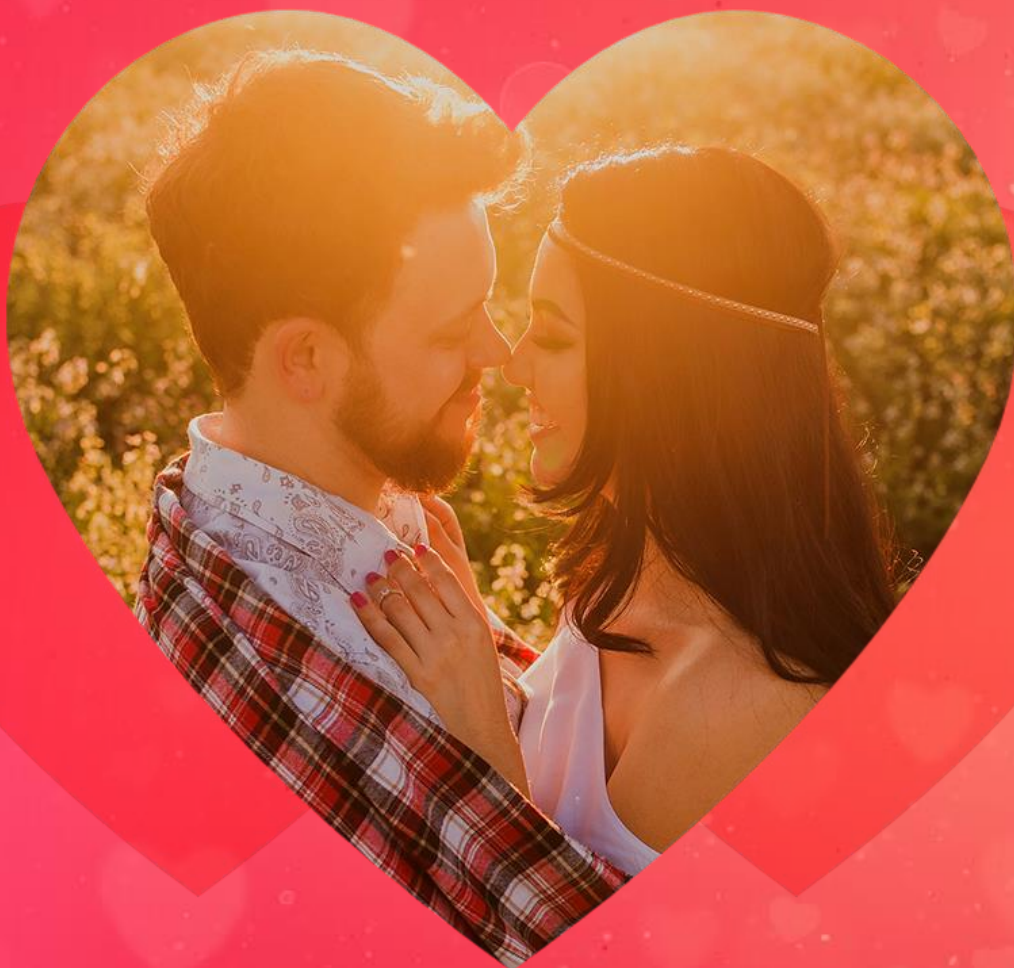


Optimized Relationships Love Guide



5 Steps to Find Your Forever Love Even if You Hate Dating Games

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- Are You Sick and Tired of Failed Relationships?
- Are You Fed Up With Feeling Lonely?
- Are You Ready to Find Genuine Love That Lasts?



This simple 5 Step Guide is for you if you crave more connection and abundant love in your most important relationships. Learn new mindsets and tools to blow the old relationship rules out of the water. Enjoy more authentic love now.

The 5 Simple Steps Are:

- Step 1: Choose Love Not Fear
- Step 2: Choose Unconditional Love Not Conditional Love
- Step 3: It All Starts with Your Self Love
- Step 4: Focus on Internal Fulfillment
- Step 5: One is Not the Loneliest Number



Much of what you have been taught about love doesn't work. If you are ready to learn new love mindsets and take new love actions, you will get new love results. Be willing to release what isn't working for you and step out of your comfort zone. Grab your journal and get ready to make big shifts. Consider these 5 steps with an open mind and an open heart to optimize your love results:

Step 1: Choose Love Not Fear

Fear has played an important role in your survival up until now. Your fear, flight or freeze reactions have helped keep you safe and that is good. Now you can evolve one step further to not only survive but also flourish. That's where love comes in.

