



Living Love

3-Month Online

Sedona Method® Seminar

with

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Living Love V

Introduction

This course is an invitation for you to genuinely rediscover and live the love that you are. Over the next three months, you will be receiving content every week. This content will gently, yet powerfully, help you to stretch past whatever your current limitations are about love. You will find yourself loving more, being more open to love, and allowing yourself to be lived by the love that you are.

How to get the most from this course

Just like with most things in life, the more you put into this course, the more you will get out of it. You can put yourself into this course in many ways.

Be Completely Open and Available to All of the Content

I'm not asking you to blindly believe in what you see or hear. In fact, please do not believe a word I say. I am simply asking you to view and listen with an open mind and heart. Parts of this content will challenge you. Parts will just tickle your fancy. And other parts you may not want to hear or see. But all of it is designed to help you to break through and live the love that you are. The more open you are to just being present with yourself and whatever is being presented, the more you'll see profound results.

Listen and View and then Listen and View Again

The materials in this course are designed to be listened to and viewed more than once. So when you get the MP3's each week, please download them and listen to them at least twice before the next week. Please also view the online video content at least once. You will be receiving two different sets of MP3's from two different Living Love Retreats. The videos match one set and the second is completely unique.

Be a Full Participant

You are being invited to share the experience of two unique groups as they explore this material. Allow yourself to simply let go as best you can and have the attitude that you are there with them as an active participant in the retreats.

Their Assignments Are Your Assignments

Whenever you hear an assignment being given to the group, assume that I just gave that assignment you.

Suggestions that I gave at the retreats are designed so that each participant, including you, get the most from this material.

Also, from time to time, I gave participants individual assignments. Many of these would be great for you as well. But you do not need to do all of them. You can tell if an assignment will benefit you or not by checking your reaction to it. Very simply, if you either love the assignment or hate the assignment, I just gave it to you.

Taking Notes

It is fine to take notes; however, I would recommend that you listen and watch to the material at least once first and just simply let the information sink in and the releases unfold naturally. If you do take notes, I would recommend that you not try and get every word. The words are not important; the experience is important. The things I would write down are the questions or assignments that you would like to pursue further—and your own gains and insights.

Assignments

The following assignments are designed for you to use throughout the three-month course. Experiment with one at a time, and then keep coming back to your favorites. If you find that you hit resistance, view it as a sign to simply keep going. These assignments are designed to help you supercharge the releasing and exploring you will be doing throughout the course.

Be Interested

Most of us do not experience the love that we are simply because we are more interested in most everything else. So allow yourself to simply be a little more interested in love than you are now, and notice what happens. This will breed even more interest, until you will find that love is the interest in every experience. By the way, you do not need to understand this for it to work.

You can also be more interested than interesting. Many of us show up with other people trying to be cute, smart, special or interesting. If you allow yourself to be interested in what is actually here now, including the supposed others in your environment, you will find that your energy and relationship to what is will change all by itself.

Be Kind

These two words from the Dalai Lama are the epitome of loving kindness. Anyone, even a young child, knows

what it is like to be kind. This does not mean that you should be a doormat or a martyr. It means that, as best you can in your dealings with people, plants and animals, you allow yourself to be as kind as you can. The more you practice or explore loving kindness, the more you will feel the love that you are flowing through your life.

Have Reverence for All Life

Many of us save our reverence for special occasions. Then we dust it off, use it sparingly, and put it away for another special moment. All life is love in action. So allow yourself, as best you can, to feel a sense of reverence for all life. Some of the synonyms for reverence are respect, awe, amazement and admiration. Cool words... even cooler feelings. The more you allow yourself to feel this reverence for all life, the more you will feel the love that you are, which is the same love that gives life to all.

Giving and Receiving

The love that you are actually cannot be given, received or taken away; however, when we block our love feelings, this also cuts us off from experiencing the love that we are.

Most of us find that we are blocked on either or both giving and receiving. This is especially true when it comes to the feelings of love.

So allow yourself, as best you can, to let go of resisting giving and receiving love. Take it a step further throughout your day and allow yourself to do the best you can from moment to moment to both give love and

to receive it. You can do this quietly to yourself or you can simply take actions of doing loving things for others without turning it into bartering.

