

Introduction

The wonders of life are absolutely mind boggling. We can hold our hands in front of our faces and purposely wiggle our index fingers back and forth with ease, although we don't even begin to know how to create the atoms that make up the cells that make up the skin, blood vessels and blood, bones, muscles, nerves, and tendons that it takes to move our fingers. It just appears that **we** are moving our fingers back and forth, but **we** don't have a clue as to how it is really being done.

Everything around us is being created so eloquently as to give us the experience that we are living our lives, when in truth, we do not know how we move, or talk, or think, or emote, or ponder our own existence. When we observe all these wonders that life has to offer us through the eyes of Love, the wonder, beauty, excellence, and genius just seems to expand in every direction, moment by moment. It's all magical and amazing! It just keeps expanding forever and ever and it's so glorious that it boggles our minds.

Here on Earth, there is also the other side of Love, **which is pain**. The metaphysics of the energy of Love are designed so that if Love is misused, it creates different kinds of pain and for every kind of Love, there is an opposite painful side, that hurts us when we see, feel, or experience it. For thousands of years, we keep asking ourselves, "Why are we here?" and "Why do we have to experience so many kinds of pain?"

If you had the job of teaching a brand-new soul how to understand the uses of the energy of Love, how would you do it? How do you teach a new soul how **not** to misuse their energy in any way, not to hurt themselves or anyone else? Could you set up a program that would show them all the hundreds of thousands of ways they (or someone else) could misuse their energy and have them watch it? If you did that and they spent years studying the program, watching all the ways the misuse of energy causes pain in themselves or other souls around them, would they really be able to learn from just watching? **Or would they need to actually experience the pain that is caused from the misuse to truly understand?**

Well, if you look around you at the condition of our world, it's not hard to see how the Divine Creator (I am using the term Divine Creator to refer to All That Is, Spirit, the Supreme Being, the Source, or whatever you believe) has answered these questions. For the past ten or more thousand years, we, as a human race have been living through a state of ignorance that has enabled all of us to learn firsthand what happens when people misuse their energy. The list of the atrocities that we (as people) have had to experience is daunting. And the list is so long and big that it is a wonder that billions of us still get up every day and try to create a better day than the one we had yesterday. It's through the presence of the Love, that is within us, and all around us, that gives us that drive to keep moving through the pain that we experience while we are here.

As it turns out, we are being given an extraordinary opportunity.

It's essential that a soul needs to **experience** the pain that is caused by the misuse of energy so that they can **understand it completely**, so that they will **know** how it affects them and others. Up until now, this has been the purpose of Earth, to give all of us this experience.

The Divine Creator is now providing us the knowledge that will enable us to **learn how to focus on Love, moment by moment, and how to heal the pain that is within us**. If we learn how to become

Love and how to heal our pain and **then do the work of growing in Love and healing daily**, we will be able to develop **the strength of character** to:

Never create that pain again.

This taking action to grow in Love and to heal our pain is what creates Loving Intelligence. It will enable us to develop the Loving wisdom needed to become a creator ourselves.

The benefits of taking action are so big, that it's enticing eight billion souls to come here to experience it.

Experience equals **knowing**, and a soul cannot move forward and **harness the power of Love**, until they **know**.

This is Earth's Objective

To Provide New Souls with the Opportunity and Experience to Master Being Love

Due to free will, it's a choice that each one of us is being offered. If you choose, then my book, **"Growing Big In Love"** has been written to show you how to focus on Love every moment of every day to become strong in Love. You'll learn how to heal **all** of your pain through understanding and action, to gain that Loving Intelligence, and how to create an intimate personal relationship with the Divine Creator! The Divine Creator is Love, and developing an intimate relationship with them, could be the most amazing thing you ever do for yourself!

If a person chooses to make all three a daily practice, their life becomes filled with discovery and purpose!

The outcome is GLORIOUS!

Let us begin.

Our Incredible Human Condition

Every upset, every emotional upheaval we experience, is an opportunity for us to grow bigger in Love. And if we choose to get bigger in Love, we can learn to heal whatever makes us upset, forever! **Can you imagine what your life would be like if there was nothing left to upset you?**

What creates upset in you is different from what upsets other people, but we do have many commonalities. What things cause you to feel unhappy, worried, disappointed, or distressed?

