

Awareness Practice: You and Your Partner Are Perfect

1. Think of an area in which you have viewed your partner (or another person) as lacking or flawed in some way.
2. Write down how you could view them differently.
3. If you have lists about how people close to you should change for you to feel better, this is a good time to pull them out. Take each item on the list and see if there is something you can do, or a Joyful Solution you can create, that will remove the irritation from your life.

At this point, see if you are ready to make the three Unconditional Love Decisions:

- ★ No one in your life has to change for you to feel good.
- ★ Your role is only to determine what is right for yourself, not for the other people in your life.
- 🌀 You will focus as much as you can only on what pleases you about the people you love.

The main practice here is evaluating if you are ready to make the unconditional love decisions. To be clear, this does not mean allowing someone to abuse or take advantage of you. In those instances, you must create Joyful Solutions, where you are not compromising or sacrificing, before you are ready to do this practice.

We want to emphasize that “Awareness Practice” means just that: practice with your awareness and see if you can allow new habits to develop, ones that let you feel more love more often — which includes all the joys of love, given and received, as well as experiences of loving partially, sometimes barely, hardly ever, badly, or only while dreaming.

For more about giving and receiving unconditional love, go to:

SucculentWildLove.com/Love