You could also concentrate on allowing yourself to receive love without feeling obligated.

If I Loved Them...

Much of the time we “open mouth and insert foot” when we are speaking to the people we care about. This is especially true if we care about them a lot. We also speak without heart or awareness to most people most of the time.

A simple way to start dissolving this pattern is to occasionally, throughout the day, do the following:

Right before you speak with someone, ask yourself, “If I truly loved this person, what would I say?”

This is especially helpful when speaking on the phone because they cannot see you pondering this question.

Hint: This does not mean that you have to change *what* you say. It may only change *the way* you say it.

Instead of speaking with heat, for instance, you may say the same thing with love, caring and compassion. It may totally change what you say. And sometimes, if you truly loved someone, you would say nothing at all.

This also works with actions. You can take all action from a place of love and compassion.

Let Your Love Shine

Many of us forget that the love that we are is always shining in plain view. It shines through all life. It shines through your eyes and the eyes of everything alive. It also is shining through even what we believe are mere objects. Even though the love that we are is everywhere present, many of us are also aware that it appears to shine from the heart of our awareness or simply just to the right of our physical heart.

A fun thing to do is to simply allow the love that is radiating from your heart already to shine. Allow that loving energy to flow from the core of your being or from your heart outward to all apparent others.

Start, of course, by allowing yourself to love yourself, whatever that means to you. Then allow yourself to love the people, plants and animals around you. Allow yourself to love the objects in your environment. Then allow yourself to keep expanding this feeling of love until it encompasses everyone and everything. Being a shining beacon for the love that you are is easier than you think. So stop thinking right now and just play as the flashlight of love.

Look for the Love That's Already Here

Love is not a goal or an attainment; it is what is already here now naturally. Most of us miss this because we are waiting for circumstances to change so we have an excuse to love or we are waiting for the mood to strike us to be loving. Why wait? If you allow yourself to explore any feeling or experience with an open mind

and heart, you will discover that, at its core, there is only love.

You can do this by simply asking yourself questions like: “Can I find the love in these circumstances?” Or, “Can I allow myself to experience the love that is here now?” You can also simply look at what is actually here now and the love that is here will reveal itself to itself.

Loving Them *Because They Are the Way They Are*

Another way to increase the awareness of the love that you are is to allow yourself to think about things about yourself or others that you believe are unlovable, and then to simply let go of wanting to change whatever comes to mind. Decide to love them because they are the way they are.

Lester used to inwardly thank the people who opposed him because it was an opportunity to deepen his experience of the love and truth of who he was and we all are.

You can also simply look for things in your environment that you do not like, and then let go of your dislike or wanting to change them and simply love them because they are the way they are, as best you can.

You can ask yourself, “Could I love ____ blank because he/she/it is the way he/she/it is?”

Just asking yourself this question will often cause a huge release into love. By the way, if the answer is “no,” then simply let go of any non-love feelings that are here now and then ask again. It will not take you long at all to get

to a “yes,” no matter how long you have been denying love with that person or thing.

Opening to Love

Since love is actually who you are, all you really need to do in this moment is open to the love that you are. This can be done any time, anywhere, under any circumstances. It is especially helpful if you’re feeling unloved. Even when you’re feeling unloved, it doesn’t change your basic nature. So, if you’re feeling unloved in this moment, simply let go of wanting love and love instead. You cannot feel someone loving you. You can only feel your love for them.

Practice Loving for No Reason

Most of us hold back the loving energy that we are because we believe we need a reason to love. However, just like with being, love requires no reason to be. If you remove the belief in the reasonableness of love, you will discover that you can love yourself and love others for no reason. This is easy to explore. Simply pick someone or something that you would like to love more and simply allow yourself to love them or it for no reason. It is really that simple.

See It from Their Point of View

We miss so many opportunities to love, to be loved and to be the love that we are due to misunderstandings. We get lost in our particular point of view and forget that there are always other points of view in every situation.

Love is seeing and embracing all points of view. If you are arguing with someone or you are locked into defending a particular point of view, allow yourself to let go as best you can and then do the following: Simply allow yourself to step into the other person's shoes and see it from their perspective, as best you can. If you are unwilling or unable to do this, keep letting go as best you can until you can see it the way they see it.

