

How to Find Your True Love



Guy McKanna & Kristen Rickard

How to Find Your True Love

- a practical guide to finding the love of your life

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Kristen and Guy are soul mates who share their knowledge and experience to help you find the love you've always dreamt of. Kristen is a former midwife, who delivered the results of love on a daily basis. She is now a clinical researcher helping to identify and overcome pregnancy and birth issues. Guy is a former archaeologist, award-winning journalist and author who reconciles modern science, ancient scriptures and spiritual writings to provide practical and personal ways to enable you to find true love. He is also the author of *Soul Power: Science, Spirituality and the Search for the Soul and The Ultimate Meaning of Life (and answers to other really big questions)*.

Also by Guy - the soul power series

The Ultimate Meaning of Life (and answers to other really big questions)
2010

Soul Power: Science, Spirituality and the Search for the Soul 2003

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Introduction

- **What's the best love story you've ever heard?**
- **Where's the love you dreamt of?**
- **Why haven't you been able to find your true love?**
- **What happened to your hopes of a bright future with a loving partner and loving family?**
- **Why do you feel alone, even if you're in a relationship?**
- **Do the beatings of your heart seem like the hand of a clock ticking slower as the battery runs down, out of sync and with no recharge in sight?**

You're not alone!

We each want to be loved, we all need love.

Yet, few of us are finding it easily.

There are many wonderful, kind and affectionate people who are single - and wish they weren't. So why can't you find one of them?

You can. You can escape the loneliness, the hurt, the pain. You can find love, true love.

The first secret is that it starts with you. You need to learn what true love actually is, as it's not the love that you see around you. Rather it's the highest form of love where you're so connected with someone that loving is easy, serene, caring - true. Some people call it finding your soul mate. It's one of the greatest experiences of human life and with a little knowledge you can find it. We did.

One reason why it's so hard to find is that few people teach you about true love; it's not part of any school curriculum and there are few refresher courses. Your parents might not have been the perfect role models either and you may have learnt some fallacies – even bad habits - about love.

In fact, most of us get off to a bad start to finding true love, being raised on myths and fairy tales about it; often with the handsome prince and naïve princess somehow coming together to form the perfect couple

that live together happily ever after, without any challenges or conflict. These stories encourage us to place our happiness in the hands of another; encouraging dependency for many women and creating expectations that most men find impossible to meet.

You might've been brave and tried new ways to find love, such as online dating. The development of the Internet has certainly expanded how you can search for love. No longer is the focus of love even physical it's virtual - what you imagine someone to be. The difference between what you imagine and who the other person actually is can lead to disappointment and disillusionment, or a loss of self-confidence in your judgment, in yourself.

It might seem that you're now further away from love than ever before.

At some point you realise you don't know what to do to find any sort of love. For example, Guy is an only child who came from a 'broken' home with one parent who was busy surviving. When he met his first wife, he thought he could create what he didn't have as a child - a partner who loved him, then children who loved him. He needed to work hard to be able to afford a home to house and nurture all this. But working hard meant there was less time for his then wife and children. The spare time that he had found him tired and hardly 'loving' anyone, as he wasn't even loving his own life. He had a family and all the trappings, everything society said he needed. But he knew something was missing - true love. He didn't know how what to do and eventually the love that was there withered.

Today we see couples everywhere facing the same challenges. We've written this book so you don't have to make the same painful mistakes we made - and we've made some big ones in the past.

We've taken a different approach to other books, a 'down-to-earth' approach that we've found to be the best way to cut-through all the misconceptions and the pain to provide you with the truths of love.

You know that to get a good job you need knowledge and skills. It's the same with love, you need to know what love actually is if you are to break the cycle of dead-end dates and relationships and find your true love. That knowledge is here.

We've scoured the best writings and research on love over the centuries and today as well as examined the scientific evidence as to what love actually is and brought it all together in one easily accessible place for you. That means you won't find a personal diatribe about us here, though we do provide some examples to illustrate various points.

In the following pages, you'll soon learn more about love than most people ever know in a lifetime. You'll gain information and practical tips that

will help you find love. In Part 1 we reveal 10 truths or secrets of love which will help you avoid making more mistakes, experiencing pain and provide you with the power to find true love. Part 2 shows how to apply these truths and is packed with tools and techniques to help you find the wonderful and warm love that is the exhilarating stuff of books and movies. It can also help you improve an existing relationship. (Some of the secrets and tips provided could be books in their own right, but we've kept them brief - and provided lots of them - to better help you.)

Why us? We've been fortunate to learn the truths and secrets of love, to apply them to find our soul mate – each other - and experience true love. We've emerged from darkness, despair and pain (what some people might call hell) to the joy and wonder of truly great love (what might be called heaven). Guy's time as a single dad raising two teenage daughters also provided a unique perspective and helped him to understand the different ways men and women look at love. What we've learnt has made our lives better, much better and we found true love - the love of our lives.

You too no longer have to be alone or to hurt; you too can experience true love.

But to experience it you can't wait for it to come to you, you can't have someone else find it for you, you have to take the first steps. Finding true love starts with you. Start here now.

One word frees us of all the weight and pain of life: that word is love. Sophocles

What is love?

We all know from first hand experience that love is powerful. Some people say it's the greatest and most wonderful thing you can ever experience.

We all want it. Consider a survey that asked "would you marry somebody who had everything you looked for in a partner, but whom you were not in love with?" More than 90 percent of woman and 86 percent of men said "no"!

But just what is love?

There are as many different perceptions and definitions of love as there are people, as we each experience it differently. This is one reason why it's so hard to find; we each have different expectations and experiences of what love actually is. You, and any potential partner, have to be able to bridge the gaps in expectations.

Even when you look at love objectively there are discrepancies. For example, some scientists say love doesn't exist, while others say it's all in your head. Up until recently, most scientists said love was about chemistry and the interaction of molecules and hormones within you. They believed that chemicals with big names such as noradrenalin, dopamine, phenyl ethylamine, oxytocin and others forced you to act in certain ways and created what you perceived as love.

Yet, when you see someone at a distance or talk to them on the phone those molecules don't cross the intervening space and trigger a chemical reaction and the sensation of love. There's something more powerful at work.

Science now shows that those chemicals are set in motion by electromagnetic signalling, or what you might simply think of as waves of energy. (The next few paragraphs are a little technical, but stick with it as it's important.)

These waves are amplified by those chemicals, which in turn further strengthen those waves to create harmonious energy patterns in your head, heart and body. This is like pushing someone on a swing; each push sends the swing higher.

Another way to think of this is that love is like your personality or character. You can't pinpoint your character, it can't be seen or its location determined; but it exists and certainly impacts the world. Neurologists know

that while we all have the same chemicals, bodies with similar brains and number of nerves in each, the way those nerves are connected is different in each of us. Your experiences, learnings and resulting nerve connections are unique and how energy flows through them is what makes you who you are and forms your personality.

When you're 'in love' your energies, including your brain and heart waves, as well as chemicals, emotions, thoughts and actions and flowing harmoniously together and focused.

This is like when you or someone is on a swing and someone else starts to push the swing; it rises higher and higher as more energy is added.¹

This is also a little like a laser, which brings together and amplifies waves of light energy to make a powerful and illuminating beam that's stronger than the individual waves of light on their own.

This results in one of the strongest, most harmonious energy patterns you'll ever feel in your heart, in your mind, in your body – and in your life.

So now you know that love is, ultimately, energy.

The ancients knew this, with many cultures and religions describing love as an energy, a power - the power of love.

More recently, medicine has recognised different types of energy flowing and interacting within you, with doctors measuring heart waves (electrocardiograms or ECGs) and brain waves (electroencephalograms or EEGs). Science has also shown that your five senses of hearing, smell, sight, touch and taste are all electromagnetically-based; as are your perceptions, feelings, thoughts and memories. Biologists have also recently discovered that there are also direct currents flowing through cells that encase your nerve cells and that harmonious energy flow is important to the quality of your feelings, thoughts, learning and your life.

As such, you're not just a physical or chemical being, you're also an energy being.

Accordingly, it's more accurate to say the "energy" or "power" of love, rather than "chemistry" of relationships.

This is a big change to how most people used to think of love, previously thinking of it as the soul-less interaction of chemicals. This tended to make many of us think that we were at the mercy of those chemicals, that we couldn't do anything about love other than just wait until

¹ This appears to invoke what physicists call stochastic resonance, where energy waves and patterns constructively add together - and which can heighten the sensitivity of our nerves and ultimately emotions and feelings.

we bumped into someone whose chemicals interacted well with ours to experience love. That's no longer the case.

You have more control than you realised over love.

Realizing this is the first secret to finding it. Start to look at love this way and you'll make a difference to how you approach it, to finding love. It helped us to find true love!

There may be no other word in the English language that is so loaded with meaning, emotion, opinion, fear, heartbreak or joy. Yet, in the human experience there is also nothing more important. We can have amazing kids, a great job, a fit body, financial abundance, emotional strength and spiritual resolve, and yet, without someone to share it all with, our lives have less meaning and substance. Experiencing great love allows you to revolutionize virtually every aspect of your life. Anthony Robbins and Cloe' Madanes

The key to love

By understanding a little more about the power of love you'll be better able to find it.

For example, one of the most important attributes of energy is that it doesn't like differences and will ultimately find ways to balance them. Read that again, as this is a secret to finding enduring and blissful true love. Love energy has to flow, expand and balance.

Another fascinating aspect of energy is that it's all connected, as shown by Albert Einstein.² This means that your energy is subtly connected to that of other people, to the wider world and universe around you. So you're never really alone; at least not in terms of your energy.

Another important aspect of energy is that it lasts forever, it's eternal. It cannot be destroyed, it can only change form - and you can help it change form.

While there are a lot of other attributes to energy, we'll try to keep it simple and focus on what it means for you and love.

Ultimately, energy is conveyed by waves.

How those waves interact is key. For example, waves of energy can join together to be stronger or they can cancel each other out, with a whole range of variations in between (such as ripples in a pond).

Energy is neither good nor bad; it's how energy interacts to become stronger or chaotic that we distinguish as good or bad. When waves of energy join together to become stronger, they're considered harmonious or coherent and include positive thoughts, happiness and love. When waves interact chaotically they detract and can be considered as 'bad,' making it harder for you to concentrate, reduce your awareness, make you feel uncertain, even fearful and create what you experience as stress.

Despite their substantial impact on you and your life, you're rarely aware of these waves of energy flowing within and around you.

Your brain has the greatest amount of energy flowing within you, enough electrical energy to power a small light bulb.

The next greatest concentration of energy flowing within you is in your heart. The Institute of HeartMath found that the electromagnetic signals

² The Einstein, Podolsky and Rosen (EPR) experiment shows that all energy is connected and somehow knows what other bits of energy are doing, no matter where they are.

generated by your heart can influence another person's heart and brain waves even when they're a body length away. (This is one reason why people have traditionally associated love with the heart.)

This is also, partially, how falling and being in love works; your energy and that of another person becomes synchronized.

The next greatest concentration of energy flowing through you is in the nerves in your stomach. This is why you sometimes feel 'butterflies' there; it's the nervous energy there flowing around inside. There are also other various energies flowing around you, such as in your digestive, circulatory and other biological systems. Electrical waves also form the basis of your five senses of touch, taste, sight, smell and hearing.³

Biology teaches that homeostasis, bringing your energies together into balance, is a key function of life (not just the universe) and that all living organisms strive for this equilibrium.

Yet few of us ever consider our energy. Big mistake!

The ancients knew the importance of this: the Upanishads of India said what people call "spirit" in man and the spirit of "heaven" are one and the same - there's nothing other than energy.⁴

Given that the eternal energy within you is borrowed and that one day you have to give it back, what are you doing with yours along the way?

Love is one of the ways that your energy flows best and looking at ways to make it flow better can help you find true love.

True love is a little like the beam from a lighthouse. During the dark it shines and reflects. Picture a stormy ocean at night with huge waves and roaring thunder. Then picture a powerful spotlight coming from the light-house - the light plunges through the rain and waves and isn't harmed by them. Why? Because light/true love has an entirely different nature than that of the rain, or the waves. Light is superior to all darkness in life. During the bright light of a sunny day the beam of light simply merges

³ Sight is your response to electromagnetic radiation focused through your corneas onto your retinas and then conveyed by electromagnetic signals to your brain for processing. Hearing is the response to sound waves impinging on your eardrums, which send waves into the cochlea and are again sent electrically via nerves to your brain. Smell is sensed by olfactory receptors in your nose, where the actual odor binds to cell membranes and again triggers nerve impulses to the brain. When you touch something it's again electrical nerve impulses that convey the sensations to your brain.

⁴ Everything you see and experience around you is ultimately energy, as shown by Albert Einstein's famous equation. $E=MC^2$ shows that things with mass, or physical substance, are related to energy - by light.

with the natural light energy of the universe. Derived from
Vernon Howard

Part 1

Secrets of love

Love secret #1 - there are different types of love

Many people think there's just one type of love.

Wrong.

There are several, and quite different, types of love.⁵

You need to be aware of the different types to find true love. They include:

- Physical
- Mental
- Spiritual
- True love - which encompasses all the above.

Which of these have you experienced?

You already know physical love, as it's the type you see all around you everyday, on television, in books and in movies.

When you're young, you're attracted to physical attributes of people, to looks and bodies and spend a great amount of time and effort trying to explore these.

Also, there's no denying the power of the physical biology of love: our bodies are designed to reproduce. You were likely taught about this at school and gossiped about it with friends.

Marketers also use this type of love to sell things to you, so you have this type of love pushed to you all the time. You're led to believe that you must have it or you're missing out and will suffer. This has also distorted much thinking about love.

Once you experience and somewhat understand the physical aspects of love, you might realise that there's something more, that there's a 'mental' or social form of love.

Mental love is where you want loving companionship, conversation and friendship as much, if not more, than the physical aspects of love. It's

⁵ Just as there are different types of energy.

why and how you seek relationships with friends, family and a special partner.

While physical love fulfils our physical and biological needs, mental love helps alleviate loneliness, makes you feel more connected, safer and secure.

This type of love has a lot to do with how you feel and think. Studies have found that just mentally recalling thoughts of a loved one can create pleasant feelings; that meditating about love can generate more harmonious heart waves (ECGs) than people who are simply resting.

Once you obtain mental love you might sense that there's still something more. For example, you can be in a relationship, in a marriage with children, and never be physically alone, yet still feel isolated and that something is missing.

Secret What's missing is spiritual love.

Have you ever had a spiritual experience? More than half of us, some 53 percent of people, have experienced a moment of sudden religious awakening or insight, found Gallup polls in the 1990s in the United States. The *British Medical Journal* found an even higher 76 percent of people in the United Kingdom reported having had a spiritual experience.

Scriptures show that love and things spiritual are intricately related. For example, *The Bible's* Gospel of John describes how "God is love, and he who abides in love abides in God, and God abides in him." Other scriptures refer to God as spirit, while others refer to God as light - suggesting that love, light, spirit and energy are all somehow intertwined.

When mystics and saints use the word "love", they tend to use it with detachment from any personal desire. They refer to a power, an energy, that not only helps you feel better but also helps you determine how to act - as in a loving way. For example, Mother Teresa suggested that it isn't what you do, but the amount of love that you do it with that counts. She said doing things with the positive energy of love made them easier and more effective.

This type of love also includes religious or spiritual rapture, where some sort of energy seems to flow through people who report spiritual experiences.

Secret True love encompasses all of these forms of love. This is why it's considered much more powerful.

True love is when all your energies flow together harmoniously and where someone else's energy adds to yours to create something even

stronger. It's when love and life is easy, serene, whole, complete and content.

It's when you feel that you can be your true self; when someone else values you for whom you are. There are no conditions. There is nothing destructive.

Tip Very few people consider these different types of love. Yet this is what you need to do if you want true love.

The secret to finding your true love is to recognise that there are different types of love and step-up to true love. The next secret shows you how to recognise the difference between true love and other types.

To realise true love is to rise above your base animal nature and realise that there is more than the physical in front of you, more than the mental and emotional inside of you, that there is the power of love everywhere - then to tune into it and realise what you are capable of. Kristen Rickard

Love secret #2 - what type of love do you want?

What's your experience of love?

The different types of love fall into two fundamental forms. Physical and mental love are what can be considered 'romantic' love; while spiritual love is closer to true love.

Once you understand the differences between these two forms you can better grow your love towards true love.

Secret Romantic love tends to be a need; you 'need' this sort of love, you need physical sex, companionship or the like. Many people 'in love' are actually 'in need', in romantic love, in lust, in a relationship.

- Romantic love is more a thing, more like a noun; while true love is more a process, a verb
- Romantic love tends to be measured by quantity, whereas true love has an immeasurable quality
- The opposite to romantic love is hate and fear; while there's no opposite to true love, no fear
- In contrast, true love is not just a relationship, it's relating. It's not something you need, but rather something you give.

Do you know why you want love? It's important to figure this out.

Is it because you see it all around you, on television, in music, at the movies? Is it because you have friends 'in love', maybe some getting married or having babies? Do you want love because society tells you that you should have a boy or girlfriend, then get engaged, a wedding, and a house and mortgage then babies so that you fit in; because that's what everyone else is doing? Or do you want love to feel better, to not feel alone? These are all valid reasons to want to love.

However, have you noticed that with these reasons you're aiming to be just like everyone else? Do you want to be like everybody else or do you want something greater?

If you want love to have a husband and a family to meet social expectations then don't be surprised that once you get these that you might

also then get the next social feature of some marriages - a stagnant relationship, maybe even divorce, as previously happened to us.

One reason we make such mistakes is that many of us carry around an ideal in our minds of the perfect partner we seek. Sometimes this is a fantasy that's just a mirror image of ourselves, of all the qualities we lack.

What's the person you desire like?

Are you generally attracted to people similar to you, those a little different, or those who are the opposite?

We are often subconsciously attracted to someone to improve and balance our relationship with our inner self (balance our own energy).

Consider how if you're a 'good' person, do you really want a 'bad' person to 'balance' the good in you, in your relationship?

Yet, some people seem to keep dating 'bad' boys or girls. If you seek someone opposite to you there can be a big imbalance that can be hard to reconcile.

This is a big issue to be aware of – and to avoid. One of our daughters once told us and some friends that a young boy who asked her out was “too nice” to keep dating. We all gasped in horror given our personal experience encountered in dating 'bad' boys and girls and quickly told her that the 'good' boys cause less heartache and were the ones that she ultimately wanted for the long-term.

While there are a range of reasons why many of us are attracted to not so nice people, it's key to realise that love does not change a person. If you aren't happy with the way your partner is now don't get married. Never marry potential.

