

Our Incredible Human Condition

Every upset we experience is an opportunity for us to grow bigger in Love, and if we choose to get bigger in Love, we can learn to heal whatever makes us upset, forever! **Can you imagine what your life would be like if there was nothing left to upset you?**

What upsets you is different than what upsets other people, but we do have many commonalities. So, what does upset you?

- Fear about having enough money?
- You hate being abused?
- Jealousy?
- Being late for anything?
- Your kids, dog, cat husband, wife is driving you crazy?
- You're terrified you will make a mistake, screw something up, or that someone will judge you?
- You hate traffic, red lights, going slow, idiot drivers, how your car looks?

And these are only a few of the possibilities. We still have the subjects of sex, politics, world calamity, relationships, mates, family, drugs, alcohol, religion and war. There are a lot of things that make us upset. It might be very enlightening for you to make up your own list.

So please let me show you just how much a simple upset affects you. If you will work with me here, you might discover something very profound about your life.

Every unloving emotion is a kind of pain. Hatred, fear, jealousy, shame, guilt, greed, boredom, lonely, hurt – they are all different kinds of pain. Every unloving emotion you have ever experienced has been caused by an unloving belief you have within you.

To see how this works, what I would ask you to do is to think of something that made you feel upset in the past few days, some experience that made you feel frustrated, angry or annoyed. If you could relive the experience for five seconds only, just enough for you to see where the pain of that experience shows up in your body. As soon as you have the experience in your mind, then relive it for five seconds and then stop. Ready, go. After five seconds, stop.

Where did the pain show up for you? Your gut? Your heart? Your throat? Your head? Somewhere else? Isn't that amazing! That feeling you just experienced was caused by an unloving belief you have about that experience.

Now let's try another one. Think of some other experience that made you feel frustrated, angry, or annoyed, something that was in no way related to that last experience you just recreated. As soon as you have it, relive it for five seconds and see where that pain shows up.

Where did that pain show up? Was it in the same place? Was it in a different place?

In a room of a hundred people, about eighty of the people will feel the second pain in a different place and the other twenty will experience it in the same place.

What this little experiment shows you is that throughout your life you have accumulated hundreds of unloving beliefs, about many different things about your life. As you're moving through your life, every time you think of something that triggers a belief or you get in the vicinity of a belief, it triggers the pain. These experiences and feelings of pain we receive many many times a day, day after day, cause ongoing pain, accidents, calamities, disease, chronic disorders,

emotional and mental disorders and eventually death. Our bodies can only handle so much pain until they break down, grow old and die.

That's a lot of pain!

Fortunately, we have the antithesis of pain inside us as well. At least most of us do. **We have Love!**

What is Love?

Love is very simple by nature. It is the **energy** of life that moves through us and all around us **that makes us feel good in our hearts.** It is the **energy** that is behind all of creation that expands in every direction in all space and time. It is yummy! It is marvelous, amazing, extraordinary, flamboyant, silly, cute, hilarious, jovial, sexy, sensuous, quiet, extremely loud, exuberant, and I could go on and on. Love is part of wonder and gratitude and peace and all things beautiful. There are **infinite** ways of experiencing **Love.**

Love is absolutely anything that makes you feel good in your heart, possibly the reason life exists at all, and definitely the best reason for living!

AND, we have a wondrous gift within us that enables us to experience Love any time we want. It is called the power of a **Loving Smile.**

Please let me show you how it works:

For most people, one of the fastest and easiest ways to put Love into action is through a **Loving Smile.**

Start by sitting up straight and proud. Make yourself comfortable. Now slow your breathing just a little, and breathe deeply. Concentrate on something that makes you feel Love. Smile really big and allow it to make you feel happy and Loving. Imagine what a person in a state of Love looks like and imagine yourself to looking and feeling that way. Or go back into the memory of your life

and remember a time in which you felt a lot of Love. Maybe you have a lot of Love for your mate, a child or a pet. Relive that experience in your mind and smile really big. You might think of sitting next to a beautiful waterfall or the ocean or sitting in a massive tree. You might think of something that makes you laugh or feel silly. Allow yourself to feel as much Love as you can.

