**THE POWER OF LOVE**

**Love is the oxygen of the soul**

***"...Love is the one thing that we’re capable of perceiving that transcends dimensions of time and space. Maybe we should trust that, even if we can’t understand it..." Interstellar***

Like ALL human experiences, Love has an unconscious (Survival) and conscious (Thriving) expression that is gifting us the opportunity to grow and evolve through.

There is a condition in babies called “Failure to thrive syndrome” … Meaning, that if they are not held & loved they literally fail to thrive…physically, emotionally and mentally. This is why skin to skin with new borns is so important.

From a very young age we learn to unconsciously recognize love…our greatest quest as a human is to awaken consciousness and return home to the power of self-love to transform the “not enough” pandemic that has been driving the need for external validation to validate we belong.

As we now know when our Heart - Brain coherence is activated we are YOUnified, aligned and in flow. The heart is our power center through which we send our vibrational frequency out into the world (Torus Field).

You have heard me say many times…. Our ONLY purpose on this Planet is to BE LOVE, GIVE LOVE and EXPRESS LOVE. Our soul’s mission is H.O.W we express love.

**Love and the Brain -**

Neuropeptides are chemical messages that are sent from your brain to your body.

These neuropeptides are no different to any other aspect of life… they have an unconscious and conscious expression.

The below four are what are known as the “love chemicals of the brain”. The mastery is to be able to consciously design a life to get your daily “D.O.S.E”.

**(D)opamine - Dopamine alerts us that our needs are about to be met. Pleasure centre.**

***Unconscious –*** We get a “dopamine hit” when we are about to, or are, receiving attention or being perused, even if its unhealthy. The dopamine release has been set up to be recognise such attention as pleasure irrespective of long-term consequences (Emotional Pain). This is when sex, food, drugs, relationship and social media become an addiction or obsession. Every time we here a “Bing” on social media we get a “hit”… which validates we are needed and loved.

***Conscious -*** Dopamine helps regulate movement, attention, learning, and emotional responses. It also enables us not only to see rewards but to take action to move toward them. Dopamine contributes to feelings of pleasures and satisfaction as part of the reward system, which is why, when set up unconsciously, it plays a part in addiction.

**(O)xytocin - The “cuddle” hormone**

***Unconscious –*** Oxytocin can influence favouritism and prejudice. This can lead to the formation of “in” groups and “out” groups and has been linked to feelings of envy and dishonesty.

***Conscious –*** When you’re attracted to another person, your brain releases dopamine, your serotonin levels increase, and oxytocin is produced. This causes you to feel a surge of “positive” emotion which then creates social trust & bonding. It also is produced in labour and has been linked to fertility. Can also be stimulated by touch.

**(S)erotonin** - is known as the soothing neurotransmitter.

***Unconscious –*** Serotonin levels drop when we are triggered and experiencing negative thoughts and obsessive behaviours that result in O.C.D, anxiety, depression, panic attacks, insomnia, obesity, fibromyalgia, eating disorders, chronic pain, migraines, and alcohol abuse., PMS, and Irritable Bowel.

***Conscious –*** It plays multiple roles in the brain’s biochemistry and is a critical component in facilitating sustained and deep sleep, maintaining a balanced mood, self-confidence, social engagement, and a healthy appetite. Additionally, it helps decrease our worries and concerns and is associated with learning and memory. 90% of Serotonin is made in your gut.

**(E)ndorphin** –**Endorphins are chemicals produced naturally by the nervous system to cope with pain or stress. It is often called "feel-good" chemical**

***Unconscious* -** People may tolerate painful relationships and varying experiences, because their brain learned to associate the endorphin release with a “good feeling”. Confusing love and pain. Roller-coaster relationships are easier to transcend when you understand endorphin.

***Conscious -*** When you exercise, creating or experiencing joy...your body releases chemicals called endorphins. These endorphins interact with the receptors in your brain that reduce your ***perception*** of pain. Endorphins also trigger a positive feeling in the body, similar to that of morphine. They can also help bring about feelings of euphoria and general well-being.

The power of love has the ability to alchemize your unconscious experiences into something incredibly magical…when we KNOW HOW to translate the experience for our highest good.

It’s time to FULLY activate the greatest love affair of all …the sacred YOUnion with self.

**Activation Process -**

**QQ of the week *“What would love do now”* *Neale Donald Walsh from the conversations with god.***

1. **What is love, for YOU?**
2. **We explored the following question at the end of the soul apprenticeship…it’s a VERY powerful one to stay conscious to, so we continue to CHOOSE love in alignment with our highest truth.**

**“Where do you unconsciously recognizing love in each of your soul pillars?” *Ie - needing to be needed; subordinating so you’re loved; being overpowering because you “know” they need your help; overcompensating by doing everything for everyone; Use worry or fear as your expression of concern or protection***

1. **How do you consciously recognize love in each of your soul pillars? *Clue: Look at the contrast of how you unconsciously recognize love***
2. **How do you express love on a daily basis? Ie random acts of kindness…if so, what are they and how can you express more of that daily.**
3. **Where are you being given the opportunity to activate conscious love to alchemize an experience in your life? *Ie… what do you fear the most and H.O.W can you love it into expansion. (the ultimate self-love practice}. Who or what is triggering you or, activating the feeling of rejection or hurt and H.O.W can love bring consciousness to light.***
4. **Forgiveness MP3 Activation process.**