True love is loving someone just the way they are; not wanting to change or 'fix' them. True love is not a spouse renovation project. But more on this later.

So who's good for you?

Secret There's a way to take the guesswork out of dating - always try to date someone better than the best date you've ever had.

In other words, don't just date for the sake of it.

While this sounds like comparative common-sense it's also scientifically proven, with statistics showing that if you pick someone too early you risk making a decision without checking out all the available options. While if you wait too long to select a partner then the available pool will only have a few candidates to pick from.

So what's the optimum number of dates or the optimum time to settle down?

It's not age, not even number of partners but rather the amount of knowledge you have about love that's most important.

If you know and understand what love is, especially why you want love, then you can more quickly assess potential partners. You can more quickly determine - and decline - those whom won't work out, allowing you more time to spend with those who might. This can also help you avoid staying in relationships that are not right for you.

Knowing about love provides a competitive advantage. You are less likely to choose the 'wrong' person and have to try again, or remarry, when you're older. For example, if you choose someone early on without enough comparison you may one day meet someone who has those qualities that you dreamt of, and you'll resent the partner you're with. (There are, of course, examples that are the exception to this, such as successful arranged marriages and the like.)

You'd research, learn, inspect and do tests before you bought an expensive car or house – so why wouldn't you do the same before choosing a life partner? Learn more about love.

As such, do you know what makes you happy (besides physical things)? Figure that out before using other people to determine it for you.

Tip What type of partner do you really want, what attributes attract you? Do you have a list of what you're seeking? Does it include the practical as well as passionate aspects of love?

Most people's lists contain physical attributes they desire, such as physical looks, in a potential partner. That's fine, if all you want is a physical relationship.

Does your list include any mental attributes; such as wanting a companion who can converse and is caring, warm, loving?

Does it include any spiritual ones? If not, why not?

A better approach is to turn this around and list what you have to offer a potential partner.

What do you think is your best physical attribute? What's your best emotional attribute, your best mental and spiritual features?

Would a potential partner be able to easily recognise these? Why not?

What would a potential partner love most about you right now? Is this what you want to be loved for? Do you want someone with similar attributes?

What do you have to give them right now?

Do you have love to give?

Or are you giving love to get love?

If so, stop! You can't force love energy to flow towards you.

Tip If you 'need' love, it's not a love that's expanding, flowing or balanced - it's not true love.

Rather, you're trying to fill a gap in the energy within you or balance your own energy. Once you realise that, you can fill that gap and move on.

Secret To move on, to turn your love life around, turn around your focus on love. Don't focus on getting it, focus on giving it.

A major part of this secret is to realise that progressing from romantic towards true love is not about getting more love, not even doing more things to get love for your self, but about giving love.

The way to do this is to find the love energy that you already have within you and help it flow outwards towards others in the most harmonious way possible. That energy is there within you, somewhere.

Realise there's more than the physical in front of you, more than the mental and emotional elements inside of you. There's also the power of love. Tune into it and realise what you are capable of.

If you can give love, then you have something to offer potential partners (or keep an existing partner with you).

You'll have something that can attract true love to you. For example, one reason most people want love is so that they can feel better. If you can make other people feel better, happier, loved for who they are, they'll want to be with you.

As many scriptures say, you reap what you sow.

What sort of love are you giving now?

Love is ... the only truly real and lasting experience of life. It is the opposite of fear, the essence of relationships, the core of creativity, the grace of power, an intricate part of who we are. It is the source of happiness, the energy that connects us and that lives within us. ... Ultimately, it is the only thing we can really give. Elisabeth Kubler-Ross

Love secret #3 - how can love be so painful? How to stop it being so

One moment you're so in love; then something happens and you're not; you're in pain.

Why doesn't love always remain constant? Do relationships have to be up and down?

They don't.

A major reason for the pain, the ups and downs, is often related to why you want love and how you go about finding it.

The ancient Greek philosopher Epicurus suggested that pain is at one end of a scale with pleasure at the other - and that most of us swing between the two. Most people seek pleasure, seek love, to cover pain. However, this traps us in romantic love as we 'need' it to hide and balance our hurt.

Secret The ancient philosopher was almost right: love is indeed a matter of balance, in particular balancing your energy.⁶

Swings in your emotions are showing you that your energy is trying to balance but is having trouble.

When you have problems and pain it's generally a sign that you need to get your energy flowing, expanding and balancing.

A major cause of problems and pain is that your view of the world doesn't match reality; that what you're experiencing doesn't match what you believe, feel or think. For example, if someone says they love you but their actions suggest otherwise this will create chaos in your thoughts (brain waves or EEGs) and emotions (heart waves or ECGs) and pain can result as you try to reconcile the difference.

Another cause of emotional pain is uncertainty and fear. Guy recalls when he was dating one partner how everything was quite uncertain and that he was afraid he would lose her. This was so out of character for him, as he has faced death several times and is rarely afraid. Yet, he was terrified.

⁶ Researchers at the University of Michigan found some emotional pain is conveyed along the same nerve pathways as physical pain and is one reason why the pain of heartbreak seems as real as an actual injury.

Why? He soon realised that he had attached his love, his feeling good, to her and was reliant on her to feel good.

This is something many people do. It's easy to get caught in this pattern of reliance on another to make you feel better. But this is a short-term solution.

Secret You cannot continually rely on someone else to make you happy.

For example, there's an adage that says some people marry a partner who is like their mother or father, as they never grow beyond the parental relationship. Some people do seek a partner with the attributes of a parent as that is what they feel comfortable with and are used to; while others do so for other psychological reasons.

If you seek a partner who is like your parents you could be encouraging them to be your 'parent' rather than a true partner. Ultimately, you should be seeking a partner whom is who is like you.

You should not expect and demand someone to give you what you your self are not willing to give. That's unfair, unbalanced and at some stage the natural laws of the universe will balance things out for you.

Another cause of pain is perceptions and responses to what has happened in the past. For example, Guy was going out with the most wondrous woman, but at the start of the relationship she did something that reminded him of his ex-wife and he felt the pain from that previous relationship. The pain was so great that he even contemplated leaving the relationship. He eventually figured out what had happened was an inadvertent action from his new love that had rekindled issues of self-doubt that he had experienced in a previous relationship.

So be careful that when you enter a new relationship that you don't bring 'baggage', or energy patterns, from previous ones. Even though you might think you've left it behind you may have not.

Tip One of the best ways to address pain is to determine how your energy is flowing. How's the flow of your energy? You can determine this by considering your emotions and what they're showing you.

Emotions are energy in motion (e-motion) and compel you to take action to try to make your energy flow better. They are electromagnetic 'tags' that you add to your perceptions, thoughts and memories. For instance, looking at an image of a naked person can either lead to lust or repulsion, depending on your reference of nudity: a physical education teacher might have said it's natural, while a preacher may have informed you that nudity is akin to the 'devil'. Which perception, and emotion, is

stronger is dependent upon what impacted you the most at the time and how you've since developed your knowledge and frames of reference.

Is an emotion trying to tell you something right now?

When you feel a strong emotion, stop and figure out what the increased energy flow (or blockage) is trying to inform you.

Ask yourself questions that will help identify emotions, such as why you were angry or fearful in the first place, why you were unable to be more 'loving'. What stopped your energy flowing harmoniously? Was it something real or your perception?

All energy conveys information. Once you recognise what information that energy is trying to communicate to you, you can then do something about it.

Recall how energy is neither good nor bad; it's how energy patterns build upon one another or become chaotic that makes you perceive something as good or bad, pleasurable or painful.

Find a way to replace them with healthier emotions, with a better flow of energy.

The laws of science show that things balance-out over the long-term; so if you've had a hard time and felt down lately prepare for things to rebound and improve. If your past has been 'bad' your future can be good. (Though you might have to learn how to change what you've done previously so that things can change in the future.)

While it can be hard to leave behind baggage and heal the hurt we've each experienced and have inside, embrace what has been and how it has made you stronger. For example, if you are stuck in the past, stuck on a previous relationship, consider why. What did you get out of it that you don't have now and need? Then consider what is required for you to 'move on'. Remember attachment stops energy flowing and as Buddha said attachment creates suffering.

Rather than be afraid and do nothing, do the opposite – do something. The wheel of life will continue to turn: it is up to you to move and grow with it – or struggle against it (using lots of energy to do so). So use times of change and endings to restart, to try again. There is a saying that "sometimes life gives you a shakeup to help you wake up".

Tip Consider what's your greatest fear, for example, and why? (Some of the best marketing techniques work by playing on your fears, such as you'll suffer or cannot survive without this product or service. Studies have proven that creating a fear of loss is more effective in marketing than appealing to desire or greed. People care twice as much about avoiding losses as they do about making gains.)

Are you defined by your fears and what you avoid, rather than by love? Guy was once so focused on avoiding someone that he walked onto the road without looking and was fortunate that he was not run over by a taxi. So be careful where you focus your energy.

Secret Another part of the secret here is to transform the energy of your emotions so that it flows and ultimately balances.

When your energy flows together and is focused in one direction you're happiest, most content and able to experience true love.

It is then that you may experience what psychologist Mihaly Csikszentmihalyi calls "flow". This sensation is like being carried along by the flow of an effortless current of some type.

It's a state that artists, sports people and others experience when they're feeling in the 'groove' or the 'zone', when time seems to fly by and the activity creates a sense of elation. You feel in harmony with yourself and your surroundings and possess a sense of peace, clarity, fulfilment and connectedness.

When that flow is more acutely focused and focused on another person you may experience what we know as love.

This is science showing, again, that love is an energy pattern.

In contrast, long-term chaotic energy patterns can manifest as actual pain or illness. Guy recalls a time he felt quite depressed because of conflicts between his thoughts, emotions, social conditioning and the 'negative' actions of his then partner. The chaotic energy had such an impact on him that it physically and mentally hurt so much that he wanted to end the pain, the chaos, his life. And the chaotic wave patterns meant he couldn't think clearly to sort it out.

Tip It's important to be aware that when you're being impacted by emotions that they're trying to tell you that you need to pay better attention to what's happening to your energy. They're informing you that you need to use your energy better, in particular the energy of love.

Painful emotions can also be an indication that you're in romantic love and that your energy is not flowing harmoniously. As the *Bible* says, there's no fear in love, love casts out fear.

Once you've made this realization, had this shift caused by the pain of love, you can do something about it. It might just be a matter of refocusing your energy.

Tip When you're feeling emotional pain, try this secret short-cut. Rather than try to resolve the conflicting emotion as soon as you can, sense it, then try to balance it by turning your thoughts towards love. Sense a great moment of love in your life and recall it. What you're doing is using

the power of love to balance those conflicting emotions. This is one of the greatest gifts of love, its ability to bring things together - it's like a 'reset' button on a computer that helps rebalance your energy, rebalance you. This is why many of us seek physical love (sex, orgasm, self pleasure) as it's one way we instinctively rebalance our energy. You can also do this with just your thoughts.

Rather than get stuck on some emotion, to someone or something; let it go, let the energy flow. (This echoes scriptures and spiritual writings about self-forgiveness, forgiveness of others.)

Remember, you're aiming for your energy to flow, expand and balance.

Also consider how much energy you're putting into love at present?

You're already putting a lot of physical energy into going to work, paying the bills and so on. But are you putting enough energy into your love?

Consider, how often do you talk and for how long? Are these superficial conversations about domestic issues, household chores and the like or are they deeper conversation about you and your partner, your dreams, fears and desires?

Listen to yourself, your emotions, your energy in action, and what they're trying to tell you.⁷

The energy of love is already inside you.

The next secret reveals ways to unleash this energy and direct it towards true love.

The unhealthy sacrifices you have made in the past can, if not healed, put you off relationships for life. Or they can put you off taking the next step in commitment and intimacy in your current relationship. When you are in love, you recognise that loves wants to give everything, totally, and that there is no feeling of loss. However, when you are in unhealthy sacrifice, giving away feels like loss. ...unhealthy sacrifice is a covert operation of 'giving in order to get'. ... You may find, for instance that giving too much hides feelings of unworthiness, a desire to please, a fear of rejection, wanting to be the one in control, a reluctance to receive and a lack of authentic presence and openness on your part. Robert Holden

⁷ The struggle between thoughts and emotions cannot be resolved by the mind gaining dominance over emotions, or vice versa, but rather by increasing the harmonious balance between the two.

Love secret #4 - why doesn't love always last? How to make it endure

Often in the search for love we look for another person to love us, a 'better half' to complete us. But putting the responsibility for your happiness onto another person is unfair, unreasonable and disempowers you.

Your relationship to love, how you think about love, is often a reflection of your relationship to yourself.

Strong relationships depend on strong self-awareness. If you don't know yourself how can you expect someone else to know you, let alone love you?!

Secret As such, finding true love starts with you.

Instead of trying to find someone who will love you, start by making yourself more loving.

Stop worrying what everyone else thinks of you. What do you think of yourself?

Unless you can find warmth, happiness and love in your relationship with yourself you'll struggle to find these in your relationships with others. If you can't be nice to yourself, or nice to those around you, how are you going to be nice to someone whom you're attracted and would like to be nice back to you?

You're the only one who can control your love energy. Before you enter a relationship you should have your own energy flowing well and balanced.

Tip Start by caring about yourself, or as some people say "love yourself first".

Don't be hard on yourself, be soft and gentle towards yourself.

Learn to accept yourself, your own shortcomings.

Learn how to forgive yourself, again and again and again.

Learn to give to yourself, to let things go, to let your energy flow.

Being single doesn't mean you have to be lonely or without love. It's simply not true that you cannot have love without a partner. You can have love even if you are on your own.

Fall in love with the life you have. Enjoy your own company. If you can you won't feel so lonely.

Most people search for love outside themselves.

For example, some people believe they will be happier "if" they do this or will be perfect if they get that; "if" they become like everyone else (whom they assume are actually happy themselves). This is why some of us believe that getting married will make us happy.

If you are unhappy and single, you could well be unhappy and married!

Marriage is not a solution to personal, psychological or emotional problems. Rather, marriage exacerbates them.

If you are an unhappy single person, you will be an unhappy spouse.

If you are not happy with yourself and your life before marriage, work on making your single self happy first. Then any marriage will have a much better chance of success.

Be different, turn the situation around by finding the love that is already within you. (There must be some love there somewhere; you must have loved someone once.) Take that love and amplify it.

When you can be happy when you're on your own you've learnt a great secret of being happy.

Another key here is that we each do things to make ourselves feel better, mostly physical things such as eating, drinking, and shopping or the like. But these are often just short-term remedies. Try to feel better about yourself without a physical crutch. The less you want or 'need' something or someone the more ready you are to expand from romantic love towards true love.

When you experience love every day, your own love, you'll attract it to you. The more you care for and love yourself, in a selfless and non-egotistical way, the less you'll be a desperate searching person. You become a person others want to meet.

Tip Be open and honest with your self. You need to connect with your inner most self, not your ego, to truly connect with another.

If you can't be open and honest with yourself how will you ever be open with another?

If you're pretending to be a 'different' person to who you really are this not only takes a lot of effort and energy but you could find that someone falls in love with the image you're projecting, rather than the true you.

If you have to be someone else other than your true self to be in love, in a relationship, get out.

Similarly, if you're quite self-focused, or what others might call 'full of yourself' and your own self importance or ego you may have no room for anyone else.

Seek a partner who is considerate of others; not just themselves. If their focus is on themselves and their needs how much energy will they place on considering you and your needs? If they can't easily share their energy, themselves with you you'll have trouble finding and developing true love with them. Egotism negates the constructive energy patterns of true love.

Tip Love requires transcending your ego. You need to connect with your inner most self, not your ego, in order to best connect with another.

A friend realised that when he has romantic trouble it was generally because he had let his ego get in the way of his love.

Also realise that you don't need to be perfect to be loved. For example, Kristen used to ask Guy "why me? I am far from perfect". He says it's because her energy is perfect for him, in that his and hers add constructively together. He can see what Kristen calls her "imperfections", but they mean nothing to him. He sees the whole of her, her physical beauty, her mental clarity, her wondrous soul and the 'glow' of energy that she exudes when she is with him.

Secret You have to be open and have room for a lover, for love.

Surprisingly, while some people seek love they also create barriers to receiving it. They want a fairytale prince to come and rescue them, fight for them – to make them worthy of love.

Do you feel unworthy of love? Is the real reason why you want love to validate yourself?

Many of us seek love for this reason. Guy did. He believed that if he had love he was worthy of living. It took years to realise that he did not need this validation and that his life was indeed worthwhile.

Has someone said something to you to make you seek validation? Have they projected their own lack of self-worth onto you?

If so, realise - and accept - that you are worthy, worthy of love!⁸

Open yourself and be available to love. There is no reason to hide.

This is an important aspect of finding your true love – or letting your true love find you.

⁸ Science shows your energy has value in that it interacts and influences the world around you – as such you have an impact on other energy, other people and the wider world – and your life has value. How much is up to you, to whether your impact is creative or destructive.

Accordingly, you may need to reduce or remove any filters, parental influences, social conditioning or other barriers that you have put in the way to being loved. Realise that you may have learnt the wrong things about love, been poorly influenced by your parents or siblings and that you can start afresh.

This is why finding love starts with you. Once you've opened and connected with your inner-most self, when you've found the truth and love within, you're ready to connect with others at that same deep, true, level.

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, and fabulous?' Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.
Marianne Williamson

Love secret #5 - give it

Many of us have been hurt so much when it comes to love that we focus on protecting ourselves from experiencing any further pain.

While this is common sense, it's important to be aware that when you focus on your pain you're inadvertently taking the focus off finding love, off your partner and your relationship if you have one.

If this happens regularly it can undermine love, as a partner may see this as you withdrawing love. If they don't know why they may do the same and withdraw their love. This can in turn lead to you each further withdrawing love from one another and creating a downward spiral where your energy is refocused on pain, then inadvertently adds to it.

Do you recognise when something triggers you or your partner to stop giving love? Have you learnt how to let things go, to let go of the past?

Secret Don't ever stop giving love without making it clear why!

Step-up, speak up and say why you feel like you do, why you want to withdraw. (Sometimes someone will say or do something that triggers past issues within each of us. Explain that.)

Another secret is that you have to let go to let love energy flow, to be able to give. (This doesn't mean you ignore or forget issues and problems, rather you let the energy stored in them flow to something more positive.)

Love energy has to not only flow within you, it also has to expand. One way for it to expand is for it to flow outwards from you, as through giving.

Tip Try to keep giving love.

If you can continue to give love you have learnt a great truth about love.

This is not easy and often feels the opposite of what you want to do.

Similarly, don't sit back and wait for love to come to you; be proactive - get out there.

