



What is Love to You?

February is a great time to reflect a little bit about what is our concept of love?

What do you want out of love? Have you ever thought about it? Are you taking it for granted or are you pushing it to the back and never giving it another thought? Are you still following old mindsets? If so, are they helpful to you?

People in the different phases of their life will go through transformation and to have a great relationship with yourself and others it is important to reflect on topics the way you are now not the way you were 20 years ago. But you also need to know where you come from to recognize patterns.

So we put together the following exercise to help with such an important part of life. It will take you about 10 minutes but it will reveal quite a bit.

Go ahead. Do it now. And let us know what you have discovered.

First Step – What is Love For You Now:

Let's start with how you define love now:

1.1 Love that you give to **yourself**?

- Is it absent? Lacking? Restricted? Governed by some rules? Abundant? Nurturing? How would you describe it? Are you making it “rosy” because you think this is what your culture or society expect of you?
- Be honest with yourself, what are you really feeling?

1.2 Love **for others** (wife, partner, girlfriend, boyfriend, family, friends, colleagues, pets)

- Is it absent? Lacking? Restricted? Governed by some rules? Abundant? Nurturing? Supporting? How would you describe it?
- Are you making it “rosy” because you think this is what your culture or society expect of you?
- Be honest with yourself, what are you really feeling?

1.3 Love **for your surroundings** (house, apartment, the town you live in, the community who surrounds you, the neighbours, your country, your planet)

- Is it absent? Lacking? Restricted? Governed by some rules? Abundant? Nurturing? Supporting? How would you describe it?

- Are you making it “rosy” because you think this is what your culture or society expect of you?
- Be honest with yourself, what are you really feeling?

1.4 Are you allowing yourself to **absorb** the love and support that others give you, that your environment brings you?

Second Step – Your Mindsets:

Time to discover your love patterns.

As we go through the different stages of our life, our physiology, our biochemistry, the people surrounding us and our awareness of society changes. Because of this, you might have picked up different ideas about love, different patterns/mindsets. It is important for us to recognize what we have put into our nervous system “Love file”

Take a few minutes and answer for yourself these following questions?

As you go through the exercise think about **your parents, people who raised you, your grandparents, aunts, uncles, family, pets, friends, boyfriend, girlfriend, someone you had a crush on, mentors, coaches, school, teachers, neighbours, society, social media etc.**

2.1 During the period of you being an infant to around 10 years old

- How the people around you demonstrated their love for each other during that period of your life?
- How did they demonstrate their love to you?
- Did they demonstrate love or was there an absence of it or was it very confrontational?
- What kind of emotions did you feel, did you imprint in you?
- Were you able to have emotions or maybe you couldn't feel anything? If you couldn't feel anything, did it leave a feeling of unknown?
- One way or the other what kind of imprints did it store in your nervous system?

2.2 During the period of you being 11 to 25 years old. A lot happens to us during that time especially with the changes in our hormonal system and starting to make important decision for the path of our life.

- How the people around you demonstrated their love for each other during that period of your life?
- How did they demonstrate their love to you?

- Did they demonstrate love or was there an absence of it or was it very confrontational?
- What kind of emotions did you feel, did you imprint in you?
- Were you able to have emotions or maybe you couldn't feel anything? If you couldn't feel anything, did it leave a feeling of unknown?
- One way or the other what kind of imprints did it store in your nervous system?

2.3 During the period of you being 26 to 55 years old

- How the people around you demonstrated their love for each other during that period of your life?
- How did they demonstrate their love to you?
- Did they demonstrate love or was there an absence of it or was it very confrontational?
- What kind of emotions did you feel, did you imprint in you?
- Were you able to have emotions or maybe you couldn't feel anything? If you couldn't feel anything, did it leave a feeling of unknown?
- One way or the other what kind of imprints did it store in your nervous system?

2.4 During the period of you being 56 – 65... 75... etc.

- How the people around you demonstrated their love for each other during that period of your life?
- How did they demonstrate their love to you?
- Did they demonstrate love or was there an absence of it or was it very confrontational?
- What kind of emotions did you feel, did you imprint in you?
- Were you able to have emotions or maybe you couldn't feel anything? If you couldn't feel anything, did it leave a feeling of unknown?
- One way or the other what kind of imprints did it store in your nervous system?

Third Step – What Do You Want:

3.1 Now that you reflected on patterns/mindsets you picked up about love, which ones would you like to keep and which ones would you like to throw away or change or tweak?

3.2 Here and now, how would you like to describe love to yourself? What kind of emotion(s) would you like to attach to it? Are you there or do you need some tweaking with this?



Fourth Step – Action:

4.1 Think about 1 small action you could start doing tomorrow to bring this definition of love, this feeling of love into your life. Choose something that is feasible to you, which you most likely can accomplish. It will excite your biochemistry and those little steps, will breathe life into your Love vision much faster than you think 😊

4.2 Set up a reminder for your small action step, if needed set up multiple reminders 😊

4.3 Schedule a nightly short reflection on how you brought this action in your life on that day. Are you on track? Could you do a little more or did your good intentions fade away? Do you need to get going again?

4.4 Schedule a weekly reflection to find out if this small action is part of your life now? If so, which other small action could you do to bring you forward toward your goal, your vision? Maybe you are not there yet, keep on going you will get there 😊

We Are Here For You...

Push yourself a little bit and do the exercise, it will take you no more than 10 minutes. For most of you, it will bring you such a brightness to your heart.

Share with us how you are doing with this exercise. What did you find? What is your action step? What is love for you? You can send me your comments at infodrmarcelle@gmail.com

In future newsletter we will explore addictions because they could be the cause of some of your obstacles. And I am not talking only about addictions to alcohol, drugs or food. Anything can be an addiction. I will also share with you a powerful visualization exercise. Don't miss it! I am here to help.

I am here to help you understand where you are at and to support you and empower you to your next destination.

Here is our contact information if you need my help: infodrmarcelle@gmail.com

Share this newsletter with others. Let's bring more LOVE into our world!