- Fear about not having enough money?
- Being abused, lied to, controlled, chastised?
- Feeling lonely?
- Feeling jealous?
- Being late for appointments?
- Being driven crazy by your kids, dog, cat, partner, spouse, or parents?
- Feeling terrified you'll make a mistake, screw something up, or that someone will judge you?
- Being stuck in traffic, hitting a red light, dealing with idiot drivers, feeling crappy about how your car looks?

These are only a few of the possibilities. We still have sex, politics, world calamity, work, relationships, mates, family, drugs, alcohol, religion, and war. There are a lot of things that can make you feel unhappy and afraid. It might be enlightening for you to make your own list.

And every time you find yourself feeling upset by anything, **it takes you time for that feeling to go away.** So, please let me show you just how much a simple upset affects you. If you work with me here, you might discover something profound about your life.

Every unloving emotion is a kind of pain. Hatred, fear, jealousy, shame, guilt, greed, anger, boredom, loneliness, and hurt are all different kinds of pain. And every unloving emotion you have ever experienced has been caused by an unloving belief you have within you, a belief that is not Loving. Unloving beliefs trigger unloving emotions, which create pain.

To see how this works, think of something that made you feel upset in the last few days, some experience that made you feel frustrated, angry, or annoyed. As soon as you have the experience in your mind, relive it for five seconds. Then stop and feel where the pain of the experience shows up in your body.

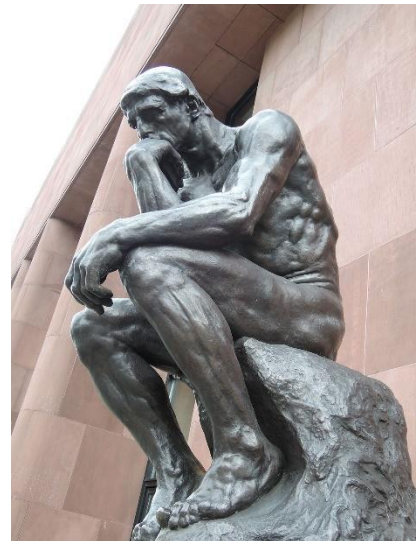
Where did the pain show up for you? Your gut? Your heart? Your throat? Your head? Somewhere else? Isn't that amazing? That pain you just experienced was caused by an unloving belief about that experience. And as soon as you let yourself think about and feel the experience, your unloving belief about the experience triggered an emotional response and you felt the pain of it in your body.

Now let's try another one. Think of some other experience that made you feel frustrated, angry, or annoyed, something that is in no way related to the experience you just now relived. As soon as you have it, relive it for five seconds and see where that pain shows up.

Where did the pain show up this time? Was it in the same place? Was it in a different place?

From my experience, in a room of a hundred people, about eighty will feel the second pain in a different place while the other twenty will feel it in the same place.

What this experiment shows is that throughout your life you have accumulated and stored hundreds of unloving beliefs about many different things in your body. **Every time** you think of something that triggers an unloving belief **or whenever you are in the presence of the subject** of an unloving belief,



it triggers the pain of the unloving emotion created from that belief. We experience these painful feelings many, many times a day, day after day, and they cause chronic pain, accidents, calamities, disease, emotional and mental disorders, and eventually death. That's a lot of pain! Our bodies can only handle so much pain before they break down, grow old and die.

Fortunately, we have the antidote to pain already inside us. All we need to do is to learn to tap into it. Some of us are not able to feel it, but all of us have it in us.

We have Love!

What is Love?

Love is simple by nature. It is the **energy** of life that moves through us and all around us, and **it makes us feel good in our hearts.** It is the **energy** that is behind all of creation, which expands in every direction in all space and time. It is yummy and marvelous, amazing and peaceful, extraordinary, flamboyant, silly, cute, hilarious, jovial, sexy, sensuous, quiet, extremely loud, exuberant—I could go on and on! Love is part of wonder and gratitude and all things beautiful. There are **infinite** ways of experiencing **Love**.

Love is possibly the reason life exists at all! Learning to focus on Love all the time makes living life extraordinary and doing so empowers us to live life fully!

AND, for most of us, we have a wondrous gift within us that enables us to experience Love any time we want. It is called the power of a **Loving Smile**.

One of the fastest and easiest ways to put Love into action is through a **Loving Smile**.

