

**THE  
EMPOWERED  
LOVE**



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# Foreword

Do you know what true love is? Have you ever been found true love? For some, these questions are quite hard to answer. Get all the info you need here.

## ***The Empowered Love***

# Chapter 1:

## *Intro*

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### **Synopsis**

True love is not easily acquired and felt. It comes in various types. Like others, you can say that you are loved if your family shows their affection to you. You may also feel the same way if you are attracted with your opposite gender. Love has two sides – the willing to love and willing to be love back. Love is not only for your family, partner or any special person. You can also show love for God, country, surroundings and a lot more.

## **The Basics**

Love is a short but powerful word. It protects, nurtures, endures and brings people together. It also sets people free and finds life, honor and prosperity. Love can be just like a sense of what heaven will be like.

However, love is not just what makes the world go round. It is also what makes the ride so worthwhile. Once you utter the word “I Love You”, always ensure that you really mean it. It means that once you love someone, you have to give everything for him.

At present, finding true love is quite tough. Love will push your buttons and test your limits. But, it can be the only thing worth living for. Whether you are young or not, you can find true love. So, how can you do it?

To find true love, you need to consider various things. You have to understand first yourself and know what really makes you happy. Since love is the root of real happiness and success, you have to understand how to find true love. You should also know the different facts about this broad term.

The main question is, is true love easy to find? Like others, can you find the real love you are looking for? To know more about empowered love, this book will serve as your guide. This can help you explaining the fundamental principles to the secrets

underlying facts about true love. So, keep on reading and learn how to find true love and make your life worthwhile!

# **Chapter 2:**

## *Why People Are Lacking Love?*

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### **Synopsis**

Lack of love is the common problem in every relationship. Understanding its causes can be a remarkable help in learning to love again, getting in touch with others and finding true love.

Past fears and hurts may be having more of an impact on your current relationships. So, why people are lacking love? If you don't know the reason why, then, start exploring now!

There are several reasons why people are lacking love. If you are not familiar with these multiple reasons, here they are:

## **No Love**

- **Childhood Trauma** – If you have experienced trauma during your childhood, it can be a great cause of your inability to love. Say for instance, if you feel that you are not being loved since birth, you will never learn to love yourself. You will also not have an idea about true love.
- **Lack of Self-Confidence** – If you keep on having negative thoughts about yourself, you can't easily find true love. Like others, you are not convinced that you are worthy to be loved and treasured. In addition, low esteem can also lead to believe that the more people show that you are valuable, the more you doubt them.
- **Seeking Revenge** – This is also another reason why people are lacking love. If their hearts are full of anger and revenge, they will never find peace and real love. Though someone shows concerns and affection to them, they will ignore them.
- **Believing that True Love Doesn't Exist** – If a person thinks this way, he will never waste his time finding what true love is. He will never value the love of other people. He will also prefer to love himself rather than show his feelings to other people.
- **Feels that They Can Live Alone** – Some people think that they don't need someone to make them happy. For them, they can live in this world without asking any love or affection from other people. With this perception, they prefer to be alone.

Love is the connecting energy between God and human. If that connection is made, unity of all beings becomes reality. As a result, love defeats all anger and other negative feelings. If you want to find real love, simply take the succeeding paragraphs.

### **Steps in Finding a True Love**

**Step 1: Don't Express Any Negative Words, Emotions and Thoughts –** It means that you have to be more positive. If you find negative ideas in your mind, replace them with something positive. Do it with no excuses.

**Step 2: Be Responsible with Your Feelings -** Whether you like it or not, you have the complete power to react to all situations and choose how you feel. Since you are responsible with your feelings, it is your choice whether you want to feel good or not.

**Step 3: Love Needs Acceptance and Allowing People to be What They Are–** It means that if you want to change someone, they have the right to inform you to change. If you accept them from who they are, it means that you love them.

**Step 4: Understand Human Nature of Selfishness –** If you know about this concept, you will learn how to be happy without expecting anything in return. You will also get the most and that is the joy of giving and making someone else happy.

Step 5: Always Remind Yourself about Positive Vibes – Whether you go and whatever you do, always guide yourself into a good path. Before making any move, try to know what will be the results of your actions.

Through following these steps, expect that you can easily find your true love. So, start finding your true love now! Then, see true love changes your life. Through finding true love, you will learn how to live with great happiness.

