



What is a Relationship?

- A relationship implies a connection between two or more things
- Connections also imply exchange, that is, the connected things engage in some sort of energy exchange
- Where there is no connection or exchange there is no relationship
- The emotional world is the world of relationship, which is why we talk about relationships as matters of the heart





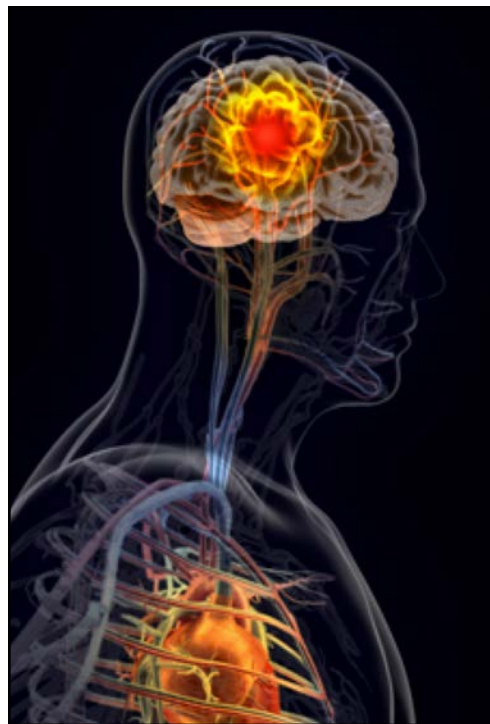
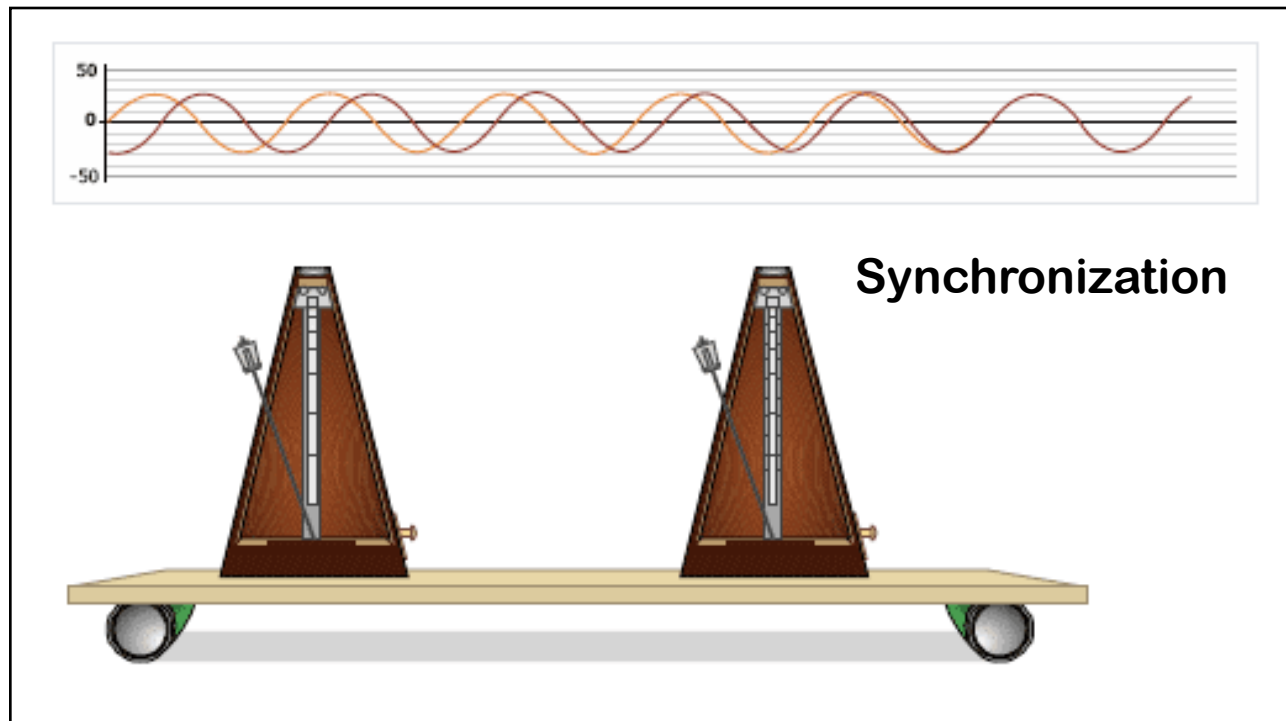
Chemistry and Electrical Charges