Let me show you how a **Loving Smile** works:

Start by sitting up straight and proudly. Make yourself comfortable. Now slow your breathing just a little and breathe deeply. Concentrate on something that makes you feel Love. Smile really big and allow the smile to make you feel happy and Loving. You might envision what a person in a state of Love looks like and make yourself look and feel that way. Or go back into your memory and recall a time in which you felt a lot of Love and relive it. Maybe you have a lot of Love for your lover, your mate, a child, or a pet. Relive that experience in your mind and smile really big. You might think of sitting next to a beautiful waterfall or the ocean. You might imagine sitting up in a massive tree. You might think of something that makes you laugh or feel silly. Allow yourself to feel as much Love as you can.

Once you are feeling Love so much that you have a big smile with your teeth showing, read on.

Now, don't change your posture, the way you are sitting or breathing, and especially don't change your smile in any way—see if you can make yourself feel sad. Don't change your smile.

You can't do it, can you? Isn't that amazing?! Let's try another one.

While you're still smiling and sitting in a strong posture, see if you can make yourself feel angry.

Isn't that incredible? You can't do it! No matter how hard you try to feel sad or angry, if your physicality and physiology is happy and Loving **and you are smiling big**, you can't do it. Your inability to feel **any** unloving emotion when you're expressing a Loving Smile with a strong, proud posture is a **metaphysical principle of life**. It just works that way for all people. **It's a truth we can rely on.**

I call it the **Loving Smile Principle**.

It is an incredibly **practical** tool, because all you must do to feel and use Love is to smile a Loving Smile and think of anything that opens your heart and opens you to the experience of Love. By "opening your heart," I am referring to your spiritual heart. Your spiritual heart gives you the ability to control how you feel, moment by moment, by affording you the choice to choose to be in Love or not. If your heart is

open, you can feel Love. If your heart is closed, you will feel unloving emotions. Each quality of Love has a reversed quality: happy – sad; Loving – hateful; fulfilled – bored; confident or safe – afraid; peaceful – angry; excited – depressed, and so on. If your heart is open, you will feel Love, you will be smiling and feeling good. If your heart is closed, you will feel unloving feelings, you will not be smiling, and you will feel some kind of pain. This principle is what makes the Loving Smile a **practical** tool. It gives you the awareness to know if your heart is open, **because you will be smiling**. It empowers you with Love and gives you the benefits of being in Love, which are substantial.

The bigger and stronger your smile is, the more Love you will be able to feel and enjoy.

Once you master the Loving Smile, you won't have to think of anything Loving to activate and utilize it, you'll just feel Love from the smiling. This ease of feeling Love makes a Loving Smile one of the most **useful** tools on the planet, because isn't Love and all the many qualities of Love what most of us want to experience all the time? Once you get the hang of smiling to open your heart, your smile will become your **knowing** that your heart is open. If you think you are feeling Love and you are not smiling, chances are your heart is not open. As you work with this more and more, you will come to **know** that your heart is open because you are smiling. This **knowing** becomes especially important when we get into helping you heal different aspects of your life.

Again, from my experience, in a room of a hundred people there are usually two or three who cannot open their heart enough to feel the Love experience described above. If you are one of these people, there are many reasons why this can happen, so please do not feel bad or feel like you're doing anything wrong. You are not broken. You might try the exercise again in a few hours or the tomorrow, and with repetition you may be able to feel Love in your heart. If you still can't get to the point of feeling Love, keep reading this book. We'll show you tools that you can use to remedy your situation so that you can learn to understand how to feel Love too.

When you Lovingly smile, you are shining. You are radiating Love from within you in every direction, and it affects **you and everyone** and **everything** around you. This makes it one of the most **powerful** tools on the planet because when you use it, **you are radiating the power of Divine Love**, which is like blessing yourself and everyone and everything. And it is free. It costs nothing at all for you to spread it around to your heart's content.

I'm sure you've had this experience: You're sitting in a room full of people and a woman who is really happy walks into the room. She's beaming from ear to ear, and her happiness radiates throughout the whole room. Everyone starts smiling just from seeing her happiness. Well, now that person can be **you!** You can make your smile radiant by simply choosing to express your joy. **See how many rooms you can light up with your Loving energy, your radiant smile.**

You can Lovingly smile and **make yourself feel any type** of Loving feeling. You can smile and make yourself feel wonder, excitement, silliness, or peace. **Take a moment and try this.** Recall an image of a person in a state of peace. Now adopt the same facial expression and posture. Stay with it for a few moments and notice how you feel.

