



Chapter One Excerpts

Commit To Love

“When love beckons to you follow him,
Though his ways are hard and steep.
And when his wings enfold you yield to him,
Though the sword hidden among his pinions may wound you.
And when he speaks to you believe in him.
Though his voice may shatter your dreams as the north wind lays waste
the garden,
For even as love crowns you so shall he crucify you. Even as he is for
growth so is he for your pruning.
Even as he ascends to your height and caresses your tenderest branches
that quiver in the sun,
So shall he descend to your roots and shake them in their clinging to the
earth.
Like sheaves of corn he gathers you unto himself.
He threshes you to make you naked.
He sifts you to free you from your husks.
He grinds you to whiteness.
He kneads you until you are pliant;
And then he assigns you to his sacred fire, that you may become sacred
bread for God’s sacred feast.
All these things shall love do unto you that you may know the secrets *of*
your heart and in that knowledge become a fragment of Life’s heart.”

--Kahlil Gibran

Craving Love—Fearing Love

Bob had just met the woman of his dreams. Based on his past, he was scared to death he would mess up again. When Bob first entered my office, he was desperate for answers. He wanted to succeed this time more than anything else in the world. In the past when he made a commitment, his fears would surface, and he himself sabotaging the relationship.



This time he wanted things to be different, not by chance, but because he had a plan and tools to deal with his fear of intimacy. He was terrified of love which kept him commitment phobic, but he had never realized his patterns. During our sessions he discovered his fear, and the EFT offered him hope that he could heal. In the past he had spent his time consumed with searching for the one, the perfect mate.

Face the Fear

In this chapter you will find the secret for dealing with fear of intimacy and commitment and the underlying fears that can keep you caught in the swinging doors of toxic relationships.

LOVE'S SECRET number one is to make a commitment to your own healing. You can then be a support within the relationship for healing your issues as a couple. This chapter explores what commitment means and why you or your mate might be commitment phobic. You will find solutions to overcome your phobias and tools to build new habits to live your life in love. Your commitment to your own inner-healing will build a base for a happy, long-term, loving relationship.

🔗 Exercises for journaling and inner-reflection are included throughout the book.

🔗 These exercises are intended to connect you with your inner wisdom and find answers to create the life and relationship that you have longed for.

🔗 Quiet inner-reflection through journaling allows ideas and hidden inner-desires to bubble up from within.

🔗 Once you have your inner answers on paper, you can examine them and focus your energy to create your heart's desire.

The Cloak of Denial

Bob never felt like he was reacting. It was always the “women” with whom he was involved. He seemed to pick women who were demanding and needy. It was beyond him why they always seemed to be the same. He had never made the connection that, in order to feel love,



he had always created pain. He feared the pain of losing love, as he did when he lost his mom and found himself recreating loss of love over and over.

Self-Created Hell

As long as these *old tactics of survival and protection* continue to rule and guide your life, they stand in the way of creating a long-term, loving relationship. You may find yourself stuck in protection, and reacting by closing your heart. In this emotionally-destructive game of relating you are unconscious of the origin of your *self-created hell* and *inner torture*.

When you were small, you learned to shut down to protect your heart, because emotional hurt was too painful. As an adult your skills of protection and survival stand in the way of receiving love. When hurt resurfaces, you react immediately by shutting down and moving away from what you perceive as a threat to your survival.

Often, your hurt is so deep and painful and the survival skill so strong that you feel you will die if you don't shut down. It takes a strong commitment to your own healing, to be willing to experience the hurt, and move through the pain with your heart open. Out-dated survival skills cannot survive if your love is to thrive.

Excerpt for releasing your block to commitment, using EFT.

For more information on EFT follow this link on our website
http://www.retreatandheal.com/EFT_Tools.html.

