

My life experiences connecting me to my emotions are really no different than anyone else's, just dressed up in details unique to me. The process of experiencing all the parts of myself with another person has been my greatest gift. With each person in my life who has mirrored my light and love it has been an easy relationship. The tough ones, those that have reflected my lack of love, my fear, anger, separation and resentment, are the relationships that have taught me the most about myself. When I look back, I remember blaming and judging someone else or myself when I was unhappy, which was okay because this is where I had to be at the time. Sometimes we react and misbehave. Can we still love ourselves in this place?

The love and peace that I've found with another person, at times lifted the darkness that needed to be felt. But there were days I didn't understand why I felt so shut down when I was being loved.

As I sit and write about my relationships, I see that each one offered the opportunity to get to know myself more.

Taking responsibility for what I was feeling with another, not blaming anyone or holding onto resentment freed me from my uncomfortable self. Once I felt the truth of my suppressed feelings – and only when I forgave them and myself – I could then feel the openness of my heart and the love within.

Relationship becomes comfortable or uncomfortable and it is up to us to be conscious of how we feel.

The ideal relationship is first with ourselves – to be comfortable by creating the connection within. The intimacy with truth, the freedom of fear and the strength of self-love, are all powered by the inner connection to our own source, our life force – SELF-LOVE, SELF-WORTH and SELF-AWARENESS.

I believe that God and the universe make no mistakes when two people are brought together ... it's not an accident! When I changed my perception of another and saw the truth as it pertained to what I was feeling or what I needed to own, I didn't have to attract the same experience again. I saw that each person that made me feel uncomfortable was taking me to the place inside that was devoid of love.

The *Pocket Guide to your He♥rt* formula created the inner support to help me take care of my uncomfortable feelings. The **Inner Relationship** connects to my issues instead of attaching to everyone else's. The **Inner Workout** acts as a tool for me to practice letting go, as I surrender myself to the truth of my emotions, such as resentment, anger and fear, and release them from my body. Once I let go of this heaviness, I can reconnect with the love and **Inner Peace** that is waiting to be embraced.

There is a Zen story about a lion who was brought up by sheep and who thought he was a lamb, until the old lion took him to the pond where he showed him his own reflection. The image we have of ourselves is derived from the reflection of others. Our personality can be imposed on us by society, but our individuality comes from within. The lion within is the strength of our will, our spirit. The sheep personality can influence us or delay or stop our individuality. Self-

discovery leads us to our truth and our desires, showing us our highest potential when we connect to all that we are. We must allow our outer world to be the reflection of who we are and who we are not.

The *Pocket Guide to your He♥rt* formula has been my connection to my Inner Relationship, Inner Workout and Inner Peace. This process continues to strengthen my awareness of my self-worth, allowing me to experience my life and each relationship with an open and loving heart. This book is the expression of my process and the formula that I use daily to connect to the beloved within and the way I attracted my beloved partner, Bruce. Our mirror reflection of each other ignites our world.

The *Pocket Guide to your He♥rt for Relationships* addresses many types of relationship and can guide you to explore the faces of truth through self-discovery. For example: “Why do I keep attracting the same hard lessons in relationship over and over again?”

Everyone is searching for or dreaming of their perfect partner. This guide is an opportunity to take you there and gives you the formula to keep you there ... in the Beloved Experience.

The *Pocket Guide to your He♥rt* practice created a fresh awareness within where I saw clearly how I reacted and what I felt in my past relationships. I could then freely choose to love my own life and that expression of myself became attractive.



This book is an opportunity to discover a pathway to the Beloved