Let's try a couple more. Call to mind an image of a person experiencing a state of elation. Adopt the posture and facial expression that you're seeing. Make yourself sit or stand strong and proudly, speed up your breathing a little, smile and notice how you feel. Isn't that an amazing feeling?

Smile and see if you can access the feeling of silly. Make yourself laugh and make anyone around you laugh. Have you ever thought of Love as being silly? Where do you think laughter comes from? Being silly can be a lot of fun!

Now, of these three Loving emotions—peace, elation, and silliness—which one was the most powerful for you? That’s fun to know. In the next few days, you might see how many kinds of Loving emotions you can bring into your space in different situations. This can totally rock your day. Try it with wonder, compassion, and appreciation, or any quality of Love that moves you. It’s like trying the smorgasbord of Love.

For most of your life you have probably been using the Loving Smile as a reaction to things that make you feel good. That’s great! Keep doing that! Now that you understand the Loving Smile Principle, **you can use it to proactively make yourself feel Love**, joy, and excitement about all parts of your life **more often and whenever you want**. This can be an invaluable tool when you are learning to understand and heal the unloving beliefs in your life that cause you upset.

Proactively adding Love into your life gives you so many benefits, and there is so much to share about it I decided to dedicate Chapter 3, The Benefits of Growing Big in Love More and More Every Day, just to that. But for now, I want you to put that idea on hold so that I can explain the biggest challenge most people are facing. I already explained how your unloving beliefs give you pain every time they are triggered, but there is another phenomenon that creates more pain than unloving beliefs and is stronger than beliefs. It controls us ruthlessly and causes us to act and react in unloving ways every day, and it makes it extremely hard for us to change.

I call this phenomenon a **Love Reversal**. I coined this term because I have not found an existing word or phrase that fits this concept.

Love Reversals

When a child experiences something **unloving (pain)** repeatedly, many times a day, day after day for years, the child becomes accustomed to the unloving pattern in the sense that the pain becomes familiar, habitual, known. The child then can misinterpret the unloving act as Love, when it is not. This is a **Love Reversal**.

For example, if a little girl has a mother or father who only knows how to parent by yelling loudly with disdain and anger and hitting her often, she becomes accustomed to what is clearly an abusive relationship. Because abuse is all she knows, she can misconstrue the abuse as Love, after all this is how her parents take care of her. As she grows older, she attracts abusive people to her because those are the kinds of people she feels accustomed to. If a genuinely Loving person enters her life, she may feel annoyed or agitated because the Love is so foreign to her.

I have found that most Love Reversals are developed in early childhood, from ages 1 to 7. However, it is the strength of those Love Reversals that are developed in early childhood that makes it possible for people to develop more Love Reversals after childhood.

It is the constant bombardment of trauma that makes Love Reversals different from unloving beliefs. They are much stronger, more powerful. The trauma/abuse can come through physical (hitting the child), verbal (yelling at the child), emotional (guilting, hating, or raging at the child), mental (manipulating, betraying the child), sexual (sexually abusing the child), spiritual (telling the child that God

will punish them) and metaphysical (channeling hateful, angry, hurtful energy at the child) abuse. The intensity and the duration of the abuse have everything to do with how strong a Love Reversal is.

The Love Reversal described above is an obvious one. It was caused by very strong trauma of the little girl being yelled at and hit every day. But we experience many kinds of trauma every day and some of the trauma is quite subtle. Some of those subtler traumas can cause us to develop many kinds of Love Reversals as well. We will give you an example shortly but before the example there is more to know.

On top of all the different ways a person can be abused, Love Reversals can be composed of more than one belief. There can be two, three, or more unloving beliefs working together to create a Love Reversal. If a person has more than one unloving belief causing a Love Reversal, each additional belief makes the Love Reversal stronger. The stronger a Love Reversal is, the harder it will be for you to identify, understand, and heal.

So here is an example: You might enjoy making money and be good at it while at the same time be terrified you will never make enough. Then, through learning how to understand and heal your unloving beliefs around money, you might find that your father was terrified he would never make enough money. You might recall how he complained almost daily about the fact that the family never had enough money, and you might come to understand that your patterns of acting and reacting in fear, your unloving beliefs around money, you learned from him. This type of Love Reversal could have many unloving beliefs connected to it, like being afraid to pay the bills, being afraid to buy necessities, being afraid you won't have enough work for the week, etc.

