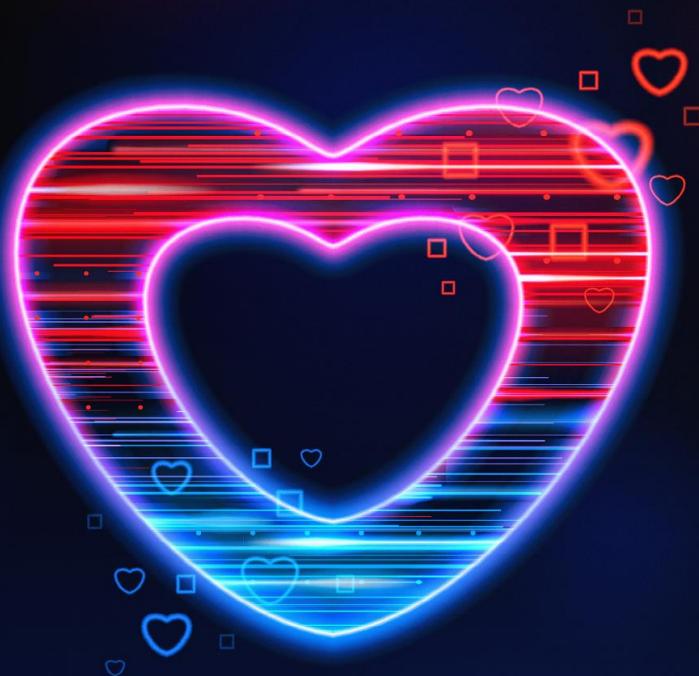




The Future of Your
LOVE LIFE



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The future of your life lies in your hand, and the first thing you need to do to fully take control of it is to open up yourself and let go of any inhibitions or barriers. It is in human nature to shield away from the pain and hurt that comes hand-in-hand with love, so we tend to develop a protective barrier. But this barrier is doing more harm than good. This barrier prevents us from healing from past hurts and also prevents us from opening up to love.

But the truth is we are all destined for love, we need love, and we depend on it to survive; however, because of this barrier majority of us run from love because we are still haunted by the pain we mask and hold deep within behind that protective barrier. Until we let go of that barrier and open ourselves up to the hurt and pain in order to heal from it, we might never be able to choose what happens with our love lives which would predominantly lead to further hurt.

Tackling the protective barrier that we've built to protect ourselves in the world is part of the process of getting to our underlying wound. You can accomplish this while being safe in unconditional love for yourself. Giving ourselves the profound love we wish to share with someone special in our lives is life-changing. The process starts with healing and giving yourself the love you wish to give to others first.

This guide will show you how opening up yourself will help you meet your soulmate and also recognize people around you who have a hidden desire for you. You'll also see how the future of your love life is going to manifest in your life. You will be able to feel. You will no longer run away from your emotions in all of the

forms that avoidance can manifest. Instead, you will lovingly embrace your feelings without guilt or shame.

YOUR FUTURE IS DETERMINED BY YOUR BELIEFS.

We have no influence over what people think, feel, or perceive about us, and we cannot use our energy to save or heal others. Similarly, we cannot expect others to save or heal us. We are the only ones who can accomplish that for ourselves. We can seek treatment and/or assistance, but we are solely accountable for our emotions. This viewpoint leads us to fulfillment as self-reliant, compassionate human beings. You need to understand that your emotions are entirely your responsibility and other people's emotion is not your responsibility.

Because your emotions are what determine your beliefs and your beliefs determine your future. If you genuinely desire love, you must go through the difficult and painful process of changing yourself and your beliefs. We live in a society where individuals want others to approve and accept them for who they are and their beliefs, yet external validation will not make you happy or fulfilled. You can't leave for future in the hands of others. It is not the world's responsibility to achieve the life that you want for yourself, and if you try, you'll definitely be disappointed.