Once you are feeling love so much that you have a genuine smile with your teeth showing, read on.

Now, without changing anything about your physiology -- don't change your posture, the way you are sitting or breathing, and especially don't change your smile in any way – see if you can make yourself feel sad. Don't change your smile.

You can't do it, can you? Isn't that amazing!? Let's try another one.

While you're still smiling, see if you can make yourself feel angry.

Isn't that so amazing? You can't do it! No matter how hard you try to feel sad or angry, if your physiology is happy and Loving, you can't do it. Your inability to feel any unloving emotion when you are expressing a Loving Smile with a strong, proud posture is a metaphysical principle of life. It just works that way for all people.

We call it the **Loving Smile Principle**.

It is an incredibly practical tool because all you have to do to feel and use Love is to smile a Loving Smile and think of anything which opens your heart and opens you to the experience of Love.

When you Lovingly smile you are shining; you are radiating Love from within you in every direction, and it affects you, everyone and everything around you.

I'm sure that you've had this experience. You're sitting in a room full of people and someone walks into the room really happy. She's beaming from ear to ear, and her happiness radiates throughout the whole room. Everyone starts smiling just from seeing her happiness. Well, now that person can be you! You can make your smile radiant by simply choosing to express your joy. **See how many rooms you can light up with your Loving energy, your radiant smile.**

You can Lovingly smile and make yourself feel any type of Loving feeling. You can smile and make yourself feel wonder, excitement, silliness or peace. **Take a moment and try this.** Remember an image of a person in a state of peace. Now adopt the same facial expression and posture. Stay with it for a few moments and notice how you feel.

Now let's try a couple more. Remember an image of a person experiencing a state of elation. Adopt the posture and facial expression that you're seeing. Make yourself sit strong and proud, speed up your breathing a little, smile and notice how you feel. Isn't that an amazing feeling? Smile and see if you can access the feeling of "silly." Make yourself laugh, and make anyone around you laugh. Have you ever thought of Love as being silly? Where do you think laughter comes from? Being silly can be a lot of fun!

Now of the three Loving emotions, peace, elation, and silly, which one was most powerful for you? That's fun to know. In the next few days, see how many different kinds of Loving emotions you can bring into your space. This can be so fun! It's like trying the smorgasbord of Love!

For most of your life you have probably been using the Loving Smile as a reaction to things that make you feel good. That's great! And now that you understand the Loving Smile Principle, **you can use it to proactively make yourself feel Love**, to feel happy and excited about all parts of your life, **more often**. This can be an invaluable tool when you are learning to heal the unloving beliefs in your life that cause you upset.

Proactively adding Love into your life gives you so many benefits and there is so much to share with you about it, that we are going to dedicate a chapter to just that. But for now I want you to put this idea on hold so that I can explain the biggest challenge all people on earth are facing, the part that controls us ruthlessly to act and react in unloving ways every day and makes it so hard for us to change.

Love Reversals

When a child experiences something unloving over and over again, many times a day, day after day for years, that unloving pattern becomes comfortable to the child, who then can interpret the unloving act as Love when it is not. This is a **Love Reversal**.

For example, if a child has a parent, or two parents, who only know how to communicate by yelling loudly with disdain and anger, hitting the child often, the child becomes comfortable in what is clearly an abusive relationship. As the child grows older, he attracts abusive people to him because they are the kind of people he feels comfortable with. If a truly Loving person enters his life, he may feel annoyed and agitated because the Love is so foreign to him. He feels comfortable only in abusive relationships because they are familiar.

The Love Reversal described above is an obvious one. It was caused by very strong trauma. But there are many different kinds of trauma and so we develop many different kinds of Love Reversals within us, and some of them are very subtle.

For instance, you might enjoy making money and be very good at it, and at the same time be terrified inside that you will never make enough. Through working on yourself you might find that your father was always afraid that he would never make enough money. The patterns of acting and reacting in fear, the beliefs around money, got transferred to you from your father.

