

# LOVE LESSONS

Shelly Bullard's

A compilation of  
my best blogs,  
my fiercest  
thoughts, my  
Soul's Truth.

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## Love Lesson #1

### Who is my Soul Mate?

Many of us have pondered the concept of Soul Mates before.

What is a Soul Mate? Do I have one? And if so, where is mine?

The idea that there is one special person created just for you is too juicy not to consider.

I definitely believe in Soul Mates, but my definition extends beyond the traditional idea of The One. What I believe is that a Soul Mate is a person you are inexplicably drawn to be in relationship with.

**Soul Mates are brought into our lives so we can grow and expand into the best version of ourselves.**

Let's think about attraction for a second.

We come into contact with many people throughout our lives. And we are attracted to some of them. But there are only a few that we are so attracted to that we make a decision to partner-up with them.

Why is it that we are pulled to get into relationships with just a few people?

## Don't fight the feeling, baby!

It's because when it comes to attraction, your unconscious is leading the way.

*Love is not logical; it's of the Soul.* And the Soul knows a thing or two; it's pretty damn smart. It will match you up with the very people you are supposed to be with, and it does this through attraction.

**When you feel a strong urge to enter a relationship with another person, rest assured, you have found a Soul Mate.**

Now, of course this does not mean that the relationship will last forever. Nor does it mean that it's going to be a walk in the park. In fact, you can assume that you are going to come up against some challenges with your Soul Mate.

**Where there is potential for the greatest love there is also the potential for the greatest pain. Soul Mate relationships include both.**

I know, I know, you don't want this to be true. None of us do. We all want the love without the pain. We want the bliss without the breakdown. But it isn't possible. Why?

Because both love and pain exist WITHIN US. And what is within us is going to show up in front of us, especially in our relationships.

Many of us are quick to write off our relationships when the going gets tough, but I'm here to assure you that challenges aren't necessarily a bad thing.

In fact, it's supposed to happen this way. Because what does not come to the surface cannot be healed. We have to look our demons in the eye if we want them to go away.

People spend a lot of time questioning whether or not they are with the right partner. And usually this question arises when we feel pain or discomfort.

But what if we shifted our perception a bit... *what if we understood and accepted that discomfort is part of the deal?*

And this doesn't mean that we act carelessly with our partners to evoke more pain.

Nor does it mean that we stick around in relationships that are abusive or too awful to tolerate.

**What I am proposing is this: What if we recognized that discomfort comes from within us (no, it's not their fault) and that it is telling us that we need to change?**

What if we actually took responsibility for our uncomfortable feelings and approached them as a call to become conscious—to learn where we struggle the most and to try to grow beyond these setbacks?

**Jung said, "Seldom or never does a marriage develop into an individual relationship smoothly without crisis. There is no birth of consciousness without pain." Pain is the opportunity; it is literally the call to wake-up and change.**

To personally evolve means to grow through the things that challenge us the most. Our Souls long to do this—we inherently want to become greater people. *Deep within us we desire to move through struggles and emerge victorious.* Our Soul Mates are the people that give us the opportunity to do so—they trigger our issues so we can become conscious of them and create a new reality.

**And how do we move beyond the issues that get triggered in relationships? By choosing love instead.**

You can say that all feelings are categorized as either love or fear. To state the obvious, love feels good; fear does not.

To grow simply means we transform experiences of fear into experiences of love. There are many simple and difficult ways to do this in a relationship.

Choosing love means we see people (including ourselves) beyond their mistakes.

It means we see the potential in our partners, even when they cannot see it within themselves.

It means that being kind, compassionate, understanding, and forgiving, even when it's hard to do.

It means focusing on the good in someone else, rather than the bad.

It means consciously committing to work through your stuff; to clean up your side of the street.

