

# What is Love?

by Boston Carter

What is love and how do you achieve it? Love is an energy that radiates a sense of truth, peace, choice and safety. Four base loves dictate reactions in relationships: self-value, forgiveness, courage and trust.

What is fear? An energy that radiates a sense of anxiety, expectation, distrust, blame and control. Four base fears dictate reactions in relationships: unworthiness, material insecurity, abandonment and the unknown.

Your goal, as a human being, is to soothe a base fear. You likely do this through relationships because relating is the exchange of energy. You take energy from others in ways that soothe the fear. You are an ethical person. You would never do this if you were at all aware of it. Energy taken from a lover or friend out of fear is just gross, right? Don't worry. You haven't done anything that everyone else hasn't done and it isn't your fault. You've been taught to

take energy from others.

You take energy from people, not because you are selfish or needy, although that is sometimes the case, but because no one has ever told you that you do it, that it's bad manners and that it only perpetuates fear and keeps you from love.

I'll explain briefly what the four fears look like as patterns within you. Unworthiness shows up as chronic rejection. If rejection is your predominant experience, you will seek a partner who will love you no matter what. You want intense emotional connection. You go above and beyond to make that one happy so they won't reject you. Soon, they push you away because your intensity frightens them and because they have more power than is comfortable.

Material insecurity feels like betrayal. Insecurity creates an anxious void that you want to fill with stuff. No matter how much money you get in this life, it won't be enough to stop the anxiety of

insecurity. You want what you want and when you don't get it, you feel betrayed. You seek attention and approval from others as a form of security.

An abandonment pattern feels like guilt and shame. You have great difficulty knowing how you feel. Feelings are how people know what they want. Since you don't feel, and consequently don't know what you want, you do what others want, thereby abandoning self. Guilt and shame seem the only feelings you do experience. You assume that others' unhappiness is your fault and if you just take care of everyone in the world, the world won't abandon you.

Fear of the unknown shows up as chaos. Unknown brings confusion. In your mind the way out of confusion is to know everything. Consequences of knowing a lot is giving advice without being asked and you can appear arrogant. You assume others are ignorant and if they would just listen to you, everything would be fine. Be-

cause you judge most people this way, you tend to isolate rather than spend time with the peasants.

Rejection fear will seek a partner who will constantly validate you through emotional connection. Betrayal fear will seek a partner who will give you what you want. Abandonment fear seeks a partner who will never leave. Chaos fear seeks a partner who will agree to live separately and leave you alone, to be available at your convenience.

The four base fears sound pretty negative. Well, they're fears and that's negative, but relationships can be peaceful and loving. The amazingly wonderful part of these fear patterns is that each one brings a gift of love, if you know how to grab it. Romantically relating to another from a love position is an incredible experience that I wish on everyone.

Rejection brings the gift of

self-value through the opportunity of aloneness. Rejection is attracted to someone who wants to control you and treat you poorly. When you are ready to value self enough to not allow that, you will have love. You tend to think that if you reject what little love is offered, there won't be another opportunity. That is not true. God asks you to be willing to be alone rather than tolerate someone's mistreatment of you. Rejection will continue until you value yourself enough to say no and ask the question "what do they have to offer me." (Betrayal people, this does not mean you). Self-value is love. This is a test.

Betrayal carries a gift of forgiveness through the opportunity of understanding another's point of view. Your primary focus is getting what you want as it gives you a false sense of security. Your task is to see others' point of view when they don't grant your wish. What is their position? How does your getting what you want impact them? When you can understand their position, then you have forgiveness and that is love.

Abandonment conveys the gift of courage through the opportunity of taking a position (saying what you want). You tend to give up what you want for others. You need to listen to your body tell you how you feel so you can discern what you want and stand in the truth of it. Your body will experience anxiety when you are not in your truth. Courage to face conflict lends itself to truth and love.

Chaos (fear of the unknown) delivers a gift of trust through the opportunity of confusion. Allow yourself to say "I don't know" and trust God to know it for you. You will experience real freedom and love.

Each of these gifts obtained lessens fear. Love automatically flows into the spaces left behind by fear and brings you peace. You will have a loving relationship rather than a fearful one. You deserve that.

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## Become Happier in 2009 (Click your amygdala)

by Rev. Norma Menzies

The New Year always presents us with the opportunity to make resolutions to live happier, better lives. It is like a blackboard that has been erased and is clean and fresh and ready for new thoughts and actions.

If you are like me and so many others, the resolutions and intentions made in January of the New Year often do not come to fruition. As the year progresses the plans made in January are often forgotten. The intentions and resolutions are distant memories.

I have a theory that if you become happier in your daily life, your desires for good manifest much faster. Becoming happier is not as easy as it might sound. For many people their thinking habits are so entrenched in negativity that happiness sounds like a distant bell ringing in some far off place.

This year as an experiment, I am not going to make any resolutions or intentions, other than becoming as happy as possible in every moment.

Have you heard of the amygdala? It is a small almond shaped gland in the brain. It is located about an

inch inward from the temple of the forehead. You can Google the word amygdala and receive many websites regarding the amygdala and what it does. As with all subjects on the web, there are pros and cons. I choose to look at the pros, you know, see the donut and not the hole. I like the web site of Neil Slade, [www.neilslade.com](http://www.neilslade.com). His site shows diagrams and has lots of information that is easy to understand and not over my head.

From my understanding, it is a gland we can actually affect by our thinking. Pretend you have a long white feather in each hand and are tickling the gland inside your temple area.

The idea is to click the amygdala forward into the frontal brain where the joy and happiness reside. When humans are into fear and negativity, the amygdala is clicked backward toward the primal brain at the base of the skull and the fear emotions are in charge.

With all of the hoopla about how "bad it is" in the world, our amygdalas are clicked backward and we are suffering with the thoughts of fear and lack. We can counter this by intentionally clicking our amygdalas

forward. It sounds a bit odd, but is worth the effort once we get the hang of it. It is truly easy and fun. We are so much more powerful and have so much more ability to decide our emotional states than we think.

This little exercise is amazing and so helpful in maintaining a positive outlook on life. The joy that we can create within our own being will radiate outward to others and to our experiences in our personal lives. We are vibrational beings and attract our experiences that match our vibrational output. Vibrate joy and happiness and have experiences of joy and happiness. What a concept.

The more we intentionally decide to become happy people in a very unpredictable world, the more our experiences will reflect that happiness and joy.

If you are like me and a bit tired of making resolutions that just don't seem to manifest in the results you want, try this little experiment in achieving a happier disposition and attitude toward life. The amygdala is powerful and you can direct it and achieve the joy state of living without the fear of what "is" or "might" be.

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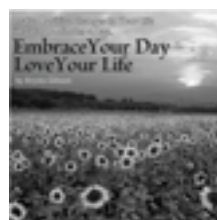
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