

# *Manifesting for Mortals* *Love Edition*



**Focused concepts and questions**

**For**

**The Law of Relativity**

As you consider the concepts for the Law of Relativity, please remember the following:

One of my favorite authors, Iyanla VanZant once said “My two ex-husbands were just angels *disguised* as idiots”. Man, I held on to that one for quite some time! It really is true, sometimes people come into your life to teach you stuff. So, rather than having a huge amount of guilt and angst about what happened or why, or how, just learn to make peace with your past and heal from it.

Accept the gift in the disaster.

We may not like our past experiences, but we totally have the option to accept what happened and learn from them. That doesn't mean that you have to like it, it simply means that you accept that it happened, you learned your lesson and you move on. The key lies in what you will do with the experience. Will you, as my college professor said, choose to be a victim of it or will you choose to learn from it and move on?

Moving on means that you create change in your thoughts habits and attitudes in order to create a different experience.

#### Questions for reflection

1. As part of your healing, it is time to recognize “the gift in the disaster” of your significant relationships. Make a list of your past lovers and relationships. Use the practice of Hooponono to release them and the experience from your consciousness. Write a paragraph for each using the following format:
  - a. **Repentance** - recognize your responsibility and the role you played in the situation.
  - b. **Please forgive me**, make it heartfelt and blameless
  - c. **Thank you** ó express gratitude for the lesson and for the good things that were also part of the experience
  - d. **I love you** ó find the love in your heart for this human being

An example of this process (from my actual list):

*Jimmy C...I love you, Jim. When I think of you I feel such incredible love and it amazes me, because I was so fractured when I met you. You taught me the absolute connection that two people can have when the sex is amazing. We connected on such a deep level in that place. You also treated me to some of the grandest adventures of my life! I'm sorry I went crazy on you and I'm grateful that we could still be friends years later. I love you from a distance...but I do love you to the depths of my soul.*

2. Based upon your Hoʻoponopono list, are there qualities from some of your past relationships that you would like to carry into your ideal relationship? List them.
3. When you consider your ideal relationship, has this list helped you to identify some positive qualities that you desire in your ideal partner? List them.
4. Now that you have this information about your ideal partner's qualities and the qualities of your ideal relationship, add this to your list of potential desires, necessities or essentials.