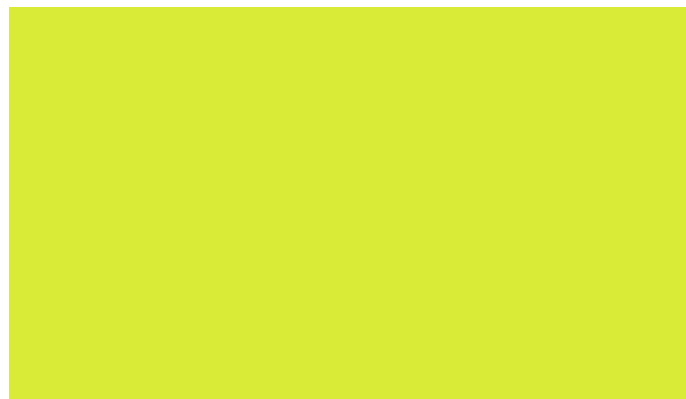
Your Soul Mate is someone to grow with. This doesn't come easy. They are going to challenge you in many ways, and that's okay. Don't write off your relationship because it's difficult at times—understand that the difficulty is an opportunity for you grow.

**The next time you start to question whether or not you have a Soul Mate take a look at the person or people you are closest too. They are your Soul Mates.**

Quoting Jung once again, know that "in all disorder [there is] a secret order."

People who are in your life are here to help you become a better person, to expand and grow in love.

All you have to do is accept the challenge.



## Love Lesson #2

### How do I keep love alive?

Our nature is to want to escape anything that feels like it's limiting to us. Obligations, expectations, *shoulds*.

You know what I'm talking about. Do you like doing things that you *have* to do? Probably not.

But what about things that you *want* to do—do you like that? Yes, of course.

Well, the same rules apply to love.

When you feel like you *have* to love—that you *have* to do things to make your partner happy, that you *have* to be a certain way to get the love you want—then the feeling of authentic love starts to disintegrate and die.

Sounds harsh, but it's true.

**Love needs space to grow. Like fire, it needs a little breathing room. Stifle it and it burns right out.**

## Give love some room to grow ~~~

**The reason love dies under heavy limitations is because limits are counter to our very nature, which is growth. We can't help but expand. We can't help but evolve. We can't help but to change.**

The process of growth cannot be stopped within us, nor should it be. So when limits, expectations, and *shoulds* are placed on us by our partners and by ourselves, we automatically want to break-out of them.

Now, let's be honest, we all do this. We expect him to act a certain way; we expect ourselves to act a certain way. We feel like she should \_\_\_\_\_; we feel like we should \_\_\_\_\_. I could go on and on about how this impulse to limit constantly shows up in our lives. But, why?

One word: fear.

**We limit ourselves and others because we are scared. Really scared.**

We're scared that if we don't hang on tightly to our partners, they'll leave.

We're scared that if we freely show up as we really are, the people we want to love us, won't.

We're scared that if we don't get our needs met by certain people, we'll go without.

We're scared that love itself is limited—that there is not enough to go around.

We feel a ton of fear about losing love so we try to lock it in place. Ironically, this coping mechanism backfires—the tight fence we build around love suffocates it in the end.

Love can't live like this! It cannot be boxed in. It cannot be dictated or forced or obligated. If love is going to grow and flourish, it must be FREE.

So this creates quite a dilemma for us. What can we do?

Believe it or not, there is one thing we all can do to shift this pattern, and that is:

**We must give our love away. Like, for free. To everyone. You might call it *free love*. (What can I say, I'm from San Francisco...)**

Now, before your minds run too wild, let me clarify what I mean by this.

Free love doesn't mean that we drop all our boundaries in relationships and go live on communes. I mean, go for it if you want, but that's not what I'm talking about here.

What I am saying is that collectively we need a major shift in our perception about love. We need to understand that love can be anywhere that we bring it; and the more we bring it, the more we get.

