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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

How Do I Love Thee?

By Louise Morganti Kaelin

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I was recently having a conversation with a client about relationships and we uncovered an interesting fact: Sometimes, the way we need to show love isn't the way that others need to feel love.

I'm sure there are many books written on this subject, but we came up with a simple way to find out how the other important people in your life get to feel loved. Just pay attention to how they show love to you.

For the most part, we know what makes us feel loved, so we assume that is true for everyone else. When we encounter others we love, we show them our love by what works for us. Most of us don't even think about, let alone talk about it, so it's not surprising that we don't 'get' that there are different ways to show and feel loved. Some examples might be:

- (a) Physical demonstration, lots and lots of hugs
- (b) Small gifts or 'necessities' that say 'I was thinking about you when you weren't in my face'.
- (c) Saying, frequently, 'I love you'.
- (d) Asking pertinent questions about your day, how you're feeling, what you think about things, etc.

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(e) Working their butt off to provide the other person with stability, security, food, shelter.

Here are some ideas to make use of this information:

1. Once you notice how they are showing love to you, and you know how you show love to them, try an experiment. Within a half hour period, show them love in two ways. First, show it your normal way and then within 20 to 30 minutes, show them love the way you notice they show you love. Check out the reaction from each. Which one seemed to be felt deeper? Which one got the biggest smile? Wow! Just think what it would do to your relationship if you always got that

biggest smile!

2. Either share the experiment or tell the others in your life what really makes you feel loved. Unless it's pointed out to us, most of us don't get this 'intuitively'. Why sit around waiting for them to figure it out when you could be feeling loved? After all, you needed someone to point it out to you!

3. If the other person shows their love by working their butt off to make your life better, I think the simplest way to have them feel love is to acknowledge what they do and how much you appreciate it.

4. What makes me feel loved might be different depending on who the person is (a parent vs a spouse, for example)

5. I probably need all the different forms of being shown love at different times, depending on what I'm experiencing at the time. However, there is one that is dominant, that will do the trick most of the time.

6. It is possible to experience the shift of 'knowing' that you are loved to 'feeling' you are loved. And feeling that you are loved may be one of the greatest tonics ever.

(c) Louise Morganti Kaelin. Louise is a Life Success Coach who partners with individuals who are READY (to live their best life), WILLING (to explore all options) and ABLE (to accept total support). Find many free resources to assist you in living the life of your dreams at <http://www.touchpointcoaching.com> For her free newsletter of insightful, practical suggestions for

creating your best life, email <mailto:on-536@ezezine.com>

Make no Mistake

By Joyce C. Lock

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However you came to be, in this world,

~ You are not "a Mistake" ~

Before I formed thee in the belly I knew thee;
and before thou camest forth out of the womb I sanctified thee ...

Jeremiah 1:5

If a man beget an hundred children, and live many years, so that the days of his years be many,
and his soul be not filled with good, and also that he have no burial;

I say, that an untimely birth is better than he.

Ecclesiastics 6:3

I formed thee from the womb.

Isaiah 44:2

You were born, by me, from the belly.

Isaiah 46:3

I am the Lord that maketh all things.

Isaiah 44:24

I created you in my own image.

Genesis 1:27

You are a child of the most High.

Psalm 82:6

You were fearfully and wonderfully made.

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Psalm 139:14

You are the image and glory of God.

I Corinthians 11:7

My Spirit dwells in you.

I Corinthians 3:16

You are my temple.

I Corinthians 3:17

You are my heritage.

Psalm 127:3

and

I do not create "Mistakes".

Do not err, my beloved brethren. Every good gift and every perfect gift is from above,
and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning.

James 1:16–17

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Joyce C. Lock is a published author, poet, and columnist. In addition, she founded and maintains the e-mail ministries "Heavenly Inspirations" <http://our.homewithgod.com/heavenlyinspirations/> and "Share a Smile" <http://groups.yahoo.com/group/smilessharing/>. Joyce's writings encourage us in our relationship with God and each other.

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