Demonstrate to potential partners that you're a worthy person with something to offer. If you can't show that you're a wonderful person or if you expect a potential partner to make great effort to discover what you offer be aware that it's a competitive world and if you don't show why you're worthy of his interest someone else might.

Secret Another key of this secret is not to compromise, not to give in or 'give away' yourself to make someone love you. You remain true to yourself and you give love because you want to.

(Recognise that if you're trying to give love to someone who doesn't want it, and who has indicated this, that you should stop. If you're giving of energy is not welcome it will not interact harmoniously. You cannot make someone love you; no matter how hard you try.)

Secret Another secret here is not to give love to get it in return!

Love has to be given unconditionally for it to be true. The more love you give the more love you should feel, as suggested Kubler-Ross.

Unfortunately, many people give 'love' in the hope that they will receive it in exchange.

If a potential partner can't give their love to you without expecting something in return you'll have trouble finding true love.

How can you expect someone to give to you what you yourself are not willing to give? It's that simple!

This give-to-get approach changes the flow of love energy and doesn't lead to true love, just a dead-end where you can get stuck.

Seek a partner who is not self-focused, not egotistical. Seek someone who is considerate of others, who can share their energy, who can give love.

So how do you give love without wanting to get it back?

Tip One way to do this is to give away what you value most, suggests Wayne Dyer.

For example, Guy wanted love the most of anything in life. But it was not until he learnt to be able to give away love and not expect anything in return that he found it. He found that by living a loving life that he was more true to himself and more at ease as his energies flowed harmoniously within him.

This echoes verses in scripture that say to give as you wish to receive, echo Mother Teresa's suggestion that we should each live life lovingly, acting with compassion, giving love.

When you're hurt and can keep giving love, you've learnt another secret of true love.

One reason why it's important to keep giving love is that it keeps energy flowing.

You can never give too much love; love, like energy, is infinite. True love is about enabling the flow of love energy. By giving love you're giving and sharing energy.

When your energy flows and expands, no matter what, you've taken a major step towards the enduring joy of true love.

Nothing in life is as complex or rewarding as our intimate relationships. We have all been through some of the deepest pains and greatest joys while connecting closely to another human being. Real love is the highest form of giving. And it is also where we achieve the most inner personal growth. Thus, to fully love another person is perhaps one of the most divine experiences on earth. Sage & Anthony Robbins

Love secret #6 - where to start

While most people seek someone they're physically attractive to find true love you should be 'looking' at the energy of prospective partners.

Since we can't 'see' energy, most people ignore this approach. Big mistake.

Sure, you need someone whom you're physically attracted to and are compatible with. But it's generally not the most important attribute for most of us. Less than 8 per cent of people surveyed in Australia cited physical looks as the most important attribute they were seeking in a partner. By contrast, the same survey found three quarters of people want to be with someone whom they could be themselves with.

Starting at the physical bottom means you have to work your way up and that takes much more effort than starting at the top by seeking someone with compatible energy. (Also, as you struggle upwards you might find differences between you; but you may have invested so much in a relationship that you stay in it, even when you know you should move on.) Guy recalls how he dated several women who were considered beautifully physically, but few of them were also beautiful on the inside as well. He found Kristen to be truly beautiful on all levels, in all dimensions.

Secret If you find someone who's energetically compatible to you, then the mental and physical attributes tend to fall into place. It's that simple.

Where do you start?

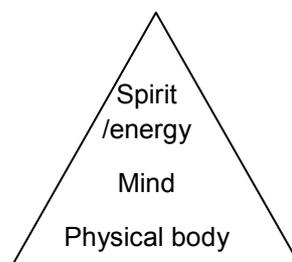


Figure 1. Start at the top.

Also realise that love is not as scarce a commodity as it has often been made out to be. There's plenty of love energy to go around. We all want it. We all have it to give.

So turn the traditional approach to finding love around and start by looking 'top' down.

It's the person inside, their soul, that you're trying to determine how they might connect with yours. True love is where you connect with another on all levels - physically, emotionally, mentally and spiritually (in terms of energy rather than religion).

How do you do this?

Take the approach of a head-hunter friend of ours, who teaches big companies that when they're recruiting people they should hire those who best fit their culture, who embody the ideals of the organization. She coaches them on how to employ people who are prepared to work together with others to achieve a common objective. They might not have the same personality type, not even the same views, but they are able to band with others and work together.

Look at potential partners in this way: do they have similar ideals to you; do they think of others and work together with them? Or do they take control and direct or do everything on their own?

Ask them what their views are on love, on true love, and how they've gone about finding it? Do they have the same ideals and approach as you?

Tip Some of the best advice we've heard about how to find a potential partner is to seek someone who is similar to you.

Remember how your character is comprised of energy patterns; look at other peoples' personality, their character and determine how theirs meshes with yours.

Secret One of the best ways to do this is to seek someone with a similar attitude towards love as you.

Does a potential partner, or even an existing one, have the same perception of love as you?

Do they want (or even need) the same things from love as you do?

Do they want the same sort of love, true encompassing love? Or do they just want one aspect of love, such as physical love – be it sex or children and family. Or do they want love so that they are not alone and have companionship?

These are things that you need to ask and determine from potential partners, as if they have similar attitudes to you there will be less conflict. Whereas, if they want love for very different reasons, you'll experience

conflict trying to resolve the differences. Assess and resolve differences early on and you have a much greater chance of success, of true love.

Accordingly, these could be the most important questions you ever ask while on a date.

They are also great conversation topics that will help you determine whether to continue dating someone or move along.

Tip If you and your potential partner think the same way, have similar attitudes, aims and enjoy similar things then chances are that your energies will be similar and join together more easily than with someone quite different.

Communication is one of the main ways that you share your energy with others. This is why finding someone with whom you can communicate well is so important.

So start at the 'top', look at others' energy; their spirit rather than their physique. Do they have a warm and loving personality? Does their energy constructively add to, or detract, from yours? (There are many more tips in Part 2.)

Once you've found someone you think adds to you, the next secret shows how to connect with them, to grow true love.

Responsibility without love makes us inconsiderate. Power without love makes us cruel. Belief without love makes us fanatics. Intelligence without love makes us dishonest. Lao Tzu

Love secret #7 - the heart of love

Another secret of true love is to not look for differences, but rather to create connections.

What do you tend to do? Do you focus on differences between you and others?

If you look for and focus on differences, that's what you'll find. Or do you seek and build connections? Look for things in common then you'll find them.

How do you connect?

Unfortunately, today's modern lifestyle sees more of us connect less than ever before. Mobile phones and texts, the internet and emails, sees people communicate indirectly rather than in person.

But it's through personal connection that you meet people and find out with whom you can connect best. A 2011 survey by Relationships Australia found the majority of people met their partners:

- through friends,
- at social occasions, or
- at work.

Only 4% met their partner online.

It also noted the main challenge to finding a partner is meeting enough new people.

As the adage suggests, it takes a lot of kissing frogs to find a prince. It can be challenging - even painful - meeting, dating and realising that someone is not quite the person you seek and then breaking up with them. Dealing with other people is the hardest thing you will ever do. The first person to climb Mt. Everest, Sir Edmund Hilary, said this was harder for him than climbing the world's tallest mountain, he once told Guy. But you have to do it to meet people. It is that simple and that hard. Remember the anonymous quote that says "great love and great achievements involve great risk".

How much of yourself are you prepared to risk? You need to be active, courageous and willing to talk to people. You need to be brave and risk rejection!

You need to get out there, meet and talk to people, connect with people.

When talking to someone ask them about themselves; people generally like to be asked and talk about themselves. Use this to your advantage by asking a question or two to get a conversation going. Then listen. Then try to sense if there is any connection; how does their energy flow and interact with yours?

A tip here is that when dealing with people, take note of what they do, more so than what they say. If the two don't match, re-evaluate.

If you already have a partner, or just met a prospective partner, have you noticed how most couples tend to share negatives, share worries caused by daily life? While you need to address these, you also need to share your positives and connections in order to balance your energy, your life, your love.

This is a significant shift in the way you should approach love, approach each other.⁹

Secret Depth and intimacy of connection is the difference between a friendship and a loving relationship.

When you open and share your inner most self, the energy essence of you or what has traditionally been called your heart, to another you invite them to open and share the same with you.¹⁰

If you can't open your heart how do you expect them to open theirs?

Though, if you open your heart and someone doesn't open theirs, or can't communicate well, you need to let them know. Guy experienced this issue with one wonderful woman, in that they got on well and tried to grow the relationship; but they weren't easily able to share their hearts and it didn't endure as they couldn't connect at their core.

If you don't open to each other you'll remain acquaintances doing a dance of daily domestic life and never truly connect.

Seek to share your inner most self, your deepest dreams and desires, maybe even fears, with each other. Intimacy means there is no privacy. You open your heart, yourself. This is the only way to truly know each other.

⁹ Some people suggest men and women are different, even from different planets, and that you have to focus on these differences. We think you need to do the opposite, focus on what you have in common.

¹⁰ Sharing your heart should not necessarily be done on the first few dates, not until you have at least determined that a prospective partner can provide a safe and secure environment to do this.

Tip To do this try to continually relate to each other, try to know each other better.

When you share your inner most selves you create connections beyond the physical, beyond the mental. Creating such connections lifts your love out of the ordinary.

Try to see the many facets of others; try to know your partner's inner most self, their inner most thoughts and feelings, their deepest stirrings. By doing this you'll know your own deeper stirrings too.

You can never truly know your partner, as they - like you - are continually changing, growing and interacting. As things continually change around and between you, you need to continually revisit and reconnect with each other.

To be truly together is forgiving and understanding that your partner is as human as you are. They'll commit mistakes, just as you commit them. Accept their humanity with all the frailty you are prone to. Add a little forgiveness.

Above all, make them feel safe and secure with you.

This is key. Just as you want to be with people who make you feel, certain, safe and secure; so too do others, especially your partner.

One reason for this is that finding and building such heartfelt connections with a partner enables your energy to not only flow, but to also expand. As it expands it can also create, it can create true love.

Build connections, in particular connections at your deepest levels, to find your love true.

In the beginning only peripheries meet. But if the relationship grows intimate, becomes closer, becomes deeper, then by and by centres start meeting. When centres meet, it is called true love. ... [True] love is very rare. To meet a person at his centre is to pass through a revolution yourself, because if you want to meet a person at his centre, you will have to allow that person to reach to your centre also. You will have to become vulnerable, absolutely vulnerable, open. It is risky. To allow somebody to reach your centre is risky, dangerous, because you never know what that person will do to you. And once all your secrets are known, once your hiddenness has become unhidden, once you are exposed completely, what that other person will do, you never know. The fear is there. That's why we never open. ... Even husbands and wives who may have lived together for many years may be just acquaintances. They may not have known each other. And the more you live with someone, the more you forget

completely that the centres have remained unknown. ... Unless centres meet, sex is just a meeting of two bodies. And a meeting of two bodies is not your meeting. Sex also remains acquaintance - -physical, bodily, but still acquaintance. You can allow somebody to enter to your centre only when you are not afraid, when you are not fearful. So I say to you that there are two types of living. One: fear-oriented; one: love-oriented. Fear-oriented living can never lead you into deep relationship. Osho

Love secret #8 - make your partner happy

Have you noticed how you prefer to be around family, friends and other people who make you feel happy; rather than those who make you feel bad. We're all drawn to people who make us feel good.

It's simple survival. Being around happy people can make you feel happier; their happiness 'rubs' off onto you, as their positive energy can add to yours.

If you make your partner feel good it's likely they'll always want to be with you.

One of the best ways to make someone happy is to value them for themselves.

Do you love them for who they are? Do you, can you, encourage your partner to be themselves?

What is it that your partner needs to feel better about themselves – and therefore in turn feel better about you?

Appreciate and love your partner as an individual and for them self; rather than as someone who 'completes' you, who fills the gaps within you, as someone who makes you feel better.

Encourage and help your partner's energy to flow, expand and balance and you'll realise another truth, another secret, of true love. It can be that simple to creating enduring true love.

Love is what we are born with. Fear is what we learn. The spiritual journey is the unlearning of fear and prejudices and the acceptance of love back in our hearts. Love is the essential reality of our purpose on earth. To be consciously aware of it, to experience love in ourselves and others, is the meaning of life.
Marianne Williamson

Love secret #9 - add more

Another secret to true love is to add more love energy.

You can add (or subtract) energy to your love. The more constructive energy you add the better.

It's a matter of finding that right energy, right pattern, right love that adds harmoniously to yours.

This is how caring words, candles, music, gifts and the like add to romance - they add to and amplify energy.

The key is to add lots of other types of energy, in particular non-physical types like mental and spiritual energy.

Adding more energy simply makes what you already have stronger. Add more love energy and you'll make your love stronger.

This is a little like pushing that swing that's already in motion, the extra pushes can have a large affect in making the swing, your love, rise even higher.¹¹

Take your love to a higher level by focusing extra energy on your partner and your relationship.

This often requires you being less self- or task-focused. Put aside your own needs and focus on the needs of your partner.

Being romantic is all about adding more energy. Those candle, music, touch, talking, dining are all about adding more loving energy to make the situation - your love - greater. The key is to do romantic things that add energy to your partner. There are many things that can do this.

True love is where your energy adds to that of your partner - and theirs adds to yours.

For nearly 2 weeks I experienced first hand what it's like to block the flow of energy. It's miserable; it's the opposite of what life's meant to be like. What I realised was is that it started with me and it ends with me. Quite simply I held back my love: I put the plug in. I can't remember why I chose to do that. Though I do know that if I had been giving my love without conditions, there

¹¹ Science shows just how this works, through the property of stochastic resonance.

would have been communication - and the exchange of energy. Those two weeks would have been spent more positively. Instead I felt the tension in my body, my shoulders tight, my heart racing at times. Old negative thought patterns seemed to blossom to life and stagnant energy inhabited my body. I felt weighed down with emotions such as frustration, impatience, a lack of motivation and even fear. I had created a wall, a big wall that nothing or nobody - or energy - was getting through. I felt like I had lost my sense of self. I became disconnected from my spirit and the more I tried to connect, the harder it seemed. Now I know the secret is love. Even though I knew this in my head, I wasn't practicing it with my heart. Love, the most powerful energy, transforming life every second, endless like life itself. It is now amazing when I think about how powerful the energy of love is. Lisa Hughes

Love secret #10 - what's a soul mate?

There are as many suggestions as there are souls.

Some people say your soul mate is someone with whom your innermost self relates to best. Others say it's someone with whom you share a common path, while other people say it's someone who accepts and loves every aspect of you for who you are. Others suggest it's someone who 'completes' you and enables you to obtain happiness and fulfilment.

Others suggest a soul mate is an entity that you know from a previous or past life; which necessitates a belief in reincarnation and that you have 'lived' before.

Religion has also made many suggestions as to what a soul is; while science said souls didn't actually exist - until now.

As such, a big problem to finding your soul mate is figuring out just what your soul is.

Dictionaries and encyclopaedias say the soul is something beyond your physical body that gives you life and encompasses your personality and conscience.

Scriptures refer to your soul leaving your body after death and continuing forever. This means that your physical brain, heart or nerves can't be your soul as they don't continue once you die.

The *Bible* says the Holy Spirit is within you, as well as outside and that it somehow directs you.¹² This makes scientific sense if you replace the

¹² One of the more detailed descriptions on how to do this is in the *Kabala*, which suggests "the purpose of the soul entering this body is to display her powers and actions in this world, for she needs an instrument. By descending to this world, she increases the flow of her power to guide the human being through the world. Thereby she perfects herself above and below, attaining higher states by being fulfilled in all dimensions. If she is not fulfilled both above and below, she is not complete. Before descending to this world, the soul is emanated from the mystery of the highest level. While in this world, she is completed and fulfilled by this lower world. Departing this world, she is filled with the fullness of all the worlds, the world above and the world below. At first, before descending to this world, the soul is imperfect, she is lacking something. By descending to this world, she is perfected in every dimension." The reference to "displaying her powers" and "increasing the flow of her power" seemingly refers to the soul being energy based. It also suggests your soul, or energy, is not complete and that by being in a physical body it can learn and have experiences to improve and become complete.

word “spirit” with “energy”. Energy is within you, also in the world outside and directs everything you do and forms the basis of your perceptions, feelings and thoughts.

Similarly, souls are generally described as being eternal, and science says the only thing that is eternal is energy.

Secret All this suggests that your soul is the way energy flows and interacts within you.

This is similar to how your personality and character are now recognised as being comprised of energy patterns.

Another way to think of your soul is a little like computer software running on the hardware of your body. If the software programs, or patterns, are corrupted your computer and its output will not function as well as it could.

Tip Just like software, your energy patterns - your soul - can be upgraded and improved.

You can change and improve them by adding energy, adding learning and experience.

How your energy meshes is in a large part up to you: you can direct and control how it flows, expands and balances.

If your energies are flowing together harmoniously, expanding and balancing so too will your soul - and love.

The fact that you can consciously alter your energy differentiates you from everything else in the universe. It echoes those scriptures that encourage you to improve your soul to enter heaven.

Take charge of this power to find your true love.

A soul mate is someone who has locks that fit our keys, and keys to fit our locks. When we feel safe enough to open the locks, our truest selves step out and we can be completely and honestly who we are; we can be loved for who we are and not for who we're pretending to be. Each unveils the best part of the other. No matter what else goes wrong around us, with that one person we're safe in our own paradise Our soul mate is the one who makes life come to life. Richard Bach

The power of the secrets

You've just learnt several secrets to finding your true love. While they may seem disparate and unrelated, if you put them together and build one upon the other you have the power to find your true love.

- Recognise there are different types of love
- What types of love have you experienced, compared to the type of love you want?
- What is the difference and how do you bridge it?
- If you 'need' love realise it's not true love
- Acknowledge your emotions (energy in motion) as they're trying to tell you something and get your energy to flow
- Focus your energies to flow together more harmoniously to elevate your love towards true love
- Once love energy is flowing well within you expand it, give it - unconditionally
- Look for partners with whom your energy flows and connects best
- Connect on all levels – emotionally, mentally and spiritually as well as physically
- Delve deep into you and a partner's inner most selves to strengthen your connections
- Add even more loving energy to make your love even more powerful
- You're the only one in control of your energy.

Now you have this knowledge, know these secrets, you're ready to apply them to find your true love.

By letting your love energy flow and focusing it (like focusing the light in a laser) you can strengthen it to enable you to find your true love. You now have the power.

The next part of this book has a range of practical tips to show you how. While not every tip is suitable for everyone, as every person is

different, you'll find techniques that will help you. True love is waiting there for you to find it.

