

## Discover and Remove Your Inner Blocks to Love



Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it. -- Rumi

Please write down your answer to this question:

**What do you think could be slowing you down, standing in the way or stopping you from having the relationship of your dreams?**

Continue to write until you can't think of anything else. Then ask yourself the question:

**What else could be slowing me down, standing in the way or stopping me from having the relationship of my dreams?**

Once you get it all on paper just look at what is there without any shame, guilt or judgement. Remember the reason we bring this to the surface is just to create awareness around what might be there. Once you see what is there you can then begin to move forward and make your choices about love and relationships from a great place of awareness and choice. Approach it from a place of curiosity and don't be afraid.

Have compassion for yourself and forgive yourself for any mistakes or any perceived mistakes you have made. The desire for love is

one of your deepest human needs. It is natural for us to be driven by this deep need to be known and loved in ways that we might not fully understand as some of this may even be subconscious. It can be difficult to balance your head, your heart and your hormones. 😊

However, as you become more aware of what might be going on underneath the surface you can begin to make better or wiser choices that serve you better. While it might feel a little scary to look honestly at what may be going on and may be driving some behavior or patterns that you may not have seen before, it is actually very empowering to understand them. Then you can make your decisions from a more powerful place of choice.

The truth really does set you free!

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