

How to Find Your *True Love*

(and the world's best kept
sex secret – shh!)



Guy McKanna & Kristen Rickard

Extract from - *How to Find Your True Love*

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Copies of the entire book may be ordered through www.findtruelovebook.com, lulu.com, Amazon or other good booksellers

The authors

Kristen and Guy are soul mates who share their knowledge and experience to help you find the love you've always dreamt of. Kristen is a former midwife, who delivered the results of love on a daily basis. She is now a clinical researcher helping to identify and overcome pregnancy and birth issues. Guy is a former archaeologist, award-winning journalist and author who reconciles modern science, ancient scriptures and spiritual writings to provide practical and personal ways to enable you to find true love. He is also the author of *Soul Power: Science, Spirituality and the Search for the Soul* and *The Ultimate Meaning of Life*.

Also by Guy - the soul power series

<i>The Ultimate Meaning of Life (and answers to other really big questions)</i>	2010
<i>Soul Power: Science, Spirituality and the Search for the Soul</i>	2003

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Introduction

- **Where's the love you've dreamt of?**
- **Why haven't you been able to find your true love?**
- **What happened to your hopes of a bright future with a loving partner and loving family?**
- **Why do you feel alone, even if you're in a relationship?**

You're not alone!

We each want to be loved, we all need love.

Yet, few of us are finding it easily. Why is this so?

There are many wonderful, kind and affectionate people who are single - and wish they weren't.

So why can't you find one of them?

You can!

You can escape the loneliness, the hurt, the pain. It can be changed; you can find love.

The first secret is to learn what true love actually is, as it's not the love that you see around you. Rather it's the highest form of love where you're so connected with someone that loving is easy, serene, caring - true. Some people call it finding your soul mate.

At some stage in your life you were loved, probably initially as a baby and young child. Then it stopped. Ever since you've been searching for that love again, trying and doing all sorts of things to obtain it, to be loved.

Somewhere during the search you seem to have lost the way. One reason is that few people teach you about love; it's not part of any school curriculum and there are few refresher courses.

Your parents might not have been the perfect role models either and you may have learnt some fallacies about love. In fact, most of us get off to a bad start to finding true love, being raised on myths and fairy tales about it; often with the handsome prince and naïve princess somehow coming together to form the perfect couple that live together happily ever after, without any challenges or conflict. These stories encourage us to place our happiness in the hands of another; encouraging dependency for women and creating expectations that most men find impossible to meet.

Then there were those times you thought you were experiencing love and ended up experiencing pain; when so-called 'love' hurt so much that you just wanted it to stop, for the pain to go away. You took whatever path was available at the time; a path that may have taken you even further away from true love.

You might've been brave and tried new ways to find love, such as online dating. The development of the Internet has certainly expanded how you can search for love. No longer is the focus even physical it's virtual, what you imagine someone to be. The difference between what you imagine and who the other person actually is can lead to disappointment, disillusionment, even a loss of self-confidence in your judgment, in yourself.

It might seem that you're now further away from love than ever before.

At some point you realize you don't know what to do to find any sort of love. For example, Guy came from a 'broken' home with one parent who was busy surviving. When he met his first wife, he thought he could create what he didn't have as a child - a partner who loved him, then children who loved him. He needed to work hard to be able to afford a home to house and nurture all this. But working hard meant there was less time for his

then wife and children. The spare time that he had found him tired and hardly 'loving' anyone, as he wasn't even loving his own life. He had a family and all the trappings, everything society said he needed, but knew something was missing - true love - but didn't know how to find it and eventually the love that was there withered.

Today, we see couples everywhere facing the same challenges. This book is so you don't have to make the same painful mistakes we made - and we've made some big mistakes in the past.

In the following pages you'll learn more about love than most people ever know in a lifetime. There's no fluffy rose, just knowledge and practical tips to help you. In Part 1 we reveal 10 truths or secrets of love which will help you avoid making more mistakes, experiencing pain and provide you with the power to find true love. Part 2 shows how to apply these truths and is packed with practical tips to help you find the wonderful and warm love that is the exhilarating stuff of books and movies. It can also help you improve an existing relationship. Some of the secrets and tips provided could be books in their own right, but we've kept them brief and provided lots of them to help you find your true love.

How do we know all this? We've been fortunate to learn the truths and secrets of love, to apply them to find our soul mate and experience true love. We've emerged from darkness, despair and pain (what some people might call hell) to the joy and wonder of truly great love (what might be called heaven). Guy's time as a single dad raising two teenage daughters also provided a unique perspective and helped him to understand the different ways men and women look at love. What we've learnt made our lives better, much better and we found true love - the love of our lives.

You too no longer have to be alone, to hurt; you too can experience true love!

