

10. Develop Amnesia

Forgive and forget—knock the first three letters off of both of these words and what you have is “give” and “get.” When you *give* forgiveness, you *get* so much more in return.

9. Don't Pick Fights; Pick Your Battles

You choose whether or not something is important enough to be a source of contention for you.

If it truly is, then it's time to communicate—and we are using the word “battle” here to mean “take a stand,” not to wage an all out offensive—in a loving but convincing conversation.

If not, let it go, Laugh it off. Try to ignore it.

8. Be Prepared to Switch Rather than Fight

If you feel that things are escalating into a fight, walk away and switch your focus to a predefined list of things that make you happy and that you appreciate about your loved one.

Make up your list in advance and keep it handy.

7. Mistakes are Meant to be Made

Make it a point to reserve your “help” until it is asked for. Let's face it, constantly telling someone else what to do can be really annoying to the person on the receiving end of the advice.

Allow your loved ones the freedom to make their own mistakes.

6. Love Means Never Having to Say You're Sorry—NOT!

When you're wrong, 'fess up; apologize; ask for forgiveness; and don't do it again. And when you are on the receiving end of an apology, listen attentively; graciously accept it; and then forgive and forget.

4. WYSIWYG (What You See is What You Get)

This is a very important distinction in giving unconditional love, because what you focus on is what you get. If you are only looking at the things that make you want to criticize and find fault, you will get more and more of those kinds of things to criticize and find fault with. Concentrate on the positive aspects of your loved ones and that is what you will see more and more of.

3. Affirm Away Negativity

Sweep away any negative thoughts that you may have about your relationships and replace them with positive affirmations that express exactly how you would like your relationships to be.

2. Don't be an Energy Hog

Let go of your need to control or dominate someone else or, conversely, of your incessant need to cling to your loved ones.

These are both energy-robbing activities that will literally leave your loved ones feeling drained.

1. It Takes One to Know One

Until you love yourself unconditionally, you cannot unconditionally love someone else. Period.

Love and respect yourself just the way you are...Now.

Not in the future, not *whenever* you achieve *whatever*...Now.

Your power and capacity to love lie in the present moment and it starts with you.

*Top 10 Ways
to Condition
Yourself to Love
Unconditionally*

5. SEE Adults as Children and Children as Adults

Recognize the wounded child in your loved ones when they make an appearance in their adult life. Acknowledge the unfilled need and try to help them satisfy their own wounded child self.

Children have an inner older, wiser soul. Do not put off their opinions, observations or questions as silly or childish. Show them the love and respect for their words and actions that they deserve at all ages and stages of their lives.

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