Every choice you make is based in fear or love. Fear or love, that's it.

When your basic survival needs are met and you feel safe, you can choose to mindfully respond to your environment and the people in it rather than instinctively react to avoid danger. You begin to choose what feels better instead of only avoiding pain. As you shift from fear to love, you allow yourself more time to thoughtfully respond. Respond instead of react. You have the powerful ability to consciously choose how and what your actions will be right now.



When you remember to reflect before you respond, you become more skilled at choosing responses that benefit you and others; more loving responses. When danger is not present, you can move beyond your automatic survival responses into conscious choice that feels more loving.

In conscious response, you examine what is driving your decision. Are you afraid of something in making this decision? Are you moving away from what you perceive as a threat? Does the change upset you?

Or are you feeling joyful about making this decision? Are you moving toward what you perceive as pleasant and to what feels better? Does the change increase your energy?

An example:

My client Danielle rushed through her day from the time she got up in the morning until she dropped into bed at night. She drove fast to work and she drove very fast after work to pick up her 3 year old daughter Lilli. The thoughts she had at the end of most work days went something like this, *"I have to pick up my Lilli by 6pm or I will get another \$20 late fine. I don't want another \$20 late fine. I'm not made of money and I hurry and work so hard as it is. I'll never catch up with the bills, I'll never get ahead."*

Do you feel Danielle's fear and rushing? What is she is telling herself over and over? I'll never catch up, I'll never get ahead. She didn't realize it, but her fearful self-talk was reinforcing her fear and lack. An ongoing loop. After she became aware of her fearful thoughts and self-talk, she learned to shift from the fear she was unintentionally reinforcing, to what felt better for her. She became more self-loving and relaxed by realizing she was doing her best.

Danielle became aware that she was hurrying herself through her day and learned to be more gentle with herself. She learned to allow herself more time not to hurry and rush. She made the choice to shift away from fear to what feels better for her. She no longer uses fear to move her through her day. She allows herself plenty of time to pick up her daughter, not only to avoid a fine, but because she is focused on how good it feels when Lilli runs to her as she arrives to pick her up.

Do you feel the difference?

We choose to act from fear or we choose to act from love.

Consciously choosing to shift from your habit of fear based responses to love based responses is hard work in the beginning.



You may motivate yourself to move away from fear to feeling better step-by-step and that is progress. As you become more aware and practice, you become more skilled at choosing from love. You find yourself consciously choosing love more often because it feels better.

The first step to consciously transitioning to responding from love is to remember you have a choice to connect with your inner strength, wisdom and clarity.

Choose to remember your strength and abilities. You can tap into who you are and trust what feels better for you. You are not a victim of your emotions. Your emotions are your advisers. Your emotions are your responses to your thoughts. You can mindfully move away from what feels painful to what feels better by noticing your emotions and choosing to help yourself feel better a bit at a time.

You connect with more of your natural potential when you allow, embrace (or learn from) and release your emotions. Your emotions are your internal compass or GPS to help you align with more of your genuine self. When you allow them, understand the information they offer and let them go, you increase your own adaptability and happiness.

When you feel ashamed, guilt ridden or angry, you are not close to alignment with your empowerment and who you are at your core. As you notice feelings that don't feel good, you can choose to pause and process them by identifying the feeling. Next learn from the experience and then let it go. After you let it go, the learning remains with you to guide you. You can mindfully choose a better feeling loving response instead of fear and shift yourself to feel better. It's like the old metaphor of picking yourself up, dusting yourself and moving on, only inside. Deliberately move on to feel more joy. Notice and appreciate your new love based choice.

Every choice you make is based in love or fear.

Step 2: Choose Unconditional Love Not Conditional Love

You have experienced and felt the deep pain and anguish of conditional love. Conditional love is judgmental. Conditional love is painful. "If you look and act the way I want you, then I will love you." "Meet my approval and I will love you." Conditional love is about control. Conditional love is complicated and cruel. It is time for you to evolve from conditional love to unconditional love.