But to experience it you can't wait for it to come to you, you can't have someone else find it for you, you have to take the first steps and learn the truths of love. Finding true love starts with you. Start here, now.

What is love?

We all know from first hand experience that love is powerful. Some people say it's the greatest and most wonderful thing you can ever experience.

We all want it. Consider a survey that asked "would you marry somebody who had everything you looked for in a partner, but whom you were not in love with?" More than 90 percent of woman and 86 percent of men said "no"!

But just what is love?

There are as many different perceptions and definitions of love as there are people, as we each experience it differently. This is one reason why it's so hard to find; we each have different expectations and experiences of what love actually is. You, and any potential partner, have to be able to bridge the gaps in expectations.

Even when you look at love objectively there are discrepancies. For example, some scientists say love doesn't exist, while others say it's all in your head. Up until recently, most scientists said love was about chemistry and the interaction of molecules and hormones within you. They believed that chemicals with big names such as noradrenalin, dopamine, phenyl ethylamine, oxytocin and others forced you to act in certain ways and create what you perceived as love.

Yet, when you see someone at a distance or talk to them on the phone those molecules don't cross the intervening space and trigger a chemical reaction and the sensation of love. There's something more powerful.

Science now shows that those chemicals are set in motion by electromagnetic signaling, or what you might simply think of as waves of energy. (The next few paragraphs are a little technical, but stick with it as it's important.)

These waves are amplified by those chemicals, which in turn further strengthen those waves to create harmonious energy patterns in your head, heart and body. This is like pushing someone who is already on a swing; each push sends the swing higher.

Another way to think of this is that love is like your personality or character. You can't pinpoint your character, it can't be seen or its location determined; but it exists and certainly impacts the world. Neurologists know that while we all have the same chemicals, bodies with similar brains and number of nerves in each, the way those nerves are connected is different in each of us. Your experiences, learnings and resulting nerve connections are unique and how energy flows through them is what makes you who you are and forms your personality.

When you're 'in love' your energies, including your brain and heart waves, as well as chemicals, emotions, thoughts and actions are flowing harmoniously together and focused in one direction.

This is a little like a laser, which brings together and amplifies waves of light energy to make a powerful and illuminating beam that's stronger than the individual light waves on their own.

So now you know that love is, ultimately, energy!

This is a big change to how most people used to think of love, previously thinking of it as the soul-less interaction of chemicals. This tended to make many of us think that we were at the mercy of those chemicals, that we couldn't do anything about love; other than just wait until we bumped into someone whose chemicals interacted well with ours to experience love. That's no longer the case. You have more control than you realized over love!

Love secret #1 – there are different types of love

Many people think there's just one type of love.

Wrong. There are several, and quite different, types of love.

You need to be aware of the different types to find true love. They include:

- Physical
- Mental
- Spiritual
- True love - which encompasses all the above.

Which of these have you experienced?

You already know physical love, as it's the type you see all around you everyday, on television, in books and in movies.

When you're young, you're attracted to physical attributes of people, to looks and bodies and spend a great amount of time and effort trying to explore these.

Also, there's no denying the power of the physical biology of love: our bodies are designed to reproduce. You were likely taught about this at school and gossiped about it with friends.

Marketers also use this type of love to sell things to you, so you have this type of love pushed to you all the time. You're led to believe that you must have it or you're missing out and will suffer. This has also distorted much thinking about love.

Once you experience and somewhat understand the physical aspects of love, you might realize that there's something more, that there's a 'mental' or social form of love.

Mental love is where you want loving companionship, conversation and friendship as much, if not more, than the physical aspects of love. It's why and how you seek relationships with friends, family and a special partner.

While physical love fulfills our physical and biological needs, mental love helps alleviate loneliness, makes you feel more connected, safer and secure.

This type of love has a lot to do with how you feel and think.

Once you obtain mental love you might sense that there's still something more. For example, you can be in a relationship, in a marriage with children, and never be physically alone, yet still feel isolated, feel that something is missing.

Secret What's missing is spiritual love.

Have you ever had a spiritual experience? More than half of us, some 53 percent of people have experienced a moment of sudden religious awakening or insight, found Gallup polls in the 1990s in the United States. The *British Medical Journal* found an even higher 76 percent of people in the United Kingdom reported having had a spiritual experience.

When mystics and saints use the word "love" they tend to use it with detachment from any personal desire. They refer to a power, an energy, that not only helps you feel better but also helps you determine how to act - as in a loving way. For example, Mother Teresa suggested that it isn't what you do, but the amount of love that you do it with that counts. She said doing things with the positive energy of love made them easier and more effective.

Secret True love encompasses all of these forms of love. This is why it's considered much more powerful.

True love is when all your energies flow together harmoniously and where someone else's energy adds to yours to create something even stronger. It's when love and life is easy, serene, whole, complete and content.