**Love does not reside with one special person! We are programmed to believe otherwise and this makes us terrified! We grip so tightly to these people that the love gets suffocated. But when we recognize that love lives within us (no, it's not outsourced by them), then our fears about losing love will start to shift.**

When I talk about practicing free love, this is what I mean:

To love freely is to be kind, generous, understanding and compassionate to everyone you meet.

Free love exists when you smile at strangers, when you chat with people in line, when you gaze up at the beautiful night sky.

Free love is about appreciating your partner for who they are and how they choose to show up in your relationship.

Free love is recognizing that love exists within you at all times; that there is an ever-abundant source of it ready to be shared with the world.

Free love is the act of giving love away so you can keep it for yourself; it's the recognition that the more you share love, the more you receive it and feel it.

**Giving love away helps you learn that you can never ultimately be separated from love.**

*In knowing this, your fears about losing love will start to dissipate, and your urge to limit and control the love in your life will slowly fade away.*

When we subscribe to the belief system that love is limited—that there is only so much to go around—then of course we're going to be terrified about losing it!

But, when we tap into the real truth—that love is limitless and resides within us—then we realize that there actually is nothing to be afraid of.

**Love is always here.**

Free love may seem like an unattainable ideal, or it may seem too simple to be true. But I encourage you to try it for yourself and see what happens. I think we'd all agree that this world could use a little more love, right?

Give your love away and watch the amount you feel in your heart expand and grow, just the way it's supposed to be.

## Love Lesson #3

### What is the foundation of relationships?

A foundation is the ground on which we build upon.

Obviously if we want to build anything that can weather a storm, it's best to start with a sturdy foundation.

#### **So what is the foundation of all relationships?**

**It is the relationship you have with yourself.**

If your internal foundation is shaky—has cracks and holes (insecurities and negative self-concepts)—then the relationships you build on top of it are going to feel shaky, too.

However, if you move in the world with a solid sense of self, then you're less likely to crumble when things don't go as planned.

*And things aren't going to go as planned.*

When we're internally insecure, we naturally try to control the circumstances that surround us. Unfortunately, we fail.

Why? Because it's impossible to control things that exist outside of us.

**But there's another way: go within to find your strength. That's where your true sense of sturdiness lies.**



# You are Soul. You are love.

So how do you do it? Simple (but not always easy): Know who you really are.

When I say this, I don't mean that you know your name and how you like to spend your time (although these things are important).

**I'm talking about going beyond that — knowing what your true essence is.**

**Know that you are magnificent.**

**Know that you are supremely important.**

**Know that you are worthy.**

**Know that you are love.**

When we know ourselves in a deep, spiritual way, we know that we are much greater than we give ourselves credit for.

Many of us identify with our wounds and faults: "I'm bad at relationships," "I'm not good with money." Or even worse, "I'm not very smart," "I'm not attractive enough."

Look, those things aren't the truth about you. Not even close.

Those are your ego's stories—your limited self-concept. But they don't define the real you.

**Unfortunately, if you identify with your limited self-concept, then naturally you try to get other people to make you feel worthy. And it's not going to go well...**

Anytime you're depending on something outside of you to feel secure, you're in trouble. Because everything outside of us moves and shakes. That's the nature of life.

**Know that there's a truth that exists beyond all these stories. This is the truth of your Soul. It knows that no matter what, you are an amazing person.**

Do you make mistakes? Yes. But underneath those mistakes is a desire to do better next time; to let the best version of yourself shine.

Things are going to shake you. People are going to try to convince you that you're not so great. Do not listen to them!

Build your internal foundation. Know who you really are and never forget it.

**You are nothing short of magnificent. Find this inner source of love and hold on tightly; it will keep you steady through all the changing tides.**

## Love Lesson #4

### How can I trust (especially if I've been hurt)?

Most of us have felt like our trust has been compromised at some point in our lives. Needless to say, these experiences can be very painful. Perhaps we're still scared to trust again. We think to ourselves, "Who can I trust? And how do I know I can trust them?"