"Love is a game that two can play and both win," Eva Gabor

Part 2

Keys to using the secrets

How to find a soul mate

Finding the 'right' partner is key to the quality, and even length, of your life. This one decision can determine 90 percent of your happiness - or misery.¹³ So it's important to get it right.

So how do you find the right partner, your soul mate?

Here's what you've been missing, the key we discovered that can help you find your soul mate.

It's that your soul is related to the way energy flows within you and therefore finding your soul mate is a matter of finding someone with whom your energy best connects!

A soul mate adds to and amplifies your energy - and your energy theirs.

Unfortunately, you cannot easily 'see' how your energy could connect when assessing potential partners. It will vary from person to person and only you can sense and determine this.

As soon as you look beyond the physical you will see, be attracted to and meet, a lot more people who could be a good match for you.

There are many people who could be a great energy fit for you.

There are almost 7 billion people on the planet, which means that there are hundreds if not thousands of people with whom your energy could connect well.

This means you are not looking for "the one", not looking for a needle in a haystack. There are likely to be several potential partners that you can relate with and grow love with!

This also means that you don't have to compete for the same person as your friends.

To find someone with whom you can experience true love requires real contact and connection. Unfortunately, many of us are more comfortable writing short texts or emails to one another, rather than having a real conversation or contact with another person. But avoiding actual contact by hiding behind a computer isn't the answer.

¹³ Says H. Jackson Brown Jr., author of *Life's Little Instruction Book*.

You need to get out and meet real people to see with whom your energy meshes best.

There are a myriad of ways to do this, ranging from online dating sites on the internet, to groups, to asking friends to suggest to just talking to people you meet - everyday.

Get out there and meet people and interact to see how your energy might, or might not, connect with others. Maybe set yourself a target of talking to five new people a day. This could be on the way to work, at work, after work, shopping or on the weekend.

Another way to expand the number of people you meet is to ask your friends and those whom you interact with who they might know who might make a 'good' connection for you. They already have some idea of who you are, as a person, and might know someone who could connect well with you. If you never ask you'll never know.

Similarly, another good way to start to find your true love is to get out and meet people who like what you do, who have the same characters, similar attitudes and aims. Join a new group or network that engages in activities you've always wanted to do. You'll then come across more people with whom you may connect.

There's also the Internet and a range of dating websites that list thousands of potential partners for you to consider. These sites also provide information on dating: read it or search the web for dating tips and techniques. When using these sites, ensure you put down what you're looking for, not what you think will attract someone; after all you want to attract someone who'll value you for who you are. Be honest about what your best attributes are that might appeal to someone else as well as what you seek from them.

Also, take a look around you; there are scores of people with whom you interact with each day. Have you ever looked at them beyond their physical appearance? Who around you has the same interests, aims and attitudes as you?

Or there could be someone you've been interested in for years, but been afraid to let them know. A colleague knew his true love as a child, but all through his childhood and teenage years he didn't realise this. He even married someone else, with disastrous results. It wasn't until he was in his thirties that he recognised his childhood friend was his ideal partner. We ourselves were distant acquaintances for a few years, before developing a simple friendship. It was not until circumstances changed that we realised there was a lot more to our relationship and each other.

Be brave when considering someone as a potential partner; the worst they can do is to say 'no thanks'. If they do, move on, there are plenty of others waiting out there - it's just a matter of meeting them.

But also be sensible and cautious. For example, you may notice people at work, friends of friends or others to whom you are potentially attracted; but you also notice that they aren't very nice to other people. Realise that if someone can't be nice to those around them, how are they going to be nice to you? The way people interact with others provides an indication of how they may ultimately interact with you, provides an indication of the energy inside, of their relationship with themselves.

This is one reason why you shouldn't settle for just one form of attraction, such as physical attraction, in your search for true love. While physical attraction is important, it's not the first and only thing you should be looking at.

Once you meet someone whom you're attracted to simply smile and say "hello".

Smiling is like sending out a sample of your energy.

You can then sense how it interacts: sometimes it will interact well, other times not.

If it interacts well then communicate - talk and listen. Listen more than you talk as that lets you determine how your energies are interacting.

There's a beautiful story that tells how a man and a woman randomly pass each other on a street and how they each have an overpowering intuition that the other is the perfect partner for them. As they do a double-take of their emotions, they turn around and look back at each other; and when they see one another looking at the other they each smile. They somehow muster the strength to mouth the word "hello", then the courage to stop and speak to one another. They end up walking and talking. They get along perfectly. It seems too perfect, too good to be true. Their own self-doubts creep into the conversation. So to make sure they're supposed to truly be together they decide to part without exchanging contact details and let fate decide if they meet again. They agree that if their paths do cross again that they'll marry on the spot. Days pass, weeks pass and turn into months and then years as they don't pass each other. They eventually go out with other people; others who are not their true love, but who provide some sort of romantic love. Many years later they pass each other on the street again. But so much time has gone by and things have changed that they don't even recognise one another. Their moment, their chance to connect and live a life of true love had passed.

The story, initially by Japanese author Haruki Murakami, has changed a bit in the translation but still highlights how you have to be brave, to trust

your intuition, to smile. You have to get out and have the courage to speak to someone whom may be the love of your life. If you don't, you'll never know if they were.

If you act and speak up only to find that person isn't the love of your life you've probably still learnt something and better know what you're looking for in a partner.

You'll walk by many such people in life, people that you're not just attracted to physically; people with whom you sense there's something more. Turn around and smile.

Also make contact with your eyes. Eye contact is very important – the eyes are often referred to as the window into a person's soul.

You have to put in the effort, the energy. "Give love a chance" is a great saying – you have to be able to be open to the possibility of love. Be ready to let love into your life. For example, we arranged a get together of some of our single friends to see if any of them liked one another. While two of them seemed to like each other, one wouldn't expend the effort to go out with the other to see if their really was something to the initial attraction.

Do you expect to sparks when you meet someone in a group but rarely find it? This is poor approach to finding love, as there is often so much going on in a group - be it at a bar, restaurant or club - that it inhibits the interaction. You might need to expend some extra effort into one-on-one date time to determine if there is a connection. But if you are unwilling to do, or don't know how to do that' then you will find it hard to find love.

Be aware that you might 'connect' with people for various reasons. There's an adage that suggests people come into your life for a reason, season or lifetime - and it's obviously the latter that you are seeking. Sometimes you might be attracted to a person at a particular point of time in life as they help your energy flow better, rather than because they are your true love. Maybe the person is not meant to be the love of your life; but their friend might be.

There are many ways to find love; as we're all different in the way we interact with one another. There are more tips and techniques in following chapters, including a useful tool that we call the 'love equation' to help you find your true love.

Don't settle for less, don't settle for average; only settle for the truth, true love.

How do you know when you find true love?

Once you've found someone how do you really know you've found the 'right' person? We've found signs include:

- Wanting to give love unconditionally to your partner
- Providing a safe and secure environment and supporting them through good and bad times
- Being able to talk, and listen, together for hours
- Sharing your inner most self, your hearts
- Having similar attitudes and aims
- Encouraging your partner to be themselves and being able to accept who they are
- Realizing that every aspect of you meshes or 'clicks; with and adds to that of your partner
- Together you explore, discover, learn, experience and achieve much more than you could on your own
- You are separate, but integrated, adding to each other's energy, life and love and
- Your love is better than the songs and movies you used to associate with love.

From our own experience, and what others tell us, you'll just 'know'. Your partner will be 'perfect' for you; perfect physically (even though they mightn't be the 'type' you usually 'go' for), they'll be perfect emotionally, perfect mentally and your energies will join together to create something greater than you could have ever imagined. Your pasts won't matter. It won't matter, too much, when one of you says or does something stupid. You are able to forgive. You'll encourage your true love to be who they really are, the best they can be. They'll do the same to you. It'll be the love you've always dreamt of.

While it is perfect, realise that it still takes work. You have to communicate, to speak up, to let the other person know when something hurts you - although such instances are few and far between.

Don't settle for convenient love; a love just because it's there and available.

As Kristen says, often people marry someone who is willing and ready to marry us - rather than find the best possible person and attract them to us.

If a love is only half right you only have half a chance of it lasting. Hold out for true love - a love that is 100% right.

Overall, when you share true love with someone you feel and know that you're so valued by your partner; you feel that you're adding value, to yourself, to them, to life and to love.

Now you know what you're looking for get out there and meet people and find your true love!

In short:

1. You're looking for more than just one person
2. Who do you already know that you already like?
3. Be brave, venture out and meet people
4. Seek people who are similar to you
5. When you're attracted to someone (other than just physically) smile
6. If they smile back say hello
7. Ask them about themselves
8. Listen
9. Sense how their energy interacts with yours
10. If someone's energy adds to your energy, and yours to theirs, ask for a date.

You always get exactly that which you deserve. Existence is very just and very fair. So if you are not getting a soul mate, it is not going to help to frantically search for one. Rather look in. You are missing something in you - you are missing love qualities. You are not tender, you are not sensitive, you are not conscious. And you don't know how to give without asking anything in return. Your love is a demand, there is a condition to it. It is a kind of exploitation. ... And then suddenly you will find one day you have found someone with whom your energies are in harmony, in accord. And it is a beautiful experience even to find a single person with whom you are in accord. And here you can find many persons with whom you are in accord. ... Then love reaches its highest peak. It is no more sexual, it is pure prayer. And when love is prayer, you have found the soul mate. Osho

How true is your love?

It was quite painful at times writing this book, as it required us to look at ourselves, our own relationships and why they, why we, had failed.

During the process some key points stood out to us, things that can help you either find or expand your love to something truer.

We've highlighted that true love is more than something physical, more than something mental. But how do you find and apply those other intangible things, those connections, that energy, to develop true love?

Secret A major secret is that there are several things you need to fulfil to have a happy and satisfying life. These needs drive most of the things you do.

By recognizing and understanding these needs it becomes easier to fulfil the ones to do with love.

Then, once you fulfil these needs in your self you can then expand to help fulfil them for your partner and you'll find true love blossoms.

The key is to not rely on your partner to fulfil these needs in you.

What are these intangible needs?

Abraham Maslow's hierarchy of needs (summarized in the diagram below) says we each start our life's journey seeking and meeting physical needs, such as water, food and shelter - and sex.

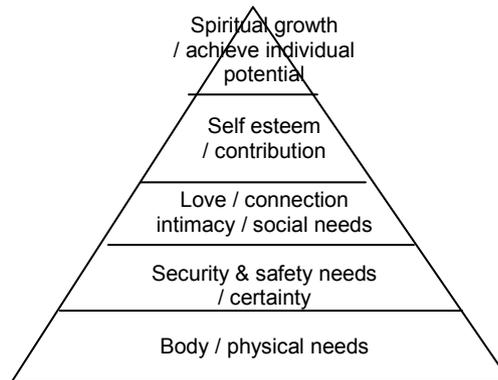
Once you obtain most of these basic necessities you then seek safety and security, the next level up the hierarchy or pyramid. Most of us try to obtain these by getting a good job to provide money for somewhere to live, a house and maybe then start a family.

But these are still physical things and don't actually provide all the safety and security you need. For example, you can have water, food, shelter and sex; but still don't feel safe or secure emotionally or mentally.

Accordingly, you and your partner also need to feel emotionally and mentally safe and secure. You also need to feel secure enough so that your energy, or what might be called your spirit and soul, flows freely.

We all need a safe and secure relationship, as that's where you can truly share your self with another.

What you need in life



*Figure 2: How many of your needs have you met?
How many do you help your partner meet?*

How safe and secure are you in your relationship?

Are you secure enough to progress to the next level?

Unfortunately, many of us venture to the next level without consolidating the previous one. If you don't have safety and security in place it can be hard to develop the trust and intimacy that's key for the third level.

This is where most relationships fail!

This is because most people focus on the physical aspects of each of these levels, when the path to true love is in fact an energy journey and you need to focus on those aspects of each level.

For example, at the often challenging third level love, belonging and intimacy are key. This is where love expands beyond the physical to be more mental, where you forge connections, where you share your inner most self, or heart, with each other.

Tip When you're not getting a basic need (such as sex) from a relationship don't keep pushing for it. Instead, offer something from further up the pyramid to your partner. Men, pay attention here, if you're not getting sex it might be because you're not providing other things that are more important to your partner! (Following chapters provide tips that can help in this respect.)

Maslow's next level is self-esteem and self worth. How much of a contribution do you feel you are making? How worthy do you feel? How's your self worth in your relationship?

Does your relationship add to or detract from your self worth? Does your partner value you? Do you provide your partner with enough self worth?

This is another level where many relationships run into trouble, as many people think self-esteem is about being number one and try to take this position.

Some people are not good at this aspect of relationships in that they 'put down' their partner. One reason for this is that their own self-esteem is low and the only way they know how to improve it is to take it, to take control.

Both partners need an equal amount of self-worth.

Build each other up. You, your partner, should be giving energy (not just physically) to each other. Respect, consider and value your partner so they feel good about themselves. Remember we're all drawn to people who make us feel good. Make your partner feel good about themselves and they'll feel more self esteem. Make them feel happy and they'll always want to be with you, to live with you, to love you.

Maslow's fifth level of self-actualization is where you realise who you are, what you're capable of becoming and strive to be the true you.

In terms of love, it's at this level also where you're loved for who you are.

It's also where you love your partner for, and despite, who they are.

Tip Don't just accept your partner for who they are; encourage them to be who they truly are!

This encouragement of self actualization is one of the greatest differences between romantic love and true love. It's where true love blossoms.

The progression through these levels highlights how self honesty and growth are important to not only you, to each other, but also your relationship and to love. If you aren't able to grow and be true to your self and grow you won't be able to find and grow true love.

This isn't the only model of needs to fulfil in your life. For example, Anthony Robbins extends this by suggesting there are six needs to fulfil in your life to be content and happy.

Certainty For most people, certainty and consistency equates to survival and comfort. You want certainty your car will start, the water will flow from the tap when you turn it on and that your money is safe in the bank. You want to know that your loving partner will always be there for you.

Uncertainty While you want certainty, you also don't want so much that you're bored. You need variety. You need to carefully balance how you meet these two needs.

Significance You sense you're unique and want to be recognised for who you are. Some people seek significance by making themselves

physically beautiful and attractive, others by making more money and acquiring physical objects, others by learning and making themselves more mentally knowledgeable. No one wants to die thinking their life didn't matter, that they didn't matter to their partner.

Connection & Love You want to be connected with others, to be loved and to love. To meet this need you might join a group, a club or get married and have a family. This requires balancing your need for self significance with the selflessness of true love.

Personal growth Growth equals life: everything that is alive is either growing or dying. It doesn't matter how much money you have, how many people acknowledge you or what you've achieved; unless you're growing you'll be unfulfilled.

Contribution Some people try to fulfil this by serving others, sometimes ignoring their own needs. Again, you need to balance personal growth with contribution to the wider world around you.

Besides these needs obviously including love, we've also noticed they have an energy component to them. Meet this energy aspect to better meet the need. For example:

- Certainty that you'll always receive love energy from your partner
- Variety your partner provides a range of energy to you
- Significance your partner's love energy is focused towards you
- Love & connection your partner's energy connects, interacts and adds to yours
- Growth your energy expands
- Contribution your energy adds to and balances with that of the world.

Do you know how you fulfil these needs for yourself?

Do you know what your partner's needs are and what order they need them filled in?

If you don't, ask. Learn what they are so you know where to focus your efforts.

This brings us to another important truth of love – how do you help a partner (also friends, family and others) to meet their needs?

Secret You can be the most wonderful and lovely person, true to yourself, but if you don't help your partner meet their needs the relationship will struggle.

Tip To make a relationship the best it can be, help your partner meet their needs – from providing safety and security through the different levels to helping them actualize and become who they truly are.

By helping each other be truly yourself you will grow true love!

Accordingly, don't forget to speak up about your own needs, which ones are most important to you and how they can be fulfilled. Doing this is also a great way to increase that connection between you and your partner.

The truer you are to yourself, to your partner, the truer love can be.

1. We all have similar needs that we need to fulfil in our lives
2. Recognise these needs and how you fulfil them in yourself
3. Be truthful about how your needs are being, or not being, met
4. Recognise how you fulfil them in a potential or existing partner
5. These needs build upon each other. For example, providing safety and security is the first need and if you can't provide this to yourself (let alone your partner) you'll have trouble fulfilling 'higher' needs such as connection and love
6. If you can help fulfil these needs for your partner they'll truly value you.

To be in the presence of another person who accepts us as we are, gives us the benefit of the doubt, cares what we think and assumes we will act generously is an immensely gratifying experience ... If someone treats us this way consistently we come to love them, sometimes in spite of ourselves. Gordon Livingstone

Phases of love

Everything, including love, changes throughout your life.

You'll progress through different stages and as you do your relationships and love will change too.

There are at least four phases you might progress through. These include:

- Student phase - during which you learn about yourself and the world, where your energy expands from physical to mental
- Family and social phase - where you comprehend meaning from what you've learnt, where your energy expands and connects
- Contribution phase - where you apply the information you've learnt, where you give energy
- An integration phase - where you integrate yourself, and your energy, with the world around you.

These phases involve a transition from a focus on the physical, to the emotional then to the mind, spirit and finally to love.

For example, Guy started his own journey through these phases by first exploring the physical world. In his late teenage years he engaged in extreme sports, pushing himself physically, through rock climbing and caving, finding parts of the world (and him) never seen before. Then he explored his mind, researching knowledge and facts that resulted in writing a book on *The Ultimate Meaning of Life*, which reconciles science, scriptures and spiritual writings to explain the purpose of all life as well as meaning of individual life. Guy then eventually explored his emotions, which he delved into deeply as he found he was repeating emotional patterns and encountering the same painful feelings. It was only when Guy ventured into his soul, explored those energy patterns that he had hidden for decades, that he was able to alter them, and to truly accept himself, to truly give love. It was then that he, we, found true love.

These changes can take time or be quite quick. For instance, there may come a time in your life that you will go through what Wayne Dyer calls

a “shift”, where you move from a focus on physical and social aspects of life to something more spiritual and loving. This is sometimes called a mid-life crisis.

At this time priorities change. For women, this is a shift from focusing on the family, on trying to be good enough and fitting in to a greater focus on personal growth, improving self esteem, spirituality, happiness and forgiveness. For men, it’s a shift from focusing on creating wealth, adventure, achievement, pleasure and obtaining respect to focusing on spirituality, personal peace, family, finding purpose and emotional honesty with themself.

There are also phases of love that you may progress through. We’ve found there are five main phases:

- Attraction
- Romance
- Commitment
- Challenge
- Compassion - true love.

