

## Questions to ask yourself – about Love and an Open Heart

When you are with a group, you may feel safe in the love that is shared. What happens when you go back out into regular life? Why do the closest people seem to hurt you?

Did you know that most people are using 80 or 90% of their own energy (subconsciously) to keep themselves out – away – from the fullness of love, from taking their own power and to keep themselves hidden?

Ask yourself: who in my life wants me to take all my power?

Each of these emotions and experiences affect the way that you love and the way that you are loved:

sickness	sadness	fear	judgment	pain
your past	your family	your culture	your religion	anger/war

How is your love affected when you are not being creative?

How is your love affected when you are unhappy?

How is your love affected when someone you love dies?

How is the way you experience love affected when you are not in balance with your inner

How is your love affected by jealousy?

How is your love affected by money?

How is your love affected by your weight – your job – your addictions?

How is your love affected by the area or place in which you live?

How is your love affected by thoughts of you saving the other person you love?

How is your love affected by another relationship? Another love?

How does sexual energy affect your love?

Ask yourself: Who in my life wants me to be totally open to unconditional love?

If nearly one-half of your emotions and feelings are actually inherited/transferred from someone or something else in your past – and are not your true emotions and feelings – how does that affect your love? How early are some of these vibrations/emotions passed on to you?

What if you are subconsciously addicted to old emotions – from when you were in the womb, from your mother/father – their past culture and religion - how does that affect your love?

If your life contained hurt or pain from sisters/brothers/parents/bullies/school/past lovers/sickness/disease – how does that affect your love? For yourself? For others?

If you were totally honest with yourself, wouldn't you want to heal your past so that your future could change?

So if these were all true – why are you afraid of exploring your true self? Why are you afraid of the unknown? How is your love affected by your fear of the future? How does your fear or your past affect the way you trust others – or trust yourself?

What happens to you when you send love or light to help someone or someplace – and you don't completely and unconditionally love yourself?

What happens to you when you hold a space for someone else?

What happens to you when you are working energetically with someone else – and you don't love yourself?

Does energy work intensify the problems in your life? Does that then affect your physical body or your family?

Did you know that when you are working with energy – you are not just working with love and light; you are working with ALL energy, all light and all darkness?

Did you know that if you don't love yourself completely and unconditionally – you have placed filters in your connection with your Higher Self?

Q: If you could heal yourself – then heal your past: your future would then be free. How would that change you and your family? Could you then feel free to be openly creative – free to be your true self?

Q: Could you then open your heart center in a new way without limitations? Would that allow you to be all that you are: God made physical on earth to bring creativity back in and allow mankind to remember what was forgotten – We are One.