



Simply Abundant VIP Podcast Group Transcript

Release Date 3/31/17
Title Love is Actually Safe

Hello. Hello. Hello. How are you? I am doing well in case you were wondering. Yep [laughter]. Hey, guess what? Today's podcast is called something along the lines of, love is actually safe. Mm-hmm. I wish we could have learned that as small children. Right? That love is actually safe. But most of us believe or feel love can't be trusted, that it's dangerous. Right? Oh, yeah. We do. And it's funny how often love is blamed for the pain and agony we suffer. Love stinks, right? That song just came to my head.

I mean, there are so many different stories, and soap operas, and [laughter] songs, movies, friends-- that we blame love because we don't know what love is. We think we do. But we really don't. Actually, what's to blame is all the fear that we have around love, all the attachment. Last week I did a podcast on fear. Right how fear is what makes us stupid. But love makes us safe. That, my friends, is the key. Now, I say that, and boy, wouldn't it be nice if it was so easy to just slide right into that? And it is at times. There are times we can. And that's usually because we feel safer on the outside.

Maybe somebody seems safe to us, and so that allows us to feel safe. But the reality is that that's a false sense of safety. Because you have to feel the safety within you, then you can be in full expression of it. Because if you aren't, then you're going to look at the outside. And when there's a problem outside of you, like somebody's not fulfilling the picture of what you think they need to do so that you don't get triggered or you don't feel bad. I have news for you. You don't have a right to do that. You need to stop doing that. Someone else's behavior is their business. Your behavior is your business.

And most often when we say love stinks, or love hurts, or love isn't safe, it's because we have all these conditions. And it's crazy. It is crazy to expect a person to show up exactly how we want them to in our head so that we don't feel bad feelings. That's what it is. It's like, "No, you're going to do that so that I don't have to feel any of my shitty feelings. I don't have to get to my shitty beliefs." So you're going to block that just by being in my life because then I can focus on you and what you do or you don't do. It's crazy, right? I think it's crazy [laughter].

When I look at it from this perspective, and I used to, hello, blame. I used to come from a place of pain and suffering that I thought was induced by another person, but they were just a trigger for what I wasn't dealing with inside of myself. Because when I touch and feel love inside of me, I feel safe. I find that the inside of me is the safest place to live. It isn't about the rules or conditions, and it's not about attachment. That's what gets us into pain and trouble, like I said, and I said last week too. I'm kind of taking last week's podcast and flipping it to love rather than fear. Because love in and of itself is a feeling and the statement that it's also caring, you know, a deep sense of caring. It's always there, and you can't start it or stop it at will. "I'm not going to love you anymore. I've stopped loving you." Really? No. You become numb. That's what you've done. It doesn't work that way.

Our feelings aren't managed mentally [laughter]. Please understand that. Your feelings are not managed mentally. It doesn't work. They don't even go together. It's like oil and water. Your feelings are managed by your feelings. Your mental is managed by your mental, okay? That's it. You can have emotional influence over your mental, because that's usually what's happening subconsciously and we don't know it, right? And the mental can have

Intuitive Reinvention™

some input on how we feel because we'll be thinking certain thoughts and it influence the emotions, but the bottom-line is neither actually is in control of the other in terms of it working. Literally, you're trying to mix oil and water to get them to work by mentally trying to control how you feel or what you tell yourself you can feel, because it's going to be there whether you want it to or not is my point. Love is going to be there whether you want it to be or not. It is there right now, right now. Love is there.

So people believe falling in love is something different than love. Falling in love is a heightened state, usually intense, usually some kind of urgency, usually some fear of loss. I've said this before, too. We mistake falling in love for something that it's not, because to have love for others, we already do. Now, to have a stronger feeling of caring, to have a desire to spend more time with somebody, to get to know them, to actually develop a partnership with them, a friendship with them, right? That can come, or does come, from love.

When it comes from fear, there's a sense of desperation. There's a fear of, "I'm going to end up alone." There's a loneliness. There's a desperation. And that's not necessarily a great place to start. It doesn't mean if you started there that it has to stay there, because if you discover love and you want to operate from that place, you're going to feel a hell of a lot better. So when we fall in love and we're not emotionally available, we're just in love with the idea of what this other person can do for us without looking at our own availability or theirs. We're in a fantasy.