This is how it works. We get most of our programming from our parents or those people who raise us. In this way, the unloving patterns are passed from generation to generation through our lineages.

You might find that every time you get into a new relationship, if your partner does something without you, that you feel terrified she/he is going to leave you. It affects you so strongly that you have a meltdown every time which makes you clingy and insecure. These actions will push most new partners away. And upon working on yourself find that when your parents divorced when you were young, and your father went away, it crushed you and you felt so alone and abandoned! The abandonment feeling comes into you strongly every time you become afraid your partner is not including you.

Love Reversals are easy for other people to see in us, but very difficult to see in ourselves. To us, they are comfortable, because they feel normal. Love Reversals can be stronger than instinct. What that means exactly is explained in detail in the Second Section of the book, but for now we could just say that it takes a **tremendous** act of willpower to override the unloving habit that is established by any

Love Reversal and overriding it is only possible if you know it is there. And as we have said, it is very difficult to know they are there, because they feel comfortable to us. One thing to note about this is that if you use a Loving Smile to add more and more Love into your life, the Loving energy is a contradiction to Love Reversals so as you get stronger in Love, it becomes easier to see Love Reversals in yourself! And you will be growing your willpower through your heart instead of your head which will give you more awareness of what is happening to your heart.

Our instincts protect us. They are there to help us to protect our lives. Since Love Reversals can be stronger than instinct and the opposite of love, they are so powerful that they lead us to have a distorted view of the world around us and are the underlying cause of obsession and justification. To help you understand what we mean by this, we will give you a short list of examples.

Before we go into the examples, you should know this; **Love Reversals make us numb to our pain.** We've experienced the pain so many times we are numb to it. When you were young and being abused and experiencing the trauma many times a day, your body became numb to the pain as a means of defending you, allowing you to still function even though you were continually in shock and pain. I have had clients that could not remember any of their childhood because there was so much pain. This numbness and pain also made it difficult for them to ever relax or even be playful and that became normal for them. It's like they were shell shocked throughout all of their childhood. So this numbing quality to Love Reversals affectively hides the pain we should feel when we act and react in unloving ways, making it very challenging to know what is right or wrong.

If Love Reversals did not exist here on Earth, **living in Love would be a no brainer** because when you are in Love and you move away from Love in any fashion, **it hurts, a lot!** If there were no Love Reversals, we would never even consider getting angry, especially at someone we Love, and especially at a child. We would never even think about hating anything. It just hurts too much to do that. We would never lie, or cheat, or steal, or do anything that was not Loving because it would simply be **too** painful. But we do have Love Reversals in us and we are numb to the pain. We are so numb that we actually feel justified in acting and reacting in unloving ways even when it hurts ourselves and other people. We even feel compelled to do it, believing we are right. Some of us will even kill, to prove it.

If you ever feel **justified** about doing something, you are in the midst of a Love Reversal. **It is very important to not make decisions when you feel justified.** Find a way to get your heart open, get in a Loving place to make decisions. If you take action based on feeling justified, you are quite possibly about to do something wrong that will bring the laws of Karma into play in your life. Whenever **you invoke Karma** for something, **you will feel even more pain than the pain you give or cause. And it will last a long time. Always try to open your heart before you act.**

Love Reversals cause you to:

Get angry at someone you love and then argue with her, yell at him or hit her – A Love Reversal will make you feel anger, sometimes even rage towards someone you Love. If you don't know the Love Reversal is there, you will have a very difficult time trying to stop it. Something they say or do will trigger the belief or beliefs that are behind the Love Reversal and you'll find yourself arguing, yelling, or even hitting him or her in anger or rage. Arguing about anything to

anyone or hitting anyone is an unloving act and causes great pain for you and them. If you Love the person a lot, after it's over, you will feel terrible! You'll feel the pain in your body and guilt in your heart. If you do this to a person you do not have Love for, in most cases, you will not feel so much guilt, you will feel right, you will feel **justified** for your actions. In most experiences like this you feel **compelled to do what is right** for you in the moment, no matter how unloving it is.

Remember if you feel **justified**, it is probably wrong. And if you act upon it, you may invoke Karma.