But trust is one of those things that we can't just skip over. It's a crucial ingredient in our relationships. Without it, it's really difficult to settle-in and just love.

If we want to experience peace and happiness in partnership, then we must learn how to trust. And it's my intention to help you do so.

In this article, I'm going to talk about what trust is, why it's a choice, and how to feel more of it in your relationships and your life.

**Let's start off with the undeniable truth: we all have reasons not to trust. What I mean by this is we've all felt hurt, disappointed, rejected, scared, and abandoned.**

We have all suffered in some way (actually, we have all suffered in very similar ways), and we have all felt pain in relationships.

## We're not as different as we think.

We're all in the same boat. I say this because it's comforting to realize that we're not alone. (We're in this together people!) We've all been hurt, and we're all trying to avoid it happening again.

Usually the way we try to avoid being hurt in relationships is by holding-off on trusting until we know we are safe. Trusting becomes a mechanism of protection—if the person "earns our trust" then we will gladly give it to them.

And this is the problem. Because there are never any guarantees.

**Asking someone to "earn our trust" often means we're asking them not to make any mistakes and not to cause us to feel uncomfortable feelings. And this is an impossible task.**

Unfortunately guarantees are not found in relationships (computers come with guarantees—not people). And guarantees are definitely not found in our love relationships. (We're way too complex for that). In fact (you're not going to like this), what you probably can guarantee is that you will feel hurt sometimes by the people you love.

I wish I could tell you otherwise but the truth is that disappointment, rejection, fear, and abandonment are all part of the deal in relationships. We feel these feelings regardless of who we are with.

Not because we are with untrustworthy people, but because we are humans. Trusting is a decision you must make knowing that there aren't any guarantees.

**You have to realize that trust is not about finding the perfect, trustworthy person; it's about signing-up to work through the hurt when it arises.**

If we relate to trust through this perspective then trusting becomes much easier. All of the sudden we shift from trying to avoid being hurt (which is impossible), to recognizing that we can move through anything that comes our way. This helps us feel empowered (aka a little more trusting and a little less fearful).

When we use past experiences as reasons not to trust again, then we are really only hurting ourselves. Again, we all have reasons not to trust. We all have a long list! But walling ourselves off from each other only perpetuates the problem—this does not keep us safe; it keeps us lonely.

So if you are scared to trust, what can you do?

**Simple. You can make an informed decision and go for it.**

That's right. Jump in and have faith.

When you decide to trust someone it means that you believe in that person's integrity. Trusting is knowing that ultimately this person's intentions are good. And it also means that you know that they are going to make mistakes.

When we're scared, we make mistakes (by mistakes I mean we hurt others, we don't act in our highest integrity).

**Fear makes us do some crazy s#\*t. And if you're being honest with yourself, you know that you've done some crazy s#\*t. It's unfortunate but true.**

If we could collectively realize this and approach others with compassion when they are wiggling out, rather than condemnation, this world would be a completely different place (and our relationships would definitely be filled with a lot more trust).

If we trust ourselves first and foremost, it allows us to deal with the mistakes of others with a little more grace and ease.

If you know that no matter what—no matter what your partner does, no matter what challenges arise—you are going to be OK, then trusting is going to be easier to do.

**Trust isn't about never feeling another negative emotion again; it's about knowing that you can handle anything that comes your way. This is real trust (it's commonly referred to as faith).**

Like I said before, trusting is a decision, but it's not about choosing the “right” person.

I mean, it is a choice so try not to choose blindly. But remember, you are not signing up to be in relationship with a robot—you are signing up to be with another human being.

**What you are saying when you choose to trust someone is, "I know that deep down you are a good person with good intentions. I know you are going to get scared and loose it from time to time, and I will try to support you and/or act with compassion when that happens. And I know that ultimately, my well-being is up to me."**

This a big statement—a real commitment. It is also very doable.

