The Law Of Attraction
In
Love And Relationship

The Secret Of Manifesting
Conscious Loving In Your Life

By

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Conscious Loving, The Conscious Heart,
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One Key Question

Whether we’re speaking to ten million people on Oprah or a hundred people in a lecture hall in Los Angeles, we get one big question over and over from people in the audience: *How Can I Feel More Genuine Love In My Life?*

If they’re single, they’re often tired of making the same relationship mistakes again and again. They get out of one painful entanglement, only to finding themselves bogged down in the same problems with the next person they meet. If they’re in a couples relationship, they’re often tired of getting stuck in the same old patterns of conflict and strained communication.

We feel a great deal of empathy for anyone in this situation, because we’ve been there ourselves. Before we found each other we had begun to sink into despair that we would never attract the kind of love we really wanted. Fortunately we found a way to make the inner shifts that changed our relationship destiny (and recently celebrated our 25th wedding anniversary!) In this article and in our online and ‘live’ seminars, we show you how to make those inner shifts yourself, so that your relationship destiny can change. You can also find a deeper exploration of these tools in our online courses at [www.illuminationuniversity.com](http://www.illuminationuniversity.com) and in our audio/video program, [www.therelationshipsolution.com](http://www.therelationshipsolution.com).

If you follow the steps we outline, you will discover what’s been holding you back from getting the kind of love you really want and need. You’ll know exactly how to bring genuine love into your life and keep it.
The Best and Worst of Times

On the surface, these would seem to be the best of times for meeting people and developing close relationships. In some ways, though, these are actually the worst of times. Although communication is easy and cheap, what matters is how we use those nickel-a-minute phone calls. It’s how we communicate with the depths of ourselves and others. That’s what really matters. In this realm, these really are the worst of times. People constantly write to us to wonder why their relationships are so shallow and short-lived. Many people intuitively feel that they are not getting the kind of love they most deeply want. Some blame it on the busy and fragmented lives they live. Others point the finger at television, sports and the image-obsessed institutions of society such as fashion and advertising.

The wiser ones have grown weary of finger-pointing; they write to ask our help in doing whatever is necessary to create a genuine lasting love-relationship. They know that the real problem resides within, in the unconscious inner barriers that block genuine love.

After all is said and done, it’s really genuine love that makes all the difference in the quality of your life. Without genuine love, human beings feel constant longing. Once we’ve attracted genuine love into our lives, we face other challenges, like how to keep it flowing all the time. First, though, we need to attract a new kind of loving relationship, and that’s where we will begin.
The First Thing We All *Really* Need To Know
About Creating Lasting Love

Here’s the first thing we all really need to know:
None of us has the slightest chance of creating and sustaining a healthy relationship until we make a *conscious* commitment to it. Until you make a conscious commitment to genuine love, your unconscious programming runs your love-life.

You also need to know that it’s up to you and *you can do it!* That’s right: The power rests in your heart and in your hands. Each of us can make that commitment and bring into our lives a genuine, lasting love relationship. We made this our own goal many years ago, and since then we’ve gone from the intense pain of unconscious relationships to twenty-five years of the most blissful and creative relationship we could have imagined.

If you will make a sincere commitment to creating more genuine love in your life, you’re more than halfway there. Once you’re committed, you are ready to learn the mega-lesson.

**The Mega-Lesson Of Life And Love**

Speaking personally, this is the lesson we’ve struggled to learn throughout our own lives. Maybe it’s *the* lesson of life and love. It’s certainly been the major issue people have talked to us about in our thirty years as therapists and relationship coaches. Even if the person brought in a problem of
depression or marital misery, this issue was hovering in the background. The depression never lifted and the marriage never harmonized until the person learned the mega-lesson.

Here it is:

*The major barrier to a loving relationship with another person is an unloved part of yourself.*

That’s right: An aspect of ourselves that we have never loved and accepted keeps us from forming and keeping genuine love from others.

Here’s why:
If you don’t love yourself, you’ll always be looking for someone else to do it for you. It never works, because people who don’t love themselves attract people who don’t love themselves. Then they try to get the other person to love them unconditionally when they’re not even doing it for themselves.

When you love yourself deeply and unconditionally for everything you are and aren’t, you attract people who love and accept themselves. If you feel fundamentally unlovable deep down inside, you’ll attract a lover who feels the same way.