I talk about fantasy constantly because there is this thing that we do as human beings where we become delusional to reality because we don't like reality. Yeah. It doesn't make things easy, but that's what we are reacting to because to us, we believe love is scarce, and therefore it can't come in many packages. It can only come in a few. And that's where we get stuck on a person because they bring forth all this crap from childhood that we don't really want but we yet feel they can rescue us from. Like they have the magic touch. That has nothing to do with love. There's no love there. Really, there isn't.

You can have love on a different level. In other words-- let me take that back. Love is always there, but that's not what's driving the relationship. That's not what's making you stay with somebody who you do not feel a sense of companionship with or you feel a sense of being in alignment with. Okay? That's not your driving force, fear is. Love is different. Love is always there, but we can love people and not be with them.

You know what I mean like you break up with someone, you may still love them. If you're not numb, you're going to feel you still love them. If you're numb, you're going to think you're over it. But I guarantee something can trigger you and you'll feel those feelings of love. Maybe you see them start dating somebody else. Well, then you go into fear. Oh my God, I lost something that had value that I didn't think had value, right? That's fear. But you may discover that you still have love in there as well because you've been cracked open. Because that's what attachment does, that's what fear does.

If you let fear crack you open instead of piling-- I had this picture of like piling a bunch of stuff on top of it, but if you keep a wall up, you're not going to be able to crack yourself open, right? But if you use dynamite on the wall, you'll crack yourself open, and that's that wall of fear. So you want to be able to get past it and get to where the love is because that's where all the goodness is. You can basically live every moment of your life and every interaction coming from love and have a damn good life.

You don't become a doormat. You don't become some kind of caricature, like you're Miss Goody Two-Shoes. "Oh, I'm always positive." That's not what it is. It can be where you [usually?] say the truth, and you may say some things that aren't very, let's say-- I don't want to say kind, but hard things to say. And you can say them with a lot of compassion and a lot of love and it comes out so different because you actually give a shit about yourself and other

Intuitive Reinvention™

people that it comes out differently. And you still get the same point across, but maybe you don't burn your bridges. Maybe things work out better that way because you're not manipulating it. Usually, it does.

And those are the outcomes that I love, where I didn't have an attachment to an outcome, where I just came from love and I let it fall where it may. And then I was always pleasantly surprised, because the focus wasn't on the ending or the outcome, it was on feeling the feelings of love. I can offer so much more from that place. I can be a great cheerleader from that place, because I've got nothing to lose, nothing to gain, by being in a place of love. I can. I can cheer anybody on, because I think wow, the love I feel for you, the love I feel for myself, tells me that you are a person who I can stand behind in terms of saying, "Yeah, you. Go you, because it doesn't take anything from me. Now, in the old days, it would take something from me because I would have attachment to it. "Well, if I cheer you on, you better cheer me on." Or, "If I cheer you on, you better do this or you better do that." But love doesn't require that. That's ego. That's attachment. That's fear. That's not love. Love doesn't require any of that shit. Love requires you to just be love [laughter] so you can feel it. That's all.

And not to say, of course, I would love if we could-- I'm saying, if somebody, when we are little kids, could be like, "Okay, dude, this is what love is, all right?" And help us to keep practicing it and not build walls, that would be amazing, wouldn't it? Because a lot of us believe love is scarce. We believe it just isn't out there because it's not in there because you've hidden it. You hid love from yourself inside of you. You've stuck it somewhere. Maybe it's in your big toe? I don't know. But you've put it somewhere where you don't want to feel it because it scares you because it might make you out of control. But it doesn't make you out of control. What it does is it makes you more real, makes you more who you are because it is who you are. You are love, but we don't want to be that. We're trying to be something different.

