



INSPIRATIONAL LIVING SERIES

Seeking Genuine Love



If we explored our deepest longings and were totally honest with ourselves, we would discover that most of us yearn for genuine love. Yet our own personal role models frequently fall short of demonstrating healthy, happy relationships. And movies and TV sitcoms only reinforce what we already know. Maybe you wonder... *“Is it really possible to create a genuine loving relationship? And, is it possible for me?”* I say, yes to both questions.

Most people settle for far less than what is possible. Why? Because we don't know we are living in an outdated paradigm of what constitutes a great relationship... a paradigm that is limiting, often oppressive, and riddled with limiting beliefs

So what is Genuine Love? Here is a definition... *Genuine Love is an Essence-to-Essence connection between two people where body, mind, heart and spirit come together... and each person is happy to be in the presence of the other. Genuine love is made possible when each person has learned to love herself/himself and chooses to be fully transparent in giving their love and receiving love from their partner... through thoughts, feelings, and actions. When difficulties arise, genuine love asks both partners to continue communicating until problems are solved and reconnection has been established.*

A tall order you might say. And I agree. It is important to note that experiencing genuine love is a journey and not a destination. It is also not a constant

state. In other words, relationships have times of closeness and times of distance, of ebb and flow. That is normal. Also, when two people get together they arrive with their entire history... limiting beliefs and behaviors, along with great strengths, talents and uniqueness.

Primary relationship offers the greatest opportunity for personal and spiritual development. Why? In part, we are in relationship to learn about ourselves through our interactions, both pleasant and unpleasant. In pleasant interactions we learn of our magnificence. In unpleasant interactions, we learn how we hold ourselves back. And when we acquire new insight into ourselves, and make the corresponding changes, we find that we deepen our own self-love. That makes us more available to give love to our partner and to receive it in return.

I invite you to embark upon the journey of genuine love. At the end of your life as you reflect backward to what was most important to you, likely being loved and loving someone in return, will be at the top of your list. It is the big adventure. Are you willing? I invite you to frequently ask yourself this wonder question: *“Hmmm... I wonder if I am willing to do what it takes to have a genuine loving relationship.”*

If you'd like to take a short quiz called *Genuine Love, Am I Ready?* You can find it on the Products Page of my website. www.chrislucerne.com

“The thing that keeps people from forming and keeping great relationships is an unloved part of themselves.”
~Gay Hendricks, Ph.D.