# **Chapter 3:**

## *What Is True Love?*

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### **Synopsis**

Most people are very eager to know what true love is. Regardless of their age, they always wanted to experience the feelings of being loved and to show their affection to other people. However, when you say true love, it doesn't only pertain to the man and woman who are in love with each other. It is also not only about the love of mother to her child or vice versa. True love is the best thing that can happen to someone. It is something more than falling in love. It is faithful, pure, responsible and trustworthy.

## **True Love**

### **True Love is . . .**

- ✓ Caring – There are several forms of love. The typical examples of these are passion, virtuous, general affection and affection for the family. No matter how you defined love, they hold the same trait. That trait is caring.
  
- ✓ Attached – This attachment comes after the preliminary attraction like the mother and child bond. It is the long term that appears anywhere into a romantic relationship. Once you are attached with your mother, you will do everything to make her happy and that's the sign of love.
  
- ✓ Attractive – Chemistry and attraction forms a bond that allows people to mate. Through a romantic desire for another person, a relationship is nothing more than infatuation or lust. This is the reason why men and women unite as one.
  
- ✓ Committed - If your partner loves you and you love him back, you are showing a real affection. People who are committed to one another only see positive things about their partners. In case you have seen negative things, you will just look at the brighter side of their attitudes.

- ✓ Intimate – Intimacy is considered as the essential component of all relationships. To know your partners, you have to share your stories with them. It can be an effective way of bonding and showing that you trust them.

### **How to Identify True Love?**

To recognize true love, you have to understand the “Word of God”. Once you match your relationship to what the bible says and you prepare to make a long commitment to anyone, it means that you already found true love.

There are three keys to identify true love. These are the following:

1. You have to look at the Word of God – Reading bible is not enough to understand the word of God. Aside from reading, you have to apply the things you have learned in this guide. You also need to follow what bible says to get the real love you want to experience.
2. Be Completely Honest with Yourself – To find real love, you have to start with yourself. You have to know what you really want and what makes you happy. If you are honest with yourself, expect that you will find the true love and real happiness.

3. Understand the Level of Commitment with True Love – If you know the levels of commitment with true love, you can easily determine why you are showing affection to other people. The level of commitment with your mother and partner maybe different from other people around you.

Since the meaning of true love is quite broad, you have to understand it very well. Though its concepts are too comprehensive, it doesn't mean that you can't easily find the real definition of true love. Depending on your situations, you can easily define what true love is.

Say for instance, if you really love your mother and you will do everything for her, it means that you really love her. From that scenario, you can easily say that love is not just showing that you care, but also to sacrificing what you have to make your mother happy.

# **Chapter 4:**

## *What Is The Empowered Love Mindset?*

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### **Synopsis**

Keeping an empowered love mindset isn't always easy. This is often observed if you feel that you are alone and nobody cares to love you. To know more about empowered love mindset, you are on a right track. This book allows you to understand what empowered love mindset is and how to do it.

# **What Is It**

## **Empowered Love Mindset Defined**

Your mindset is how you approach the world. It means that if you let it run wild, it will force you to make the same choices. Everyone has the ability to have an empowered love mindset. It is like a sieve through which you make out your reality. Similar with bad habit, your mindset has a shadow side. This shadow is devious and makes it difficult for you to perceive that you have in your mind.

If you are experiencing a romantic issue, it is the time to see if your empowered love mindset needs an adjustment or not. If you assume that your mindset might lead to several problems, then, you need to change it. You can do this through spending enough effort and focus on your determination to achieve your improved mindset.

## **Effective Tips to Develop Empowered Love Mindset**

If you do the inner work for your personal development, you make positive shifts like naturally attracting love into your lives. You just need to improve an empowered love mindset and able to practice creative strategies to implement them regularly. Here are the simple things you need to do for an improved love mindset:

Step 1: Get Out of Your Comfort Zone – If you accept new opportunities into your lives, you have a chance to explore more. In case you are stagnant in your life, your relationship with other people

will suffer. Therefore, it is essential to present your best to the world. Just open to new opportunities, taking healthy risks, meeting new people and conquering your fears.

Step 2: Set Off Your Stress – When you practice being in the present time, you notice more and understand how it affects you. So, go for a walk and explore your surroundings. Try to pay attention to the sounds, sights, smells and textures you encounter. Then, notice in your body how you feel. Once you set off your senses, you will grow more and find your real happiness.