Once you even get a glimmer of the other person's point of view, it gets much harder to blindly cling to your own. No point of view is right or wrong, it is simply a limited way of seeing. So why not see beyond all limits?

Square All with Love

Lester used to do a process which he called "squaring all with love." It is very simple to do. Whenever you are feeling a non-love feeling, you can simply allow yourself to change that feeling to love, as best you can. This may take a few attempts in the beginning or if it is a strong non-loving feeling. You can do this with any feeling because all feelings are actually love masquerading as different emotions. So unmask your love by turning any and all feelings back to the love that they are.

Want for the Other What They Want for Themselves

One of the ways that Lester used to define love is to want for the other one what they want for themselves. This is sage advice. Most of us want for the other one what we want for them, which is not love but wanting to control.

If you are wanting to control another's experience, then allow yourself to let go of wanting to control their

experience and consciously want for them whatever it is they want for themselves. This may or may not change your behavior; however, it can produce a revolutionary change in your feelings toward them and, often, in their response to you. This is also the loving thing to do.

Find Mutuality

When we love someone, we naturally gravitate to what is mutual with the other person. In all your relationships, you can allow yourself to look for the mutuality that is already there. This will dissolve many differences.

You can also consciously strive to achieve greater mutuality by engaging in dialog and exploration with the other person about what is or is not mutual. Sometimes what you find out may surprise you, even if you have been in a relationship for some time.

The goal is to allow yourself and your partner to naturally find the places where there is already mutuality, and to move in the direction of finding or creating other points of mutuality.

Harmlessness

Another characteristic of love is that it does no harm. This is quite simplistic; however, we, as human beings, sometimes forget this simple truth and allow ourselves to do harm when we believe it is justified or unavoidable. I am not saying do not defend yourself if you are being attacked. However, we often feel attacked when we are totally safe and do harm just to feel safer.

So, if you are feeling like doing harm to yourself or anyone else, pause and let go of wanting to attack or do harm until you have a feeling of harmlessness towards them. Once you feel harmless, it is only a small release away to feel love.

Releasing exercises

These exercises can either be used as a personal exploration or as a way for you to do this work with a partner. Please do at least one exercise a week. Each exercise is designed so that the more time you spend with it, the more you will get out of it. These are all of the exercises that were done by both groups in their partnerships. The blank lines in these exercises represent either your name or your partner's name. The reason we phrase these questions with your name in the third person is to remind you that these problems and issues are not who you are. You are not the one with the problem.

Exercises from Living Love, Volume 1

Beliefs about Love

1. What was _____ core or first belief(s) about love?
2. Could you welcome that belief?
3. Could you welcome any wanting associated with that belief or any wanting to do something with or about it?
4. Could you welcome any sense that belief is personal, about you or who you are?
5. Could you let go of wanting to believe that again and be the love that requires no belief to be?
6. Could you rest as the love that is belief-free and let that love shine?

Love in its Various Disguises

1. Could you welcome the love that you are here and now, and all its various disguises?
2. Could you welcome any wanting to do anything with or about love?
3. Could you welcome any sense that love is personal or about a “you”?
4. Could you simply surrender to the love that you are?
5. Could you rest as love and let it shine?

Download from Parents about Love

1. What did _____ download from his/her parents and his/her environment about love?
2. Could you welcome that whole download and everything attached to it?
3. Could you welcome all wanting associated with that?
4. Could you welcome any sense that this is personal, about you or who you are?
5. Could you let the whole download go? And embrace the love that you are?
6. Could you rest as that which needs no programming to be and let the love that you are shine?

Resistance to Love

1. Could _____ allow his/her self to remember any and all resistance to love?
2. Could you welcome that resistance?
3. Could you welcome any sense that you are the resistor and any sense that resistance is personal?
4. Could you allow that resistance to dissolve into the love that you are as best you can?
5. Could you rest as the love that you are that is already and always resistance free?