- Chemical elements (atoms) form relationships (connections) based on electrical charges
- They share electrons in order to balance out their energetic charges (positive and negative)
- The exchange of energy is what creates the bond between the atoms, forming molecules
- Humans also have “chemistry,” we are attracted to people who balance our energies, having an opposite polarity to ours



The Heart Connects

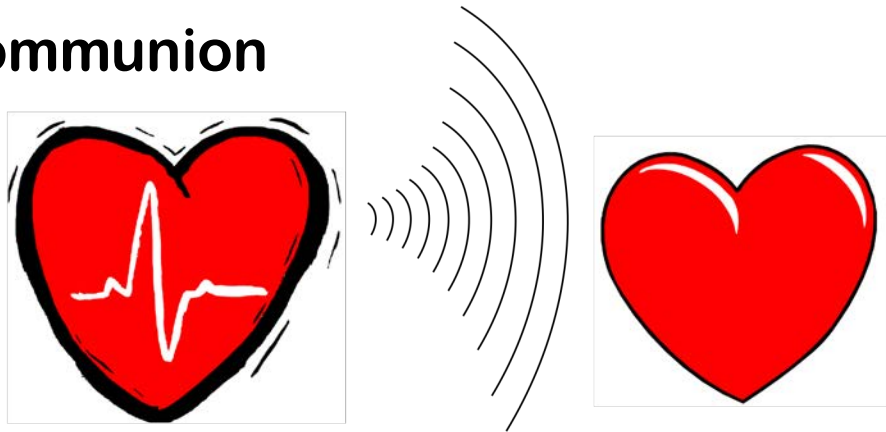
- The heart is capable of transmitting “encoding” information on its electromagnetic pulses
- The heart is also capable of tuning into the subtle vibrations of people, animals, plants, and environments and decoding the information they contain
- In other words hearts communicate with each other via emotional energy



Internal Coherence or Personal Integrity

- When the heart and the brain are in sync, acting as one, we have internal coherence
- This internal coherence gives us a feeling of calm, loving flow in our lives
- We feel connected and our love flows without struggle
- This can also be called personal integrity, which means there is no internal conflict (hypocrisy)
- Health requires internal harmony

Communion



- When we open our heart and “tune-in” to another person we allow our heart to entrain on the signals from their heart
- This creates a direct communication link that gives us a true understanding of what is going on inside of them
- We can receive extremely complex information through this link, including directly accessing a person’s life experience

Heart to Heart Communication

- When people entrain heart to heart they feel an emotion we call love
- Love is the emotion of connection
- Grief, fear and anger are emotions of disconnection
- When we connect we say we are:
 - In sync
 - On the same wavelength
 - Experiencing good “vibes” (vibrations)
 - Communicating “heart to heart”



Empathy or Compassion

- We call the ability of the heart to connect with another in their pain—empathy
- Compassion is “common passion” or in other words shared feelings
- When we share an emotional experience we are empathically tuning into the messages another person’s heart is sending
- This is the perfect expression of love
- When joy or happiness is shared it multiplies it
- When sorry, pain or suffering is shared it diminishes it

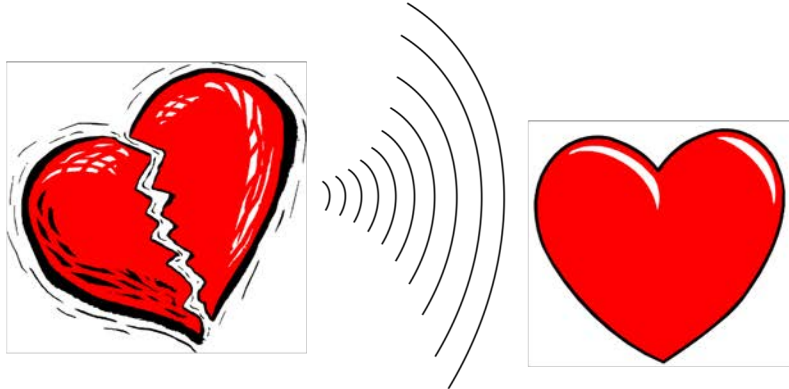


The Heart as a Moral Compass

- Through the heart we sense our oneness with everyone and everything
- The brain rationalizes, but the heart relates
- An empathetic heart cannot hurt another because it is hurting a part of itself