We build these caricatures, these identities that have nothing to do with love. We do that so love doesn't even touch us. You know when you have a celebrity, they usually don't come from a positive upbringing. If they do, great. There's very few of them that had a fulfilling childhood. All right? Emotionally. And a lot of them are relying on that distant love, that distant adoration. People loving them from afar. People thinking they're great from afar. But in reality, they still feel empty inside because they're not feeling the love inside themselves. And I'm not speaking, again, for all because I'm sure there's well-adjusted people that are celebrities out there. But that's what a lot of it is. It's this idea that loves outside of us and that we have to be a celebrity to get all that love from everybody else, but that's not even really love. That's adoration or, sometimes, that is envy. Sometimes that's, "I want to be that person." Sometimes it's, "I love them. I want to be with them." But that's not. That's attachment, right?

How can it be? You don't know them. You can have love for all human beings but that's not-- again, it's not about attachment. I can love everybody, even people I don't like. I can love them. I choose to. Because if I don't choose to, that means I have a wall up. And one wall up is enough to block love. You don't want to have walls, they're painful to keep up. Look at all of the energy, the upkeep [laughter]. You know what I mean? I just imagine you have a janitor who's working on your wall and keeping it clean and keeping it built and, "Oh, there's a brick out, let me replace that brick." Like we have our own little janitors keeping us from love. Yeah. And love is always there.

And so a lot of times it's that validation we're looking for and validation isn't even in the category of love. It's not because you validate yourself by loving yourself. You don't need other validation. You think you do and they say human beings always do and perhaps to a certain degree. "Oh, I'm doing this right? Oh, okay. Thank you." Or, "I'm loveable? Okay, thank you." But the problem with that is you're never fulfilled because I know when people would tell me things, I never felt it. I didn't feel that go and penetrate me. It mentally may have lifted my mood at that time. Mentally, got that, right? Lifted my mood. Somebody reassured me that I was still a viable human being.

Intuitive Reinvention™

Great. But in reality, it didn't do anything for love of myself. It didn't make it okay that I could love myself. It made it okay that I thought I was okay. That's what it did. Oh, I must be okay. I got validation. I must be doing something right.

But in reality, I can be doing something right in one person's eyes and doing something wrong in another person's eyes. And I'm doing the same exact thing. It's like this podcast. There are people that are not fans of podcasts. That is totally cool. I'm not for everybody. And then there are people that are fans of the podcast. I'm not trying to get everybody on board. That's impossible and not really the point of me doing this in the first place. I'm not here to convince anybody that this is the right way and the only way. I'm just here to share what I know that has worked for me and has worked for the people that I work with. And that is so much easier and less convoluted than living in a space of fear, attachment, anything that isn't love.

Love is freedom. Love is the freedom you seek when you feel you have a fantasy going. And you're like, "Oh, my God. I see myself on a desert island. Or I see myself with an umbrella and a drink with an umbrella in it on a beach." Right? Which is nice. Nothing wrong with that. But there's some idea that we have to go somewhere else to feel love for our life. And usually, we don't even get to feel love for our life at that point because we're so worn out from our life and all the ways that we don't really live an honest life. Meaning one that we feel. One that we are engaged in. We're waiting for something. When is that vacation? When is that person going to come? When is that job going to come? When is that house? When is that city? When are my friends? When blah, blah, blah? When?

Love is always there. You can reach in your body and feel it if you choose. But nobody can reach inside of you and change you. They can't. They don't know how you feel. You don't know how they feel. You guess oh, and please stop wasting so much time guessing how other people feel. We don't know. And their feelings change as often as our feelings change. Because we're human beings. And that's why love is so much easier. It's simpler, instead of all the complexity of fear and other crap that we tell ourselves. You want to be fully open and present emotionally, and allow yourself to feel feelings that you usually block. You want to do that. It's easy to find where you block things. I find them all the time. Oh, look at that. I just got triggered. I know that because of when I feel out of sorts. I know I just got triggered. I was expecting reality to be a certain way and it wasn't. And so when I get triggered, what I used to do was just pull back anything loving, pull back any kind of good feelings, shove them back inside of me somewhere, and be in full frontal battle armor. Ready to do battle with life, or whoever.