Get angry at your own child and then argue with her, yell at him or hit her – If a child is raised in a family in which she is yelled at, hit and beaten everyday throughout her first seven years of life, it is not unusual for her to find herself as a parent, yelling, hitting and beating her own children. Even if she has gained the intelligence to know it is wrong, that she is hurting herself and her children, she will find it very difficult to stop herself from abusing her children. **As a parent, she feels compelled to make her children behave.** She will do this until she becomes Lovingly stronger than the habit.

Live with someone who does not Love you – This is a wide spread epidemic across the planet; people remain in supposedly Loving relationships in which there is very little or no Love. **You feel compelled to stay in the relationship because for some reason you think it is the right thing to do.**

Eat things you know will hurt you – Your body is your temple for Loving action. So what you put into it has a lot to do with the quality of your day to day experience. Most people instinctively know this and yet Love Reversals around eating are so powerful, that they make people obsess about all kinds of strange eating habits and make

it very difficult to understand what kinds of food are good for their bodies.

Take drugs or drink alcohol to excess – There are so many people who like to take drugs or drink alcohol because it makes them **feel something**. People that have had very abusive childhoods, have more of a tendency towards doing drugs or drinking because a major portion of their childhood was numbed out. They have so many Love Reversals, that they are numb to the experience of life. Drugs and alcohol enable them to feel something. The experiences give them relief from the pain and being numb. So it is easy to see why someone would take excessive amounts of drugs or alcohol. They are compelled to do anything that would just make them feel better. If you learn how to become very big in Love, become powerful in Love, you will find the feelings of Love will blow your mind. There is no limit to how far you can go with it!

Drive over the speed limit – This is also a wide spread epidemic across the planet. My father was a speed demon. He loved to drive very fast and he was good at it. I developed the same talent and for me going fast became a passion and then an obsession. I **loved** to drive fast which turned into I **need** to go fast; I felt **compelled** to go fast! I got to where it hurt me to drive slow. People driving the speed limit drove me crazy! And so you can imagine, more and more of my driving experience was giving me more pain than happiness because where I live there is a lot of traffic and not much room for speed. There are many people who experience this subtle pain or pains like this throughout their daily driving.

As you can see from this very small list of Love Reversals, our lives are filled with pain in so many ways that we are not aware of, in ways we are numb to, and we are actually compelled to create pain

for ourselves through our innocence of not knowing how it all works. The long term result of us harboring these conditions is pain, chronic pain, emotional and mental disorders, accidents, disease, a lot of heartache, insanity, and death. The only way to heal Love Reversals is to understand how they work, to find them in yourself and most importantly, to become bigger in Love than the Love Reversal so that you can heal them. We will explain what becoming bigger in Love means in great detail throughout this book. Once you become strong enough to heal one Love Reversal and then all of the Love Reversals in your life, you will have reached a state of being that will help **catapult Peace into the New Age. You will be a very powerful Loving Being!**

So, to reiterate, we live in a world of beliefs and for most of us a lot of our beliefs are unloving. Our lives are interlaced with Love Reversals that make us feel comfortable with unloving patterns of acting and reacting like hating and getting angry at the people we Love, with being obsessive, mean, and controlling. Sometimes we actually crave to be abused and compelled to hurt ourselves and others. And we will do this until we decide to change.

We will talk about how unloving beliefs are created and healed in great detail in the second section of this book. But just for clarification, it is important for you to understand that unloving beliefs all start with an initial trauma or a series of traumas that are misconceived or interpreted as something bad is happening to me! Love Reversals are like unloving beliefs on steroids. Love Reversals consist of one, two or three of your unloving beliefs which numb you in different measures. So the trauma of Love Reversals is stronger and has happened more often which creates the numbness. The healing process for both of them is the same in that you simply need

to heal one belief at a time and grow stronger in Love to heal the Love Reversal habits.