Unconditional love begins in your heart. Unconditional love does not hurt or harm. Unconditional love heals and unifies. It elevates and energizes. Unconditional love is limitless. Unconditional love connects you with more of your unlimited potential. Unconditional love is transcendent.

Everyone deserves unconditional love; no exceptions.

Almost everyone has experienced conditional love and unconditional love. What is your experience with conditional love? How painful is/was it for you? Have you released the pain of the conditional love you experienced?

What is your experience with unconditional love? How connected are you with your unconditional love? Do you remember what it feels like?



Here is an exercise to help reacquaint you the unconditional love you have inside:

Love Touchstone (LT) Exercise-

Set aside about 20 minutes of quiet time in your day. Get yourself feeling relaxed, comfortable and safe in a quiet place with no distractions. Unplug from technology.

Close your eyes.

Begin by breathing slowly and gently. Enjoy fully expansive breaths in your own way and personal rhythm. Breathe deeply and enjoyably as you relax. Go slow. Unwind your whole body and focus on your breath. Rest assured that there is no wrong way to do this exercise, your way is perfect for you.

Now imagine or visualize a time in your life when you felt completely safe, warm and wonderful. Bring it in to focus. Do you remember a time when you felt completely at ease and enveloped by overwhelming joy? Blissed out. Remember a time when you felt embraced by happiness.

Visualize and thoughtfully revisit your happiness memory now. This is not about visualizing people you felt good with, this is about remembering a time you felt fine within yourself. Go over and over it and see the details. Visualize a time when you felt a deep knowing that all was well with you not dependent on other people.

Are you in the sunlight? Are you indoors? Are you in a safe place that only you know about it? Are you by the water? Do you hear the ocean? Are you with a favorite animal or pet? Do you feel the breeze? What age are you?

What do you remember? What do you see? What does this feel like? What colors are there? What sounds? What smells? What does it feel like now? How clear can you bring this feeling into focus? How vivid can you make it?

If nothing comes to your mind, just relax and enjoy this time of quietness. Do not resist what is happening or judge yourself. Try again in a day or two to see what you remember. Quiet time alone is essential. Enjoy this stillness so that you can learn to connect with yourself inside. Set aside time so that you hear your internal wisdom.

When you remember your incredible feeling of being wrapped in a warm, safe, light feeling, note the details. Make it vivid and focus on this feeling. Play it over and over in your thoughts. Make it strong and give it a personal and simple

name. (my sunlight on water, my cat purr, my green grass on cliffs, or my secret place are examples)

You have now created your Love Touchstone. Use it as a tool to call up your personal experience of unconditional love. Play it over and over in your mind's eye so it is clear and immediate for you. It is your superpower.

Reconnect with it and use your LT as a self-soothing tool. Remind yourself of your best feeling with it. Your own personal Love Touchstone helps you re-heart yourself to your joy. Consciously choose to integrate and balance your heart with your mind. Use this memory to help yourself live into more unconditional love.

Use your LT to help yourself feel better when you are feeling challenged by circumstances or people outside of yourself. Use your breath and your LT to interject a pause so that you have time to think and consciously choose how you want to respond instead of reacting quickly. Your Love Touchstone is literally your connection to your inner happy place and you can use it to shift into feeling better anytime you remember to use it. Your LT helps you shift from fear into love.

In addition to your experiences, you have a deep heart centered knowing of unconditional love. Remembering and re-inhabiting your unconditional love helps you heal and remember your core strength. This knowing is your genuine empowerment.

Re-visiting unconditional love helps you live from your heart, it helps you become re-hearted. Many of you "remind" yourselves of important thoughts you don't want to forget. When you remember unconditional love and share it, you are "re-hearting" yourself and the planet. Re-hearting yourself is as important as reminding yourself. You choose to connect to authentic love and live from it.

Step 3: It All Starts With Your Self Love

The relationship you have with yourself is the most important relationship you have. It is the beginning of how you connect to everything. Self-love unites you with the energy of all that is.

The way you treat yourself is usually the way you treat everyone else. If you are judgmental with yourself, you are judgmental with everyone else.



