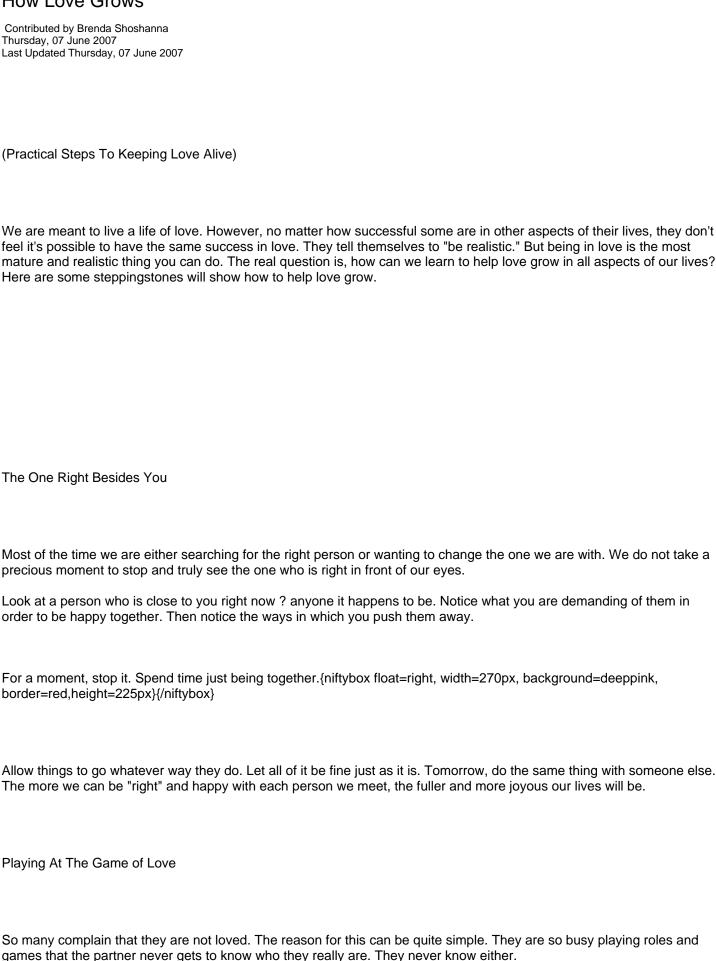
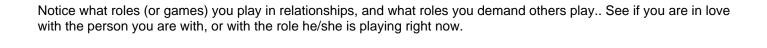
How Love Grows



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Turn this around for a little while. Stop playing roles completely. Love is not a game we play. Love is knowing and accepting yourself and the other exactly as they are. Who we are is always loveable and beautiful. It's the roles that get in the way.

Letting Him Come and Letting Him Go

One great obstacle in living a life of love is the tendency to hold on. We grasp and cling to those we care for, preventing their freedom and ease. But this is not love, it is attachment and dependency. In the long run it suffocates the one you cling to and suffocates you too.

Try giving it up for awhile. Let the person come and go as they feel. See how wonderful both of you will feel when you grant your partner this kind of trust. It is said that we can never lose that which belongs to us.

It's important to put this into action. When someone comes into your life (or day) practice letting him come. Welcome the person? whoever he is. Enjoy what it is he brings. When it is time for a person to go away, practice letting him go. Do not turn the person's leaving into an experience of rejection, loss or abandonment. Realize that his leaving has nothing to do with you. It is simply time for him to go.

Do this with yourself as well. Let yourself come and go freely in life, not tying yourself in unnecessary chains.

The more we free others and ourselves, the more love can grow.

Letting Go Of Unnecessary Expectations

Many feel that love is not possible unless all their demands are met. They can be quite amazed to discover that even when these demands are met, nothing really changes.

These demands don't lead to happiness. They just may be obstacles to love.

Take a look at what you feel is absolutely necessary in relationships. Realize this Expectations may be keeping all kinds of people and possibilities away. Not only that, these expectations can be making you fearful and rigid, not open to what is available.

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Let one of these demands subside. At first let it go for just one day and see how it feels. (Remember you can always take
it back again). Now try another the next day. As we do this many times, we may find that that which we thought was
crucial was only getting in the way. The more we do this the lighter we will feel and all kinds of new people will start
appearing in our lives. We have made room.

Cc/author/2007	

Discover the surprising truths about love that will save your relationship, in Dr. Shoshanna?s top e-book Save Your Relationship (21 Basic Laws of Successful Relationships).

http://www.truthaboutlove.com . Psychologist, relationship expert, speaker, and noted author has helped thousands become stable, fulfilled and strong. Get free ezine and reports at http://www.brendashoshanna.com . Contact at :

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