YOUR OWNER’S MANUAL FOR LIFE~ Source Code of Your Soul

*Creating You and Facilitating Your Life*

**CHAPTER 10 EXERCISE: WHAT’S LOVE GOT TO DO WITH IT?**

*“Love yourself as if your life depended on it…because it does.” ~Anita Moorjani*

Please choose one person (*other than yourself)* in your lifewhom you would say that you love. This person could be someone in your present, past or perhaps one who has crossed over. Write their name below.

In Column One, list the top three attributes about this person which compose your love for them. In the second column, list three ways which you express your love for them. Once you’ve completed your list, please take a moment to reflect on appreciation for the contribution this person is or has been to your life.

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| **Attributes of Love** | **Expressions of Love** |
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Now, I’d like you to choose one person (*other than yourself*) for whom you feel you do not embrace love. Someone you dislike or perhaps even loathe for whatever reason(s). It may be someone you’ve developed a distaste for or someone who has hurt or violated you in some way- perhaps a combination thereof. Write their name below.

In Column One, list the top three attributes that compose your unfavorable sentiment(s) where they are concerned. Prior to making any entries in Column Two, I’d like you to consider for a moment that this person has come to you as a friend, asking for advice regarding the attributes you listed in Column One - *Regardless of whether they literally ever would or not*. What advice would you offer them regarding these attributes and the manner by which they could bring themselves to a place of increased respect and unconditional love for themselves as well as those around them? List these in Column Two.

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| **Disliked Attributes** | **Contribution** |
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Bearing quantum entanglements and that we are all mirror versions of each other in mind, ask:

* *What is it within me that attracted this person into my life?*

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* *What is the meaning that I’ve given to this?*

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* *What is the message that, through this creation, is attempting to be brought*

*to my attention? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

* *Who does this belong to? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
* *What are the gifts in this that I may not be seeing?*

~ Recall Neale Donald Walsch’s *“I am that, I am”* exercise.

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As you digest this portion of the exercise, please consider two foundational principles from a Soul level:

* There is only the mutual agenda of the Souls mutually held and experienced.
* No one has control over you unless you allow them to. While you can choose your summations, you can also choose how you will allow them to affect you.

~ Recall our discussion around allowance and acceptance.

*Everything this is and brings up, whether known or unknown consciously or unconsciously that is limiting me where X is concerned, I choose to release and transmute its energy to a higher vibrational frequency across all timelines and energetic fields under grace with ease. And so it is.*

Once you’ve completed the aforementioned, please take a moment to reflect on appreciation for the contribution this person is, has been or you may now consider to be to your life as well as you to theirs.

I invite you to do this exercise a second time - for you. We’ll approach this portion a bit differently, though; and there’s one caveat: Please allow yourself to be completely unconditional with yourself here.

Consider any attributes that you may dislike about yourself and list them in Column One. In Column Two, consider what it is that you dislike about each of them. For example, over giving. While you may consider giving and generosity positive qualities (*and they are*), when they morph into *over* giving, they can become negative ones in that they tend to create resentment which ultimately diminishes the beauty of initial intentions. They also detract from self-love.

Now, consider what it is that you like, or love, about them. As we discussed earlier, what you *think* you hate, you actually love. Ask yourself: *Truth: What’s the reward here?* List these in Column Three. Lastly, consider the ways each of these affects you and your life, and write them in Column Four.

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| **Attributes I dislike about me** | **What do I hate** **about this attribute?** | **What do I love****About this attribute?** | **This affects me and my life by:** |
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For each of these attributes, ask:

* *Who does this belong to?* Does it perhaps originate from the judgments and points of view of others to which you’ve chosen to subscribe?

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* *What is the meaning that I’ve given to this?*

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* *What is the message that, through this creation, is attempting to be brought*

*to my attention?*

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* *What are the gifts in this that I may not be seeing?*

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These are the entities your internal Saboteur has been attempting to bring to your attention by creating the issues in your life which are born from them. Keep in mind that your Saboteur is a messenger, alerting you to issues that are sabotaging your best interests.