We learn most of our unloving beliefs, Love Reversals, and habits from being around and imitating our parents and siblings, or from those who raised us when we were children. In this way, the unloving patterns are passed from generation to generation through our lineages.

Here's another example: You might notice that whenever you get into a new relationship, you panic if your partner does something without you. You feel terrified they are going to leave you, and the fear affects you so strongly that you have a meltdown almost every time it happens. These reactions then make you feel clingy and insecure, and they make it hard to develop a Loving relationship with a partner. Then, upon working on yourself, you remember that when you were a child, your parents divorced, and your father went away. You were so hurt, you were crushed, and felt abandoned! The abandoned feeling was so strong that it created a traumatic feeling of deep loss you experienced every day for a long time, which is what caused the Love Reversal. Now that you are older, it comes up strongly every time your partner doesn't include you in an activity or conversation, or even every time they turn away from you just to go to work.

Love Reversals are easy for other people to see in us because they can observe us acting and reacting in unloving ways, but they are difficult to see in ourselves, especially when they involve multiple unloving beliefs. We feel accustomed to the feelings they create in us and the unloving emotions feel normal to us, so we often do not see or feel the emotions as unloving in ourselves.

Love Reversals can be stronger than instinct. When we experience trauma, our instinct is to fight, flee, freeze, or fold (fold means to pass out like an opossum). If a parent is hitting or beating you, you can't do any of those things. You can't do what is instinctual. (Actually, some children have been known to faint or fold, but this is rare.) You can't fight or get away; you just have to experience the pain of the beating. Experiencing that much pain without being able to do what is instinctual, creates very strong Love

Reversals. And it can take a **tremendous act of willpower** to heal and change the unloving beliefs and habits that have been established.

One of the biggest things to understand about Love Reversals is that they can make us numb to our pain. When a person experiences trauma, their body goes into shock. One of the biggest qualities of shock, is that it makes us feel numb. When we experience a type of trauma/shock over and over, day after day, we become numb to it. This numbing quality is a big factor as to how we become accustomed to or used to the pain. Every time a child experiences trauma either through physical, verbal, emotional, mental, sexual, spiritual, or metaphysical abuse, or any combination of those abusive actions, their body goes into shock from the trauma of it and their body becomes numb to the pain because of being in shock all the time. I have had clients who could not remember any of their childhood because there was so much numbness. This numbness and pain also made it difficult for them to be playful. They were never able to relax, and that state became normal for them. It's as if they were shell-shocked throughout all of their childhood. So, this numbing quality of Love Reversals **effectively hides the pain we should feel when we act and react in unloving ways. Without this guidance system, it is very difficult to know the difference between right and wrong.**

Our instincts protect us. They are there to help us preserve our lives. Since Love Reversals can be stronger than instinct and are the opposite of Love, the Love Reversals lead us into a distorted view of the world and are the underlying cause of **obsession** and **justification**.

If Love Reversals did not exist here on Earth, **living in Love would be much easier.** When you are in a strong, Loving space and you move away from Love in any fashion, **it hurts. It hurts a lot.** If there were no Love Reversals, we would never even consider getting angry for any length of time, especially at someone we Love, and especially at a child because we would feel how much we are hurting the other person and ourselves. We would never even think about hating anything. It would just hurt too much to do that. We would find it very difficult to lie, or cheat, or steal, or do anything that was not Loving because it would simply be **too** painful.

But we do have Love Reversals in us, and we are numb to the pain. We are so numb **that we actually feel justified in acting and reacting in unloving ways**, even when it hurts us and other people. **We feel compelled to act and react in unloving ways**, believing we are right. Some people will even kill to prove they are right.

If you ever feel **justified** about doing something, you are most definitely under the influence of a Love Reversal and if you follow through, you are probably about to hurt someone. **It is very important to not make decisions when you feel justified. Feeling justified is one of the most poisonous and painful feelings you may ever feel, and it is one of the most powerful deceptions there could ever be. Feeling justified makes you feel good about hurting other people or feeling good when other people hurt.** Find a way to get your heart open. Try to get in a Loving space before you decide.

As you can see, becoming aware of what Love Reversals are is a big deal. Every argument, every fight, every war that has ever happened, has happened because of Love Reversals. Most of the pain that people experience daily is caused by Love Reversals. Most diseases and health challenges are caused by Love Reversals. They make us do things that we would not do if we knew they were there.

