



Your Personal Source of Love and Truth

What is Your Source of Love?

By Dr. Margaret Paul

Most of us grew up believing that another person should be our dependable source of love - that this is what a relationship is all about. Yet this is the very thing that destroys many relationships.

When we are small children, our parents are supposed to be our source of love. They are supposed to access the love that is Spirit and bring it to us. That is part of their job as loving parents.

The other major part of their job is to role model accessing God/Spirit as a dependable source of love for themselves.

Did you have parents who were dependable sources of love for you, as well as who role-modeled accessing Spirit as a dependable source of love for themselves? The chances are the answer is no. Even if you had parents who were loving to you, it is unlikely that they were deeply connected with a personal source of spiritual love and were able to fill themselves with this love and joy on a consistent basis. Even if your parents believed in God, they may not have had a personal connection with a dependable source of love.

What most of our parents role-modeled was using others as their source of love. Your mother might have pulled on your father to fill her with his love, attention, affection and approval. Your father may have pulled on your mother to fill and validate him through sex, attention, affection and approval. Both of them might have been angry, withdrawn and blaming when the other person did not give them what they wanted and believed they needed from the other. In addition, each of them may have pulled on you to fill them as well. Perhaps you had to do well in school or sports, or you had to look good for them to feel that they were okay.

Most of us grew up believing that another person should be our dependable source of love - that this is what a relationship is all about. When we don't end up feeling filled up and worthy, we might turn to various addictions to fill the emptiness. We might leave a relationship because we decide we have chosen the wrong person, hoping to find someone else who will fill the empty place within and define our worth through his or her love.

The truth is that, as adults, no one else can become our dependable source of love. Regardless of whether or not you received the love you needed as a child, you need to become the vehicle through which flows the true and dependable Source of love.

There is only one Source of love and that is our Source - God, Spirit, Higher Power, or whatever you want to call our Source. Love is God and God is love and any love that comes to us through another person is coming from God through that person.

You will continue to try to make another person your Source of love when you believe that someone else can bring the love that is God to you better than you can, or that it means more when someone else does it than when you do it. These false beliefs may keep you from the love and joy that is your birthright.

You will feel the fullness of the love, peace and joy that you seek only when you decide to accept the responsibility of opening your heart and bringing the love that is always all around you to your Self - your inner child. Not doing so would be like being surrounded by delicious food that is available to you and that you are physically capable of accessing, but waiting for someone else to feed you. You not only might end up starving, but your inner child will feel abandoned by you. Even if someone else does feed you, it will not heal the pain your child feels when you do not care enough about yourself to feed yourself.

Just as you are capable of feeding yourself (unless you are physically disabled), you are capable of accessing the love that is always available. It all depends upon your intent. As long as your intent is to make someone else your dependable source of love, you will be in the intent to control - constantly trying to get love from others. The moment you shift your intent to loving yourself, you will open the door to your wonderful, beautiful, ever-present and totally dependable Source of love!

The One Dependable Source of Love

By Dr. Margaret Paul

If you are in a relationship, have you made your partner your dependable source of love - your Higher Power? If you have, this is likely causing many problems in your relationship.

Seth and Cindy consulted with me because they had been married only a year and were having problems. Seth was often angry at Cindy, and Cindy felt shut down to Seth.

"Seth," I asked him, "What are you wanting from Cindy that you are not getting?"

"I want her to be my dependable source of love. She is my wife and she should be my dependable source of love."

Seth was doing what many people do in relationships - he was making Cindy his Higher Power. Having no spiritual connection of his own, he kept trying to access love through Cindy. Cindy, feeling pulled on by Seth, had withdrawn.

We all need a dependable source of love, but to expect another to be that dependable source creates the codependency that leads to the relationship difficulties that Seth and Cindy were experiencing.

When we were small, our parents were supposed to be our dependable source of love. Unfortunately, most of them didn't know how to love us in the way we needed to be loved, nor did they know how to be a dependable source of love for their own inner child. Not receiving what we needed from our parents or other caregivers, and not having role models of how to bring love to ourselves, most of us never learned how to tap into the one and only dependable Source of Love.

Between media and fairy tales, we may grow up expecting that our partner will be that dependable source of love, and, like Seth, we get angry when this is not what's happening.