If you are kind to yourself in a genuine loving way, you are kind to other people, animals and life. When you love yourself and life, they love you back. Self-love is the portal to larger love.

Many of you were taught and conditioned by well-meaning family members, friends and teachers to put others first. Putting others before yourself served the purpose of being accepted and cared for by the tribe. Survival in the tribe is extremely important.

This people pleasing or extreme altruism often weakens one or more of the partners in a relationship. It is impossible to please someone else all the time. It is self-destructive and painful to base your own happiness on pleasing another person. Trying to feel good about yourself by trying to please another person is like trying to build a solid internal foundation on shifting sand. Or watching someone eat ice cream and hoping you taste it yourself at the same time.

Self-love is reached through kind self-awareness.

Prioritize and schedule quiet time for yourself each day to open your heart and to listen to your internal whispers. Just as you make time to work out and move your body, also make time to connect with your quiet, inner wisdom.

You have all your answers inside; you have been taught to ignore your voice to please other people. You have been taught to believe what other people tell you about yourself. Allow yourself the silence and the space to connect with *your* thoughts, with your heart and with your inner wisdom.

Compassionately and non-judgmentally listen to your thoughts and your heart. Connect with and honor your inner voice first to help you become centered in your own strength and power. Lovingly listen to yourself so that when you are ready you may lovingly listen to other people. When you love yourself from a deep and profound place inside, you do not need to people please or partner please. Your genuine self-love radiates out from you with ease, like ripples on a pond out to the people around you. As you become more self-loving, other people also feel that love. Not only are you naturally emitting love to the people around you and the world, you are modeling how to feel self-love for other people. You give people permission and you hold space for them to join you in more self-love and more love in general. Love expands.

How do you authentically connect to self-love when you might have been conditioned not to connect to self-love? Self-love lives inside of you ready to be reawakened and remembered. Your challenge is to uncover and strengthen your self-love. It is a process of unlearning painful conditioning. With patience and practice you can learn to connect with more self-love.

Here is a practical exercise to begin to increase your self-awareness to help you remember your internal strength, wisdom and self-love:

A Self Love Contemplation-

Set aside 10 minutes of quiet time and stillness, twice a day, every day, to connect with your self-love.

Make your contemplation time a priority; nothing is more important than how you treat yourself. Unplug your electronics and go off the grid to increase your self-awareness. Find or make a quiet space for yourself where you feel completely safe and comfortable. Remember, you can't do it wrong, your way is best for you.

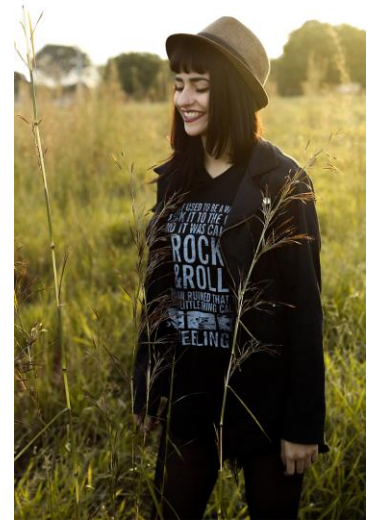
Close your eyes. Begin to breathe deeply yet easily. Relax in to the natural cycle of your own breath. Consciously loosen and unwind the muscles in your body progressing from your feet to your head or relax in your own way. When you feel completely relaxed and fluid in your body, listen to your thoughts. Focus on your internal dialogue.

What do you notice? Are you judging this contemplation? Are you judging your ability to do this contemplation? Are you present? Are you mentally rehearsing your "to do" list? Do you respond negatively in your thoughts?

Do you hear harsh criticism? If you do, that is not your voice, that is what someone else told you about yourself. Disregard it; it is judgment. Judgment is the opposite of love. You are love.

Can you begin to release any feelings you might have of feeling unworthy? You are infinitely worthy. You are enough. You are love expressing as yourself.

Do you notice any positive, elevating or joyful thoughts? Do you see or feel colors or light? Are you noticing any images? Or internal whispers?



Continue to breathe gently and allow your thoughts as they arrive and then consciously allow them to leave. Embrace and release your thoughts as you breathe and just be.

When you are ready, open your eyes.