Step 3: Follow Your Intuition and Impulses – Start learning from children. Kids often follow their innate sense of intuition and impulses. To attract love, follow your inner child. It means that you should take time to unwind, have fun and do things that you really enjoy. If you love your lives, you can share love and happiness to other people.

Step 4: Make Creative Goals - To improve empowered love mindset, you have to make a creative goal for yourself. It means that you can read books that you want, volunteering a few hours at the charity organizations or making a masterpiece. Just make sure that you make commitment to yourself and pursue your plan.

Step 5: Connection is Essential – After completing your goal, you have to reach out to people and inform them about your experiences. Connect with others on a regular basis and try to listen about what inspires others. Depending on your choice, you can involve in your community to experience the acceptance and sense of belonging.

Other steps to improve your empowered love mindset include taking a stand for your personal development. It means that you have to fight to show what you really are. You also need to have time for your creativity. This can help in allowing your subconscious to speak to you. Just relax yourself and find courage to jump into a meaningful relationship.

# Chapter 5:

## *Traditional Love Ideas vs. New Age Ideas*

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### **Synopsis**

Ideas about love become even broader as time passes by. Though the ideas of love are quite comprehensive, you don't have to be confused. Whether old or modern times, you can easily understand what love is. To know more traditional and new age love ideas, here are the things you need to consider:

# **New Ideas**

## **Traditional Love Ideas**

During old times, people have a concrete meaning of love. Once they feel something different or feel concern to other people, they assume that they are in love. But, since love comes in various ways, you can say that you find true love if you are aware with the different words of God.

For additional knowledge, here are some concepts of traditional love:

- **Unity of the Two Lovers** – Before and even during these days, people prefer to get married. People who fall in love with each other desire to unite as one through the Sacrament of Matrimony.
- **Believe in the Existence of Cupid** – Before, people believe in the existence of magic. Most women believe that true love will come on their way when Mr. Cupid finds an ideal man for them.
- **Practice Courtly Love** - Love pertains to courtship and courtesy. But, it is not necessary related to the institution of marriage. Most people also believe that love is an intense and passionate relationship between two partners.

These traditional love ideas or practices are also observed even at the present times. However, there are some adjustments. Say for instance, courting is becoming easier because of modern

technologies. Before, men use traditional schemes to show their love. Depending on their culture, they can follow their own practices.

### **New Age Love Ideas**

Like traditional love ideas, most people believe in the Sacrament of Matrimony. However, because of the changes of law, some states allow couples to file an annulment or divorce. This is often observed if the couples are not happily married.

If you are single, you will also notice that the courtship of traditional love ideas is different at present times. At present, men and women are using mobile devices to contact each other. They can also show their feelings with the use of social networking sites.

Though there are some differences between traditional and new age love ideas, the concept of love is still there. Whether you are following the traditional or modern schemes, you will never be tired of showing how you value your love ones.

# Chapter 6:

## *What Does Empowerment for Love Mean To You?*

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### **Synopsis**

Empowerment is the quickening power that moves you to do things that you never thought you could do. It is a life changing and a key for your dreams. Empowerment resides in your spirit. It is just like a hidden treasure that longs to be found. So, what does empowerment for love mean to you?

Empowerment for love is doing things for attracting and binding marriage opportunities, boosting your bonds of marriage and finding real love and happiness. Like others, loving yourself is a journey for great way of empowerment. Most people are talking about loving themselves. However, some of them don't have an idea where to start to achieve that goal.

If you want to start loving yourself, you have to know on how to do it. For your guide, here are the different tips on how to set your goals:

## **What Does It Mean To You**

- Don't Criticize Yourself Every Day – Instead of doing this, try to use positive thoughts about yourself. You also need to remember things and situations that make you feel happy. This can help you see that you are a person that is easily loved.
- Stop Thinking Negative Thoughts – Everyone experiences difficulties in life. Whether you are facing complicated issues or not, make sure that you always think positively. Through changing your mind's perceptions, you will attract positive vibes in your life. You will also see that various people are willing to help you to overcome your situations.
- Treat Yourself Like You Desire Others to Treat You - If you think that you are not worthy to be loved, then, other people may also think the same way. Just remember that you have good qualities that most people admire. So, start thinking those qualities and mold them.
- Learn to Love Negative Things in Your Life - Unlike others, don't let the negative things bring you down. You can use them as your motivation to strive harder. If someone says that you are not worthy to be loved, then, prove to them that you have the best qualities and you can live as happy as others.

