

## Finding Real Love

by Kay Grace

Life & Business Coach, Tom Volkar, a longtime friend, posted his thoughts on finding love, saying, "A heart must first be open to receive authentic love."

How do you open your heart, especially if negative past experiences and the culture of fairy tale romance has trampled well-worn paths into your brain and caused you to leap into defensive mode at the first sign of an invitation to share yourself as you actually are in this moment?

The answer is in the state of being you choose in the Now. Can you forgive yourself and others when "stuff" comes up, and shift into something better?

Are you willing to focus your attention on what you want, who you really are and move toward that, no matter WHAT your partner or possible partner does?

Here is an excerpt from the wedding vows my husband and I adapted from Neale Donald Walsch's *Conversations With God* as well as some we wrote ourselves:

*"... that the only real security is in knowing that everything you need in life, all the love, all the wisdom, all the strength, all the insight, all the understanding, all the nurturing, all the compassion, resides within you. You are not coming together in hopes of getting these things, but in hopes of giving these gifts, that the other might have them in greater abundance." ~ Walsh*

"I promise to love you with all my heart... until I don't... because love is unlimited, eternal and free." I seek to create and discover with you, love that is unbounded and infinitely kind, playful, rowdy, blissful, generous, free, forgiving, supporting, peaceful, healthy and positive."  
~Kay & Michael

Authentic love does not make someone else responsible for my happiness by requiring something specific of the other. I choose to love them without conditions, or I don't.

It's about recognizing that we are all OK as we are; real love includes being willing to share all of ourselves honestly with someone who wants to do the same.

When we can do this from the beginning, then both people are starting this love experiment from a position of strength and greater harmony.

Since Tom is a Business Coach, he also asked how this "showing up as your authentic self" would apply to business. For me, that's easy. When you show up as your authentic self, transparent about what the you of this moment wants, contributes and is capable of, it gives permission to your clients and customers to do the same.

They will resonate with your offering or not, but no energy is wasted on a poor fit, and those who don't match are free to find something that will serve them better.

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