

Title:

Less Talk, More Action!

Word Count:

840

Summary:

It is time for less talk and more action - loving action.

Loving actions are those actions that support our highest good and the highest good of others.

Many people who have been on a path of personal and spiritual growth have spent a lot of time

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Article Body:

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Exploring our limiting beliefs and where we got them is essential for opening the door to lovi

WHO IS IN CHARGE OF THE ACTIONS YOU TAKE?

We are always taking action, yet much of the time the actions we take are not loving, in that

All of our actions are being motivated by one of two intentions:

The intention to have control over getting love and avoiding pain. The intention to control is

The intention to learn about what is most loving to ourselves and others. This intention is mo

When our actions are being motivated by fear and our intent is to control, our wounded self is

When our actions are being motivated by love - both for ourselves and others - our loving Adult

THE WOUNDED SELF

The wounded self is who we are when our primary intention is to have control over getting love

Our wounded self, coming from old fears and limiting beliefs, tries to feel safe through atten

We are operating as our wounded self when we are listening to and taking action based on the p

* I'm not good enough.

* I will always end up alone.

* There is something essentially wrong with me.

* When others are angry or withdrawn, it is my fault.

* I am responsible for others' feelings.

* Others are responsible for my feelings.

These are just a few of the hundreds of lies that we absorbed as we were growing up. When we l
For example, if you lash out at someone with blaming anger in an attempt to control him or her

THE LOVING ADULT

In order to take loving action, your loving Adult needs to be in charge of your choices. Your
It is time to open to learning about loving action and then take the loving action. Less talk,

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