Heart to Heart Diagnosis and Healing



- When we open our heart to someone who is emotionally wounded or sick and allow our heart to entrain with theirs, we can feel what is wrong with them in our own body
- The other person feels this entrainment and feels cared for and understood
- As we move from sensing their wounds or illness, back to our own center of peace, their heart will try to follow ours to hold onto the connection

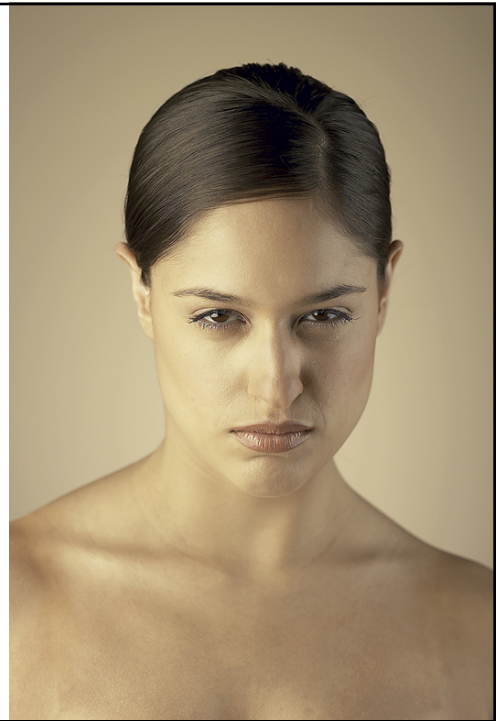


Hardness of Heart

- Unresolved pain can cause us to harden our hearts
- We close our heart down to being vulnerable or feeling desire
- We can become afraid of being close to anything or anyone
- This can cause us to lack empathy and compassion for others
- A person with a closed heart can become inflexible, rigid and judgmental

Signs of a Hardened Heart

- Self-absorbed, narcissistic
- Manipulative or controlling
- Distant and difficult to get emotionally close to
- Unsympathetic and judgmental
- Arrogant, conceited and egotistical
- Intellectual, lives in their mind, disconnected from their emotions



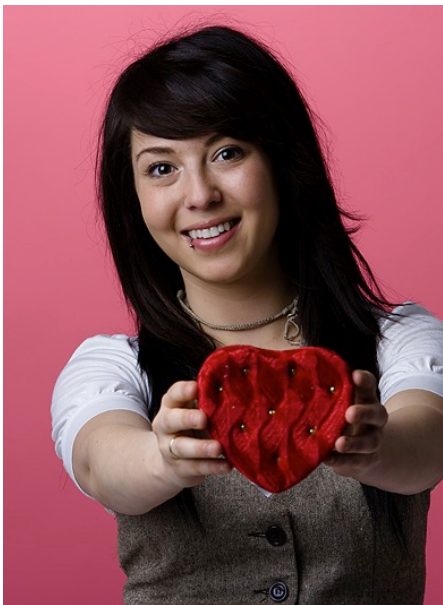
A Disease of Civilization

- As people's hearts become increasingly "hard" they lose the ability to experience subtle emotions
- Their emotions become coarse and they require more and more crude, violent, bizarre and even cruel stimulus to get them to feel something
- The increasing violence and crudeness of entertainment reflects the increasing hardness of people's hearts

When the Heart “Attacks”