When we don’t love some part of ourselves, we run around in desperation trying to get someone else to love us. Our hope is that if they give us enough love our unlovable part will go away. It never does. Only a moment of loving ourselves unconditionally will do that particular job.
Most of us spend our lives running from that unlovable part of us. When we finally confront it, we will usually discover it’s a fear. It’s usually a particular fear, and there are a very small number of them.

One of them is fear of abandonment. You can probably see why that fear could play havoc in your relationships. It certainly did in our early relationships, before we became aware that this fear was driving a lot of our troublesome behavior. When you’re afraid of being left alone, you’ll either keep people distant so it won’t hurt so bad if they leave you, or you’ll cling to them dependently so they can’t leave without dragging you with them.

Another big fear is the dread of being smothered by the other person. When you’re in the grip of this fear, you’re worried that your individuality and freedom will be lost if you surrender to full union with the other person. So, you stay at arm’s length, just as a person who’s afraid of drowning might stand a yard or so away from the water’s edge.

The good thing to know about fear is that it’s simply a pulsating quiver of racy-queasy sensations in your stomach area. Fear, said the legendary psychiatrist Fritz Perls, is merely excitement without the breath. Breathe into the fear and watch what happens: The butterflies will flutter out of hiding and fly away.

When you love that fear directly, you can actually feel the fear disappear. In the space where the fear used to be, you now feel a big open space into
which a wonderful new relationship can enter. That’s what happened to us, and that’s what we’ve seen happen to a lot of people when they mustered the courage to love themselves and all their fears.

**Fear Holds Us In Check**

Until we give that scary place in ourselves a split-second of love, it’s impossible to enjoy good relationships. The reason: The fear causes us to push people away when they get too close. That’s because our fear gets stirred up when we let them in close. To keep the fear under control, we keep people at a distance. We submerge the very aspects of ourselves that most need love. Then, we strain to get other people to love us. Trying to get other people to love us when we don’t think ourselves loveable is like a dog chasing its own tail. The more they try to love us, the faster we run from it.

Fortunately you can solve that problem right now, right here.

Begin by shining the light of awareness on fear with a simple question: What are you feeling right now? Tune in to yourself and do a quick body-scan. Are you afraid that the ideas we’re describing may not work for you? Are you afraid that nothing will work? Are you worried that maybe you’re not good enough to do this? Do you fear, as we once did, that there’s something fundamentally wrong with you that is always going to keep you from love?

Right now feel all these feelings and LOVE them. Love yourself for having them. Love yourself for your courage to feel.
We’ve never met anyone who loved themselves deeply and unconditionally all the time. Don’t expect that you’ll be perfect at it, either. Begin with a second or two of loving yourself and work up from there. Begin with a commitment to loving yourself. That way, you’ll have the commitment to fall back on when you find yourself in the grip of your unlovable part.

Remember, too, that loving yourself has nothing to do with egotism or self-flattery. Egotistical people are desperately trying to get other people to love them, even though they feel deeply unlovable inside. That’s why egotism and boasting look so tacky: Everybody knows it’s phony.

We’re talking about genuine, sincere, heartfelt and humble love for yourself. It’s a feeling of accepting yourself for everything you are and everything you aren’t. Unless you’re super-human, you won’t ever feel absolute love and acceptance for yourself all the time. You can, however, make a commitment to feeling that way. Making a commitment to loving yourself gives you a firm ground to stand on throughout the ups and downs of your life.

Right now say to yourself:

I commit to loving myself deeply.

Float the idea around in your mind and feel it in your body. Use it as an anchor-point in your work on yourself. It really works.
In Summary
Remember how The Law Of Attraction operates: Like attracts like. Your job is to give yourself the same quality of love you want to receive from another person. Do that often as you go through your day, and watch the miracles unfold in your life!
About Kathlyn and Gay Hendricks

Kathlyn and Gay met in 1980, and have been happily working, living and playing together ever since. They are the authors of many books on conscious relationships and personal transformation, including their classic, *Conscious Loving*, and others such as *Lasting Love, Spirit-Centered Relationships and Conscious Living*. They have appeared on more than 500 television and radio programs.

Kathlyn and Gay are deeply committed to bringing transformational ideas to the world of entertainment; in 2003 they co-founded, with Stephen Simon, The Spiritual Cinema Circle, which now has members in more than 70 countries around the world. Through their non-profit organization, The Foundation for Conscious Living, they have provided funds for a number of inspiring films by independent filmmakers, including *Continuum, Zen Noir* and *The Visits*.

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