead, be honest, supportive, and eager to work together to find solution.

Love yourself unconditionally –

Unconditional love starts at home, with oneself. You know your own flaws and shortcomings better than anyone else, and better than you can ever know anyone else's. Being able to love yourself despite this unsurpassable awareness of your own faults puts you in the position to be able to offer the same to others. Thus, you must be able to recognize, accept, and forgive your own imperfections in order to do the same for someone else. If you cannot deem yourself worthy of being loved unconditionally, you'll never truly be able to deem yourself worthy of offering it.

Be strong in our convictions for conscious consideration of all life, of all cultures, of all spiritual and religious beliefs. We can continue to stand for what we tell ourselves we are about and surrender only to our own best selves.

~ Dr. Katie Garnett

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

Unconditional Love

Noun – affection with no limits or conditions; complete love.

We love YOU! Asara, Bonnie and Dr. Katie