When you find yourself in situations where you may be judging yourself, repeating a less than desirable pattern or selling out, ask: *Truth: If I loved myself, then…*

Once this portion of the exercise is complete, I’d like you to make one final list regarding the attributes you listed in the previous section. Consider the contribution they may be to your life. What advice might you provide to yourself as your own best friend regarding these attributes. And finally, what loving expressions will you implement to acknowledge your best friend’s advice? Having an open rapport with your Saboteur and mindfulness around their messages is a great place to start.

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| **Attribute** | **Contribution** | **Loving Expressions** |
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*Everything this is and brings up, whether known or unknown consciously or unconsciously that is limiting me where X is concerned, I choose to release and transmute its energy to a higher vibrational frequency across all timelines and energetic fields. And so it is.*

Once you’ve completed this portion, please take a moment to express appreciation to yourself for considering the content of your reflections in these exercises.

In coming to a place of healthy self-love, it is essential to have compassion for yourself - Treat yourself the way that you would a beloved family member or friend.

Commend yourself for acknowledging that you may be struggling with Attribute X. As Marci Shimoff suggests: “Love the way that you *are*, not the way that you *think* you *should be*.” Incidentally, this is a wonderful place to utilize EFT/Tapping: *“Even though I’m struggling with Attribute X, I choose to accept who I am and love myself anyway. I feel better already.”* Be a loving parent to the child inside, and love yourself for taking action in the direction of self-love.

*“Your objective is not to seek love,*

*but merely to seek and find all the barriers within yourself*

*that you have built against it.” ~Rumi*

Now consider the attributes that you love about yourself. As you consider them, retain clarity for the variance between self-esteem and self-love. Please note that these are things you love about yourself, not what others have said or what you *think* they love or *would/should* love about you. List them in Column One. In the second column, list three ways that you express this love for/to yourself…or that you *will* express to yourself with your expanded awareness.

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| **Attributes I Love About Me** | **Expressions of My Love for Myself** |
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I invite you to reflect on the attributes which came to mind and the most significant three if you chose more. In considering them, you may realize that you have more or less self-love than you were initially aware of. The key is to have an awareness around them and cultivate an expansion of self-love.

**3 Key Questions to remember:**

* Am I a priority on my list (Assuming that you ARE on your list)
* What would love do?
* If I loved myself, then….

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***"Love yourself as if your life depended on it...***

***Because it does*." ~Anita Moorjani**

**QUANTUM ENTANGLEMENTS - PARTNER:**

*Our relationships with others are reflective of our relationship with our self.*

Compose a description of your ideal partnership. Include everything that comes to mind – anything from what your partner may look like to the contribution they would be (are) to your life, things you’d have in common, the gifting and receiving between you, etc. How are you/would you ***Be*** within this relationship?

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| **Attributes of my Partner****and our Relationship** | **Gifts/Receipts****Between us** | **States of Being****~ Appreciation ~** |
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Without any judgment, guilt, blame or shame for any party:

* Name three things that you loved to do that you don’t anymore relative to your primary partner relationship.
* Name three people that you used to connect with that you don’t anymore relative to your primary partner relationship.

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| **3 Things You Loved to Do** | **3 People You Lost Connection With** |
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Once you’ve completed your list, ask yourself:

* What would doing these things and/or reconnecting with these people change/contribute to my life? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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* Would reintroducing them create contention or contribution to the relationship with my partner? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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* What would my life be like if I choose/do not choose to reclaim these?

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*Everything this is and brings up and anything that stands in the way of my creating and living my preferred reality, whether known or unknown consciously or unconsciously where this is concerned, I choose to release and transmute its energy to a higher vibrational frequency across all timelines and energetic fields*

*under grace with ease. And so it is.*

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* Listen to what your partner is saying. Then, repeat back to them “So, this is what I hear you saying is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”
* When you address your partner with an issue or ~~request~~ preference, begin by stating 3 things that you appreciate about them or the relationship:
	+ *“I really appreciate that you* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”
	+ *“I like it when you* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”
	+ *“I love that we* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”
* Then state your preference:

*“What I would like is* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”

*“What would work for me is* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”

* Once you’ve expressed your preferences and made some suggestions where gifting & receiving are concerned, ask *“How to you see this working out”?*

I have personally found that the sentiment *“Help me to understand”* provides an invitation to both parties to contribute & fill in any blanks for questions either may have.

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*"The measure of love is to love without measure." ~Original Author Undetermined*

*~ Love is…Everything ~*