Instead of now I get triggered and I go into the place where I'm getting triggered, and I feel the feeling so that I can be with it, and I can let it go, so I can release it so it doesn't rule me, and I can get right in the love because that's a loving act. To feel your feelings you're connecting to yourself. You want to connect to other people? Connect to yourself first. And that is literally what starts to set you free. Because love is free. Love doesn't cost a damn thing. We have songs [laughter] saying that too. Love doesn't cost anything. It's only the idea that comes from a convoluted place that you have to have it cost something. That somebody owes you something.

But the truth is, peace is love. Not numbness, no. Numbness is not love. Numbness is a mental construct meant to control your emotions. You will get triggered. That's how you know you're numb. You will be triggered. I guarantee it. Look at your everyday life. Look at every upset you get. Every time you get upset, that's a trigger. Look at what you're actually getting triggered by. Look at what it's triggering in you. Feel it. What am I being triggered by? Oh. I better feel this one, because that's going to give me a clue to what's going on inside of me. And so you do.

Oh, look. Somebody was inconsiderate. I'm taking it personally. I'm believing their inconsideration means that I'm not a good person, or there's something wrong with me, or I don't have value. And you just feel into that. And the more you feel into it the more you grow your value. You don't grow your value by telling yourself, "I'm going to

Intuitive Reinvention™

grow my value." You do it by the acts that you perform inside of you. By honoring yourself, by loving yourself. It grows along with your value, your peace, your happiness. It grows.

If you want to [laughter] get triggered call up a family member. They're usually good for a trigger or two, aren't they? Yeah. But most of us, what we do instead is we'll just sit there and think about it. We'll just think about talking to somebody in the family, and we'll avoid it. Like, "Oh, fuck. I don't want to talk to my mom," or, "I don't want to talk to my dad because the conversation's going to be like this." And what's funny is if you didn't do that and you actually thought about talking to, let's say, one of your parents or your siblings, whoever, okay, and you just think about talking to them - this is the fun part - is that you start to understand that, "Oh, my gosh. Look at this. I am not going to have a preconceived notion. I'm going to go into this conversation neutral." Right? "I'm going to believe that I'm going to sit and come from love, and so what I'm going to believe is that all is well, even if my whoever it is, whatever family member it is, acts like an asshole. I still get to choose how I want to feel. I still get to choose what I am going to say or do based on my feelings of love rather than trying to win or trying to show them or trying to shut them up or teach them in some way

I am choosing that. You'll have a whole different experience of the conversation. And guess what? When you haven't spent all the time in your head thinking about, "Oh, my God. Then they're going to do this, and then they're going to do that, and then this, and then that." When you bypass that bullshit - because that's just fear - amazing things happen. Life happens. You get to feel differently. I love feeling differently. I love when things go in a different direction than what I used to think about and go, "Oh, it has to go this way. It has to go that way."

No, but seriously, you get on the phone with one of your family members and they say something, and let's say you're coming from love and they do whatever they do and then it triggers something. Pay attention to that. It's not about striking out and beating them up about it. It's about going, "Okay. Why did they trigger that? What is it inside of me that I'm saying that says about me?" I'm saying it says something about me. I'm saying that it's saying maybe I'm a bad person or they think of me differently than I am, which is usually true of family, right? They don't see us how we really are. They see us how they think we are based on when we were kids, usually. Even if it's a sibling. It's really funny how that works.

But you want to get triggered so you can get rid of everything that isn't love. And I say, get rid of, in terms of, it's like, I see it breaking down in little pieces and taking a broom and sweeping it away. That's how I see it. Because it doesn't really belong to you. Fear doesn't belong to you. Fear is something you created, so you can get rid of it, you don't have to live with it. It doesn't have to guide you. It's not going to unless you push it to do so. So that's what we do and we keep trying to change or fix these people, "Well, if I act this way, then my mom will do this. If I say that, then she'll do that. If I do dit, dit, dit, dit, dit, dit." Yeah. Don't. Stop. Just stop. It's not about teaching. It's about being, being love.