Fortunately, once again, the antidote for healing Love Reversals is within us. It is growing big in Love that will enable any person who seeks to take on the challenge of healing their own Love Reversals, possible.

Loving energy is a marked contrast to Love Reversals. So, if you learn to use all the seven Love Tools in this book (the Loving Smile was just the first one) and you learn to add more and more Love into your life daily, it will become possible for you to **see** Love Reversals within you because of the contrast. It will also become easier for you to heal the Love Reversals once you find them.

By using the Love Tools daily, you are growing your willpower through your heart instead of your head. Empowering your willpower through your heart gives most people an experience of life they have never had before. It makes you more aware of what is happening to your heart, thereby making it easier to see, understand, and heal old unloving habits. You grow stronger and stronger in Love, which gives you the power to affect the **tremendous act of will you will need to heal Love Reversal habits!**

The Divine, the Universe, our Creators, Guides or whatever you believe in, went to a lot of trouble to make Love Reversals as real as they are so that we can learn from the experience. When you get deep into the art of healing your unloving beliefs, you will find that the strength of will and intelligence and all the other benefits you gain from healing Love Reversals has no equal. In fact, from this perspective planet Earth seems to be designed specifically to enable us to develop Love Reversals so that we can heal them. It is possibly the sole purpose for which the Earth is being created. They are that important. The end results of the healing of all the Love Reversals and the unloving habits that go with them leave the one who has healed standing and living in the field of integrity that can only be gained by said journey. And the path that stretches out before this healed one is very wondrous indeed! It constitutes a whole new way of living!

I would like to offer you a way to heal your Love Reversals. The process is called the **Love Healing Process** and it is powerful.

1. **Grow in Love** more everyday so you become bigger than your pain.
2. **Understand** that the unloving beliefs that are causing the Love Reversals are not true.
3. **Heal** the trauma that caused the belief.
4. **Release the pain** that you could not release because you thought the unloving beliefs were true.
5. **Change the habits** caused by the unloving beliefs by developing Loving habits.

The **Love Healing Process** is the subject of the second half of this book where each of these concepts will be explained in detail.

I will explain what becoming bigger in Love means throughout the book and I will help you understand everything you need to know to heal your own unloving beliefs and Love Reversals, step by step.

If you should choose to take on this healing journey and you do the work to heal all your unloving beliefs and Love Reversals, you will have reached a state of being that is very rare indeed. **You will be an immensely powerful Loving Being, a new breed of human being! You will also be helping heal your lineage.**

Imagine the possibility of people being able to heal their pain on a planetary scale. Billions of people, from millions of lineages, each lineage unique. There are many factors that make each one unique: religion and spirituality, race and nationality, language, location (cities to towns to rural or wild settings), climate, type or lack of government, age and gender! If you consider that every person is a part of the Divine, then the Divine is gaining an incredible experience here through each person's uniqueness. You can see that these widely varied conditions that we are living through are no accident. If you help heal

your lineage by healing your unloving beliefs, Love Reversals, and past trauma, you will be left with incredible gifts that our planet needs.

Possible Gifts You Can Receive from Healing

Here is a list of the kinds of gifts we are talking about:

- The ability to understand your pain and gain the wisdom that comes from the understanding.
- The ability to Love yourself in amazing ways.
- **The ability to communicate and create an intimate personal relationship with the Divine, your Guides, or whatever you believe, wholly, effortlessly, and as easily as talking to your Loved ones. (This is by far one of the most amazing relationships you could ever create for yourself. You are really going to want to experience this!)**
- The ability to be a master of playfulness, laughter, and the awareness of wonder.
- The possibility of living your life disease-free;
 - o The challenge with healing diseases is that there are so many ways people can contract disease and health challenges. And there are almost as many ways to treat or heal diseases or health challenges, so that it is exceedingly difficult for people to know which ones will work for them. **This is where growing in Love will help tremendously.** The bigger you are in Love, the easier it is to discover what you need to do to heal **your** conditions.
 - o **It's important to remember that the Love Healing Process is a new paradigm, so it's going to take people time to figure out just how it works.**
 - o Should you keep working with your healers and doctors? **Absolutely!** It's important to keep working with your healers and doctors. **You can do both: work with your healers and doctors and work on yourself at the same time.**
- The ability to attract Loving and like-minded people.
- The ability to create and grow amazingly deep intimate relationships.
- The ability to be sensuous and sexual for hours at a time.
- The ability to prepare fine foods so that you enjoy every bite of every meal as a sensuous experience.
- Many will gain the capability to develop any or all of the following abilities at varying degrees of clarity:
 - o **Clairsentience** – the ability to feel the spiritual energy, the Love, and the pain of other people, animals, places, and/or our planet.
 - o **Clairaudience** – the ability to spiritually communicate with those on the other side, like ghosts, people who have crossed over, your own Guides, angels, the Divine, other people's Guides, etc.
 - o **Clairvoyance** – the ability to spiritually see the other side, visions, other people's and/or animals' energy or auras, the energy within places, and/or our planet's energy.
 - o **Intuition** – the awareness of what is right for you and possibly others and our planet.
- If you are psychic, your abilities will become clearer, bigger, and more tuned into the Divine.
- You will come to enjoy a state of peace with money, business, and earning a living, so much so that you will Love whatever it is that you do to achieve the abundance that is yours or be