- Look in the Mirror and Praise Yourself – To empower your love, you have to begin in yourself. You have to know your qualities that make you even a better person. Through saying “I Love You” to you can make wonders for making you feel comfortable and full of confidence all the time.

Aside from the abovementioned, you have to love yourself unconditionally. Like others, you are born unique. It means that there is no one else in this world just like you. This is the reason why you have to learn to love yourself. Through this, you will also learn how to love other people. Once you value yourself, you will also see others as being equally valuable.

# **Chapter 7:**

## ***Why Adopt The Empowerment Mindset For Love?***

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### **Synopsis**

After knowing the different ideas about empowerment mindset for love, you may be asked why you need to adopt this mindset. Improving your mindset for love plays a vital role in your life. For your guide, here are the top reasons why it is important:

## **The Right Mindset**

1. **Enjoy Your Life** – Since you focus on positive things, you don't have to worry about. Every time you wake up, you will be inspired to work and do things that you really want. You can do this without experiencing any trouble. Your growth mindset says that you are here in this world to live and enjoy and so be it.
2. **Improve Your Self-Esteem** – Once you love yourself, you will never compare yourself to other people. You will also know the real you and that pushes you to be strong and stay positive in life. With this, you will be more confident and able to mingle with other people.
3. **Enhance Your Relationships** – Bad attitudes can be attributed to emotional disorders and character flaws that drive people away from you. As a result, you end up lonely and continuing on a downward spiral towards unconsciousness.
4. **Never Stress about Being Perfect** – People are all unique and nobody is perfect. Therefore, you don't have to compare yourself to others. If you have an empowered mindset for

love, you will accept what you are and you will love what you are doing.

5. Learn to Value Things around You – If you know how to love, you will understand why value their family, their partners and other types of relationships. It is easy for you to become an open-minded person.

With various benefits of adopting empowerment mindset for love, you will be tempted to know the secrets on how to achieve this. Like others, you can ask help from the experts. You can also read reviews and guides on how to empower your mindset for love.

However, since there are several ways on how to empower your mindset for love, some people failed to follow these methods. Instead of worrying about this issue, you have to focus on your goal. If you really want to change your mindset and learn to know several things about love, you can easily do it.

# **Chapter 8:**

## *Tips for Becoming Empowered For Love*

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### **Synopsis**

There are several ways on how to become empowered for love. If you are not aware with these multiple ways, here are some of them:

## **Tips**

1. **Acknowledge Who You Are and Accept All Your Faults** - Most people tend to focus on everything that is wrong with them. As a result, these negative thoughts make them weak. They feel that they are not worthy. If you want to empower yourself, you should learn how to look the brighter side of your life. It means that you should always perceive positive things in your life.
2. **Do the Things You Enjoy a Lot** - If you learn how to explore new things, you will know what the world means to you. To be self-empowered, it is best to love what you do on a regular basis. Through exploring new things, you will promote your personal development. This is essential to keep an open mind about things that surround you.
3. **Don't Try to Change for the Sake of Others** – If you want to change for a better, do it because you need and want it. Don't do it if you just want to impress or follow other people's opinion. If you want to be loved by the person you love, make sure that you show what you really are.
4. **Make Connections** – An empowered individual makes deep connections, both professional and personal. It means that you

know people and has a network of others that you can count on. Whether a business or personal relationship, you should know that you can count on these people.

5. Tune into the Love within Your Heart – If you have issues about feeling love, then, you have to imagine the love you feel for someone special. Depending on your choice, it can be a pet or anyone else. You just need to feel this love in your heart and allow it to grow. This can be your connection to the divine love.
  
6. Develop Self-Awareness – This means that you are getting to know and identify what drives you to behave and react in your relationship. You also need to understand the fears, needs, unrealistic expectations, fantasies and messages which drive you to react differently.
  
7. Know If Your Expectations are Realistic or Not – It is normal to expect your partner to be there for you at all times. You are also expecting that they will love you unconditionally, understand you and remember your special occasions. In case you find out that your expectations are not achieved, you don't have to be mad at your partner. Take time to talk to your partner to avoid misunderstandings.