Mindfully breathe and notice what impression or impressions you have. What do you feel? What are your emotions? What are you thinking of now? What did you learn? Will you remember or do you want to journal or record your information?

This is the beginning of your connection to your inner wisdom, strength and voice. If you feel this was a waste of time for you, you are right. You create your reality.



If you feel, you will go deeper and learn more from yourself with practice, you are also right. Your answers are in your persistence and quiet knowing.

Learning to love your self is hard work. If it were easy, everyone would do it now. If you want to connect with more of your internal wisdom, you go within. Go off grid and reduce distractions. Make quiet time a priority to give yourself space to discover much more about the inner you. Trust you will find love inside. Make your contemplations fun and enjoyable. Use your quiet time and contemplation as a playground to create, experiment and expand into. You were born to imagine. Use your imagination to open your connection to your self-love and more of your unlimited potential; you are the only one who can do it and you can't do it wrong. Self-love is a game changer.

Step 4: Focus on Internal Fulfillment

You have been taught and socially conditioned to protect and defend yourself against conditional love. You keep out the pain of love based on conditions, another person's neediness and/or judgment. You are skilled at defending your emotions.

You also have probably learned to compare your insides to other people's outsides and judge yourself as not worthy or not enough. You internalize what you have learned or what other people have told you about who you really are. When this outside information doesn't align with who you are at your core, it is uncomfortable for you and it hurts. To further compound your pain, as you judge yourself and decide you are lacking, you send that feeling out to everyone. Other people follow your lead and treat you the way you treat yourself. Ouch!

You have learned to judge and criticize yourself so well that you rely on external feedback before you rely on your internal resources. You have become so skilled at measuring what society tells us you lack that you have learned to ignore your intuition, your internal wisdom and your inner voice. You measure lack. You must unlearn this painful judgment and learn to reconnect and listen to your heart again. When you learn to measure in love, you shift to feeling better fast.

You are the only one who can shift to your unconditional self-love and you are also the only who can choose to balance external fulfillment with your internal fulfillment. You seek fulfillment outside of yourself; from the outside in. It is survival to bring healthy food, clean water and safe shelter in to yourself to help you survive. Beyond basic survival needs, extreme external fulfillment, can be unhealthy. No amount of food, drugs, alcohol, sex, material possessions, recognition, awards, video games, porn, exercise, shopping, sports, etc. will substitute for your genuine self-love and inner connection.

There is not enough of anything outside of you to complete you. You do not fill up from the outside in, you fill up from the inside out. Genuine fulfillment is sourced inside of your mind, body and heart. It radiates out from you. Your supply of love is free flowing and inexhaustible. You become empowered when you connect with your joy and that joyful energy connects to the energy of all that is. You are strong when you know in your heart that you are loving, lovable and loved. You are loving lovable and loved.



When you center yourself in this authentic self-love, you become genuinely empowered and what other people think or say about you matters less. Other people's thoughts and statements about you reveal more about the speaker than they do about you. You are not looking outside of yourself for validation or praise. You are filling up with love from the inside and no other person or situation can take that from you. Your strength is your love. The love that you are generating from the inside bonds with all love everywhere.

Self-love is reflected in everything you do. Consciously choose to step out of the hustle and rush of your busy life to nurture your internal connection. Quiet time is essential to knowing and loving yourself on a deeper level. Internal wisdom and intuition can be subtle and quick; if you are in a rush or distracted or not present, you may miss them.

Here is a simple meditation to more inner connection:

The Overflowing Cup Inside:

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The Overflowing Cup Inside is a visual tool for you to use to figure out if you are connecting to your inner world, your wisdom and your love or if you might be looking for wisdom and love in the outer world. It is a two-part straightforward, easy to remember visualization:

Close your eyes and relax with your breathing. Imagine your heart as a cup. Visualize a cup in the center of your chest. When you look outside of yourself to feel better, you notice your cup has tiny holes and small cracks. You attempt to fill up your heart cup with things and people outside of yourself. The more you pour into your cup, the more and quicker it leaks through the holes and cracks. You don't have enough energy, time or love for everybody and everything outside of yourself. You end up feeling sad, drained and exhausted trying to fill your leaking heart cup from the outside. There is nothing left for you.