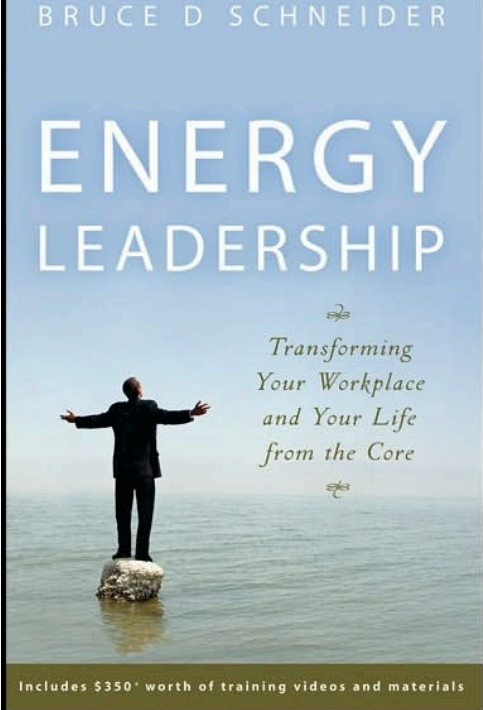


- A rigid heart is one that tries too much to stay “in control”
- When something “touches” the hardened heart, it tries to soften or open
- This causes a reaction of fear because it means having to feel vulnerability and pain
- The fear causes the heart to “jerk back” to try to stay in control
- This puts the heart in spasm and triggers the “heart attack”
- The person experiences a total loss of control and complete vulnerability



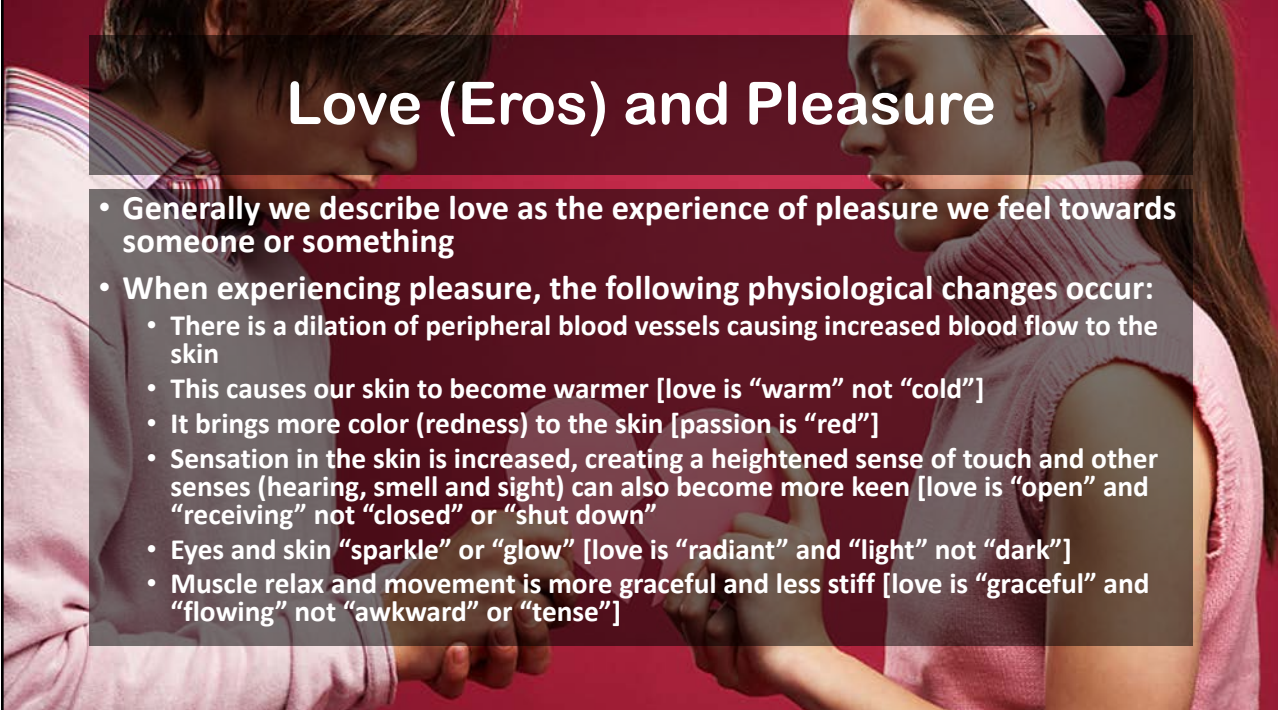
Three Types of Love

- Eros = Judgment level love
 - Love as desire
- Philia = Justice level love
 - Love as equality and familiarity
- Agape = Mercy level love
 - Unconditional love