able to find what you love to do. (Our planet is abundant, and Mother Earth or the Divine wants you to grow into that abundance.)

- You will come to enjoy a state of peace with time. One of the by-products of growing and healing more and more every day is that you become naturally aware of how you are spending your time and you'll find yourself choosing the Loving experience, which makes your time warm, Loving, and juicy!
- You will come to absolutely Love and enjoy serving.
- If you drive, driving will become a joy.
- You will find that the Divine will support you in amazing, miraculous ways.

This is just a short list because **every time you open yourself to heal one unloving belief completely, you will then know what is true with regard to that subject for you. You will be stronger, wiser, happier, and healthier than you have ever been before, and you will be stronger in Love.**

You get all that from engaging into a life of healing one unloving belief and the corresponding habit/s, at a time. When you heal one belief and its habits completely, you make it possible for everyone around the world to heal that belief more easily. You can watch your immediate family change as a byproduct of you healing and growing from eliminating that one unloving belief. What a joy that is! And every time you heal one unloving belief and its habits completely, you make it easier to heal your next unloving belief. With each healed belief you become stronger and more Loving, and you can continue to use the same healing process repeatedly, ending up with all the gifts on the list above.

Healing My Love Reversals

I have learned the processes and understandings I teach through necessity. For over twenty-eight years I experienced chronic pain so intense that I could not find relief. I tried many healing modalities to no avail. For those twenty-eight years, if ten is the pain of death, my pain rarely went under a four, and usually hovered around five to six. It spiked up to seven and eight quiet often. It went to nine many times, and once it was a ten off and on for three weeks, but I did not die. For me to heal from my traumas and challenges, I had to learn to Love my way to health. Through the processes, tools, and understandings that I am sharing with you in this book, I have healed almost everything there is to heal in my life, and **my life is amazing! More and more, my life feels magical!** I have achieved all the gifts on that list except for being clairvoyant. I feel blessed because these processes, tools, and understandings have helped not only me, but many others who have likewise healed from their challenges and diseases. My dream is for it to help thousands, millions, and billions of people.

The Divine

When I was thirty-two, I **learned how to** communicate with the Divine. This relationship has evolved and changed and grown in so many ways over the past thirty years. It is to this relationship that I attribute the success I have had in learning to heal myself through Love and in helping others heal themselves. It is the most intimate relationship you could imagine. We talk the same way I talk with you or anyone in my head and heart. They have Loved me and guided me. They have helped me learn to open to my pain so that I could learn from all my experiences. I have never been alone! It is why I say, "**we** recommend" instead of "**I** recommend" throughout the rest of this book.

If you do not have a relationship with the Divine already, you can go directly to Chapter 11 and learn how to communicate with the Divine, All That Is, or whomever or whatever you believe in, although

for many of you, it might be better if you learn to use all the Love Tools first. Growing in Love and getting big in Love will make it much easier to learn to communicate with your unique connection to the Divine.

**Developing your unique connection to the Divine,
is possibly the most powerful thing you could ever do for yourself.**

This book will show you how to do that. And, from this point on throughout the book, any time we say “the Divine”, we will be referring to the Divine Creator, your Guides, All That Is, or whomever or whatever you believe in.

Next, I would like to tell you a story about one woman who used the Love Healing Process with my help to heal herself so that you can see how powerful it is. The woman’s name is Dot. She gave me permission to share her story (from my perspective) so that you can see how it works.

