



Superb Coaching

Working with you to take back your life

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LOVE

The most powerful energy you will ever feel is love. It is something you can learn to tune into or allow to appear because it is always there within your system. In fact any other feeling is only ever masking love.

Love is remarkable in that so little is understood about it. The only love you will ever feel is the love you are giving out. Think about this as it is very important. Many people believe they cannot feel love until someone loves them or they have someone to love. There are others who believe that love is something which comes and goes or is hard to find. Both these beliefs are delusions.

Love is a free flow of energy from the heart. You will never feel anyone else's love. What you will experience is their behaviour towards you: a caring, loving, kind behaviour. What this does is allow your own love to be released and expressed. It is your own loving energy that you experience, not theirs. Unless you are in an expanded state of consciousness, you can only ever experience what happens within your own skin. Therefore, the only love you will ever feel is the love coming out of you. So to feel love you have to start awakening the love within you. It has to become a goal or a strong desire so that you can find the motivation and commitment to dissolve all the patterns and blocks which hold down the energy of love within your system. Applying the methods taught here will greatly assist you with this.

Love is recognised by full attention in the moment, a bright eyed alertness, strength, magnetism and humour. In relationship there is a complete interest in, and an energy reaching out to, the other person, a tuning in and empathy, a giving of yourself to the other person regardless of whether there is anything in it for you; there is a tremendous warmth and sweetness, excellent feelings within yourself, a detachment with a complete connection and the direct experience that you are expressing your deepest essence.

It is not something false or contrived or even behaved; it is the energy which is the goal of every aware being. Simply because there is nothing better in life.

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