Another person cannot be your dependable source of love, for many reasons:

- They are not with you 24/7.
- They likely don't want the job.

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- They might leave or die.
- They might feel pulled on, like Cindy, and resist and shut down.
- They might not even know how to tap into their own dependable source of love, so they don't have love to share with you.
- They might expect you to be their dependable source of love, and may be angry at you when you aren't.

As an adult, it is risky business to rely on another for your dependable source of love. Another person was never meant to be your Higher Power.

And why should they be? You have your own Higher Power, your own dependable Source of love! The challenge is to let go of trying to get the love you need from your partner or another person, and learn to open to Spirit for your dependable source of love.

It took me a long time to learn this. For much of my adult life, until Inner Bonding, I had no idea that it was my responsibility to open to Spirit for my dependable Source of Love.

Not that it isn't wonderful when others are loving to us. I've often said that the sharing of love is the highest experience of life. But when you are needy and dependent on another for your dependable source of love, you will never feel the safety and fullness that comes from opening to THE dependable Source of Love.

When you shift your intent from getting love from another to being loving to yourself and others, your heart opens to the Love that is always here for you. The moment your intent is to be loving, the Love that is God fills you with the light of love that is infinitely more powerful than anything you could ever get from another.

The Authority to Tell the Truth

By Dr. Margaret Paul

Who are you listening to for your source of truth - your mind or your Guidance?

Have you ever tried to reassure yourself about something that you are stressed over but the stress didn't go away? Have you ever practiced affirmations over and over, only to find yourself still feeling badly?

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Have you wondered why the affirmations and self-reassurance often don't work?

In a session I had with Maryann, she told me about feeling stressed while walking into a bank, because she was thinking of the bad things that could happen to her in the bank - like being held up at gunpoint. As soon as she realized that she was stressing herself out, she told herself that everything would be fine, yet the stress didn't go away.

"You've told me that I need to tell myself the truth rather than keep telling myself the lies that cause stress, yet when I told myself the truth it didn't make any difference. Why isn't it working?"

"Maryann, did you tell yourself the truth from your mind, or from your Guidance?"

"Oh, it was from my mind. I didn't even think about opening to Guidance."

"Why would your inner child believe your mind? Your mind is operating from what has been programmed into it and is intent only on controlling. Your mind created the stressful thought and then created a "true" thought, but your inner child knows that both thoughts are just about controlling. So your inner child does not believe what comes from your wounded self. It only believes what comes through your loving Adult from your Guidance. It is only your loving Adult who has the authority to tell the truth, and we are a loving Adult only when we are connected with our spiritual Guidance."

"So unless I'm connected with my spiritual Guidance, my child will not be reassured by what I'm telling her?"

"Right. Would you have the same response to a child or adolescent reassuring you as you would to a wise and knowing adult? If an adolescent tells you that everything is going to be okay, is that as reassuring as an adult telling you that everything is going to be okay?"

"I see what you mean. So this is why it hasn't been working when I try to reassure myself. I'm still stuck in my mind rather than accessing my Guidance."

"Yes. Your mind wants to think it knows the truth, but it actually has no way of knowing what is true and what isn't until it opens to Guidance. This is what being "open-minded" is about. When we are

truly open-minded and openhearted, the love and truth from Spirit can flow through us. But when we are in the intent to control, rather than in the intent to learn, the mind is closed to Guidance. We are then stuck with our programmed thinking, which often causes us much stress. The closed mind has no authority to tell the truth, so your child will not be reassured when your wounded self is in charge."

"Okay, I can see the problem here. My mind doesn't want to open to Guidance. My mind likes to be in charge."

"Right. The wounded self doesn't want to give up control. Opening to Guidance is a surrender of control, and this is the last thing that the wounded self wants. Yet this is the only way of accessing truth."

"Oh, I can feel the resistance as you say this! Letting go of control feels so scary!"

"Of course it does! One of the major false beliefs of the wounded self is that letting go of control and surrendering to the Guidance of Spirit will cause us pain. Yes, once again, the mind/wounded self doesn't know what it is talking about!"

Maryann was willing to try allowing Guidance to bring in truth rather than rely on her mind. She discovered that her child did indeed calm down when her loving Adult was in charge, rather than her wounded self.