Along similar lines, working on your beliefs implies that you are responsible for your own happiness. You alone. You should believe that the most important thing in the world right now is regaining your capacity to love yourself. The beliefs we have concerning ourselves are important. Our bodies pay attention and respond appropriately. The nice thing is that knowledge and awareness allow us to select the belief we have for ourselves because we are masters of our own fate.

WHY YOU MIGHT FEEL LIKE YOU DON'T DESERVE LOVE, AND WHAT YOU'RE 'USED TO.

The mind is predisposed to be negative, thus making our beliefs negative, especially about ourselves. Our mind and belief are scientifically proven to be built that way to protect us, and it is frequently triggered after stressful or painful events. However, the goal is no longer to run away from those negative beliefs in the dark nest of our minds. We have these amazing brains that can learn from mistakes and make modifications in the future without activating the old run-away-from-the-hurt-of-the-past mentality.

When we sit there brooding, anxious, worrying, criticizing, and scolding, we are wasting our time and energy. Negativity has inadvertently become our belief at that point. We're persuaded it's true because that's what our minds want us to believe. We're trapped in it and aren't even aware of it. We worry so much that believing in anything beautiful is fooling us, yet our skepticism and anxiety are already playing straight into the mind's games. The mind persuades us that unpleasant things are the fundamental reality and everything else is merely fluffy nonsense designed to distract us from it. And we nearly always fall for it.

Learning how to observe these tricks of the mind and thus our beliefs without judgment brings peace and happiness. Observing its negative bias. Noticing how it scoffs at the prospect of something beautiful. The more we "notice," the simpler it is to experiment with "un-identification" with it. You may ultimately experience some beautiful and tranquil feelings replacing the tension and agitation in your body if you attempt recognizing and un-identifying your belief's negative bias. As this occurs, you may find that your beliefs automatically loosen. You could find it simpler

to connect with others, develop friends, let go of grudges, and enjoy life.

You're not pretending awful things don't happen, you're not living in a fantasy world where everything is perfect, and you're not embracing cruel people and embracing strangers. You're merely disassociating yourself from the side of your belief that says, "Bad things are occurring to me." My life is terrible. "I am being deceived and disappointed." You may still recognize and defend yourself when awful things happen, but these negative ideas no longer have something to "land on." The inner victim and negative beliefs start to collapse.

WHAT TO DO ABOUT IT.

Our default programming is "negative beliefs," but as soon as we recognize this, we have the capacity to change it. Choosing to follow negative beliefs of guilt, paranoia, and fear is equally as "real" or "false" as choosing to follow positive beliefs of love, forgiveness, and liberation. The difference is that one set feels like crap, and the other feels extremely pleasant. If we choose the former, we are electing to let our minds and beliefs fool us into suffering, which is a stupid thing to do. We have a very limited time here on Earth, especially if you don't believe in a hereafter; therefore, the most reasonable thing to do is make the most of it.

From this point forward, unconditional love should become the foundation upon which you should base your healing. It should be what you meditate on, trust fully, and turn to for guidance. It is what will get you from "thinking" love to "feeling" love, which your mind might be very resistant to. It will soften you so that you can experience the truth in your body and mind without fear or control.

You must discover a source of unconditional love while you progress through this guide since the whole purpose is that you are not experiencing love correctly right now. So many of these disorders are related to being trapped inside a protected environment, believing you know how to love but failing again. Building a connection based on unconditional love helps you to break free from this mindset.

Your unconditional love should declare, "I am loved even (particularly) when I fail," This includes showing yourself love when you obsess over your ex or visiting their Facebook page if you're healing from a past relationship. While you have a borderline personality disorder, this entails giving yourself love when you are angry. For someone suffering from C-PTSD, this involves showing oneself love when you get caught up in dreams of vengeance or justice. That does not imply that they are healthy. It does not imply that you should continue doing such activities. It does not absolve you from injuring others without consequence. This does not imply that you should expect others to feel sorry for you while you go through this.

