

# THE HERO'S PATH OF LOVE

HERE WE GO AGAIN. FEEL IT, DON'T FIX IT. TAKE THE FIVE STEPS.



**RECOGNIZE**



Here we go again ~ This shouldn't be happening ~ This is not OK  
I need to teach them a lesson ~ Looping thoughts  
Replaying conversations ~ Impulse to act NOW ~ Fix this!



**Armored ~ Angry ~ Fearful ~ Sad ~ Overwhelmed ~ Fight ~ Flight**



**RELAX**



This is the moment of choice ~ Pause now or pay later  
~ Breathe deeply ~ Have the patience to wait until right thinking, words & action occur



**Actively open the heart, chest, & shoulders against their tendency to close**



**RELEASE**



Transcend blocked emotional energy, neither suppressing, nor expressing  
Don't go into the story ~ See the ego upset from the Silent Witness  
Feel it, don't fix it ~ It's only energy ~ Better out than in



**Open heart good / closed heart bad ~ Whatever is there, let it flow**



**RECEIVE**



Where did that come from? ~ Of course that will help  
I knew that before, in my head, but not in my heart  
Clear, unambiguous insights without doubts



**Inner peace ~ Grateful for insights ~ Filled with compassion & acceptance**



**RESPOND**



Right words, right action spontaneously occur at the right moment  
No thinking, rehearsing, trying to sound a certain way  
Surprisingly inspired ~ well received ~ effective



**Giving and receiving the gift of love, compassion, blessing, & bonding**

**REALIZE** the perfection in the pain. The shift. The calm. The pearl.