History/Story of Love

1. Could _____ welcome his/her whole history with story of love?
2. Could _____ welcome all wanting to edit, fix or change his/her history or story of love?
3. Could _____ welcome any sense that this history or story is personal belongs to or is about him/her?
4. Could you let go of wanting to be the one who has that history?
5. Could you rest as that which needs no history to be and let the love that you are shine?

Wanting Love or Approval

1. Could _____ welcome all his/her wanting love or approval?
2. Could _____ welcome any sense that he/she can give or receive love or approval, any sense that wanting approval is personal?
3. Could _____ change that wanting approval to love?
4. Could you rest as the love that allows for giving and receiving yet requires neither to be?

Exercises from Living Love, Volume 2

Parents' Beliefs about Love and Relationships

1. What did _____'s parents believe or feel about love and relationships?
2. Could you welcome that?
3. Could you welcome any wanting to do something with or about that?
4. Could you welcome any sense that is personal, about you or who you are?
5. Could you let go of wanting to believe as they believed again?
6. Could you rest as the love that needs no belief to be?

Changing Others to Be More Lovable/ Controlling Others so They Will Love You

1. How has _____ tried to change others so they will be more lovable/tried to control others so they will love you/him/her?
2. Could you welcome that?
3. Could you welcome any wanting associated with that?
4. Could you welcome any sense that is personal, about you or who you are?
5. Could you let go of wanting to love or be loved?
6. Could you rest as love?

Feeling Hurt, Betrayed or Let Down by Love

1. How has _____ felt hurt, betrayed or let down by love?
2. Could you welcome that?
3. Could you welcome any wanting associated with that?
4. Could you welcome any sense that it is personal, about you or who you are?
5. Could you let go of wanting to blame love for your hurt, disappointments or let downs?
6. Could you rest as the love that you are?

Getting Love Outside of Yourself

1. How has _____ tried to get love outside of his/her self?
2. Could you welcome that?
3. Could you welcome any wanting associated with that?
4. Could you welcome any sense that it is personal, about you or who you are?
5. Could you let go of wanting to get love outside of yourself?
6. Could you rest as the love that you are?

Using Love to Be Safe

1. How has _____ tried to use love in order to be safe?
2. Could you welcome that?
3. Could you welcome any wanting associated with that?
4. Could you welcome any sense that it is personal, about you or who you are?
5. Could you let go of wanting security from love?
6. Could you rest as the love that you are?

The Lover or the Loved

1. How has _____ appeared to be the lover or the loved?
2. Could you welcome that?
3. Could you welcome any wanting associated with that?
4. Could you welcome any sense that it is personal, about you or who you are?
5. Could you let go of wanting to pretend that you are loving or being loved again?
6. Could you rest as the love that you are?

Already Living Love

1. How are you already living love?
2. Could you welcome that?
3. Could you welcome any wanting associated with that?
4. Could you welcome any sense that it is personal, about you or who you are?
5. Could you celebrate the love that lives through you, as you?
6. Could you rest as the love that you are?

Addenda

Being the Love that We Are

At one of the live Living Love events, I asked participants the following question:

“What can we do to keep Love alive, to express the Love that we are in our own lives, in our families, our communities, and to the planet?”

And I thought you might be interested in what they came up with. See if you can add to the list:

- Smile and laugh
- Smile at complete strangers
- Random acts of kindness
- Sing and dance
- Remember that Love Is All There Is
- Share yourself with others
- Do funny things in public places
- If someone complains to you, see if you can let it go, and compliment them
- Be kind
- Regularly review the exercises in your workbook
- Genuinely serve others
- Reaffirm daily: Thank you, I love you, bless the earth
- Recycle
- Be attentive to how you expend your energy
- Release before your family visits
- Love everyone as One
- Volunteer
- Let go of judgments of yourself and others
- Forgive others and yourself
- Don't take things personally