7 Energy Leadership Levels

- **Self (ego-centric, unconscious) = Judgment Level**
 - Apathy
 - Anger
- **Self-Mastery (awareness) = Justice Level**
 - Forgiveness
 - Compassion
 - Peace
- **Self-Transcendence (fully conscious) = Mercy Level**
 - Joy
 - Absolute Passion



Love (Eros) and Pleasure

- Generally we describe love as the experience of pleasure we feel towards someone or something
- When experiencing pleasure, the following physiological changes occur:
 - There is a dilation of peripheral blood vessels causing increased blood flow to the skin
 - This causes our skin to become warmer [love is “warm” not “cold”]
 - It brings more color (redness) to the skin [passion is “red”]
 - Sensation in the skin is increased, creating a heightened sense of touch and other senses (hearing, smell and sight) can also become more keen [love is “open” and “receiving” not “closed” or “shut down”]
 - Eyes and skin “sparkle” or “glow” [love is “radiant” and “light” not “dark”]
 - Muscle relax and movement is more graceful and less stiff [love is “graceful” and “flowing” not “awkward” or “tense”]

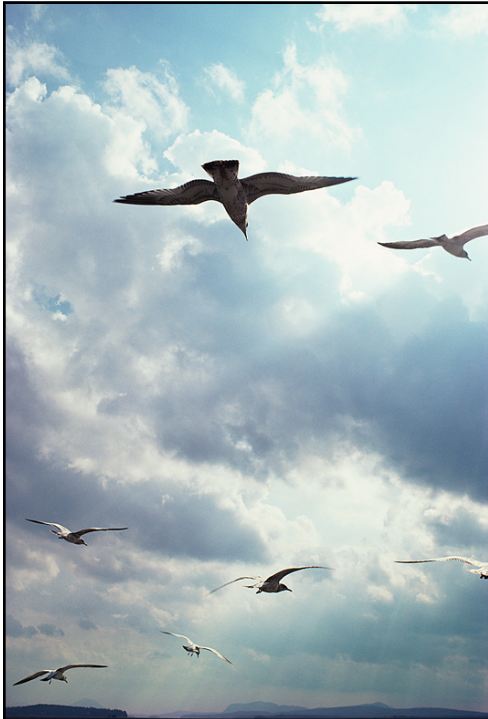
Love as “Philia”

- Another Greek word for love which involves:
 - loyalty to friends, family, and community
 - virtue (treating others kindly)
 - equality
 - familiarity
- This is a more lasting and deeper form of love than eros, as this kind of love can cause people to sacrifice personal pleasure for the benefit of others



Love as “Agape”

- Agape is a third Greek word for love
- It is used throughout the New Testament and refers to sacrificial love and the unconditional love of God
- It was translated as the word charity in 1 Corinthians 13
- To understand this love, we need to learn what it is not





Agape Love Cannot Turn to Hate

- According to Eckhart Tolle in *The Power of Now*, if your love can turn to hate, it was never love in the first place
- If you resent someone because they are not returning your “love” it is eros or philia love, not agape love
- It is desire and hate that are opposites



Agape Love is Not “Blind”

- In his book *The Way of Love*, Antony de Mello says, “It is said that love is blind. But is it? Actually, nothing on earth is as clear-sighted as love.”
- Attachment and desire are blind because they prevent us from seeing people and situations clearly

Agape Love Exists in Freedom



- When force, compulsion, rewards and punishment enter the picture, feelings of love as Philia are damaged or destroyed
- In fact, the moment you try to control someone you have ceased to love them



Agape Love is Not “Special”

- The experience of genuine love is universal, not special
- Any love you feel towards one person or group of persons, and not to others, is not agape love
- You have as much of this type of love for people you regard as “evil” as you do for people you regard as “good”