Now close your eyes and imagine your heart as the same cup in the center of your chest. Look inside of yourself to feel better and notice that your cup is smooth and strong with no holes or cracks. You attempt to fill your heart cup with the things that help you feel joyful and happy. You imagine what you love about yourself and what connects you to your internal bliss. You notice that you replenish your heart cup easily and naturally. You notice that the love faucet is inside of you and not dependent on anyone or anything external. Your heart cup fills so easily that it overflows. It flows and flows and overflows. As it overflows, you notice some people feel the love you emit without trying. You see the best in yourself and everyone else. You want everyone to feel the love you feel inside.

Your heart or cup fills with love from your inside first to your outside. It is the opposite of what you have been taught and told. It begins when you learn to love yourself unconditionally. The ease and love and warmth of the unconditional love you have given to yourself naturally radiates out to other people. When you love yourself, you are more able to love others. As you love yourself, you can choose to share your love with others. Your unconditional self-love also holds space and

gives others a model of how to love themselves unconditionally. Love again expands.

Step 5: One is Not the Loneliest Number

When you are humbly centered in your internal core of unconditional self-love, you are genuinely self-confident. You are anchored in the authentic empowerment of feeling completely embraced and enveloped by transcendent love that you have an infinite supply of and everybody has access to. The limitless love you have inside of you connects with the limitless love everywhere, all love is connected.

Remember that you are love and you are connected to all love, you are not seeking to find love that you are missing because you aren't missing love. When you seek something outside of yourself, you perceive yourself as being separate from it. You have been taught to see yourself as lacking love.

You do not need more money, to lose weight or change yourself to be loved deeply. You are perfectly imperfect you and entirely lovable now. When you love yourself whole heartedly, you can love other people whole heartedly. When you love yourself unconditionally, you show or model to other people how to love you. This is genuine love based confidence



When you feel deeply in your heart that you are abundant love, you realize abundant love makes you - you. Your love is with you always, even when you don't remember it. Like Dorothy, in "The Wizard of Oz," as she discovers she always had the power to go home, you also have the power to go home to your love.

Center and re-heart yourself when you want to feel better. Simply close your eyes, focus on your heart space and bring up the feeling of unconditional love or your Love Touchstone to consciously connect with your love inside. Notice the

shift. When you feel empowered and strong inside, refresh and reconnect with the love everywhere.

As you learn to re-heart yourself to strengthen and anchor your love inside, you realize you, do not need love from someone or something else to complete you. The key word here is: *need*. You can enjoy love from someone else, much as you can enjoy someone preparing a nice meal for you. The difference is you do not *need* unconditional love from someone else because you provide it for yourself, much like when you prepare a fabulous meal for yourself. You are appreciative and you are no longer needy or desperate.

This is a literally another game changer. You no longer need to play old relationship guessing games or try to get in your partner's mind when you love yourself at this deep level because you accept yourself as complete and sovereign. Your sovereignty allows you to feel real freedom and independence. It allows you to stand alone, not stand lonely. You do not need your partner's love to complete you. You know and feel that you are enough.

You are enough. No one else is responsible to make you feel better or feel valuable or wanted. You are responsible for your emotions. No other person can "make" you feel bad or joyful, unless you give your power away to them. You own and integrate your feelings.

As a mature loving adult, you are the only person who can accept or reject you. Nobody can accept you unless you accept yourself first. Nobody can reject you, unless you reject yourself first. This is a powerful anchor to have your whole life.

No one else will be able to make you feel bad about yourself, unless you grant them that permission. When you understand and feel in your heart that you are the only one with the power and ability to deeply accept or reject yourself - neediness, codependence and desperation fade. Breathe this in.

Conclusion:

Congratulations on your hard work and progress. The end is just the beginning of new love results for as you as you shift to a new love mindset with these 5 love fundamentals: 1) your love based approach, 2) a new higher standard of unconditional love, 3) the kindness you give yourself, 4) your internal fulfillment and 5) feeling complete and sovereign.

Take a moment to deeply contemplate, anchor and celebrate your changes. You have strengthened the foundation of the unconditional love you have within. What do you notice? Is your concept of your forever love beginning to shift? What does it feel like? Can you imagine consciously creating a long-lasting love relationship with a new person now? What will you create?