

Different Ways to *Show Love that Indicate Heart Openness* by Mary Fortier Shea

This is a listing of some of the various ways one can show love for another person (Soul) on the four different levels of Beingness (physical, mental, emotional, and spiritual). Some of the loving ways are associated with the process of opening the heart chakra, while the others are associated with the manifestation of an already open heart. Regardless of the type of relationship/s you are involved in, these techniques can help you to give and receive more love and foster the exchange necessary for physical, mental, emotional and spiritual growth. Love should not be limited to sexual or romantic interchanges. Love for a variety of people and in a variety of situations is possible and desirable. Movement into and through the heart chakra fosters inclusive, communal love. No one is left out, no one is degraded. Everyone is accepted and all gifts are appreciated.

The order of the levels is intentional and shows the progression from more simple forms of expression to the more complex. The way to work with the list is to state in your own mind or to another, a time in your life when you have expressed a particular form of love for another person. For example: mention a time when you have given a gift. All of us have done this at one time or another. The task becomes significantly more difficult when you reach the emotional level. Some individuals find that their expressions of love are limited to the first two levels.

When you cannot identify a time of expression in your life, search for a time when you missed an opportunity. For example: if you cannot think of a time when you validated someone's feelings without criticism, mention a time when you specifically did not validate another's feelings. All of us have denied our feelings or another's feelings at one time or another. The most common emotion denied is anger. You might walk around spitting fire, but when someone senses your anger, you immediately deny your feelings and his/her perception, thereby closing the door to constructive dialogue and honesty. No one gets through the heart chakra without being honest. Do not confuse and alienate someone who is trying to be your ally; don't build walls when you could have been building bridges.

Owning emotions and discussing them openly is innate to every act of love. There is no risk in turning away, nor is there any reward, only loneliness. True growth comes from taking that risk and reaching out into new areas. Vulnerability is innate to the process of opening the Heart Chakra. If you have not opened yourself up emotional and spiritual

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to loving experiences in the past, use this list to realize missed opportunities and potential.

PHYSICAL LEVEL

1. Taken care of another's physical needs by cooking, cleaning, feeding, washing clothes, bathing, care-tending, or supporting with correct stewardship.
2. Give time and energy willingly to another person through service, volunteerism, or visits.
3. Give gifts unselfishly, tithe money and time, or make donations.
4. Accept and/or appreciate gifts and offers of assistance.
5. Defend or protect someone who needs your protection.
6. Physically touch, comfort, stroke, hold, or hug someone.
7. Give sexual pleasure.
8. Receive sexual pleasure.

MENTAL LEVEL

1. Gift the mind by educating, informing, and teaching.
2. Share ideas willingly without withholding information or claiming ownership.
3. Encourage free-thinking. Help others to mentally investigate ideas and options since the process of inquiry is so necessary for creativity and growth.
4. Listen without interrupting.
5. Know when to be silent and not to intrude on another's need for mental space.
6. Allow for: disagreements, conflicting opinions, free speech, informed disobedience, or conscientious objection.
7. Praise brilliance without competition or jealousy. Catch the excitement.
8. Learn from others even when you feel very stupid. Ask questions even when it lets your ignorance to show.
9. Find insights in what everyone has to say. It is short-sighted to think that you can only learn from those more educated.
10. Appreciate the insights of others. Be thankful for the realizations they have given you even if you disagree.
11. Find something to appreciate in the efforts of another. Be encouraging.
12. Accept compliments and praise graciously and gratefully.
13. Tell others you love them.

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EMOTIONAL LEVEL

1. Commit to relating well and accept your responsibility for how relationships evolve. A relationship cannot grow if it is on-again, off-again. Contribute to stability. Familiarity over time naturally breeds intimacy.
2. Be real and honest with another. No one can build a relationship on phoniness.
3. Synergistically feel what others feel. We are not talking about sympathy. Sympathy is feeling sorry for someone because he or she is in a bad position. We are not talking about empathy either. Empathy is understanding what a person is feeling and being able to relate to his or her predicament. Actually feel what others are feeling. Put yourself in his or her shoes.
4. Use your vulnerability to build bridges. Vulnerability is a sign of a heart in the process of opening. Compassion can be a sign of an already opened heart. Detachment is just that, the sign of a detached, removed heart.
5. Go through your fear. Your growing tips are generally marked by fear. Risk everything to turn disadvantages into assets.
6. Actively create win-win situations even when you disagree, lack support, and are angry or hurt. See beyond your pain. Altruism is an essential quality innate to an open heart. Make a difficult situation better for everyone.
7. Love all the time, even when love is difficult. Fair weather loving is no love at all.
8. Overlook others mistakes, human frailties, transgressions, imperfections, that of loyalty, and perhaps, infidelities.
9. Validate the feeling expressed to you without defense or criticism.
10. State the unmentionable.
11. Accept and appreciate all the love given to you.

SPIRITUAL LEVEL

1. Accept another's soul within its own time, cycle and evolution. Everyone has a story to tell and a gift to give. Realize the beauty of each individual soul without focusing on the personality lacks. Appreciate each individual's contribution to the

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- universe. Each soul has its own place in the scheme of things which is worthy of recognition.
2. Love others enough to let them “BE” regardless of what that entails. It can mean letting them go, letting them die, letting them fail, or letting them hate you. Different personalities and different cycles of growth require different experiences for activation.
 3. Help a soul achieve its maximum potential without any guarantees of success, recognition, appreciation, or return. When you give at this level, you give unconditionally.
 4. Learn to get high on both the cycle of giving and receiving. There will be times of great abundance and also times of great sharing. Go with the flow, accepting everything, resisting nothing.
 5. Choose what is best for another’s soul when he or she is unable to make a decision or does not see the options, dangers, or consequences, knowing the choices and options are for the other and may be difficult for you to accomplish or discordant with your own soul pattern.
 6. Refuse to limit options. Accept all the possibilities necessary for a meeting of the souls. Rules, regulations and norms are artificial limitations inconsistent with this level of commitment.
 7. Accept and appreciate abundance on all levels.
 8. Share your abundance.
 9. Follow your bliss.