- Look through people's stories
- Acknowledge others
- Show affection
- Honor others' journeys and let go of wanting to control them
- Feel and express gratitude
- Want for others what they want for themselves
- Bake someone a cake
- Vote and participate
- Remember that the other person is you
- Celebrate gains with your peers
- Visualize the Earth as the spiritual center in your heart and pray for balance, love, healing, harmony, and peace for all people and things
- Release on the planet and the planet's problems and pains
- Continue to work on yourself
- Be mindful to be the Love around children
- Let children be your mentors (watch them be in the present)
- Meditate
- Spend time in nature
- Spend time in silence
- Stay away from the TV
- Drink water
- Exercise
- Contact an organization that might be interested in The Sedona Method
- Allow your own special knowledge, skills, and abilities to shine
- Put others in touch with their own strengths
- Stop! And see what's here now
- Release during phone calls, especially difficult ones
- Do holistic releases on the push/pull of life
- Do things for good and not for money
- Figure out how to get the Method into the educational system
- Create a phone app to ask the releasing questions

- Join The Sedona Method group on Facebook
- Donate *The Sedona Method* book and/or the basic course CD set to a library
- Focus on thoughts that create happiness
- Love others because they are the way they are
- Square all with love
- Be a little more interested in the present than in the past
- Take care of yourself
- Remember you don't have to do anything
- Love yourself!

Keeping our Releasing Momentum Going

Here is another question retreat participants were asked and their responses:

“What can we do to keep Love alive, to express the Love that we are in our own lives, in our families, our communities, and to the planet?”

- Take advantage of the growing coach community. Work with a coach, hire a coach, become a coach
- Participate in or start a support group in your town, by phone, Internet, or at work
- Participate in support calls
- Review your notes from the Retreat
- Remember to release the little things
- Practice releasing daily (make a daily appointment with yourself to release)
- Listen to Sedona Method CDs (or on your iPod) to release in the car, during your commute, while out walking
- Listen to *Inner Circle* CD volumes (it's like being at a Retreat)
- Be the Love that You Are
- Do the Rretreat exercises
- Read and do exercises in the workbook
- Record releases for yourself and play them
- Release in a mirror to see your own reaction
- Stay connected to the Releasing Community (e.g., via Facebook, Meetup)
- Get a releasing buddy (in person, on phone, via Skype)
- Practice with the Releasing Accelerator recording
- Share yourself with others
- Keep a gains journal in which you record ~5 gains/day
- Release on issues and wants at the beginning and/or end of each day so you can start the new day fresh
- Play your favorite love song

- Attach releasing to a daily activity (e.g., eating, brushing teeth)
- Play with your habits/tendencies and see what comes up
- Write key points of teachings on sticky notes and place them around the house
- Do The Goals Process
- Take a releasing break during or instead of a coffee break
- Keep a notebook nearby and write down issues that come up so you can release them
- Make a bumper sticker: “Can you welcome that?”
- Look into someone’s eyes and see more than the mask/persona – connect with them as beings
- Take a few minutes to have fun every day
- Recognize and explore what you are not (e.g., I am not [my name], I’ve never been hurt by love, I’m not a woman, I’m not a piano)
- Ask yourself, “So what?”
- Don’t take things personally
- Be a role model for children
- Pay sincere compliments (and accept them, too)
- Call yourself and leave a voice mail asking, “What is happening now? Can you welcome that?”
- Send yourself an e-mail reminder to release
- Do something differently from the way you’ve always done it
- Get high to release, don’t release to get high
- Live life in the moment
- Remember you don’t have to be in the depths of depravity before you release
- Set your intention to awaken your natural knowingness
- Do what you are doing when you are doing it, and don’t do what you are not doing when you are not doing it
- Open your hands to open your heart (i.e., while releasing)
- Pick a favorite release and do it often to gain confidence
- Practice releasing with your eyes open
- Write the word “Release” on your checkbook

- Release on your checkbook
- Surrender to the process, especially when your emotions are strong
- When there is struggle/drama, just welcome it and let it be here
- Allow yourself a part of each day just to be
- Reread *The Sedona Method*
- Read books by the enlightened masters
- Ask your friends or romantic partners to ask you the releasing questions
- Be aware of “my,” “mine,” and “me”
- Welcome the sense of “me” and “the other”
- Focus on breathing
- Welcome and thank the mind
- Focus on the space instead of the content
- Ask for assistance and rely on your support network
- Focus on thoughts that create happiness
- Love others because they are the way they are
- Square all with love
- Be a little more interested in the present than in the past
- Take care of yourself
- Remember you don’t have to do anything
- Love yourself!