It's just an internal realization that these are the actions of someone in pain, and punishing yourself for them will only push you further into the precise situation you're attempting to escape. We achieve fulfillment by restoring balance—by directing less energy toward the intellect and more toward the body and soul. The body is racked with excruciatingly painful feelings such as guilt, humiliation, rejection, and dread. Many of these were dulled to keep us safe prior to the fracture. As we urge our bodies to start feeling these feelings (slowly), we understand that it is too much for any one individual to bear. This is where belief, or unconditional love, enters the picture.

YOU DESERVE A HEALTHY FORM OF LOVE.

Your soul only desires love and peace and will remove any impediments to that aim because you deserve true unconditional love. Even if you can't experience it right now, it is merciful and forgiving. Most people are born with this ability, and they do not need to be special to enjoy it. It is just an intrinsic sense of goodness, purpose, and delight for no apparent reason. Children nurtured in a caring, healthy environment are more likely to be linked to love, regardless of whether or not they were brought up in a religious setting. Just like children raised in a shameful, judgmental setting are likely to be disconnected from their love. They just feel detached and indifferent to love.

This detachment occurs in children and adults when there is a belief instilled in us that separates us from unconditional love. Certainly, there are situations that can frequently cause us to be "detached" from love, and the negative belief is usually in the background. I put "detached" in quotation marks because we are not genuinely detached—we simply have a false notion that makes it appear that way.

Unconditional love is just a part of ourselves that nurtures us for no apparent reason. If you lose touch with it, it will constantly strive to reconnect with you (often in very uncomfortable ways) since it is who you actually are. We begin to grasp what true love feels like when we watch how hard this love energy works for us. The heart is our key home and the portal between these fragmented parts of ourselves. We all deserve unconditional love because it is the healthiest and purest form of love that we can experience before we can unlock and open ourselves up to receiving love from others.

INVITING LOVE INTO YOUR LIFE– AND BEING READY TO RECEIVE.

To experience unconditional love, we must first control our own egos and beliefs, which have been greatly inflated, challenged, and eventually deceived. Underneath it all, you'll discover the wonderful essentials: feelings, the heart, and the true you. Your suppressed sensations will most certainly be unpleasant when they come up to the surface: inadequacy, rage, jealousy, rejection, self-doubt, and shame. Instead of avoiding these uncomfortable emotions, we should accept them with open arms. This will be difficult at first since your brain is accustomed to thinking in a specific manner, but with new habits and regular practice, you can rewire it. Every time you attempt to let a sensation exist without judgment (rather than analyzing it to death), it will melt a little more, like an ice cube, and finally, dissipate.

The more we practice changing our mindset and belief, the more our blueprint of love evolves. We find a gentler spot in our hearts as we go through our emotions. We can't trick our way out of this kind of situation. It is only in ourselves that we may find it. When your own emotions (even painful ones) find a home in your heart, you will most likely experience bursts of joy and thankfulness. There is a sense of relief as if you can breathe again. This is when we begin to find a different kind of love. We experience it for ourselves first and then freely share it with others. We gradually understand what true love feels like as a result of this self-care process (not rescuing and sympathy and flattery and attention).

In this process, we are inviting and opening ourselves up to love, and when we open up, we become much more relaxed with

new friendships and relationships. Because we enjoy them rather than needing them and trying to act perfect. When we invite people in and give off a relaxed vibe, people are always happy to be friends and lovers. But remember, this has to be authentic, not you trying to act cool when we feel frenzied internally.

Love is not receiving external validation and reassurance. It is not becoming a perfect match for someone else. It is not other people sympathizing with trauma. It is not manically seeing others as the magical solution to everything. Love is different, and we're going to find it. When you remove all barriers to love, you're inviting love in and putting yourself in the best position to receive it. Thus, love returns to you where it belongs. It is our default state of being, the way we were meant to exist. As a result, proclaiming "I am" is less important than letting go of what you are not.