EFT or Emotional Freedom Technique is an effective tool to clear away emotional patterns and beliefs in the emotional body and energy meridians in your physical body. It was developed by Gary Craig, who has an extensive website with lots of self-help information and many DVD's

EFT incorporates tapping on points that correlate to energy meridians which correspond to organs and glands. By tapping on these meridians and corresponding points, you move and clear energy that became stuck. EFT, also referred to as emotional energy healing, moves



stuck energy. It helps you to find the root of emotional and physical pain and “dis-ease.” Tapping clears your energy field. As you tap you repeat phrases of self-love and forgiveness. This allows you to replace old patterns, habits, and thoughts. EFT gives you an anchoring tool to replace your conditioned responses with responses that support health and a happy joyful life.

As you tap you will feel a lightening of the pain or emotional discomfort. This indicates that you are doing the exercise correctly. Before you begin tapping check inside for how you feel about commitment. Use a scale of 0-10 (zero no fear and 10 maximum fear). Ask yourself if you have a fear of commitment. When you think of fear of commitment, hold a scene in your mind in which you committed to love and then experienced pain and disappointment.

♥**Begin by tapping on the top of the center of your head.** Repeat as you tap, “Even though I crave love and find myself terrified when I feel myself opening my heart to receive love, still I choose to deeply and completely love and accept myself.”

♥**Tap on the area between your eyebrows at the inside edge of each eyebrow, above the bridge of your nose.** Repeat as you tap, “Even though I am really afraid of commitment, and I might have promised myself that I would never get married or make a commitment, still I choose to deeply and completely love and accept myself.”

♥**Tap on the outside corner of each eye.** Repeat as you tap, “This fear of love and commitment, created in my childhood and causing me to react by pushing love away, still I choose to deeply and completely love and accept myself.”

♥**Tap on the outside corner of each nostril.** Repeat as you tap, “These decisions I made as a little (girl or boy) based on the writing on my walls and my past experiences as a child, are just old stories written to create my life journey, and my life lessons. Still I choose to deeply and completely love and accept myself.”

♥**Tap on the center of the upper lip just below your nose.** Repeat as you tap, “These old habit of craving love, and pushing love away, and avoiding commitment, are old habits I created in childhood. I give myself permission to create new habits. Still I choose to deeply and completely love and accept myself.”

♥**Tap on the center of the chin just below the lower lip.** Repeat as you tap, “*Even though I may have made a vow to myself that I would never trust (men or women), still I choose to deeply and completely love and accept myself.*”



♥**Tap on the top of the chest at the inside of each clavicle or chest bone, just below your chin where your neck meets your chest. Repeat as you tap,** “Even though I long for love and want to create a loving relationship, I am terrified of being vulnerable. These old beliefs and patterns I was conditioned to believe as a child seem to have control over me. Still I deeply and completely love and accept myself.”

♥**Tap just below your underarm in the armpit area in line with the nipple. Repeat as you tap,** “Even though I have beaten myself up with these old beliefs and patterns, still I choose to deeply and completely love and accept myself and give myself permission to release the fear of love and commitment.”

Keep working with the EFT and the issue of commitment until you get the “fear of love feelings” level down to zero. If you run into deep work and feel lost and confused, seek support.

This exercise will help you to clarify your deep core issues. You may want to work with someone, one-on-one to learn the pattern of EFT, and to clarify how to release your deeper core issues.

Excerpt from Commit to Love Template

♥Commit to Love♥

I, _____, commit to owning and healing my baggage, so I can be emotionally available in this relationship. I am willing to keep my heart open, even when I feel hurt and threatened. In all cases I commit to expressing my feelings, although sometimes I may ask for quiet space to clarify what I am feeling and be present with my pain. I will communicate these feelings in a compassionate manner, resisting my need to project the pain and blame it on _____. When I communicate my feelings, I ask to be heard and acknowledged, even though you may not totally agree or understand.

Annie's Message:

I hope you enjoy Chapter One's excerpts. I look forward to hearing from you and look forward to assisting you to live your life in love. Remember this month just in time for the holidays—if you purchase 2 Love's Secret books you will receive a free 15 minute consultation with me. You may choose to have this consultation for yourself or with your mate! See you in Sedona or perhaps at Warner Springs—next year! Annie