Love is so safe. And this is why it's so safe. Because it's abundant. It's never ending. There's no end to love. And it's connected to me, I feel connected to a higher source. I feel like I'm in the flow of life. I don't feel like I'm out of the flow, I don't feel like I'm standing on the shore going, "What the fuck?" I feel like I'm in the flow. And what happens is, I start to trust myself more every time I get triggered and let go of something, and I see that I lived through it, and I see that I feel okay. It makes me feel more in love with my life, and myself, and the world, and people. And I have so much more to give that way. Way more to give. Because I'm not giving it hoping you're going to give it back to me. I'm giving it because that's how I feel. And that's why it's safe, because I always have that to go to. I always have that to be in.

Intuitive Reinvention™

With fear, you don't. Fear always feels like it's kicking your ass to the curb. Fear is tossing you around. Fear isn't keeping you safe. It never does. It keeps you miserable. It keeps you hating yourself. It keeps you hating life. It keeps you hating people. It keeps you trying to change everything outside of you. If you want your life to change, you have to change. But it's inside.

Attachment is hard if you have attachment. And I'm not just talking to a person. I mean, attachment in any part of your life. It's like a drug. And we don't even know we have an IV going. We don't know. Because we're on autopilot. We don't see that we have an IV going, and that for us we have a prescription that it's just having somebody or something, or that job, or that car, or that house, and there is nothing wrong with having nice things or people in your life. It's when we need them to confirm that we're okay and to keep us numb from ourselves. If I keep numb from myself, I'm not living, I'm not feeling love, and that's never safe. That always feels unsafe. That will keep you feeling anxious. It will keep you searching. It will keep you believing there's a perfect person or a perfect anything out there.

Love allows you to be right here where you are and still feel love. Love is not waiting for a state of perfection. Love is perfection all on its own. There's nothing to do with love that you have to fix or change. You just have to allow yourself to feel it and then be inspired from it. Act from there, speak from there, treat yourself from there. It's so much better. And when fear comes up and you get triggered, feel those feelings. See, when you come from love, there's a certain safety in knowing I'm going to survive this. So feel it and let it go.

When you have a secure emotional attachment, it isn't actually the person. It's the idea that everything is okay because love says everything is okay even if it's not outside of you. Because there's always going to be things outside of you that are not okay. Right? And I believe that it's written in the Bible. I don't know the Bible that well but I do know certain ones and it was Corinthians something, right, where it's, love is. I've seen that all over the place and I think I've actually posted it before because I think it's a great statement of what love is and what it's not is what most people think it is. So even the Bible tells you so [laughter]. I just wanted to throw that in there. But anyways, real love is safe. It doesn't want. It doesn't need. And that's the case. Everything else is fear. Love is safe if it doesn't want or need. It just is. Right? I know what it feels like. To me, it feels like I'm soft inside. I'm relaxed. I feel at peace. I know that everything's going to work itself out, even if it looks super fucked up. And even if I feel kind of fucked up by it, I get myself back to, "It's all going to be okay, Tracy," because if I'm still alive, it's okay. Right?

I mean, we keep living through these things and most of them are emotional issues that we're afraid of. So when I was talking about the act of falling in love that's not really love most of the time, and it's things that people attach to it, and think they finally have arrived, and that person's going to answer all their problems, and it's going to be perfection and blah, blah, blah, blah, blah. It has nothing to do with love.

So it's okay that you have that experience, but it's what you do it with. It's to come into a place of what am I actually feeling here? What is it I'm actually putting on this other person that they're not going to be able to fulfill, more than likely? What am I doing? You want to know. Where am I placing my needs? Are they inside of me or outside of me? What am I looking to have fulfilled that's going to be impossible? That somebody isn't going to be a mind reader and being able to fulfill.

How am I setting this up to fail? Because I am. I'm going to find a way to distance because if I fall-- I guarantee you, most people who fall in love - and this is not true of everybody, and I'm talking about this like walking on cloud 50 kind of thing, right? - that most people don't know how to feel love that do that. I'm saying just feeling love in their

Intuitive Reinvention™

everyday life for themselves and for life. They need something huge and, at the same time, they're afraid to feel their feelings. It's interesting because that's a heightened state, right? That's a heightened, excited state.

