



UNCONDITIONAL LOVE



Steps On Removing Attachments
And To Love Unconditionally

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Foreword

The greatest power that mankind could ever achieve is the power of unconditional love. This is when people love with no limitations, conditions or boundaries. This type of love is also comparable to true love which is used to describe love between lovers. But unconditional love is mostly used to describe the love for family members and other highly committed relationships. This book will tell you everything about giving and receiving unconditional love. Get all the info you need here.



Unconditional Love

Steps On Removing Attachments and To Love Unconditionally

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Chapter 1:

Introduction

Synopsis

Most of the time, people mistook true love from unconditional love. When they meet the partners that they really want to spend the rest of their life with, they would always say that their love for them is unconditional, but after a few trials in the relationship, they would go separate ways and hate each other.

This is not what unconditional love means because when you say unconditional love, this is like a “Mother’s Love” – a love for her children that never fades no matter what trials or problems may come their way.



The Basics

Unconditional love knows no boundaries, no limitations and no conditions. When you love someone unconditionally, you are just there to support, love, protect and care for them without asking for anything in return.

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The love for your family members is truly an unconditional love because no matter what happens, you will always stay as a family that loves and support each other even if you are all separated and have your own family.

A perfect example for an unconditional love is the parents' love for their child. Whatever problems come their way – their test score, an argument, a strong belief and life changing decisions they make, still, the love between them stays unconditional and unchanging.

Loving a friend can also be considered as unconditional love if you love them without asking for anything or something in return.

It is hard to give your unconditional love to someone that is not related to you by blood because with just one mistake, the trust will be gone and it is hard to love if you don't trust that person.

Chapter 2:

Nature of An Unconditional Love

Synopsis

Almost everyone wants to love and be loved unconditionally with no limitations, bounds, hesitations or conditions. You want love that is not just given by your family but a love that could be a part of your own family. It is hard to give unconditional love if you cannot love your own self. In order for you to give unconditional love, you should always start by loving yourself. If you are burdened by so many distress or you have so many difficulties in life, you will surely find it hard to love unconditionally.



What's The Nature

You are the only one who can help yourself face all your difficulties in life. You can overcome the limitations of your life if you have the will to do so. Love is just there and is limitless only if you can see it through your will. But once you are trapped in your past, you will never see the goodness in love and you will surely find it hard to give your love to someone.

This will be available anytime if you turn your attention to it and use its amazing potential to free yourself from your limitations. This also requires intent and practice to allow the energy to fully permeate your daily experience.

If you want to know what true love is, then you should start loving yourself. By loving yourself, this will also allow you to love other people and share it to anyone or anything around you.

You should first consider determining your feelings towards yourself mentally, physically, spiritually and emotionally..

When clearing your mind, you also need to walk out in your shell and view the beauty of the world. This will keep you energized and will give you strength to face your journey. With a clear and positive mind, you'll have the power to manifest anything. All you need to do is believe that you can do it.

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Chapter 3:

How To Remove Attachments in Your Love Life

Synopsis

If you are attached to your love life so much, you will end up suffering in the end. Being attached to someone or something so deeply is also bad for you because the moment that it's gone, you will find it hard to move and face the reality. When you are attached to someone, it also means that you are devoted to that person and you cannot live without them. Once they are gone or out of your control, you will feel the burden of distress and you will find it hard to move on.



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What Happens

This is why there are so many people who are losing control of their life because of love life or too much depression. You have to learn how to remove the attachments in your love life if you want to find unconditional love. Removing all the attachments will also free you from sufferings and burdens.

If you will learn how to love unconditionally, then you will also learn how to free yourself from your limits and be able to express yourself freely.

Getting in a relationship takes a lot of courage because you will know that as your relationship gets deeper, you will also encounter several trials that you need to face. These trials will make you and your relationship stronger because of the lessons that you will learn from them. But you should never let yourself be attached to these mistakes because they will only pull you down and lower your self-esteem.

How to remove the attachments in your love life will start from yourself. By taking full control of your feelings and knowing your limits, you will be able to adjust easily in your situation. It is also important that you have an open mind, so that you can think of all the positive things and come to your senses.