Attraction This first phase is based on physical love and typified by your attraction to someone by how they look, how they appear physically. It’s where you experience infatuation and lust.

This phase is often accompanied by thoughts that you’ve ‘fallen in love’ with someone whom you consider your ‘other’ half and that they complete you. These ‘halves’ are often things you’ve not developed in your self.

This phase of love sees energy flow strongly within you; which makes you feel good, very good.

Romance This next phase sees you expand to the emotional aspects of love. It includes increasing intimacy, passion and the sharing of experiences.

This is where love energy flows from you to another.

This courting phase is where you test to see if a relationship can expand into something more substantial. It’s where most relationships end, as when your energy flows to another person it doesn’t always interact well, doesn’t always add together harmoniously.

Commitment This is where mental attributes of love are the focus. This includes deepening the connection with a partner, consolidation, companionship, integrating and implementing.

You're committed to each other and developing a life together. This phase often includes getting married, setting up house and having children. It's where your love energy expands, creates.

Challenge This phase is where your love energy seeks to balance with your partner and the world around you both.

This is the most challenging phase of a relationship.

It is often characterized by disillusionment, frustration, fighting, withdrawing, complying and possible disintegration of the relationship.

You realise that your partner doesn't 'complete' you, that you can't be your true self. So you try to complete yourself.

In doing so you may have to bargain or battle for power. You argue, compromise or withdraw to avoid issues; to maintain some semblance of balance in the relationship.

Has your relationship become a dance of one person seeking to dominate the other, one wanting to submit to the other to keep the peace, the relationship? It's easy to develop a dependency in a relationship. That independent person you once were disappears and you somehow attach to another and, unconsciously or consciously, are afraid to lose that person; you need them. Recall how 'need' is a sign of romantic love, rather than true love.

This is where many marriages end up. You might think this is the end of the relationship and look elsewhere for what's missing, as in a dalliance or affair, as there seems to be no way out of what seems like stagnation or a conundrum. Other couples stay together, unhappily, because they simply don't know what to do or how to progress to the next phase, how to find balance, how to balance love.

Love and energy are continually trying to balance. This balance changes over time, due to the pressures of daily life, of children, work and the like.

Often couples leave that balancing to fate. Don't!

When in this stage the key is to get your energies flowing again and to expand, then try to rebalance them better together.

To do this, expand your love energy to new areas where you can reconnect. You, both of you, need to give love and give unconditionally.

This may seem like the last thing you want to do when you're having relationship trouble. But it's at this time that you need to do the very opposite of what you feel and focus on your partner and give love energy. (The following chapters provide practical tips on how to do this.)

Compassion This is where you share and connect your inner most selves, your hearts, and is the home of true love.

This is where you're not just physically intimate, but also mentally, emotionally and spiritually (energy) intimate; bringing all these levels together to create something greater. This is where your love energy flows, expands and balances and as it does it creates something stronger.

It's also where love is unconditional and characterized by co-creating.

It's typified by your encouraging and supporting your partner, and others, in their own journey.

Why not start at this phase? If you do, you can grow love; you can improve the love in a relationship.

You [can only truly] love someone only when you truly understand him. This means we must first understand ourselves, which requires self-unity, with no self-contradictions. Your own oneness naturally encloses the other, effortlessly and without personal motive of self-gain. Love has no fixed point; it flows unceasingly, covering everything along the way, just as a stream encloses the boulders in its path. Vernon Howard

How do you relate?

Relating is one of the hardest things you'll ever do in your life.

While deep down we're all generally good people, this doesn't mean that any combination of two good people will make a good partnership.

We both know from personal experience that you can be married to someone for years but not experience true love.

So how do you go about finding love? Can you lift it to true love?

Here are some suggestions and practical tips that can help you better relate and for those with a partner can help improve an existing relationship.

What are you truly seeking? Often we seek things in relationships that are missing from ourselves!¹⁴

¹⁴ Otherwise we'd be truly happy on our own.

How often have you heard someone say that their partner is their better half or that they complete them?

If you seek a partner to fulfil you, you will only ever experience romantic love, as you 'need' your partner to fulfil your needs. Need stops love from expanding to true love.

If you rely on someone else you also disempower yourself. You are the one in charge of your energy, no one else can ever be.

Instead, you need to mostly fulfil those needs within your self first or at least along the way; rather than being reliant on someone else to do that.

Then you can expand, grow and contribute to help your partner fulfil them self - that's true love.

For example, if you're looking for intimacy from someone else this is often a signal that it is intimacy that is missing from your relationship with yourself.

What's missing? If something is missing from within you, you'll likely not find it elsewhere.

Is someone else really going to be able to provide what you are lacking, to better fix your problems?

For example, an affair is a symptom of a marriage in trouble, not a cause. Why is the partner seeking or having an affair? It's generally to find intimacy and love that is not being provided by the other partner.

Accordingly, you need to truly look at yourself and what gaps you're trying to fill within you.

If you want intimacy, you have to be open and honest with yourself.

You have to create an environment where you and your partner feel safe to provide it, to give it, to receive it.

If you want love, you first have to be able to give it.

(If your problem with your partner is abuse,¹⁵ control or something else destructive - something that stops you from being you - maybe you should move on. Seek professional advice if this is the case.)

What needs to change? Change occurs all through life, yet we often expect our partner won't. Then when things get tough, ironically, we want them to change.

When it comes to the latter, why do you or your partner want change? Why are you seeking something else? What are you really seeking?

¹⁵ It doesn't have to just be physical abuse; it could be verbal control or mental abuse. The latter are often harder to recognize and can be endured over long periods of time without knowing that it's happening.

Is it because you feel the relationship is stale, that it's not going anywhere, you think you know all there is to know about your partner, or you want more excitement, or you're not getting what you need?

If it's any of these, then there's a good chance you could grow your relationship more - a lot more. You already have a partner with whom you've had much in common and it might just be possible to improve what you already have.

Couples often take each other for granted and that can destroy love. A woman thinks she knows her man, the man thinks he knows his woman; while in reality nobody knows either.

The woman the man knew when they first started going out is not there now, so much has happened and changed.

She might be a mother now and quite different. Having children brings lots of changes to a relationship and the energy flowing within it, many good, some more challenging. One is that much of a mother's energy is redirected away from her partner, naturally, towards the children. Besides biology and mothering, it's often also much easier for a woman to love her children than her partner, as when they're young they're seemingly unconditional in their need for love.

As the woman expands her love to children, the man generally receives less; which can be hard for many men to understand and accept. Unfortunately, when most men realise they're receiving less love from their partner they start to withdraw their energy. This tends to result in a woman giving even less to her man, amplifying the issue and making it harder for the man to be emotionally open, to step-up and continue to give love to her.

This is a big mistake many couples make.

The man needs to keep providing his woman with love, no matter what.

The mother also needs to recognise that she should still provide her man with love; albeit it might be in different forms.

As children grow they become independent and more self reliant, needing their parents less and less. Parents then need to realise the love they were giving their children also changes, it often becomes more conditional. It can be very hard to love teenagers unconditionally, but still needs to be done.

This is a time for a woman to redirect love towards her partner. It's a time for the man to give more love to his partner.

When children leave home you need to discover new ways to love your partner. Otherwise you might drift apart. This can be done, if you realise what's happening at this stage.

Energy still needs to flow, expand and balance between you. You have to discuss and find ways to expand the way your love flows and balance.

This is key to any relationship that comes under new demands and pressure: you have to figure out how to give love to your partner. You need to talk, listen and explore these changes to continue to love through challenging times.

Don't think that pushing or pressuring your partner will change them. It generally makes them become more entrenched, less open, less safe and less secure, less giving; especially less giving of love.

Pushing someone for their love is similar to trying to take it, to trying to take their energy. If you 'need' love, then remember how you're seeking 'romantic' love and that there's likely a gap within you and your energy flow that only you can fill or move on from.

A better approach is to give love despite what they are or do. This is what many scriptures suggest.

How to keep up with change As life changes you need to find ways to not necessarily change, but rather expand and grow love. We often say to each other not to think of it as a need to change, but rather expand.

The only way you can do that is by connecting, continually connecting, deeper and deeper. You can only take your existing love towards true love by sharing your true self with your partner.

To do this, you need to feel and know who you are, know that you're safe and secure with your partner, to be able to share yourself with them without fearing that they'll use what you share against you, won't hurt you.

Only then can you both share your greatest fears, your greatest desires - your selves.

How well do you know your partner? Do you know and understand their fears, what they seek from life?

Often we don't really know how our partner really feels. You assume you know, which is a big mistake.

Ask them how they feel, truly feel.

As such, you shouldn't just want to know your partner's favourite colour, number or song; you should seek to know their greatest fears. Then help them overcome their fears and realise their dreams.

Explore, experience and relate again; start again.

You have to let love flow, expand and balance. From and to both of you.

Try to connect more.

To do so you will require improving safety and security, improving trust.

One way to do this is for you to start to share your inner-most essence; show how you are. What motivates, as well as concerns, you.

Sharing secrets is considered one way to create intimacy and connections. One study found that when strangers were asked to reveal intimate details about their lives to one another and then made to stare into each other's eyes that many of them reported feelings of strong attraction to each other.

There are a range of other techniques you can use, such as dinners, date nights, gifts, anything that enables the two of you to spend quality time together where you can communicate.

If you have trouble talking, expressing, research more on ways how to improve this. The internet is a great way to find lots of useful information on this and other ways to connect. (Don't forget to tell your partner that this is what you're doing, in case they wonder why you have changed, as this change could make them anxious.)

An exercise to help you work on this is to take three days where the two of you share ways to improve the safety and security of each other in the relationship. In the morning of each day, consider what you can do to help your partner feel more secure about themselves and what they say. Then in the afternoon, share a secret which your partner did not previously know about you. Discuss, talk, and communicate about where you have been, where you want to go and how to get there. Having an aim, something to work towards, helps start connections.

Do you know how your partner best likes to receive love?

Do they prefer to be told, to be shown through touch or through physical things, through some other way or a combination of ways? Ask.

Then simply give love.

What do you say? Do you communicate openly and clearly?

Sometimes much of what needs to be said is not said and bad feelings are bottled up and start to accumulate for both of you.

Somehow you become convinced that your partner will magically know what to do to fulfil your needs. When your needs are not met, you secretly blame the other person and begin to resent them. This can start a vicious cycle and the silent destruction of a partnership if you are not careful.

For example, have you ever had a friend complain to you about their partner and how they make them unhappy? They should be telling their partner this if they actually want a change. Tell them that.

Consider 'spouse assassination', where couples say negative things to each other. While negative comments may initially be said jokingly, they

eventually undermine the relationship. A put down does not impress her, it doesn't add energy; rather it shows you're trying to take her energy.

Instead, say she looks good (especially in the outfits you like or when she is doing something you like). By doing this you're adding energy. You're changing the situation, letting things/energy flow and balance better. If you want a gorgeous loving partner you have to say to your partner that you find them gorgeous and loving - and watch them rise to the occasion.

Men quite often don't know what to say or do and they withdraw. Rather than risk directing energy into the wrong action for their partner, they simply stop giving it.

Instead, open, in particular open emotionally. Say what you feel (not just think) about what it is that led to being quiet.

If a man can be aware of this he can then be present emotionally and open up to his partner.

When you have difficulty communicating, such as when a man is seeking sex and the woman doesn't want it for whatever reason, consider agreeing on a word that says the other is not listening. The use of such a word, such as a woman saying "football" can make the man stop and realise that he is not listening to what his woman is trying to tell him. The word you chose should be able to be used as a 'circuit breaker' that stops and defuses the situation so that you can discuss the real underlying issue (such as why he really wants sex and why she doesn't) and try to find some balance. It's not a matter of one giving in to the other, but rather how to meet each other's energy needs in a loving manner.

Women also need to speak up. Don't hold your feelings and thoughts inside. Try to express them, objectively as possible. Then say what the underlying problem really is.

A man has to pay heartfelt attention to what the woman is saying. Listen! Give feedback to ensure you have understood what she has said.

Demonstrate that you understand what your partner says and how they feel, not assume it. You can only do that by communicating, exchanging words, thoughts and feelings - exchanging energy. A key here is to ask questions. Then listen.

Also tell them how you appreciate them. You can never be too thankful and express too much gratitude. This immediately conveys positive energy and is hard to refute.

What do you do? Actions speak louder than words, especially for men. A man will notice what a woman does much more than what she says. He may also notice what she doesn't do (such as lack of sex), but rarely will he notice what she doesn't say.

Ideally, actions and words should match, just as the energy behind them should be focused and flow harmoniously.

If the words, actions and energy don't match and flow together, question your partner as to why they don't. Discuss what both of you are going to do about it.

Couples must also be committed to making the partnership their top priority. Make your love and your partner your priority so that's where you energy flows, rather to less important things.

Do you hold your partner's hand regularly?

If not, why not? Try it. It is a simple but effective form of connection.

Similarly, do you kiss often? It's another intimate form of connection.

Discuss how you might be able to expand to reconnect at these simple levels, levels where you act and demonstrate that you are connected.

How do you feel? We're all drawn to people who make us feel good.

If your partner doesn't make you feel good about yourself it is only natural that you'll drift apart!

The simple solution is to step-up and try to make your partner feel special.

There many ways to do this. It can be as simple as saying more positive compliments to your partner, what you value most about them.

Don't just say you love them. You need to demonstrate heartfelt emotion, speak with honesty; not just speak empty words.

The best fits tend to be ones where the most important values for both people are met, have life goals that align with one another and have a mutual attraction, understanding, and level of respect for each other.

What's your focus now?

The happiest couples also use their relationship to expand their interests, their experience and themselves - their energy.

You get out of a relationship what you put into it.

Are you giving or taking, caring or selfish?

Ask your partner for a clean slate, to start again, and give it a go.

Remember communication helps energy flows between you.

How do you connect? Do you just relate and connect physically? Maybe somewhat mentally? But do you connect spiritually, energetically?

Affection and sex are not co-dependent. A woman has to know that her man is not just giving her affection to get sex in return.

Unfortunately many men only provide their partner with affection as a means to get physical pleasure.

Affection has to be provided regularly, everyday, without leading to sex. Read that again.

This is very important, unconditional affection is a big step in realizing unconditional true love. Figure out ways to do this, to provide energy to your partner in an affectionate and loving way without conditions.

Consider the adage that women need love to have sex and that men need sex to feel loved. While these might seem like opposites they're just different sides of the same coin. Men want connections; they just start with the physical, as that's what their main focus in life generally is. And for most men, physical connection is the greatest type of connection; the ultimate way a man determines how his woman loves him.

Women also want connections, but they often start with the mental approach, as they have to be smarter than simply using physical force as many men do.

Love is not sex Do you equate love with sex? Is your relationship one where the man seeks sex (lots) and the woman seeks more affection, intimacy and non-physical connection? Many people start relating this way, at the physical level.

Unfortunately, many don't expand beyond this; including some long-term relationships. At some stage one partner wants more, and not just physically more, but the other doesn't know how to provide that "more".

Have you reached a stage where the man can't seem to provide more intimacy and the woman won't provide sex until he does? If you're at this stage of bargaining for love there's a potential solution to this apparent conundrum. The key is a little knowledge that can expand your relationship, your love energy, into new connections.

First, a man often seeks sex, pleasure, to hide his pain. He probably doesn't even remember what the pain stems from. (It is likely to come from another woman, be it his mother, sisters and partner). He may 'need' sex to feel loved. The issue here is that he is focused on the physical aspects of his world, as that is what men have done for thousands of years and what he knows best.

In contrast, most women are focused on the mental and spiritual aspects of their world. Most women want these aspects of love, as well as, not just the physical ones.

This difference can create conflict between some men and women.

Over the long-term, these differences need to be balanced. All energy needs to eventually balance - you cannot escape this simple basic fact of life, of the universe.

Nothing is going to improve until you address this, to get your energies flowing, expanding and balancing.

When a man realises this and knows how to meet more of those intangible needs in himself and his partner then a relationship can truly grow, grow towards true love.

By providing your partner with more of what they need, be it safety and security, connection, love, self worth and ultimately self-actualization, then you become indispensable to those you relate to, to your lover.

For example, if a man provides his woman with self worth, encourages her to be her self then he is likely to get more of those needs further down the pyramid (such as sex –and it will be much better sex).

The key is to expand beyond the basics, beyond the physical.

Expand to the mental, relate and connect on a mental level.

Then take it further and expand into the spiritual.

For example, rather than try to change your partner, expand into areas where you can reconnect.

Focus on the energy; your energy, your partner's energy and how it relates and interacts between you. Is it flowing between you, expanding, balancing?

Whatever the case, you can give more love energy, more consideration, more connection, more self worth, more encouragement, more of you.

Be the hero of your own relationship, to not only save it, but to take it to another level. It's worth giving it a try. If you succeed you can lift your relationship towards the comfort, warmth and joy of true love.

Here's a summary of some of the ways to relate that we've just covered:

1. Often we seek things in a relationship that we're missing from our self. If you 'need' someone to 'complete' you, to provide you with a 'better half', address what you're missing in your relationship with yourself first
2. Realise that things change - and that you may also need to change too
3. Explore, share - yourself - your inner-most self
4. Continually relate with a partner; seek ways to connect, to understand
5. Speak up, listen up
6. Ensure your words and actions are positive and that they match one another

7. If how you feel, think, speak and act all match you'll feel much more content
8. Take a relationship beyond the physical; expand to the mental, then the intangible - to the divine.

We can only find peace and happiness in love when we release the conditions we place on our love for each other. And we usually place the toughest conditions on those we love the most. ... Conditions on love are weights on our relationships. When we release the conditions, we can find love in many ways we never thought possible. One of the greatest obstacles to giving unconditional love is our fear that the love may not be returned. We don't realise that the feeling we seek lies in the giving, not in the receiving. ... When you feel unloved it is not because you are not receiving love; it is not because you are not receiving; it is because you are withholding love. Elisabeth Kubler-Ross

What's a man to do?

This chapter is for men and what they can do to better relate and find true love.

You've probably realised that women tend to be different to men when it comes to love (besides from the obvious anatomy) and that most men are not good at understanding women, let alone love.

A good friend who was dating told us he was just going to be himself and if a woman liked him that was "great" and if not "it wasn't meant to be". The problem was that it took us years to get to know him, who he really was and how loving and caring a person he is. So how could he expect a potential partner to realize that in a date or two? How could he show that he was strong, yet sensitive – and more?

Here are 10 tips that helped him and can help you.

To change you need to realise that you might have to change a few things; or more accurately expand your way of thinking and what you do.