If you look at this on a planetary scale, we have billions of people, coming from millions of lines of lineages, each one unique because of time and place. There are so many factors that make each one unique; religions and spirituality, color of skin, languages, location as cities, towns, rural, wild, climates, kinds of government or lack of, age, and sex! If you consider that every person is a part of God, then God is gaining an incredible experience here through each person's uniqueness. You can see that these conditions are no accident. Each one of us has a choice to act in whatever way we see fit to run our own lives. And the wonder of our glorious planet which we can experience any time we choose to be in Love, is ours for the taking.

If this news is new to you, don't let it get you down. Humans have been living these patterns for thousands of years and even without the knowledge of the Loving Smile, humans have prospered. We're growing more intelligent more aware. But since we do have the understanding of the Loving Smile Principal, it changes everything. The Loving Smile attunes you to the knowing that your heart is open. If you think you're in a Loving state, and you look at your face, if you're smiling, then you know your heart is open and you're feeling Love. Before this knowledge, we couldn't tell if we were in Love. If you think you're in a Loving state and you find you are not smiling, you are in the clutches of a Love Reversal. The Love Reversals make us feel like everything is o.k. when it's not.

This understanding about how the power of the Loving Smile enables us to see through Love Reversals is also the reason that this book is called **Awake My Soul**. The Loving Smile is enabling us to

create a whole new existence for ourselves. It is the advent of a New Age. It is enabling us to understand the “why” behind everything. The power of Love is immeasurable and those who learn to master it will catapult our family of humans into a whole new age. It is enabling **you** to learn how to **Love yourself like crazy!**

Plus the Loving Smile is only the beginning. As you read on you will find six more Love Tools that make it easier and easier to grow in love more and more every day. And because we have such a clear understanding of what Love Reversals are and how they work, you will also find in the second part of this book a healing process that we call the **Engage Love Healing Process**, that if used will allow you to heal any unloving belief and any Love Reversal, the trauma that these beliefs and Reversals have caused, and all the habits that go with them. When you heal an unloving belief, the trauma that it caused and the corresponding habit/s, **you will be free from the pain it caused you and would have caused you, for the rest of your life!** Can you imagine what it would feel like to never be afraid of not having enough money every again? Or to never feel abandoned? Or to never feel jealous? Or to never feel lonely, or frightened, or angry or upset?

I can tell you it feels exquisite, wondrous, glorious and amazing! I have learned of all of these processes and understandings through necessity. For over twenty five years I experienced chronic pain that was so intense that no healing modality worked, and I tried so so many. For those twenty five years my pain rarely went under a five and usually hovered around six to eight. It spiked up to eleven and twelve quiet often. It went to thirteen a few times and once a fourteen, off and on for three weeks. All of this with ten being the pain of death. I had to learn to Love my way back to health. I have healed almost everything there is to heal in my life and **my life is**

amazing! And I feel so blessed because these processes I have learned to apply to my life, have helped hundreds of people heal from so many challenges and diseases. You can go to www.engagelove.com and read my bio and the many testimonials that people have shared about their experiences.

You can also go to the website to find out about classes and workshops. This work is so fun to do with other people. It's fun to work on using the Love Tools and sharing the experiences that you're able to create in your life, to find out what works for you and what does not. It's a great way to build community as well.

When I was twenty nine, I learned how to talk to my Guides. I call them my Guides. To me they are my very intimate connection to the Divine. I have had an ongoing relationship with them for all these many years and it is to them I accredit the success I have had in learning how to heal myself and help others heal themselves. It is the most intimate relationship you could imagine. We talk together the same way I talk with you or anyone. They have loved me and guided me through all of my pain and experiences. I have never been alone! It is why I say "we recommend" instead of "I recommend" throughout this book.

If you do not have a relationship like that already, there are a couple of chapters at the end of this book that will teach you ways to communicate with your Guides/God/Goddess/the Divine/All That Is or whomever you believe in, should you choose to do so. They can't wait for you to communicate with them!

If this information is resonating with you, then you have six more Love Tools and the Engage Love Healing Process to learn about and grow with. I am sure you have heard before that if you want to get more out of your life and the relationships you create, that you

need to learn how to love yourself first. Well what follows is the biggest most efficient guide to loving yourself you will ever find. Let's do this together!