Sometimes, when you are so attached to your partner, you forget about other things that make you happy. Your world only revolves

around that one person and when he or she leaves you, it feels like your world has fallen apart. This is a negative feeling that you should avoid and that is why you should try to remove the attachments you have in your love life. Always consider going out on your own and doing what you love when you are alone or what makes you happy.



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Chapter 4:

Learning How to Love Unconditionally

Synopsis

Learning how to love unconditionally means freeing yourself from so much distress and accepting yourself more than anything else in this world. You can only learn to love yourself if you can admit to yourself that you are worthy to love and be loved. Unconditional love is given most of the time to your family members or loved ones. This is because a family always stays together no matter what happens and you are not just related by names but also by blood, so no one can ever take that away from you.



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What Is It

But when you are physically attached to someone and you learn to love them, this is what you call conditional love. Love is different if you will show it differently to other people. This is why it is even harder to know if what you feel is really love or not. If you want to love unconditionally, then you will have to let go of all your doubts and start accepting yourself. Learn how to forgive and forget all things that you have done so that you can better show some love to people without asking for something in return because you already have what you want.

By loving other people and accepting their differences and true attitude, you will also learn how to love unconditionally.

Conditional love is given with certain limits and conditions. You only love because they made you happy and they can fill in all the emptiness in you. As your love gets deeper, you can start your own family and this is when your unconditional love begins. Once you have your own family together, you can give and experience unconditional love.

If you will define love, you can have different meanings to it but when you try to give unconditional love, you will find it hard to show it. If you only love a person because you wanted something in return, then this is truly a conditional love.

Chapter 5:

Basic Steps in Making Your Love Life Count

Synopsis

If you are in a relationship and you want to improve your love life, then you should learn the basic steps in making your love life count. Knowing the important steps to make your love life count will also help you have a successful life. As you go on with your life, you will encounter trials along the way and if you will not be able to handle them properly, your relationship will surely suffer and fall apart in the long run. Sometimes, it takes to love again especially if you had been in a serious relationship and you broke up.

It even hurts to see that your ex-partner is now happy with someone else. But this is a fact that people need to understand. Life should always go on no matter what pains you have to go through. Love is magical and you need to believe that everything happens for a reason. So if your relationship didn't work, for sure, someone better is about to come into your life.

To help you better understand everything, here are some of the steps that you need to follow so that you can have a successful love life.

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The Steps

Love Yourself

Almost 70% of relationships end up in break up. The main reason for this is that people are so attached to their partners that they tend to forget they also have their needs. They are so busy doing something for their partners to make them happy that they forget about their own happiness.

If you love your partner more than you love yourself, then surely, your love life will not work out. If you really want to be happy, then you also need to do the things that will make you happy. Do not just focus on making other people happy.

Acceptance

Acceptance is also important in a relationship because it is what makes your relationship stronger. One fault is not enough reason to break up because if you know how to accept their sorry or accept your mistake, then you will still have time to catch up together.

Also, you need to remember that your partner is not perfect, so as you. You should learn to accept the difficulties and the downsides of the person you love, so that you can be happy with each other.

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Forgive and Forget

When you say you forgive a person, it means that you should also forget what happened. You have to do this so that every time you have a misunderstanding, you will not go back to the past and argue for the same issue.

If you will learn how to forgive and forget, then you will also learn to accept the situation and you can move on without any regrets. It is really hard to forget the past but it is also important that you learn to forget so that you will not be carrying the burden in your heart for a long time.

Make sure that when you forgive, it is really sincere and you accept it, so that you can easily move on and make healing process easier for both of you.



Chapter 6:

The A-Z of Love Life

Synopsis

There are so many things that you need to consider if you want to have a happy and long love life. The A-Z of love life should be considered as your guidelines so that you will know the best things to do to strengthen your relationship. You don't need to be perfect in a relationship since nobody is perfect; and surely, you will make mistakes at some point in your relationship.

What you need is a simple guideline that will help you face several changes and trials in your relationship. It is like a step by step guideline that you need to follow so that you can have a good direction in your love life.



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