Author and pick-up guru Neil Strauss proffers to men that they should learn to become, and demonstrate, that they are the most interesting person in a room in order to interest potential partners. A big part of this is showing that they understand intangible things, such as love.

Tip 1 We're all attracted to and want to be with people who make us feel good. That's why you like being with your mates, they make you feel good.

When it comes to your partner, do you currently make her feel good about herself?

Answer truthfully. If not, can you?

Of course you can! You're a big strong man and can do anything.

Your partner most likely wants to feel that she's the most important person, not just woman, in your life.

This means that she would most likely appreciate being told that you care for her, that you love her, that you're there for her - always.

Speak up and say something nice. Don't think it's a matter of not saying anything.

Some men have learnt that they can't seem to say the right words to the women in their life. So they end up saying very little, if anything at all - especially nothing complimentary or deep and never how they feel.

Well, this might be the biggest mistake you're currently making.

It's an easy one to fix.

What you actually need to do is to say lots!

Giving loving words, appreciation, is important. It's how you give energy.

You need to tell your partner that you love her, what you love most about her - there has to be something about her that you still like, even if it's you just saying what you like the most about her physical appearance. Tell her what you find sexy about her. Then move onto those aspects of her personality that you appreciate. What attracted you to her in the first place? It's probably still there.

These words need to be heartfelt. Words without feeling won't do it.

You can also show appreciation by giving in other ways, such as giving chocolates, flowers or jewellery.

But remember, these are physical things and while they might help a little it's the intangible things that work best. (Recall how energy doesn't flow in physical things, it's stored.)

What you're trying to do is to get the energy flowing and expanding between the two of you and see how it interacts, whether they contribute and are constructive to each other – or not.

Guy remembers a time when he was working so hard (at a job he didn't like); having to compete, to prove himself to others, to earn money to provide for the family, the food, the car, the house and more. But this wasn't enough to save his first marriage. And it isn't enough for your woman. She requires those higher needs to be met, those higher connections, and those intangibles.

Tip 2 If you have a partner, be brave and ask her why things aren't good between you.

Then listen - stop and listen.

One way to improve your listening skills - and let's face it, most men can improve their listening skills - is to listen then say back to her what you think she said; then ask her whether you got it right. Ask for clarification. Ask how she feels or felt. Only when you truly understand the points and issues that concern her can you do something about them.

A woman doesn't necessarily want someone, you, to do more housework, to do this or that. What she's probably trying to do is to get you to understand her. As author Marianne Williamson says, a woman will be in emotional bondage as long as she needs to worry that she has to choose between being heard and being loved. Your partner needs both!

Once you have done this, tell her what you yourself feel. You need to open yourself and give some of your inner-most self, your heart, some energy back to her. Create those connections and intimacy by offering it

first. This will also help her to feel and know more about you. More importantly, it will help her to start to trust you more. As you open up and reveal yourself she should feel safer and more secure.

One of the best ways to respond and give love energy to your partner is to tell them what you appreciate about them, what attracted you to them and what you adore about her (or him).

You can never say too many positive things, but can certainly not say enough!

Conveying a few kinds words a few times a day - be it in words, email or text - can show your partner that you are thinking about her and appreciate her (rather than take her for granted).

This can be one of the best, and easiest, ways to improve a relationship as it is one to help improve safety and security.

Tip 3 Consideration is also important: you need to consider what impact your words and actions have on your partner. Don't assume you know what she feels and think. Ask her!

Be aware that many of us have expectations of what we want our partner to be and try to make them into what that is. This is a huge mistake. (If you wanted a different partner you should have got a different one to start with.)

Don't try to make her into someone she isn't.

You need to appreciate and love your partner for who she is!

Start by appreciating at least one aspect of her. This could be her hands, shoulders or neck or some other physical, mental or emotional aspect. There must be something that you appreciate about her. Tell her how much you appreciate that aspect.

Then expand that appreciation to other aspects of her, especially those intangible aspects.

Then watch her reaction.

Tip 4 Be strong as well as sensitive. Author and pick-up guru Neil Strauss proffers to men to demonstrate that they are the most interesting person in a room in order to interest potential partners. A big part of this is demonstrating they understand intangible things.

Accordingly, reveal and show how sensitive and considerate you are, while at the same time being strong enough to protect her so that she feels safe and secure physically, mentally and emotionally. Read that again; this is key.

Most women, at some point, have been hurt by a man. So before risking getting hurt again, they want to make sure they're choosing someone who won't hurt them, someone who is honest, who respects them and can reciprocate what they have to give. This is why they want a man

who is balanced, who is strong enough to provide them with safety and security, but who is sensitive enough to listen to them and who can help them fulfil those more intangible needs of intimacy and self-esteem. That is why focusing on the physical alone is not enough to develop true love.

A woman wants to experience the fire of passion, without getting burned or hurt again. This is why a man, you, has to continually reassure her that he can do this - all this.

And you have to be able to provide this reassurance not just with logic, but also with feeling. That is the challenge for a man, for you. You need to express heartfelt emotion of how you feel. But you don't want to be seen as a quivering mess of emotions.

Being strong as well as sensitive on all these levels at the same time might sound like a conflict. But it is possible.

By being strong (especially on the outside and a good protector) yet sensitive and caring (especially on the inside and emotionally) you show her that you're balanced - and that's ultimately what you're supposed to do with your energy.

As such, if you seem so strong, without expressing sensitivity and caring, you might find your woman becomes distant.

Similarly, if you're too sensitive (without obvious strength) you might appear less desirable to your woman.

You have to show both strength and sensitivity to your woman.

When you are seen as strong, capable and confident, yet sensitive, considered and caring, your woman can feel safer, more secure and also more confident.

If your woman feels good about herself and secure when she is with you then she can open up and better connect with you - ultimately on all energy levels, including that of love.

Tip 5 Don't be controlling. Some men think strong means control. It doesn't.

Control kills relationships. Many men try to control what they don't understand, especially their emotions (as well as their women).

Love is not about control, rather the opposite: love energy needs to flow and expand.

When you take control, you show that you don't listen. When you ask for sex, you place conditions on your partner, your relationship and your love. You end up with the romantic version of love, where you are attached to things, rather than true love.

If you see there's an attachment to something, such as shopping, shoes or the like, the energy flow has become attached and conditional. It's probably because they make your woman feel better about herself.

Many people do and buy things to make themselves feel better. If this seems to be to excess, this is a sign that you're not doing enough to make your partner feel good about themselves.

They're having to do, buy and acquire other things to do that.

Ask your partner why she needs these physical objects. Ask more, probe further and deeper, as to what you can do to make her feel good about her self? She might not even know. But she should appreciate the fact that you're trying to let energy flow, expanding it; expanding yourself and your relationship.

Tip 6 Recognise that women tend to be different to you when it comes to making love. For example, a man loses energy when making love, it flows from him to her; while a woman receives and retains it. So when you try to take your pleasure from your woman you're going against the natural flow.

You should be looking at how much energy you provide to her and in how many ways. You can do this verbally, mentally, emotionally as well as physically. When you're doing it the right way she will most likely give some of her energy back to you.

Also recall how you should not be giving affection to get sex in return. Affection has to be shown to be able to be given without leading to sex!

This shows that you are strong and in control of yourself, in particular in control of your body and emotions.

Another important thing to do is to tell your partner how much you appreciate them. Do this by first telling her how you admire this or that aspect of her. Tell her what first attracted you to her. Tell her what you admire about her physical, what you appreciate her emotionally and mentally. Tell her how much you love her. It shows that you are providing a safe and secure environment, via words and actions, that then enable you to build upon this base.

This is one of the easiest ways to give love energy. Don't ever stop doing this; keep doing it even years after you have started going out. It's one of the most important things you can do in a relationship. (Just don't do it on the first date or two, as a woman will often think you are doing it to get something in exchange.)

Make sure what you say about her is sincere.

If your partner says you're not sincere - she may sometimes test you to ensure you are - you'll have to demonstrate your sincerity by reiterating and demonstrating it.

Tip 7 You can never give too much love; love, like energy, is infinite. True love is about enabling the flow of love energy. By giving love you're giving, sharing, energy.

Be more giving, not necessarily of physical things; but more importantly non-tangible things such as attention, affection, interest, time, yourself and love.

Provide regular, consistent (not necessarily constant) quality attention or energy towards your partner.

The more you can give the more you will likely ultimately get: as echoed in the parable that you reap what you sow.

The shift is from taking to giving, to focusing your energy to your partner, to your love.

Consider how when a man looks at other women how this is a redirection of energy away from his partner to someone else. It's the same if you watch lots of sport, if you go out drinking with your friends. When your partner's already receiving lots of love energy from you this should not be a problem; but if she is not receiving enough unconditional love, if it's not flowing, expanding or balancing, then this can become an issue.

Do the same with love making. Shift from taking pleasure during sex to giving her pleasure. If she enjoys the energy you put into pleasuring her you're likely to be able to give a lot more. This might seem like a simple shift, but it can be a big one - especially when you ask and learn what sort of pleasure, rather than assuming, she wants.

Tip 8 Shift your focus from the physical, to mental and then spiritual in what you do for and with your partner.

Don't just give a woman your physical love and seed; also give her emotional and mental connection and love. This can range from expressing empathy, encouraging her to express herself, listening and demonstrating that you care.

Then expand this to encompass the energy or spiritual aspects of love. This will then make you a 'true lover' and may receive more love than you could have ever imagined.

Consider Betty and Bruce who had been married for several years. One night in bed Bruce said, "Lift up your nightgown." Betty didn't answer. It wasn't a question.

Bruce tried once again. "Hey, be a good girl. Lift up your nightgown." Betty still didn't reply.

Bruce tried again to no avail, then stormed out of the room, slamming the door and went to his shed or the computer.

Betty got up and locked the door.

Bruce eventually returned, pushed on the door and found it locked.

"Open the door," he pleaded. "I am sorry. Open the door!" Betty didn't answer him. Bruce yelled, "If you don't open the door I will break it down!"

“Look at my strong man,” replied Betty. “He can’t lift up a nightgown, but he’ll break a door down.”

This isn’t a man being strong, nor sensitive; rather a man being neither.

Instead of demanding, or criticizing, focus on what you’re providing. What are you doing to you partner’s energy? Are you adding to it, or detracting from it?

If you focus on your own needs alone, that’s where your energy will flow, to you and no one else. How can you expect your partner to want to do anything with you when all you’re doing is trying to take their energy?

Tip 9 Add to your partner’s energy.

If you can do this at times such as when your partner is down and their energy is weak, due to emotional hurt or pain, they’ll remember how you helped them heal with love.

This is a particularly constructive tool for helping to heal and strengthen relationships; to simply be there and step up to give love energy unconditionally.

Unfortunately, when you don’t know what to do, or when a woman tests your commitment to her, or when you’re emotionally attacked, you like most men probably withdraw your energy, withdraw your love.

This is another big mistake most men make.

It’s also an easy one to correct.

You need to continue to show that you’re still there for her, still love her.

You need to express this in a heartfelt manner, not in a logical/mental or even physical manner. You have to show your strength and sensitivity in an emotional way.

This is how you can show that you’re strong and sensitive at the same time.

What do you do when it becomes challenging with your woman? What do you do when she tests you to see how much you love her, that you’re there for her?

Do you direct your energy to frustration and anger? Or are you strong and continue to let your love flow, adding even more love energy towards her?

The solution is to add more energy, to let it flow and expand to ultimately balance.

This can be as simple as your being there, in particular being there emotionally and emotionally open to her.

This could start with saying that you’ll always be there for her, saying you still love her, to not withdraw your energy, to expand your love. (Note

you do not need to solve any problem right then and there. That can come later.)

The secret to all this is consistent flow of love energy and expansion to ultimately balance the issue.

As such, it's a matter of being and doing the opposite to what you usually do. Put aside your own needs and focus on her needs.

Take the top down approach and look at the energy flow and expansion within your relationship, with your love and see how you can improve it.

Tip 10 True intimacy is not physical; it's a merging of hearts, minds and souls - of your energies.

The only way to ultimately do that is to share your energy, to give her energy, give her love.

The easiest way to share energy is not physically, it's through more intangible ways such as listening, communicating, contributing and showing. For example, don't call what you have a relationship or even a marriage, call it a 'romance' - or something else positive - and make it so.

We humans can communicate more than any other animal on the planet. So why don't you? Communicate with yourself, with prospective partners or with an existing partner.

Communicate, share and connect at all levels.

The biggest insurance policy of any successful love relationship is to have the same core values. You can't change someone – maybe flip them 25 degrees – but ultimately they won't change. If they don't mirror the same levels of integrity, honour and honesty as you, you can never hope to become a true partnership. You have to be on the same page from the start with the most basic – and the most important of beliefs. Sharon Williams

The world's best kept sex secret

For some people this section may be confronting, despite the fact that love and sex are the very sources of your life, what you were born out of. It's the starting point of human creation, yet some still call it sinful.

This is where the conundrum and secret has been hidden. While we live in a society infatuated with sex most people don't really know that much about it; yet will often profess that they're great lovers.

The secret is that sex is like an iceberg, in that most of us only realise a fraction of what's actually there. There's a lot more than you've been enjoying! (For men, this means you've been missing out on having much more sex.)

One reason why the secret has not been revealed before is that most of us focus on the physical aspects of sex, the pleasure that comes from physical orgasm. This powerful burst of energy is often considered the goal of sex and what we should each be aiming for. This has clouded the best form of sex.

So what's the secret? In short, it's that there are several forms of sex above the usual physical orgasm, levels you'll want to experience.

You probably want a partner who is 'good in bed'. But do you know what good in bed actually is? It's more than giving and receiving the usual orgasms.

Just as there are different energies and different loves, so too there are different orgasms. Women already know this as they have the potential to experience clitoral, vaginal and/or 'G-spot' orgasms.¹⁶

There are:

- Genital orgasms
- Full body orgasms
- Mental orgasms

¹⁶ While there are a range of reasons that some people rarely or never experience physical orgasm it seems having a safe and secure environment plays a big part. Just because someone can't experience one form of orgasm, it doesn't mean they can't experience the other forms.

- Spiritual orgasms
- The Spiritual 'O'.

Full-body orgasms are where the power of climax moves beyond your genitalia, flows throughout your whole body and is felt from the top of your head to the tips of your toes.

In contrast, a mental orgasm is not focused on your physical body, but rather in your head, in your mind. It's the result of when you find more meaningful intimacy and connection between you and your partner.

The pop singer Lady Gaga has said that she can give herself a mental orgasm; climax without touching herself. Scientists have shown the same pleasure centres of the brain associated with orgasm light up in women who can think themselves to climax. This shows the power of the mind.

To have a mental orgasm with another often requires remaining connected together, touching and caressing to show your appreciation of each other and includes mental aspects such as conversation (conversation that shows appreciation, not 'dirty' talk). What's happening here is that love becomes more of an encompassing experience, rather than a singular act.

Don't confuse mental connection with physical chemistry. For example, when you have an orgasm a hormone called oxytocin is released that tends to bind you emotionally to the other person. For a man, the effects of this hormone last for 48 hours. For a woman, the effects last for 14 days. This explains why after having sex with someone we have a connection with them. This is shorter for men than it is for women. (It also explains how once you've had sex with someone who is clearly a bad fit for you that you can end up in a relationship with them.)

This is why relationship experts suggest that you do not have sex during initial dating, when you're determining whether you can connect with someone on other levels. When you first fall in love that lustful phase of passion, amplified by these chemicals, generally lasts between three to nine months for most people.

Secret Then there's another 'higher' level called spiritual orgasm.

This is where orgasm transcends the usual physical and mental ones.

It's where you find aspects of what might be called the divine within your beloved.

For others this can be spiritual or religious rapture.

Then there's the combination of all these, the Spiritual 'O'. It is the highest form of orgasm, which brings together physical, mental and spiritual orgasms.

This is where sex is integrated with all your energy, rather than just one aspect of it

The energy of sex combines with the energy of love to realise something even more powerful, blissful. These types of orgasms seemingly join you with something greater than just the two of you. It's where you sense energies from both of you flowing powerfully between and through you, where your erotic energy is transformed into something more divine and transcending.

So how do you get to have one, or multiple, of these Spiritual 'O's?

Tip To do this, you have to create a new relationship with sex, to elevate it to the spiritual.

Put aside what others have told you about love.

Next, give up control. True love is an unconditional gift, it's not a bargaining.

Reduce stress, as stress is the best way to stop experiencing any type of pleasure. (This is another area where those issues of emotional safety and security come into play. If your partner doesn't feel these then it's going to be harder for them to reduce stress and give themselves, their love, to you.) Stress subtracts energy, rather than adding it, and is one of the main reasons why some people require little blue pills to improve their physical performance.

Making true love is not just about physical love!

Be giving - of all types of energy, of all types of love. Everyone has different ways they prefer to receive love: some of us appreciate touch the most, others words, others actions or the combination of all of these. Give yourself permission to love, to connect, to give it - in order to receive it.

Ask your partner what they like, what works best for them.

Another secret is not to rush. There is no time limit, no goal. It's the process, the journey, punctuated by stops of orgasm.

Add energy: music that you both like, candles and objects and actions that stimulate other senses - beyond touch.

It's all about adding more and more energy to take love to higher levels!

Tip Make love with your whole being, your body, your head, your heart and your soul.

If you make love focusing just on your physical energy, your physical body, that's as much as you'll sense. Most of us focus on the physical aspects of love, such as touch, holding hands, kissing and in particular physical orgasm focused upon our genitalia.

Similarly, too often we are focused on performance, with orgasm being the end goal - almost like a sport. (If you find yourself focusing on or needing physical sexual relief consider doing it yourself, as this will then

'free' you to explore the other levels. There's no scripture that says you shouldn't.¹⁷)

But like sports, it's not the one goal or score that makes the whole game; it's just one of the highlights.

When you let go of orgasm as the goal and realise that orgasm is just one aspect of love a lot can happen:

- The pressure to perform is off
- You move from having sex to making love
- You can be in the moment (you cannot love in the past or the future)
- Let love lead you, rather than your body lead
- Give, feel the flow and expansion of love energy; assist it
- Realise that you, your partner, are more than a body, more than mind
- You're then more likely to be able to make love for longer.

How do you expand the focus beyond a single orgasm?

The key is to add more energy. For example, once either of you have orgasmed do not disconnect. Remain connected and explore other ways to connect beyond the obvious.

If you add energy, other love energy, love and sex can rise to another level and you can sense more. This is key to this secret.

Add spiritual energy to experience something even more. (We're not talking about vague mystical ritual or tantric practices here). Imagine energy flowing into you (usually in through your back through you and out your front, head and toes).

Focus on the fact that you love a person, the person is there, the love is there. Surrender to it. Focus on your heart, your feelings. Let love guide you.