8. Take Time to Nurture and Pamper Your Body and Spirit – You can do this through buying yourself a flower, get a massage, soaking in a health bath and whatever things that make you feel better. Aside from relaxing, you are also sending a message to your conscious mind that you deserve fostering treatment.
  
9. Be Discriminating about What You Do – Loving yourself means that you are valuing time and energy. Therefore, you have to engage in any activity that you enjoy. You also need to surround yourself with friends who support you in any step of your ways.
  
10. Stop Criticizing Yourself – If you keep on criticizing yourself, it can only harm your self-esteem. Empowered men should know how to build themselves. They can do this through loving and being kind to themselves. They can also harness their inner power through praising themselves for all their hard work.

As you have noticed, these multiple tips about empowerment are easy to follow. You just need to focus on the things you want and you will find what you are looking for.

# **Chapter 9:**

## ***The Good and Bad about the Empowerment Mindset for Love***

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### **Synopsis**

Having an empowerment mindset for love is a giant benefit in everyone's life. However, creating one is quite a challenging task. Humans are all born with a positive mindset, but it is the influential people and their placed environment that recognizes whether they keep the positive mindset or not.

## **The Good And Bad**

Development of empowerment mindset of love produces a holistic benefit to the whole body. It overcomes the limiting beliefs that bring over-all good health. It also encourages every individual to face them head-on. Say for instance, if you keep on reading optimistic themes or books, you can use them as your guide.

Therefore, you will be filled with good thoughts that inspire you. You also have a chance to absorb good vibrations transmitted if you find yourself amongst inspirational people.

With empowered mindset for love and positive thinking, you also have the ability to handle all the negative things that may come on your way. You will become resolute in your refusal to be controlled by pessimistic thoughts or restricting beliefs.

In addition, once you find real love, you will also understand the needs of affection of other people. You will also know how to value the love of your mother and other people around you. However, finding a true love also provides some negative effects.

This is often observed if you are obsessed to a certain person or thing. Say for instance, if you are in a relationship, you should always know your limitations. You have to love your partner and yourself as well. If your partner loves you back, then, there will be no problem at all. But,

if your partner started to cheat and make unwanted actions, it is best to think wisely and consider the best thing you need to do.

In some ways, love can also make you feel in uncomfortable ways. It can make you feel kindhearted and share the discomfort of someone else's pain. It will also encourage you to feel jealous or sad. For some, they may also feel the hungry for someone else's affection. Sometimes, missing someone can lead to sorrow and may distract you from the things that might need your full attention.

The empowerment mindset for love may bring positive and negative effects in life. It is merely on how you apply the given situations. If you want to make your life happy and contented, then, you will always choose to do right actions. To ensure that.

# Chapter 10:

## *Conclusion*

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Life is incomplete without love. Love can make your world go round. Without love, you will never be happy. Love teaches you to understand how to value people, environment and other things that surround you.

If you don't know how to love, you will be lonely. You also don't have a chance to mingle with other people. Since you are filled with anger and other negative thoughts, you will never think positively. You will not understand why most people are happy while having night out with their friends, bonding with their families and a lot more.

To find true love, you have to begin in yourself. You should know how to love yourself before anybody else. The main question is, how can you do it? To love yourself, you should give yourself a chance.

It means that you have to learn to let go and move on to your life. You also need to forgive mistakes committed by others. However, when it comes to your own mistakes, you will surely find it hard to accept the reality. So, what you need to do is to learn to find what went wrong and how to correct it.

It is an excellent idea than keeping on judging or blaming yourself. In addition, you can love yourself through giving continuous compliments. Words are very powerful and it is one way of boosting

your self-confidence. You just need to express how you feel about yourself in front of the mirror.

If you love yourself, you can start loving other people around you. You can show affection to your friends, relatives or someone you like.

However, too much love can bring negative results. This is often observed if you keep on doing things that can make you happy while affecting the rights of other people. If you want to be happy, make sure that you love without hurting other people. You have to make a right decision to guarantee that you will be loved by the person you want.

Can't wait to find your true love? Then, just relax and you will just realize that the person you are looking for is right beside you. You just need to open your hearts and mind. Then, you will finally see what true love is.