



Getting Love vs. Being Loving

Getting Love, Being Loving

By Dr. Margaret Paul

Take a moment right now to think about your real intention when it comes to love:

- Is it most important to you to get someone to love you - to get love?
- Is it more important to you to be a loving person - to give love to yourself and others?

At any moment, you have one of these two intentions, and which you choose determines your experience of love.

Getting Love

Most people move into relationships to be loved, rather than to be loving. Since most people were not loved as children and their parents did not role model loving themselves, they believe that it is getting love that will make them feel the best feelings - the best about themselves.

They go about looking for someone who they feel sees and values them, rather than learning how to see and value themselves. Not valuing themselves, they believe that the only way they will feel worthy and lovable is when someone they value loves them.

The problem is that, since we come together at our common level of woundedness - which is our common level of self-abandonment - the partner you pick is also looking to get love. At the beginning, you each give the other what you believe the other wants in order to get the love you are seeking. Since both of you are in the relationship to get love, you both want control over getting that love. Eventually, you both might feel very disappointed that your control tactics - giving gifts, giving yourself up, giving compliments, acting superior, getting judgmental, being demanding or angry, and so on - aren't working. You might decide you chose the wrong partner and move on, or you try harder to control - convincing, explaining, debating, arguing, talking things out, and so.

But as long as you each are not first giving love to yourselves, you will continue to be disappointed and feel unloved.

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Being Loving

When you learn how to take responsibility for loving yourself - for defining your own worth, taking loving care of yourself, and filling yourself with love - then you seek a relationship in order to share your love with another. You see relationships as learning opportunities to further develop your ability to love yourself and others. Relationships become opportunities to grow, play, share and love, rather than to get love, security and validation.

When your intent is to be loving, you don't see relationships as having to meet your needs. Love, real love, doesn't need anything from the other person. Real love is giving caring, compassion, and understanding for the joy of loving rather than with an agenda to get love or approval back.

Until you choose to learn how to take full, 100% responsibility for your own feelings of pain, joy, worth and security, you will likely look for someone to take away your pain and make you feel safe, worthy and secure. The belief that someone other than yourself can do this for you, and that if they "love" you they will do this for you, is a major false belief that causes many relationship problems.

As long as you are making another responsible for your feelings, you are abandoning yourself, and it is the self-abandonment that is the cause of your pain and lack of self worth.

Everything changes when you decide that your primary intention is to be loving rather than to get love. Once you make this decision, then you will naturally go about learning what you need to learn to be loving to yourself and share your love with others. Until then, you will be trapped in trying to get someone else to give you the love you need, and this will never happen, because it can only come from you. Their love is wonderful when they offer it, but you are the only one with yourself 24/7, so you are the only one who can consistently bring yourself the love you need.

Why not begin today learning how to do that?

Getting Love, Sharing Love

By Dr. Margaret Paul

The feeling of love is the very best feeling in the world, even better than sex or ice cream! The Bible states in 1 John 4:16 that "God is love." When our hearts are open, the love that is God comes into the physical body and fills us with the delicious feelings of joy and peace. Love is always available, as available as the air we breathe. Yet most people do not go through their days filled with love, joy and peace. Instead, they feel empty and alone, and often turn to various addictions (such as sex and ice cream) to fill the emptiness and aloneness.

One of the addictions many people turn to is the addiction of getting love from others. Coming from the belief that people need to be their of love, they try in various ways to gain control over getting love from others. Through physical appearance, accomplishments, niceness, compliments, cuteness, being funny, threats, anger, irritation, and blame, people try to manipulate others into giving them the love, attention, and approval they need. Sometimes this works for the moment, but like food or sex, it is only for the moment. Trying to feel filled through others is an exhausting way to live.

Other people try to get filled through the giving of love. The problem here is that unless you are first bringing love into yourself and then sharing your love from a full place within, the giving of love becomes just another manipulation to get love. This is caretaking - giving to get. I can tell you from personal experience, since this was my major addiction, that caretaking does not lead to feeling filled up with love, peace and joy. Rather, it leads to feeling drained, used and resentful, since rarely do others give back the love you hope for.

The highest experience in life with another person is the sharing of love. A circle of love is experienced when two or more people are sharing love from a full place within.

