

What is Love?

What is love and how do you achieve it? Love is an energy that radiates a sense of truth, peace, choice and safety. Four base loves dictate reactions in relationships: Self-Value, Forgiveness, Courage and Trust.

What is fear? - An energy that radiates a sense of anxiety, expectation, distrust, blame and control. Four base fears dictate reactions in relationships: Unworthiness, Material Insecurity, Abandonment and the Unknown.

Your goal, as a human being, is to soothe a base fear. You likely do this through relationship because relating is the exchange of energy. You take energy from others in ways that soothe fear. You are an ethical person. You would never do this if you were at all aware of it. Energy taken from a lover or friend out of fear is just gross, right? Don't worry. You haven't done anything that everyone else hasn't done and it isn't your fault. You've been taught to take energy from others.

You take energy from people, not because you are selfish or needy, although that is sometimes the case, but because no one has ever told you that you do it, that it's bad manners and that it only perpetuates fear and keeps you from love.

I'll explain briefly what the four fears look like as patterns within you. Unworthiness shows up as chronic rejection. If rejection is your predominant experience, you will seek a partner who will love you no matter what. You want intense emotional connection. You go above and beyond to make that one happy so they won't reject you. Soon, they push you away because your intensity frightens them and because they have more power than is comfortable.

Material insecurity feels like betrayal. Insecurity creates an anxious void that you want to fill with stuff. No matter how much money you get in this life, it won't be enough to stop the anxiety of insecurity. You want what you want and when you don't get it, you feel betrayed. You seek attention and approval from others as a form of security.

An abandonment pattern feels like guilt and shame. You have great difficulty knowing how you feel. Feelings are how people know what they want. Since you don't feel, and consequently don't know what you want, you do what other wants, thereby abandoning self. Guilt and shame seem the only feelings you do experience. You assume

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that other's unhappiness is your fault and if you just take care of everyone in the world, the world won't abandon you.

Fear of the unknown shows up as chaos. Unknown brings confusion. In your mind the way out of confusion is to know everything. Consequences of knowing a lot is giving advice without being asked and you can appear arrogant. You assume others are ignorant and if they would just listen to you, everything would be fine. Because you judge most people this way, you tend to isolate rather than spend time with the peasants.

Rejection fear will seek a partner who will constantly validate you through emotional connection. Betrayal fear will seek a partner who will give you what you want. Abandonment fear seeks a partner who will never leave. Chaos fear seeks a partner who will agree to live separately and leave you alone, to be available at your convenience.

The four base fears sound pretty negative. Well, they're fears and that's negative, but relationships can be peaceful and loving. The amazingly wonderful part of these fear patterns is that each one brings a gift of love, if you know how to grab it. Romantically relating to another from a love position is an incredible experience that I wish on everyone.

Rejection brings the gift of Self-Value through the opportunity of aloneness. Rejection is attracted to someone who wants to control you and treat you poorly. When you are ready to value self enough to not allow that, you will have love. You tend to think that if you reject what little love is offered, there won't be another opportunity. That is not true. God asks you to be willing to be alone rather than tolerate someone's mistreatment of you. Rejection will continue until you value yourself enough to say no and ask the question "what do they have to offer me". (Betrayal people, this does not mean you). Self-value is love. This is a test.

Betrayal carries a gift of Forgiveness through the opportunity of understanding another's point of view. Your primary focus is getting what you want as it gives you a false sense of security. Your task is to see other's point of view when they don't grant your wish. What is their position? How does you getting what you want impact them? When you can understand their position, then you have Forgiveness and that is love.

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Abandonment conveys the gift of Courage through the opportunity of taking a position (saying what you want). You tend to give up what you want for others. You need to listen to your body tell you how you feel so you can discern what you want and stand in the truth of it. Your body will experience anxiety when you are not in your truth. Courage to face conflict lends itself to truth and love.

Chaos (fear of the unknown) delivers a gift of Trust through the opportunity of confusion. Allow yourself to say "I don't know" and trust God to know it for you. You will experience real freedom and love.

Each of these gifts obtained lessens fear. Love automatically flows into the spaces left behind by fear and brings you peace. You will have a loving relationship rather than a fearful one. You deserve that.