It's when you feel that you can be your true self; when someone else values you for whom you are. There are no conditions. There is nothing destructive.

Tip Very few people consider these different types of love. Yet this is what you need to do if you want true love!

The secret to finding your true love is to recognize that there are different types of love and step-up to true love. The next secret shows you how to recognize the difference between true love and other types.

Love secret #2 - what type of love do you want?

What's your experience of love?

The different types of love fall into two fundamental forms. Physical and mental love are what can be considered 'romantic' love; while spiritual love is closer to true love.

Once you understand the differences between these two forms you can better grow your love towards true love.

Secret Romantic love tends to be a need; you 'need' this sort of love, you need physical sex, companionship or the like. Many people 'in love' are actually 'in need', in romantic love, in lust, in a relationship.

- Romantic love is more a thing, more like a noun; while true love is more a process, a verb
- Romantic love tends to be measured by quantity, whereas true love has an immeasurable quality
- The opposite to romantic love is hate and fear; while there's no opposite to true love, no fear
- In contrast, true love is not just a relationship, it's relating. It's not something you need, but rather something you give.

Do you know why you want love? It's important to figure this out.

Is it because you see it all around you, on television, in music, at the movies? Is it because you have friends 'in love', maybe some getting married or having babies? Do you want love because society tells you that you should have a boy or girlfriend, then get engaged, a wedding, and a house and mortgage then babies so that you fit in; because that's what everyone else is doing? Or do you want love to feel better, to not feel alone? These are all valid reasons to want to love.

However, have you noticed that with these reasons you're aiming to be just like everyone else? Do you want to be like everybody else or do you want something greater?

If you want love to have a husband and a family to meet social expectations then don't be surprised that once you get these that you might also then get the next social feature of some marriages - a stagnant relationship, maybe even divorce, as previously happened to us.

One reason we make such mistakes is that many of us carry around an ideal in our minds of the perfect partner we seek. Sometimes this is a fantasy that's just a mirror image of ourselves, of all the qualities we lack.

What's the person you desire like?

Are you generally attracted to people similar to you, those a little different, or those who are the opposite?

We are often subconsciously attracted to someone to improve and balance our relationship with our inner self.

Tip What type of partner do you really want, what attributes attract you? Do you have a list of what you're seeking? Does it include the practical as well as passionate aspects of love?

Most people's lists contain physical attributes they desire, such as physical looks, in a potential partner. That's fine, if all you want is a physical relationship.

Does your list include any mental attributes; such as wanting a companion who can converse and is caring, warm, loving?

Does it include any 'spiritual' ones? If not, why not?

A better approach is to turn this around and list what you have to offer a potential partner. What would they love most about you right now?

What do you have to give them?

Do you have love to give?

Or are you giving love to get love?

If so, stop! You can't force love energy to flow towards you.

Tip If you 'need' love, it's not a love that's expanding, flowing or balanced - it's not true love.

Rather, you're trying to fill a gap in the energy within you. Once you realize that, you can fill that gap and move on.

Secret To move on, to turn your love life around, turn around your focus on love. Don't focus on getting it, focus on giving it!

A major part of this secret is to realize that progressing from romantic towards true love is not about getting more love, not even doing more things to get love for your self, but about giving love!

The way to do this is to find the love energy that you already have within you and help it flow outwards towards others in the most harmonious way possible. That energy is there within you, somewhere.

Realize there's more than the physical in front of you, more than the mental and emotional elements inside of you. There's also the power of love. Tune into it and realize what you are capable of.

If you can give love, then you have something to offer potential partners (or keep an existing partner with you).

You'll have something that can attract true love to you. For example, one reason most people want love is so that they can feel better. If you can make other people feel better, happier, loved for whom they are, they'll want to be with you.

What sort of love are you giving now?

To read the other eight secrets and how to use them to find your true love get your special price copy of the complete book now from www.findtruelovebook.com, or from Amazon.com or order it from your local books store.

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How to Find Your True Love

- ♥ Where's the love you dreamt of?
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In a few short hours you can learn how to find your true love. This break-through book reveals 10 secrets of love and how to apply them to find your soul mate, your true love.

It's packed with practical tips that show how to free yourself from pain, from the fear of being alone, of how to love without clinging and much more. It can even help you improve an existing relationship.

The secrets it reveals includes the world's best kept sex secret, which once you know will lead to deeper and more love than you've ever experienced.

Praise for *How to Find True Love* includes:

"The best engagement or wedding present you can give someone!"

"Helped me find my soul mate!"

"The closest thing to a guide or text book to love"

"Helped me to find love again"

"No fluff here, just practical tips to make you love life better"

"It saved our marriage"

"One of the best gifts you can give someone—or yourself—true love"

In a few short hours you can learn how to find your true love.



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