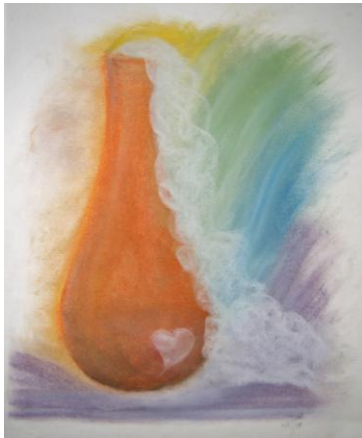


Getting in Touch with Love

An Eye Am Experiential Exercise

The Reading for this Exercise:



LOVE IS THE VESSEL IN WHICH LIFE FORM EXISTS FOR THE EXPERIENCE OF LOVE. LIFE FORM ALLOWS A SEPARATENESS TO FEEL, KNOW, AND BE LOVE AND SO TO EXPERIENCE LOVE.

ALTHOUGH SEPARATED INTO LIFE FORM BY SPLITTING THE TOTAL ENERGY OF LOVE INTO SPECTRUMS OF SEVEN ENERGIES, THESE ENERGIES (POWER, APPRECIATION, RESPECT, CREATIVITY, EMPATHY, ALIVENESS, AND SELF-LOVE) ARE STATES OF THE EXPERIENCE THROUGH FEELINGS.

A LIFE FORM REMAINS LOVE WITHIN THE VESSEL AND SIMULTANEOUSLY EXPERIENCES LOVE WITH SEPARATENESS. THE SPECIFIC SPECTRUM OF ENERGY GIVEN TO THE LIFE FORM CREATES UNIQUE DESIRE, LIFE VIEW, KNOWLEDGE, PURPOSE WITHIN THE VESSEL FOR EACH LIFE FORM.

IN HUMAN LIFE FORM, THE SEPARATENESS IS REFERRED TO AS SELF, THE FREQUENCY AS ESSENCE:

SELF = I, ME, PERSON

ESSENCE = NATURE OF, WAY IN WHICH, BASE EXISTENCE

TO "BE" IS TO HAVE SELF EXIST IN OR FROM ESSENCE.

WHEN AN ESSENCE EXISTING IN SELF JOINS WITH OTHER ESSENCES (FREQUENCIES), THE FULL SPECTRUM OF LOVE IS RECREATED IN LIFE FORM. EACH SELF CARRIES AND CONTRIBUTES ONE OF THE SEVEN FREQUENCIES FOR THE GREATER GOOD.

EVIDENCE IS FOUND WITHIN A MOLECULAR STRUCTURE OF THE SEPARATE FREQUENCY INDICATING ITS ESSENCE. THE ESSENCE IN LIFE FORM IS REFLECTED THROUGH COMFORT WITH OTHER SIMILAR FREQUENCIES THE VESSEL, SUCH AS COLOR OR SOUND.

COMMUNITY OR RELATIONSHIP IS THE JOINING OF SEPARATE FREQUENCIES TO RECREATE THE SPECTRUM OF LOVE. THROUGH THE JOINING, THERE IS A TOTAL MUTUAL BENEFIT FOR ALL FREQUENCIES. THE INTERACTION OF ANY FREQUENCY / ESSENCE WITH THIS UNITED BODY IS THEN CREATING A BROADER ESSENCE OF LOVE IN LIFE FORM.

IN THE SEPARATENESS, THERE ALSO CAN OCCUR AN ACCUMULATION OF LIFE STORY OR CIRCUMSTANCE THAT CAN INTERFERE WITH THE GIVEN SPECTRUM THROUGH ACQUIRED BELIEF. A FALSE FREQUENCY IS CREATED FROM BELIEF AS THE "REALITY BASED" FREQUENCY.

The *Getting in Touch with Love Exercise*:

Begin by describing how well you know *love* using the phrases below. Circle or underline the phrases that are MOST true for you, as many as feel are "right" or somewhat right.

To Me, Love is...

"an abstract feeling word"

"an experience I sense inside"

"Don't know"

"an idea"

"something I give"

"something I receive"

"something I need"

"scary"

"wonderful"

"OK"

"something I long for"

"something I have a lot of"

"something I need more of"

"something I'll never truly have"

"something that hurts"

"impossible!"

(Make this exploration your own - fill in a blank with your words, feelings, or thoughts)

" _____ "

" _____ "

" _____ "

" _____ "

" _____ "

" _____ "

" _____ "

" _____ "

" _____ "

" _____ "

Next Step: Complete the *Getting in Touch with Love Exploration Form*

You are encouraged to PRINT this form to complete it by hand in a quiet and comfortable place. Even if you LOVE your computer, we recommend you put pen or pencil to paper for the best experience. Of course, it IS up to you!

How to complete the Exploration Form Below:



Make a list of things ("objects") of your Love. Include people, places, moments, things you do, or whatever you find within you. Be as specific as possible. Avoid generalities. (*You can print and renumber the pages if you need more "object" lines!*)



Rate how much you "feel" Love for each "Object" by checking one or more boxes that MOST Describes how or how much you experience Loving each "Object".



Take it slow! Give your list and each thing on your list time and attention. There are no right answers - only what is true for you! Notice your responses, in your mind, body and heart.



Consider spending time over a week (or more) completing this exploration. Add to the experience by writing in a journal about your responses and about what is happening in this process. See if anything changes!

Enjoy the Experience and the *love* that





The Object of My Love

	I know I should	I want to Love	I feel a little Love	I feel some Love	I feel a lot of love	I feel this often but not all the time	I feel this all the time	I Love this deeply	How I Love this is changing (fill in how)	Other (if no "box" is right, fill in how you Love this "Object")	Optional: <u>If you want to</u> say why you rate this the way you do, fill in here
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