So you have other feelings going on an everyday basis that are still there, but you're ignoring them. You're distancing yourself from yourself when you're in that heightened state, and then when you come back down and you're back down to Earth, and you're like, "Oh, shit. Life still sucks because I thought it sucked before." Whatever it is you tell yourself, right? "Ah, that still sucks." Right. And then you want to keep that going.

Maybe it's this person. They're not the right person. This is the kind of shit you think, right? Maybe it's me. No. What it is-- whoops, there went my water bottle. Sorry about that [laughter]. I put it on the ground by my foot, and I got so excited I kicked it [laughter], but it's the idea of creating emotional distance. Because even falling in love in that way, that heightened crazy way, is not about emotional connection. It's not. It's not about being available because you had you before that happened. And if you weren't available to you, which more than likely you weren't, then you're not going to be any more available to yourself now that there's someone in your life.

It is to be available to real love, so when you meet somebody, you're not going to take off to cloud 50. You may feel great because you already feel great. So, this is just icing on the cake. It's like when I get to wake up every morning and do what I do for a living. It is icing on the cake because I already feel good. I already feel so strong in what I do and how I do it. And so, I can't even explain it because it's like a part of me, on the one hand. And it evolves, and it changes, and it grows, but there's just this feeling of-- it's just an expression of my own authenticity, right? I'm authentically living my life so I don't have to escape it. I don't have to escape what I do for a living. Well, I don't want to escape myself from anything, from another person. Okay. You come here, so I can escape me. I don't do that. I used to all the time. Everything was meant as a form of escape, and that's what we do.

And a lot of people when they're falling in love are trying to escape themselves instead of being with themselves. And then, like I said, they put the responsibility on the other person. And what if it fades? "Oh, my God. I'm not in that heightened place. I'm not feeling those fluttery feelings anymore. Oh, my God, what does that mean? They're wrong for me. I need to go find the next perfect person." Good luck. Ain't going to happen. You are going to get in another situation, same thing, or maybe you'll get an attached next time, and then you'll run ragged, being anxious. And, "Oh, my God. I got to try and get this person to love me. None of that's love.

Love is consistent. Love is there. Love doesn't know anything as far as you know-- what is it? Love is beauty, but it doesn't judge, right, beauty. It doesn't judge a package. Love allows because love trusts itself, and it's not that it's somebody else where we strike gold. "Oh my god, just like my stepmother. Oh, this is just like my stepmother." And you're not saying that to yourself, but really, that's what your subconscious is screaming. "Oh my god, we can fix this. This can change now. This can get better." And it's not true because it's not true [laughter]. It's not true.

You're not going to fix the past through a person in the present. It will not happen. You have to decide for yourself what you're going to do for you. You have to place awareness on it. If you have pain, pain is only a symptom of what's going on inside of you. Pain can color a picture. You can be high as a kite on love. Let's say you're walking along and everything smells good, tastes good, looks good. Let's say that person dumps you. Everything that smelled good, looked good and tasted good now tastes like shit and everything's shitty. What changed?

You. You went into pain and you made pain-- most of us make pain a scary, scary thing, like, "Oh my god, if I feel pain, I'm fucked. I'm going to lose control of myself. I'm in a bad place." Like you're going to stay there and never get out. That's what a lot of us think, or a lot of us act in that way. It's just not true. And then we have a lot of

Intuitive Reinvention™

excuses and blame and blah blah blah. Like I've said before, when I hear from somebody and they're telling me how horrible the other person is, I think well, that's not true. It's just not true.

And you're not looking at yourself. You're being a victim, and you need to look at yourself in the mirror and you need to go, "Where's my love? It's in there, I know it is, but it's buried. It's buried in the reflection I have of this other person reflecting back to me. Because if I make them the bad guy, I can just focus on that. I don't actually have to focus on why I'm not loving myself. I don't actually have to focus on why love is absent from my life because I buried it. Instead, I'm looking for somebody else to show me because I can't show me."

But you've got to show yourself, or you're never going to feel it, no matter what. You can get in that heightened state, that needy, grabby, I want to consume you state. That's not really love, that's attachment. When somebody tells me that they've started dating somebody, and then they start throwing excuses to me about the relationship. Because I get clients, and clients sometimes, not all the time, will not want to tell me the whole truth about situations. And not because I judge. They have a fear probably of that. But they're afraid of probably what I'm going to tell them, which is never going to be, "Oh, you better get out of there." I'm going to tell them what the truth is. And a lot of people don't want to hear that.