We are full of love within only when we have a spiritually-connected loving Adult self who is intent on taking loving care of ourselves. When our intent is to take full personal responsibility for ourselves physically, emotionally, spiritually, financially, organizationally, and relationally, then our inner child feels loved and safe inside. Our intent to support our own highest good opens the door to connection with Spirit and love fills our hearts and souls. This deeply peaceful and joyous feeling

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can then be shared with others whose hearts are also open to loving and learning.

The sharing of love is truly an amazing experience. It can happen in person or over the phone. It can happen in letters or email. Time and place are irrelevant - love is an energy that can be experienced from any distance. Each of us has the opportunity to be messengers of love when we do our inner work and become able to share love with others.

The wounded self in most people does not understand the vast difference between the getting of love and the sharing of love. Because getting a bit of love from someone feels good, the wounded self thinks that the best feelings come from getting love. Until you have the experience of bringing God-that-is-love into yourself, you do not realize that loving yourself brings far greater joy than getting love. And until you are loving yourself, you cannot experience the even greater joy of sharing love with others. There is no addiction - no drug, no food, no experience - that comes close to the incredible joy of feeling the love-that-is-God within and sharing that love with others.

If you have never had the experience of sharing love, you may not realize what you are missing. Sometimes it may seem hard to be motivated to keep doing your inner work if you have never experienced the joy of loving yourself and sharing that love with others. I hope you keep in mind that only by doing your inner work will you ever be able to experience the greatest experience on the planet - the sharing of love!

Giving Love, Getting Love, Giving to Get

By Dr. Margaret Paul

Love. We need it from the moment we are born to thrive. We might survive but we do not thrive without abundant love. No wonder we work so hard to get it. No wonder we try to be perfect and do everything right to have control over getting love. No wonder we get anxious, angry or depressed when we do not get the love we need. No wonder we use numerous substance and process addictions to numb the pain when we feel alone and unloved.

When we were little, our parents or other caregivers needed to be our source of love. We were too young to access the love we needed by ourselves. Our parents were like Gods to us - they were our source of life and love.

As we grew older, we were supposed to shift our focus from getting love from our parents to receiving the love from our Source. Yet, because most of our parents didn't know how to do this for themselves, many of us never learned to access the love that is infinite and always available to us.

As adults most people are stuck in trying to get love and avoid pain.

- Do you try to get love by giving yourself up to others, hoping they will give you the love you need? Are you giving to get?
- Do you try to get others to love you through intimidation and guilt? Do you get angry, manipulative, or blaming to try to get others to give themselves up and give you what you want?
- Do you shut down and numb out with food, alcohol, drugs, TV, gambling, sex, work, and so on, to avoid the pain of loneliness and aloneness? Do you use addictions to avoid the pain of not feeling loved?
- Are you trying to make people, substances, things or activities your source of love?

There is only one true Source of love. The Source of love is the universe we live in. The Source of love is whatever is your concept of God/Spirit. God is Love, and that love is always around us and within us, but you will feel it only when your heart is open to learning about loving yourself.

As long as you are trying to get love from others and avoid pain with your addictions, your heart is closed and you cannot feel the love that is always here for you. When you practice Inner Bonding and shift your intention from getting love and avoiding pain, to loving yourself and sharing your love with others, you stop feeling so empty, alone and lonely. Only when you stop making people, things, activities and substances your source and turn to a spiritual Source will you feel the fullness of love within.

The key to this shift is to stop making others and addictions responsible for your feelings and decide to take full, 100% responsibility for your own feelings of joy and wellbeing. When your intent shifts to learning about taking loving action for yourself, you will learn how to fill yourself with love from your Source and share that love with others.

Sharing love is totally different than giving to get love. Sharing love comes from a full place within, a place that does not need anything back from another person. When we practice Inner Bonding and learn to take loving action in our own behalf, we get so filled with love that it just overflows. When this is the case, we receive great joy in sharing our love. We no longer try to be the source of love for others, nor do we make others our source of love.

Today, focus on opening to learning about what is in your highest good. Ask the question throughout the day, "What is in my highest good right now?" As answers pop into your mind, take the loving action on your own behalf. Then notice how peaceful and fulfilled you feel, and how good it feels to share your love and joy with others.