Agape Love is Indiscriminate

- Agape love arises from just being who you are, which means you are incapable of not giving it
- “Contemplate in astonishment the sheer goodness of the rose, the lamp, the tree, for there you have an image of what love is all about.”
—Anthony de Mello in the *Way of Love*



Agape Love is not Conscious of Itself



- Anything we DO trying to be “loving” is not agape love as it is not natural or innate
- “Then shall the righteous answer him, saying, Lord, when saw we thee an hungred, and fed thee? or thirsty, and gave thee drink? When saw we thee a stranger, and took thee in? or naked, and clothed thee? Or when saw we thee sick, or in prison, and came unto thee?”
—Matthew 25:37-39

Agape Love Expects Nothing in Return

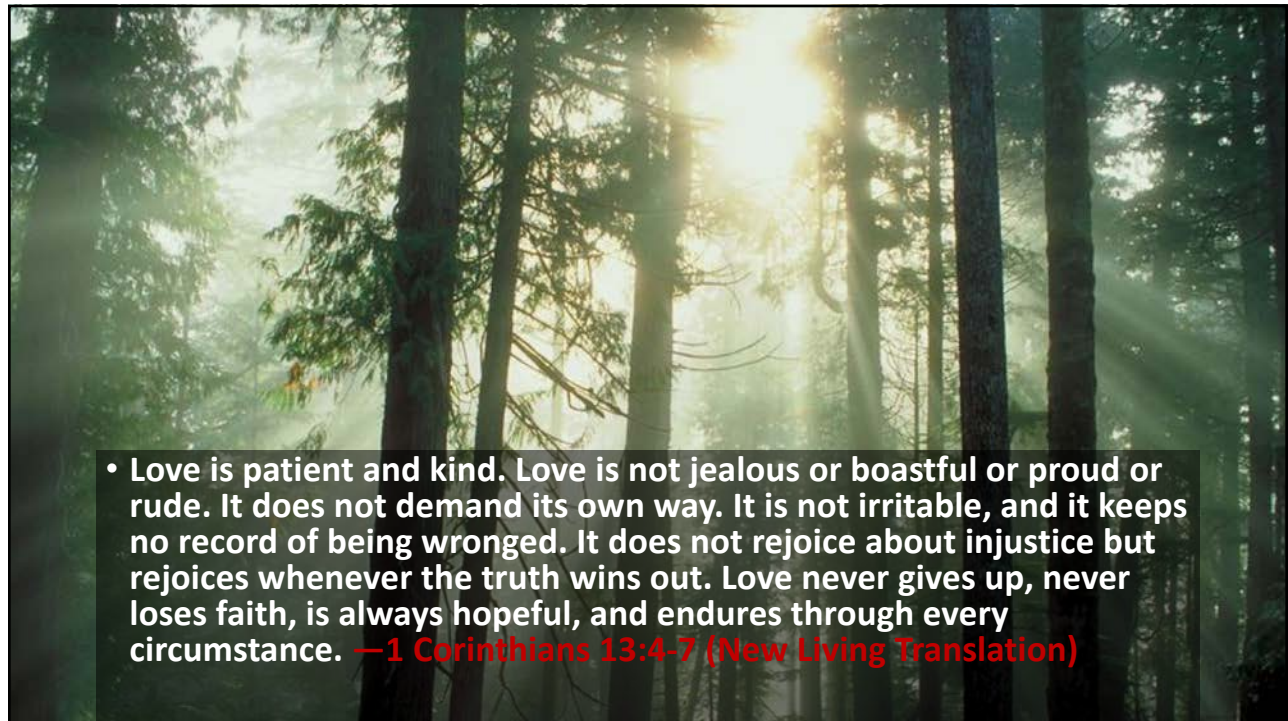
- Agape love expects nothing in return
- There is no “investment” in a hoped for return
- There is no expectation even of a “thank you”
- Even whether the person receives it or not, is none of your concern



We Cannot Create Agape Love

- We can only allow ourselves to be conduits for it
- It flows through us from its source, God
- “I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.” —John 15:5





- Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance. —1 Corinthians 13:4-7 (New Living Translation)