

LOVE BLUEPRINT

Why does finding love seem simple for some and impossible for others? Is love only for the lucky? Is it really about being in the right place at the right time or is there something more to it?

Actually, there is plenty more to it. How we view romantic love and our own lovability has everything to do with what we learned growing up. Every family has their own cultural norms around love and marriage. I call these belief systems downloaded “blueprints”. Someone else designed them, perhaps generations ago, and they have been systematically reinforced for years and then become your reality.

In order to understand the effect your downloaded L*O*V*E* blueprint is having on your love life, you must get conscious of what limiting beliefs your blueprint contains.

Below is a list of questions to answer to illuminate your relationship patterns, self- regard, and limiting beliefs about love. It is only possible to change the blueprint when you realize that you have one.

1. What was your family culture about love and marriage?
2. Were your parents divorced?
3. Who had the “power” in the relationship?
4. As a child did you feel loved and valued?
5. How did your parents regard and interact with each other?
6. What from your own past romantic relationships impact your current blueprint?
7. Was there verbal and/or physical affection in your home?
8. How many people in your family have good marriages?
9. Was marriage held in high esteem in your childhood home?
10. Were people free to express their feelings?

Really take time and space to go back to the way it was. By accessing the real memories, the blueprint you have been rocking will come into sharp focus.

Once you have a clearer vision of your limiting beliefs, you can start to draw up your own L*O*V*E* blueprint.

Journal the kind of love you want to draw into your life. If you are currently in a relationship and unsatisfied, include in your journal entry how you would like the relationship to be (Note: Not how your partner needs to change to make you happy, but how you want to feel in the relationship.) Take time to read what you wrote and feel the feelings of having these experiences.

In order to draw the love you seek into your life you **MUST** be able to visualize and feel the experience. Since we are all made up of energy, when you feel the love you want, your energetic vibration is raised. This higher vibration will draw like-love energy to you. The opposite is also true: If you stay in a place of feeling lack and focus on what you do not have, that vibration will draw more lack. So decide what you want to create and then make decisions in line with that goal.

I hope this inspires you to embrace being the architect of all your life experiences. It is totally possible to build self-love and awareness that lead to the romantic love of your dreams. You are worth it. You deserve it. Now do the work to create it. As always I will be cheering you on like a wild maniac!

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terri cole