I understand that sometimes you're scared; I get that you've been hurt. I've been there, too. But I want you to know that no matter what, you are going to be okay.

Trust that. Believe that. Know that.

When you do, you will be able to offer trust to others, which will serve as a foundation for many long-lasting, loving relationships to firmly build upon.



## Love Lesson #5

### Why does love make me crazy?

Ever wonder why you get a little crazy around that person you're crushing on? Why is it that you act normal and keep your cool everywhere except around people you really like?

In this article I'll explain why your head gets so activated when you fall in love, and how to re-center the best you can.

**Falling in love is one of the most potent spiritual experiences many of us have ever had. Feelings of oneness, of completion, of timelessness, and of ecstasy fall upon us. Yeah, it's some good s#\*t!**

And because those feelings are so desirable—*because we want love so badly*—it can easily take us over.

And herein lies the problem: when we believe that another person holds the key to feeling this good, they become all-powerful.

Immediately, we are tricked into believing that love exists outside of us—in them! And if only we do and say all the right things, then we will get to hold onto to this amazing feeling of love.

This is your ego talking to you, and it's a tricky little sucker.

First thing to remember about the ego is that it's always going to tell you that what you want is outside of you. And although it seems believable, it's a lie.

## Get out of your head and into your <3

Actually, what you want—that feeling of love that you really desire—is occurring within you. And the best way to make it last is to allow yourself to FEEL it.

**Your ego doesn't want you to feel love because it doesn't exist when you do. So it fights for it's life by pulling you back into your head when your heart gets full.**

It feeds you all kinds of messages about what you should and shouldn't do to make that feeling of love last. And these messages do their job well: they distract you, taking you right out of the moment in which that beautiful feeling of love is existing.

When your heart gets really activated, your ego gets activated to the same extent. This is why you get a little cuckoo.

**So what should you do when your head starts to trip out about love? Remember this: Love doesn't live in the mind. It lives in the heart.**

All you have to do is recognize the ego's crazy voice inside your head and politely say, "No, thank you."

Make an effort to drop back into your heart. Take some deep breaths. Allow yourself to *feel* the love, rather than analyzing it. Your mind can really do a number on love; seriously, just put it in

the back seat for awhile and enjoy your heart's ride.

People are afraid to let their hearts lead the way. But my experience has been that it's not the heart that gets us into trouble, it's the head.

You can easily overanalyze the goodness out of love; you can think yourself into a frenzy. You can list all the pros and cons, the whats and whys and hows. But nothing, nothing is going to give more potent, more accurate information than how you *feel*.

**When you fall in love, trust it. Is your heart saying "yes?" Then listen.**

There is a level of wisdom that occurs beyond the mind. This is called intuition. When we let our minds get in the way and distract us from the more intuitive messages, we miss out on the good stuff.

**Relax into love.**

**Melt into it.**

**Consciously allow yourself to *feel* your way through it.**

And don't be afraid. Love is supposed to feel really good—let it! The more you get out of your head and drop back into your heart, the better it's all going to be.

# Thank you for joining me on this wild ride called **LOVE**

I hope your heart learned a thing or two; I hope your Soul feels full. And I especially hope that you're inspired to give your love away (so it can grow and grow and grow...).

If I've peaked your interest and you want to know more, come hang out with me! This is where I'll be:



This is about **Love**  
with Shelly Bullard, MFT

**MindBodyGreen**  
YOUR GUIDE TO WELLNESS



And if you want *even* more, then let's talk.

Love is my specialty; it's what I do best!

If you're looking for love and you think I can help, email me directly to set-up an appointment: [soulfullshelly@gmail.com](mailto:soulfullshelly@gmail.com). I look forward to hearing from you.

In the meantime, don't be afraid to share your love with the world. Seriously. Give your love away and watch it come back to in more ways than you could've ever imagined.

Lots of love to you all, XOXO

*Shelly*