Sense what's happening to your partner's energy; use your intuition as to what's working best for them, and then add more of that energy.

Then as their energy starts to mount, combine your energy with theirs.

¹⁷ No scripture gives actual direction with respect to self-pleasure; only subsequent human and religious interpretation does. Even though huge numbers of people do it to feel better, most people don't ever talk about it. This has led to a huge conflict between for many people as they try to reconcile religious and social norms and what we each feel. Whatever you believe, the key is to ultimately elevate and integrate physical sex with spiritual love.

Maybe try matching your breathing to theirs. Feel their chest rise and fall.

If you're adventurous breathe into each other's mouths, sharing your breaths, yourselves, your energy, your spirit.

Imagine bringing your energies together; then as the energy flows, imagine adding and bringing the energy of the universe through you and into both of you, then back out, returning it with love.

This makes love not so much about you, but rather about your energy and its interplay with another.

As such, it's about joining your energy together with the energy of your partner to become stronger, more harmonious, more loving.

Tip Another way to experience these higher levels of love is what's called "after-play", or learning how to keep your energy flowing after orgasm.

Unfortunately, most people stop their flow of energy as soon as they orgasm.

This is another big mistake.

A challenge here is that once a man has climaxed, he tends to think that's the end, that the task has been accomplished and that he has had sexual relief. Instead, he needs to realise that things have just started, then to give more loving energy to experience more.

Don't disconnect, or withdraw, straight after orgasm - don't withdraw your energy.

Try this technique: don't physically disconnect from each other for at least five minutes after orgasm. This will prompt you to find new ways to maintain connection - physically, emotionally, mentally and spiritually.

Remain connected with your partner, in all ways, and to keep your energy flowing to and interacting with them. Maybe start by caressing them, hugging, and then talking.

This after-play is similar to foreplay in that it's a continuation of giving the energy of love, such as looking lovingly at your partner, touching, caressing, massaging, hugging, kissing, matching breathing and other such physical exchanges of energy that preceded and brought you to climax. A key to after-play is to remain physically (as well as mentally) connected, be it joined or hugging. Then add mental love through thankful words of appreciation and the like.

This after-play, continued connection and intimacy, is key to lifting your love-making to higher levels. It is an essential part of spiritual love making, as it's when physical sex and mental or spiritual love energy are flowing, expanding and balancing.

If you can keep your energy flowing with after-play it can lead back into foreplay and another series of orgasms.

Be aware that spiritual O orgasms don't happen all the time. You'll find you sometimes need to release the usual physical orgasm first so you can take time and progress 'up'.

Find and develop different ways you can connect beyond the physical.

If you do you'll find that intense joy is not confined to orgasm, but becomes part of your relationship, your daily life with your beloved.

Ultimately, sex is divine energy: that's how and why sex energy creates new life - it's the greatest creative force.

Make love with love.

1. Love is not chemistry, it's energy - so focus on that, add more energy to your love making
2. Realise there are different types of orgasm as there are different types of energy
3. Add different types of love energy to elevate and expand your orgasms
4. Make love with your whole being - with your body, your heart, your head and your soul
5. After-play is as important as fore-play.

If eternal return is the heaviest of burdens, then our lives can stand out against it in all their splendid lightness. But is heaviness truly deplorable and lightness splendid? The heaviest of burdens crushes us, we sink beneath it, it pins us to the ground. But in the love poetry of every age, the woman longs to be weighed down by the man's body. The heaviest of burdens is therefore simultaneously an image of life's most intense fulfilment. The heavier the burden, the closer our lives come to the earth, the more real and truthful they become. Conversely, the absolute absence of a burden causes man to be lighter than air, to soar into the heights, take leave of the earth and his earthly being, and become only half real, his movements as free as they are insignificant. What then shall we choose? Weight or lightness?" Milan Kundera

Tips to help you find your true love

There are several tips, techniques and tools that you can use to help you find true love.

Let energy flow The fact that your energy cannot be destroyed means that it has to flow or be stored. The choice is yours.

When you store energy this can be as fat, a fixation on objects or a mental or emotional attachment to something or someone. This is why personal attachment to objects, events or people can cause suffering, as it stops your energy flowing.

You cannot store the energy of true love: it has to flow, which is why you have to give it, as giving love enables it to flow.

How you do that is up to you.

One of the best ways to get your energy flowing better is by doing what you do in a loving manner. By doing this you get it to flow more harmoniously. Remember, love is the reward for the bringing together, integration and harmonious flow of your energies.

To get your energy to flow harmoniously might mean that you may need to let things go, such as the past, regret and the like. You can either keep your energy flowing around and around the same old circuits or you can direct it to create new ones that might help it flow better.

Letting your energy flow from a place of love, living in a loving manner, is a good way to create new ways for it to flow.

Also, make sure that your energy, and love, is flowing in the right direction. For example, sometimes we get stressed and focus energy on the stress and end up being even more stressed.

Focus your energy Energy goes where attention flows.

If you direct your attention to something, or somewhere or someone else that's where your energy will flow.

Focusing your attention adds more energy: it's that simple and easy!

If you want true love, want a loving relationship, that's where you need to focus your attention, and thus your energy.

As such, you should make your relationship, your love - in particular, your partner - the focus of your attention, of your energy, of your life.

This is a secret to changing and improving a relationship, a love. By focusing positive energy on it, on them, you can and will strengthen your love.

In contrast, when you focus your energy on physical things, such as food, fashion or other fads, that's where your energy will go. When you focus it on mental things, such as courses and studying, then that's where it and you will concentrate.

If you're not paying attention to your partner then they'll not be receiving energy from you, they might even be losing energy. Why would they want to be with someone who weakens their energy?

Instead, the more energy you focus on your partner the truer your love can become. This energy can be in the form of words, attention, actions, spirit or love.

This is one of the greatest and easiest secrets of love - focusing attention and energy on your partner will improve your love.

Try it and watch the results.

Which way does your energy flow?

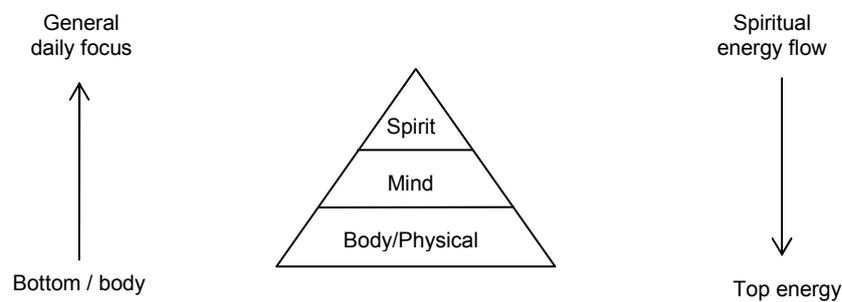


Figure 3: Reverse the flow from bottom up to top down

Add more energy You can add, or subtract, to your energy - and to your love. That's why sitting in the sun or having a hot shower makes you feel so good; it adds extra energy to yours. Though too much sun can give you sunburn or too hot water will scald you. This is also how music can make you relaxed, happier; the energy wave patterns of your favourite music adds subtly to your own energy patterns and strengthens them. So too can the touch of another person add energy, love, to you.

It's a matter of finding that right energy, right pattern, right love that adds harmoniously to yours.

Interestingly, some people try to get more energy or 'power' for themselves by taking it from others. You don't have to compete for energy! Both science and scriptures tell us that it's limitless; that there's more than enough energy to go around.

Realise this and stop competing for power or trying to take it. You don't have to compete, to buy objects to show how much 'power' you have.

Real power is to be found in developing a level of inner peace and communion with your energy that cannot be shaken by the ups and down of daily life.

Use your intuition Psychologists say intuition is when unconscious or subconscious thoughts or sensations make it into your consciousness. It's when your senses are able to show you more than you generally let them.¹⁸ For example, it's like understanding that as you read this you realise there are words in the next sentence and even though you may not consciously know what they spell or mean, your subconscious mind has already recognised a few of the words and started to interpret them.

You already intuit much. It's the way you determine, in an instant, if you like someone or something - or not. The energy that you sense can add to, or detract from, the energy of your senses.

The key here is being in tune with your own energy and sensing what resonates with you and what doesn't.

There are many other suggestions on how to find the perfect partner. Here are some interesting ones that we've come across over the years.

There are several practical emotional needs that you need to have your partner meet, according to Willard Harley, who suggests you look for someone who can provide you with:

- Admiration
- Affection
- Conversation
- Domestic support
- Family commitment
- Financial support
- Honesty and openness
- Physical attractiveness
- Sexual fulfilment
- Recreational companionship.

¹⁸ You have to be careful that your intuition is based on your impartial energy and senses and is not unduly influenced by your beliefs and programming; otherwise you may misconstrue what you sense.

He adds a relationship has a better chance of not only surviving, but thriving, if you each rank these in the same order of priority.

Author and psychologist Gordon Livingstone suggests there are 10 virtues that we seek in our partners. They include:

- Kindness
- Optimism
- Courage
- Loyalty
- Tolerance
- Flexibility
- Beauty
- Humour
- Honesty
- Intelligence.

Do you have them in you? Do you see all of them in your partner?

The biological anthropologist Helen Fisher says understanding who you are is key to understanding to whom you're attracted. She categorizes people into four types that include Builders, Explorers, Negotiators and Directors. Builders tend to be sensible, calm, loyal and traditional; but can become dogmatic and stubborn. Explorers have an artistic and adventurous temperament; but can also be unpredictable, even narcissistic. Directors are analytical, decisive, logical and direct; though they tend to lose their tempers and can seem blunt. Negotiators are intuitive, philosophical, imaginative and trusting. Builders tend to be attracted to other Builders and similarly Explorers are attracted to other Explorers. However Directors and Negotiators tend to go for each other, rather than people in their own category.

How will you know when you've found your true love?

How can you truly tell when the relationship you're in is love, true love?

Advice from parents or friends that "you'll know" might sound good, but with marriage responsible for 90% of your happiness it's important that you are sure! It's frightening that when taking advice on one of life's biggest decisions that our parents and friends suggest 'you'll just know' as their best advice..

If you aren't happy with the way your partner is now don't get married. Never marry potential.

There is an adage that says women marry expecting that they can change their man, while men marry expecting their woman to never change. It can often be the opposite, in that men rarely change and women often do. The idea that you can fundamentally change another person with your love and support is a dream seldom realised.

Consider, does your partner enjoy giving pleasure more than taking it? Can you depend on your partner to do what they say they are going to do: or is it all words and no action? Are you, or do you want to be, like your partner? Would you like your child if it turned out to be like him or her? Do you feel calm, content and serene with the person you are with? Can you express yourself with them? Do they make you feel good about yourself? These are important questions to answer - and almost all require a "yes" answer.

Do you really think you can change all these things in another person?

True love is loving someone just the way they are and supporting them to become the best person they can - not wanting to change or fix them.

While opposites sometimes attract, it's often safer to seek someone who is similar to you and who wants similar things out of the marriage and life as you do.

How similar are you to your potential partner? Take this test: write down how similar you think you are, and then ask your partner to do the same, with respect to:

- Emotion
- Intellect
- Spirituality
- Kindness
- Communication
- Consideration
- Enthusiasm
- Socialness
- Passion
- Proactiveness
- Ambition

- Sense of humour
- Conflict resolution
- Adaptability
- Need to be organised
- Need for control
- Importance of love.

Use a 10 point scale, with 1 being 'not at all similar' to 10 being 'very similar'.

This will require you knowing and understanding how your partner thinks about these things. If you are uncertain ask your partner what they feel and think.

If you are far apart on more than half of these, you will most likely run into problems – sooner or later. As mentioned earlier, sharing a similar attitude to love, and life, is key to a lasting and loving relationship.

The approaches to finding love highlighted above are just a few of many and show there are myriad ways to seek and find a partner with whom you can share the joys of true love.

Determining how well your energy interacts with that of another person is the best way to find your soul mate and true love.¹⁹ It worked for us.

1. Let love flow—within you
2. Energy flows where your attention goes
3. Expand your love energy and its flow—by focusing it on a potential or existing partner
4. Don't just focus on the physical—expand to include mental and spiritual love
5. Use your intuition to sense how your love energy is flowing and interacting with others.

Keys to a love-filled life

Many secrets and keys to love have been revealed in the preceding pages. They are summarised here:

- Love is energy

¹⁹ Maybe there is someone reading this who can develop sensing equipment that will be able to determine your, and other people's, energy patterns and find the best match.

- There are different types of love
- We each have unique energy patterns, as individual as fingerprints, that can do unique things
- Your soul is related to the energy patterns within you
- You are the one who controls your energy
- You cannot always control what happens, but you can control how you respond to it
- Emotions are energy in motion
- Letting go equates to letting energy flow
- Energy flows where attention goes
- To change your circumstances change your energy flow
- Doing things in a 'loving' manner is energetically easier than doing them any other way
- Happiness and love are the rewards for getting your energies flowing together harmoniously
- True love starts from within, with your energy
- Only by letting love energy flow can you find with whom it best meshes
- To find your soul mate you need to find whom your energy meshes with best
- Love with your soul not just your body
- You are drawn to people who make you feel good
- If you can't share the innermost essence of you with yourself, how are you ever going to share it with another?
- One of the biggest secrets of true love is not to wait for love, not to ask for it and not to need it, but rather to simply give it
- A great lover is always ready to give love and is not bothered whether it is returned or not
- Love brings out what is hidden within you: if there is nothing loving, then your love will be nothing
- True love has no conditions, no opposites.

- You can't bargain for true love
- Your relationship to love is often a reflection of your relationship to yourself
- Strong relationships depend on strong awareness of your self and of others
- Don't settle for average. True love is not average: it is extraordinary!
- Make love with your whole being, your body, your head, your heart - your soul
- True love is not static: it flows, expands, balances - grows. This means you have to too

Interestingly, science has shown that the colour most often associated with love – pink – is due to the complete absence of the colour green, a colour most often associated with jealousy and envy.

Is this another example of modern science echoing ancient traditions? It certainly reinforces that love is an absence of envy, or ego.

As Kristen says, L O V E stands for Lots Of Virtuous Energy.

Harness that energy, get it to flow and balance to help you find your true love.

Love many things, for therein lies the true strength, and whosoever loves much performs much, and can accomplish much, and what is done in love is done well. Vincent Van Gogh

The love equation

Here's a useful tool to help you when it comes to matters of love, when you're having trouble deciding what to do - think of love in terms of a simple energy equation.

Consider how what you feel, think and do adds to - or subtracts - from you, your relationship and your love.

Ask yourself simple questions to determine how you feel - what your emotions, your energy in motion, are trying to tell you? They can provide the answer for you.

When faced with a matter of love ask:

- What will this do to my energy - will it add to or detract from it?
- Will this choice let my energy flow and balance - or stop it?
- Is what I am thinking, choosing and doing really about my true self - or more about my social conditioning and self-programming?
- Am I seeking or doing something just to fill a gap in my energy - or will it bring my energy together to flow and balance better?
- Will it add to the energy of a partner? Will it make them feel better about themselves, will it help them meet their human needs?
- What would love do - without expectation of anything in return?

Does a person and what they say and do contribute to your energy?

Or do they 'take' it?

Does your partner add or detract to yours?

In short, do they add value to your life – and do you add value to theirs? If you do then you have a good love equation, a growing love.

It's that simple.

How someone else's energy adds to, or subtracts, from yours makes a big difference to you, to your life, to your love. For example, Guy once dated the seemingly perfect woman. She was spiritually and mentally attuned to him, and the physical aspects were also good. But after just a few weeks and a nagging intuition, he realised something was missing, their energies were not adding together. Rather, there was an energy imbalance that left him

with less energy when she was around. As soon as he realised this, events occurred that soon saw the end of the relationship. In contrast, in another instance he once loved a woman who was far from perfect for him, but their energies added together to create a most wonderful and blissful love. This love was generally so selfless and yet so powerful that he could forgive (almost) all the things that were wrong in their relationship. It was only when some of his old beliefs or programming were triggered that he ran into trouble and it ended.

You are seeking a relationship where your energy and that of your partner join together to create something better than if you were on your own.

If you're in relationship and continuously feel worse off than you think you'd be if you were on your own then you have to question whether you should be in the relationship. When the negatives outnumber the positives maybe the love equation is showing you it's not the right relationship for you.

True love is when you feel, and are, better with your partner than on your own.

Accordingly, when you're uncertain what to do use this simple process and the questions above to determine how you feel and think. If how you feel and think are the same the answer is easy and obvious as to what to do.

While maintaining true love takes continuous connection and work, the love equation is an easy way to help make decisions and determine what to do.

It can help you find the joy of true love.

I love you not only for what you are, but for what I am when I am with you. I love you not only for what you have made of yourself, but for what you are making of me. I love you for the part of me that you bring out. Roy Croft

Ultimately, lovingly ...

As you've just discovered, there are a few secrets, that - once you know them - enable you to find true love.

One of the first is to realise that what you've been taught about love may not be the ideal. Unfortunately, most of us are taught that we need to get married, to have a home and children to have a happy and fulfilling life, to have love. The high divorce rate clearly shows this is not enough for many people.

One reason why marriage, a house and even a family is not enough is that these tend to have a physical focus and true love is more than something physical. Consider the time you were most in love, your energy flowed strongly as you explored love physically, then grew and expanded to include mental love, such as companionship, conversation and friendship.

Can you grow and expand your love to something beyond the physical, beyond the emotional, beyond the mental to something greater, to divine true love?

Of course you can. True love is not just about being with someone, not just about reproducing and building a family. It's about realising the greatest aspects of life, of the divine (be it God or the universe) in you, in your partner and in your relationship.

The chart below shows the shift from physical love, to where most marriages become stuck, to true love - and what's required to obtain it.

Where's the focus of your love?

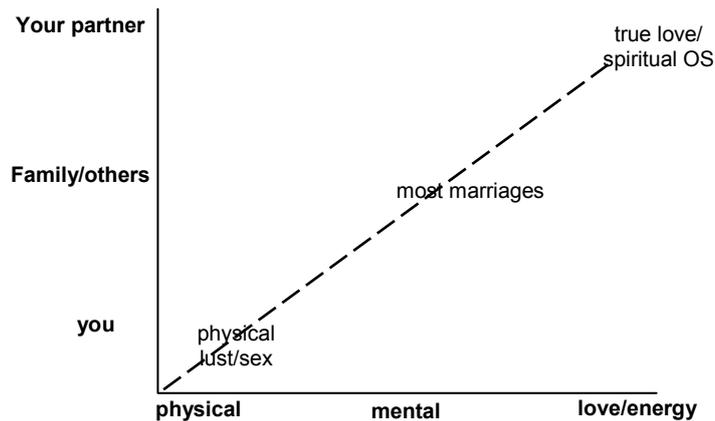


Figure 4: Where you focus makes a big difference to finding your true love

This shows that if you shift the focus in your life from yourself, beyond your family and friends, to your partner - and if you do that while also shifting the focus from physical things to intangible love - you have a much better chance of developing true love.