So when you don't want to hear the truth, you don't want to feel love because love is always there. And love is truth. It is, because it's clear. It has clarity with it. Love has clarity. Fear does not. It diffuses everything. It makes it foggy and messy. But people don't want to look at the whole picture. And when you're placing it all on somebody else, then what you're basically saying is, "If this doesn't work, then my life is shit." Or, "If this doesn't work, then this has way more meaning than the love I have inside of myself, for myself, and for you."

People want fulfilling relationships. You've got to have it with yourself first. I didn't know this. This is all I work on in myself. If I work on anything-- and I say, work on, because I have to have active awareness. It's where I don't feel love. What is blocking love? That's the only thing I work on. I don't work on anything else, because really, it's the answer to everything. It's to feel love all the time. So if I can't feel love all the time, there must be something going on inside of me that says, "No, you can't feel love for certain situations." Especially with people with attachment, because we have our self-worth totally tied up in it. We do.

And so, when you start pulling pieces of yourself back from that attachment-- you go, "I need to put this back in body and I need to deal with it," it's going to feel weird at first. It's going to feel painful. Why? Because it's painful from the past. It's painful from when whatever it is that makes you have an attachment happen in the first place. So anyways, love is safe, okay? Look for your triggers. Let yourself get triggered. Allow it. You will be grateful that you did, because it will teach you what love is.

And remember, love is natural. Love is easy. Love is who you really are. Love is the safest place to be. Receiving it and giving it are natural. If not, look at everything you have built around it that says no because that has nothing to do with love. All that is is fear. So find fear and root it out by feeling it and seeing it. You know your mind. Be the observer to your mind. Oh, look at those thoughts. Thank it for trying to protect you, but it's not trying to love you. It's separating you from you.

So you want to be clear with yourself, and you want to give yourself love, and you want to receive love. A lot of times when we think we're giving love, we're not. We're giving people pleasing. Okay? That's a control thing. People have a lot of trouble accepting love and receiving love if they don't feel lovable. That's why you have to feel lovable, and the only way to do that is, hello, love yourself. You have to love yourself to know what it is to give it and to receive it. I can give it easily because I feel it running through myself most of the time. I have it to give. I love

Intuitive Reinvention™

giving it. Like I said, I can be a great cheerleader. And I can receive it, and I love receiving it. That's amazing. It feels so good. I never used to feel it. Somebody could love me and I'd feel numb. So where you feel numb is also a great place to look. It's a great place to start. There's fear there. It's blocking love. So sit with it, get to know what it is, thank it for trying to protect you, and then go feel love. All righty guys. That is a wrap up of love. I hope you have a good one. Take care. Bye-bye.

ACTION ITEM

A lot of us fight against the open arms of love. How do you do it? Do you find things wrong with the other person and pick him/her apart? Are you looking for perfection? How many boxes does someone need to check? We mistakenly think prince or princess charming will make everything safe, and if he/she falls short, we will feel unsafe. That's a lot of pressure to put on another (flawed) person.

If you're single, make a checklist of at least five items you look for in a partner. Perhaps he/she has to be within a certain height range or have a college degree or live in a certain area or be a non-drinker or use proper grammar or be a night owl. Look at all the limitations you impose in order to create someone who is "safe." Now, challenge that by going out with someone who doesn't check one of those boxes... and be OPEN. See if you can connect with them on a deeper level.

If you're in a relationship, what does your partner do that you can't stand? Maybe they don't take out the trash or make plans or drive carefully or detach from their phone or spend money wisely or sit still. Now, here is an opportunity to stop making your partner wrong in order to maintain distance. Don't use it as an excuse (i.e. If only he/she would do this, I would do that). Instead, say, "Even if he/she spends all day on the phone, I'm going to make a nice dinner." Because you want to do it, as it lights you up! Open up and become available even if your partner doesn't do what you want. How does that change your feelings?