



Professional Certified Coach

Genuine Love... Do You Want It?

The Secrets of Genuine Love Series

By Chris Lucerne, MCC

If we explored our deepest longings and were totally honest with ourselves, we would discover that most of us yearn to have genuine love in our lives. 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. Perhaps you don't give it a second thought because, after all, that's just the way it is. Possibly you might wonder... *"Is it possible to create genuine loving relationships? And, is it possible for me?"* I say, yes to both questions. This article begins *The Secrets of Genuine Love Series*. I offer you tools and concepts that will give you a new way of being in relationship. Whether you are looking to attract genuine love, or want to reinvent your current relationship, these articles will help.

Most people settle for far less than what is possible in primary relationship. 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 Because we don't know we are living in an outdated paradigm of what constitutes a great relationship...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 beliefs like... *"In a relationship that works, both people have to compromise."* What this really means is that each person is settling for less, having given up what they really want. Often this results in resentment, regret, disappointment, and a loss of vitality. Connection between the couple is also compromised.

What is true is that it is possible for both people to get what they want. I know that is hard to believe, and I ask you to open to the possibility. The new paradigm of genuine love requires the couple to drop their defenses and call on their full creativity and the willingness to keep communicating. It takes going beyond what you currently know, so that you can invent something brand new.

So that is an example of what an aspect of a genuine loving relationship looks like. And, 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 the thoughts they think, the feelings they have, and the actions that they take.*

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 and great strengths, talents and uniqueness.

Primary relationships offer the greatest opportunity for personal and spiritual development. Why? In part, we are in relationship to learn about ourselves. We can learn through our interactions with our partner. In every interaction, both pleasant and unpleasant, lies an opportunity to discover something about yourself. In the pleasant ones you can learn of your magnificence. In the unpleasant ones, you can learn how you hold yourself back from being your best self. And when you acquire new insight into yourself and make the corresponding changes, you will find that you love yourself more. That makes you more available to give love to your 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, it is likely that being loved and loving someone in return, will be at the top of your list. Genuine love is an important and life long journey into happiness and deep fulfillment. It is the big adventure. Are you willing?

For this month, I invite you to frequently float this wonder question through your mind.

"Hmmm... I wonder if I am willing to do what it takes to have a genuine loving relationship."

If you'd like to know more about wonder questions visit my website and download the free article *The Lost Art of Wonder*. www.chrislucerne.com/res.

My wish for you is deep love and happiness.

(Chris Lucerne is a Master Certified Coach specializing in two areas: Building Relationships that Matter, including the relationship with yourself, and Going Beyond Loss and Embracing Life. www.ChrisLucerne.com 210-408-7699 chris@chrislucerne.com)