The secret is easy: focus on your energy, the power, of love.

As Mother Teresa suggested it isn't what you do, but the amount of love that you do it with that counts most. Or as musician John Lennon said, it matters not whom you love or how you love, only that you love.

Shift from focusing on the physical aspects of yourself and your life - on sex, the house and even children - to focusing on your true spirit, your energy and the energy of your partner and your love. Focus on the intangible, the spiritual, the divine, the power of love. You now know what that power is and how to use it.

This brings us to the ultimate thing that you can do to find true love – the thing that we have found breaks or makes relationships, that can alter the balance from staying in one to wanting to run away.

At some stage in your life you'll reach a point where what's most important to you is your own personal growth. Yes, that's right, you'll ultimately want validation that your life has been worthwhile and has meaning.

We have found this validation is the basic pivotal point - the crux - that determines whether a relationship will survive, die or flourish into true love.

This is what you are seeking to determine when you are dating - whether you realise it or not - and assessing potential partners or evaluating an existing relationship.

If you're in a relationship and your partner lets you grow - even if they don't actively encourage it – you'll most likely remain with them. You might do this even if they exert control over or abuse you.

Whereas if they blatantly hinder or stop your personal growth you'll most likely seek to escape.

A problem is that we often we seek other people, things and even objects, to help us grow. This is why working and having children are such a big part of life; they provide a form of validation, of worthiness, of meaning - and do so better than most other approaches. The only other thing that validates each of us more, makes life more meaningful, is love.

If you have a partner who validates you, appreciates you and what you do then you have an extraordinary love, a true love. (That is what we share.)

If your partner is not doing this for you, and this is where many relationships run into trouble, then you may begin to resent them. You may even seek someone whom you feel or think validates you, seemingly makes your life more worthwhile.

Do you seek a partner, or want your current partner if you have one, to do this for you - to accept you, approve you and solve your problems for you? Most of us want this, as it seems the easiest way to address our individual issues and make us feel worthy.

We recall meeting a woman who complained and cried about her marriage and how she had nothing in common with her husband anymore, how he and her children were draining the life out of her, how there had to be more to her existence than her daily struggle. She felt she'd been locked away for so long and that her husband didn't want her to come out, ever – that she had stopped growing. She said she had no hope, no solution in sight to regain her life; in fact, she wanted to end her life.

But there is a solution, a way forward. If the woman's husband made her feel valued, validated her beyond her raising children and occasionally providing sex and helped her to grow the relationship would have a chance.

This is where we all need to learn more about love to not only find it, but to also make it last.

We have to stop following old stereo types and gender roles given to us by our parents, fairy tales, books and movies. Many of us suspect that these aren't quite right, that we're not really fairy princesses and that prince charming won't always rescue us and certainly won't be perfect. Yet we continue to try to fit ourselves into these fantasies. It is time for a new paradigm – truth and true love.

We no longer have to guess what to do to find love, to make it last. You no longer have to learn the hard way, by trial and tribulation. It can now be easier, much easier.

As such, the ultimate secret, the ultimate truth, of love is that the search for true love starts with you. As mentioned earlier, it starts with you being true to yourself.

Once you're true to yourself then you're truly free to love another. The pressure is off any other person to fulfil your needs. You have no need to take, only to give, to give love.

It then extends to you helping your partner be true to themselves.

This frees your partner to be who they really are, to meet their own needs and realise their potential. You don't just accept them, you encourage them to be themselves, you love them for who they are - sometimes in spite of who they are.

If you encourage your partner to be themselves they'll always want to be with you as you'll make them feel good, help them grow and live.

How do you encourage a potential, or your existing, partner to be themselves, to grow - to love?

Or are you more critical in your approach?

If you are it might be time for a change. Next time you find yourself judging a partner - or potential one - by thinking that they are too short, too tall, too this or not enough that - stop yourself.

Don't just evaluate partners on physical attributes. Expand beyond the emotional and mental; beyond questioning will they make a good partner and parent.

It's the person inside, their soul, that you're trying to determine how well might connect with yours.

True love is where you connect with another on all levels - physically, emotionally, mentally and more.

These and the love secrets, the truths of love outlined above, can help you find your true love - the love you've dreamt of - and keep it.

So, love with more than your physical body, love with more than your heart, with more than your mind - love with your inner most energy, your spirit, your soul.

If you do, if you love with your soul you will find your soul mate, you will find true love - or it will find you!

Love is everything it's cracked up to be. That's why people are so cynical about it ...It really is worth fighting for, risking everything for. And the trouble is, if you don't risk everything, you risk even more.
Erica Jong

What others say about love

Much has been said of love: it is the subject of songs, poems, books, movies and more. Here are some comments from other people that we have found helpful:

- “You know you're in love when you can't fall asleep because reality is finally better than your dreams,” Dr. Seuss
- “The power of life is love,” Leo Tolstoy
- “A baby is born with a need to be loved—and never outgrows it,” Frank Clark
- “The hunger for love is much more difficult to remove than the hunger for bread,” Mother Teresa
- “Love one another and you will be happy. It's as simple and as difficult as that,” Michael Leunig
- “To love is to receive a glimpse of heaven,” Karen Sunde
- “We waste time looking for the perfect lover, instead of creating the perfect love,” Tom Robbins
- “God does not command that we do great things, only little things with great love,” Mother Teresa
- “We are entitled to receive only what we are prepared to give,” Gordon Livingstone
- “It is not how much we give, but how much love we put into giving,” Mother Teresa
- “Nothing in life is as complex or rewarding as our intimate relationships. We have all been through some of the deepest pains and greatest joys while connecting closely to another human being. Real love is the highest form of giving. And it is also where we achieve the most inner personal growth. Thus, to fully love another person is perhaps one of the most divine experiences on earth.” Sage & Anthony Robbins

- “All of life’s most important searches, whether for material success, enlightenment or the perfect partner, turn out to be journeys within,” Gordon Livingstone
- “You don't have to go looking for love when it's where you come from,” Werner Erhard
- “Your relationship to love is often a reflection of your relationship to yourself,” Kristen Rickard.
- “You can give without loving, but you can never love without giving,” Unknown
- “Love is, above all, the gift of oneself,” Jean Anouilh
- “Unless you can find warmth, happiness and love in your relationship with yourself you will struggle to find it in relationships with others,” Guy McKanna
- “Strong relationships depend on strong self-awareness,” Kristen Rickard
- “We are not held back by the love we didn’t receive in the past, but by the love we’re not extending in the present,” Marianne Williamson
- “People are lonely because they build walls instead of bridges,” Joseph Newton
- “Love is transcending the ego to connect with another,” Joan Konner
- "To realize true love is to rise above your base animal nature and realize that there is more than the physical in front of you, more than the mental and emotional inside of you, that there is the power of love everywhere—then to tune into it and realize what you are capable of," Kristen Rickard.
- “Love is that condition in which the happiness of another person is essential to your own,” Robert Heinlein
- “Love is when you can be your true self with someone, and you only want to be your true self because of them,” Terri Guillemets
- “The supreme happiness of life is the conviction that we are loved—loved for ourselves, or rather, loved in spite of ourselves,” Victor Hugo

- “True love is authentic – so you have to be too, to you and to your partner, if you want to find it.” Guy McKanna
- “I have found the paradox, that if you love until it hurts, there can be no more hurt, only more love.” Mother Teresa
- “If you have it [love], you don't need to have anything else, and if you don't have it, it doesn't matter much what else you have,” Sir James Barrie
- “True love has no success, no failure, no credit, no blame,” Kristen Rickard
- “A man is not where he lives, but where he loves,” Latin Proverb
- “A heart that loves is always young,” Greek proverb
- “Love is like a friendship caught on fire. In the beginning a flame, very pretty, often hot and fierce, but still only light and flickering. As love grows older, our hearts mature and our love becomes as coals, deep-burning and unquenchable,” Bruce Lee
- “It's so easy to fall in love but hard to find someone who will catch you,” Unknown
- “True love is when you put someone on a pedestal, and they fall—but you are there to catch them,” Unknown
- “Anyone can catch your eye, but it takes someone special to catch your heart,” Unknown
- “Love is not blind—it sees more, not less. But because it sees more, it is willing to see less,” Julins Gordon
- “If love is blind, why is lingerie so popular?,” Unknown
- “If you don't have deep intimacy with yourself you can't have deep intimacy with anyone else,” Polina Khoroshko
- “To the world you might be one person, but to one person you might be the world,” Unknown
- “Come live in my heart and pay no rent,” Samuel Lover
- “You come to love not by finding the perfect person, but by seeing an imperfect person perfectly,” Sam Keen
- “You don't love a woman because she's beautiful; she is beautiful because you love her,” Unknown

- "A happy man marries the girl he loves; a happier man loves the girl he marries," Unknown
- "I am in love—and, my God, it is the greatest thing that can happen to a man. I tell you, find a woman you can fall in love with. Do it. Let yourself fall in love. If you have not done so already, you are wasting your life," DH Lawrence
- "Love is a game that two can play and both win," Eva Gabor
- "If you love me, let me know. If not, please gently let me go," Unknown
- "Forget love—I'd rather fall in chocolate," Sandra Dykes
- "Great love and great achievements involve great risk," Anonymous
- "True love begins when nothing is looked for in return," Antoine de Saint-Exupery
- "Love is space and time measured by the heart," Marcel Proust
- "Being deeply loved by someone gives you strength, while loving someone deeply gives you courage," Lao Tzu
- "Those who love deeply never grow old; they may die of old age, but they die young," Sir Arthur Wing Pinero
- "When you love someone, you love the whole person, just as he or she is, and not as you would like them to be," Leo Tolstoy
- "Love looks not with eyes, but with the mind," William Shakespeare
- "Love is energy: it can neither be created nor destroyed. It just is and always will be, giving meaning to life and direction to goodness... Love will never die," Bryce Courtney

Appendix - useful questions

What to talk about on your next date - you've had a good first date or two, now the time has come to determine whether this person could be 'the one'.

But, remember, relationships pass through several phases and what you are trying to do on a date is to determine if your date and you can grow through these phases together, (attraction, romance, commitment, challenge and compassion - true love.).

To try and help you determine if your date is the person who can help you through this incredible journey, here are a few questions you could ask them.

1 – Is this person 'close to' or 'better' than the best date you've ever had? Don't go backwards and accept something or someone you know is not the best you've experienced.

Also, don't be swayed by other pressures, such as not wanting to be alone or to accept someone whom your intuition tells you is not right for you. Ask yourself:

- are you trusting your intuition? If not, why not? (Reconsider those first impressions.)
- have you given this prospect enough of a chance to show you who they are and what they have to offer?

2 – Will you feel safer and secure with this person? To help assess this consider determining:

- Does your date turn up on time and go out of their way for your dates?
- Does your date's actions reflect their words? Do they do what you say they're going to do?
- Ask your date what they value most in a friendship or what do you think are the qualities of a great relationship?
- Ask what were they at school – the geek, bully or jock? Why?
- What is their greatest neurosis? What does it stem from? How do they manage it?
- Are they generous? (If they are mean with their money, they maybe tight or mean with their emotions too).

- Are they kind?

3 - To learn more about who they really are consider asking:

- What would you rescue from your house first if it caught fire (after people and pets) and why?
- If a crystal ball could tell you the truth about yourself, what would you want to know?
- Would you like to be famous – why?
- Are you truly single - no ex lurking in the shadows, still technically married, etc?
- Are you financially stable – not an alcoholic or gambler?
- Do you have a criminal record? (A simple but important one)
- How do you feel about your relationship with your mother, your family?
- What are your religious views?
- What are your views on sex? Have you ever been into bondage, swinging or the like?

4 – Connection - does your date have similar aims and attitudes to you – or are they opposite?

- Who is your greatest connection with?
- Given the choice of anyone in the world, whom would you invite as a dinner guest and why?
- Is there something you've dreamt of doing for a long time? (Why haven't you done it?)
- What would you like to share doing the most?
- What are the qualities of a great relationship or what roles do affection and love play in your life?
- What constitutes a perfect day for you?

5 - Will this person help you grow and realize your dreams – or hinder them? Consider asking your date:

- What are you most grateful for in life?
- What is your greatest accomplishment or what are you most proud of? Why?
- What is the most important thing you feel a partner never understood about you?

When you have finished, assess how you feel about them.

- Will they help you meet the day-to-day needs of life?
- Do you respect and trust them?
- Will you feel safe and secure with them if they were your partner?
- Do you like them as a person?

- Do you have fun together? Do they make you laugh? Can you be silly together?
- Will you be able to grow with them?
- Will they support your own growth?
- Will you support theirs?
- How do they treat others? Do they put you first?

Conclude by telling your date what you admire about them from what you know already so they don't feel like they've just been through the inquisition.

Remember, dates are simply events to help you to get to understand another person to see how much of a connection there may be and whether you should keep dating, keep learning more about each other and form connections.

Six questions to ask before you get married. So you think you've met 'the one'. How do you know? Or you're considering getting married or just got engaged but want to be certain.

Try this quick quiz to make sure. Grab a pen and answer each question 'yes' or 'no'. (If you think the best answer is 'maybe', put that down as 'no'.)

1 - Why do you want to get married? This is a question you need to ask yourself, rather than your partner. Do you want to get married because:

- you don't like being alone?
- your friends are getting married and you don't want to be left behind?
- you feel that you need someone to complete you and your life?
- you want children?

Did you answer 'yes' to any of these?

Unfortunately these are not good enough reasons on their own to get married - if you want to marry for true love.

2 - What do you love most about your partner? What do you dislike?

Are the things you 'love' about your partner more what you imagine them to be, rather than their real qualities?

Conversely, ask what do you hate about your potential spouse? Can you live with these things – forever?

Marriage is not a spouse renovation project, where you try to change and upgrade your partner. Consider:

- are you and your partner similar in your needs, such as needs for cleanliness, organization, expectations and the like?
- are you okay with who is responsible for shopping, cooking, cleaning and so on?

- do you spend most of your money on the same things (rather than already disagree)?
- do you feel okay with the level of contribution - physical, emotionally and financially - from your fiancé?
- are you comfortable with your fiancé's level of ambition – and they yours?
- does your partner need you more than their family and friends?
- does your partner do things with you that make you happy?
- is your partner your best friend?

If you answer 'yes' to most of these, then you've got a good chance of practical success.

3 - Do you take care of each other's needs? There are several key needs we each require to be fulfilled in our life – and in a marriage. If your relationship doesn't help you meet these it will more than likely run into trouble at some stage.

Accordingly, you need to determine if your partner will help you meet these needs. For example, we each obviously need basic physical things such as water, food, money and shelter for simple survival.

However, once you obtain these basic necessities together you'll find that you need several other key needs, such as safety and security. Many of us try to meet these needs by getting married, obtaining a good job to provide money for somewhere to live and a car and a house. But that is not always enough: what you also need to consider is does your partner make you feel emotionally and mentally safe and secure? Ways to determine this are to consider:

- do you want the same things out of life?
- does your partner have similar attitudes, goals and growth plans? (Answer no if they like doing things completely different, or worse still, doing lots of things without you).
- do you respect and believe in each other?
- do you consistently develop win-win solutions to problems?
- does your partner make you feel emotionally and mentally safe and secure?

Again, you want mostly 'yes' answers to these questions for any relationship, let alone marriage, to be successful.

4 – How does your partner make you feel? Another important requirement for a marriage is for it to meet your needs for self-esteem and self worth (the next level up Abraham Maslow's hierarchy of needs). How is your opinion of your self worth in your relationship?

- does your relationship add to (rather than detract from) your self worth, from whom you are?
- does your partner value you?
- do you provide your partner with enough self worth?

This is a level where many relationships run into trouble, as many men and women think self-esteem is about being number one and try to assume this position. Some people are not good at this aspect of relationships in that they 'put down' their partner. One reason for this is that their own self-esteem is low and the only way they know how to improve it is to take it, to take control. Both partners need an equal amount of self-worth.

If you answered mostly 'yes' to these questions then you've got a good chance of your marriage succeeding.

5 - Did you fall in love because your partner is your 'other' half or because they complete you? These 'halves' are often attributes you've not developed in your self. So ask yourself:

- are you loved for who you are?
- does your partner encourage your personal growth?

The latter is the single main element we have found that breaks or makes relationships; that can alter the balance from staying in one to wanting to run away.

At some stage in your life you'll reach a point where what's most important to you is your own personal growth (not some possession, not work, not even children). Yes, that's right, you'll ultimately want validation that your life has been worthwhile and has meaning.

We have found this validation is the basic pivotal point - the crux - that determines whether a relationship will survive, die or flourish into true love.

This is what you are seeking to determine when you are dating and assessing potential partners or evaluating an existing relationship.

If you're in a relationship and your partner lets you grow (even if they don't actively encourage it) you'll most likely remain with them. However, if your partner doesn't help you in your personal growth your relationship may run into trouble. If they blatantly hinder your growth you'll most likely grow to resent them.

A problem is that many people often we seek others to help them grow. This is why working and having children are such a big part of life; they provide a form of validation, of worthiness, of meaning - and do so better than most other approaches. The only other thing that can validate you more is love – being loved for who you are!

If you have a partner who validates you, appreciates you and what you do, then you have an extraordinary love - a true love. This encouragement

of you by your partner is the greatest difference between romantic love and true love. It's where true love blossoms.

6 - Do you connect on all levels?

- physically - are you satisfied with the frequency of physical giving and receiving, of love-making?
- emotionally - can you be emotionally honest and vulnerable with each other?
- mentally - can you converse easily with one another? Do you anticipate each other's needs?
- spiritually - do you have similar attitudes to intangible things, such as personal growth?

Now, get your partner to take test.

Then compare notes.

Do you have similar answers?

If so, jump right in and go for it.

If not, you probably need to talk about differences - ahead of the wedding - and make sure you understand each other's perspective and how life together will work in practice. The more information you learn and share with each other the better chance of success you'll have in developing and maintaining true love.

There is really only one reason to get married – you want to do so because of whom the other person is. They make you happy, but most of all they encourage you to be you and support you and your journey in life. They want to be with you for who you are – and sometimes in spite of who you are – and they don't want to change you into someone else to meet their own needs. If you go ahead and get married without this core element, you might not have the blissful life you've always dreamt of.

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