Dot's Story

When Dot first came to me, the cyst in her throat was very noticeable. It was about the size of a golf ball and was hard to the touch, kind of like feeling the bone in your elbow. It was so big it was becoming difficult for her to swallow. Both her doctor and acupuncturist had told her that it needed to be surgically removed, which would have been a complicated surgical procedure. The surgery would have left her scarred on both the inside and outside of her throat. Dot was afraid of having the surgery.

The first thing I had her do was give me a short version of what her life was like from as early as she could remember. She told me a little about her relationship with her mother and father, and then I had her lie down for a session so that she could totally relax.

Once Dot was relaxed, the next thing that I asked her to do was open to the pain, to feel the pain in her throat and notice if she could feel what was causing the pain. As she opened to the idea that her pain could lead her back to the original trauma that was causing the painful cyst in her throat, it led her to a time when she was eight years old, and she was trying to stand up to her father. She had done something that he misunderstood, and when she tried to stand up for herself and explain it to him, he raged at her with his voice and shut her down so severely that she had been unable to speak up for herself since that day.

Dot was fifty-two years old at the time of the first session. The pain and the growth in her throat were being caused by the stress of constantly needing to speak up for herself but not being able to do so because she had a belief that she could not and was terrified to try.

Next, we talked about her current relationships with her lover and some of her friends. I discovered that she was having a hard time standing up to any of them. She needed to speak up for herself in several ways, but she couldn't. There was one person in particular that she was having a hard time standing up to. I asked her to tell me how he treated her, and then, with her permission, I took on the role of her friend. Since she trusted me and knew I wasn't a threat to her, she was able to tell me exactly what she needed to say to him. We were both in awe at how much she had to say! It was truly amazing to see her stand in her power for the first time since she was eight.

When Dot left that day, she looked like a new person and carried herself very differently from when she had arrived.

When she came to see me two weeks later, she was excited. After our first session, she had successfully been able to stand up for herself with the people that mattered. She had changed a life-long

way of relating to others. And that wasn't all that changed. The cyst in her throat was starting to change. It was already much softer, more like the taut muscles on your palm and it was shrinking.

The focus of our remaining sessions was teaching Dot how to use some of the Love Tools. Here is what happened for Dot in her own words:

I have been working with Raven for several months. I have a cyst on my throat; the Western Medical solution is a slightly complicated surgery. Not only did my progressive doctor tell me to have it cut out, even my acupuncturist said to have the surgery. Needless to say, I was not happy and pretty scared. This cyst had been with me for over a year and it was getting bigger. Basically, it looked and felt like I had a golf ball lodged in my throat. After working with Raven for about a month, it was half the size and much softer. I knew then that it would go away, and my fears also went away. As we have continued to work together, the cyst keeps shrinking. It's barely noticeable now.

This process is so powerful. I am learning how to heal through my own efforts, and I have full faith that the cyst will be completely gone as I continue to do this work.

In addition, I have experienced many added bonuses by doing this healing work. Other things in my life have gotten easier. Way more is being healed than just this cyst. The cyst is just an outward manifestation. I am experiencing more Love in my life through my choice to be Loving. I am happier and often feel a sense of awe and inspiration. My life feels richer. I have more awareness of the ever presence of the Divine in my life.

I am grateful that Raven crossed my path when he did. He is a marvelous healer and a truly warm, generous human being.

This healing took place in early 2007. Nine months later Dot's cyst disappeared completely and has never come back. This is one story from many of how the Love Healing Process can help anyone heal almost any disease or unloving condition if they are willing to do the work. There are ten more stories in this book just as powerful as Dot's.

If this information resonates with you, then you have six more Love Tools and the Love Healing Process to learn about and grow with. I'm sure you have heard before that if you want to get more out of your life and your relationships, you need to learn to Love yourself first. Well, what follows is the biggest, most efficient guide to Loving yourself you may ever find.

Let's do this together!

If the miracle of Dot's story stirs a need in you to learn how to heal yourself and/or possibly go on to help others learn to heal, I have created the Love Mastery Course, a three-month intensive. You can gain all the benefits that come from growing in Love and healing your pain by mastering the use of the Love Tools and the Love Healing Process. The doing of it is creating a whole new way to living.

Join me in making growing big in Love the most powerful thing you have ever done for yourself and become the change you want to see in the world.

**For those that decide to become healer facilitators,
we have potentially billions of clients.**

We have a lot of work to do.

www.thelovemastery.com