

Vulnerability: The Love You Show is the Love You Grow



The hidden gift of love itself is that you must be willing to be vulnerable, to be open and to have your heart broken in order to explore its deepest depths. When you surrender to your truth and fully expose yourself to another in that way, love will pour into that space in immeasurable ways. This does not equate to rainbows and butterflies where everything is peaceful 100% of the time, but rather it creates a space where conflict can be resolved in a calm and respectful manner that goes less through mirroring and more through compassion, understanding and a mutual goal of both persons wishing to grow, expand and heal their unresolved shadows/core beliefs that are no longer serving them in the most positive of ways.

I truly feel that humanity is headed towards a more heart-based living all around. Relationships, in general, are getting more personal, even if it may appear that the world of technology is pushing us all apart or that war and greed are

doing more of the same while also destroying our beautiful Mother Earth. The trick to stopping the cycle of destruction and tipping the scales back to center starts within each and every one of us.

When we teach our children self-love, that their feelings matter, to explore meditation and understand energy and the potentials of manifesting and creating in 3D reality, we begin a new wave of conscious creativity; one that has been dormant since the great Ascended Masters of Atlantis. But the wave *is* coming, and in fact, it's already touched a million shores. But to see the change, we need to first be willing to BE IT.

To me, this has always been the ultimate expression of love; self-care. When we take the time to heal our own shit, explore our inner workings, build our talents, share our gifts and go after our dreams we stop being just another face in the crowd and start becoming one who is not only true to themselves, but also is brave enough to be a beacon for others.

And this is the energy and light the wave is carrying across the consciousness of humanity, and it travels on the frequency of L-O-V-E. No shocker there, though right? <3 What will heal humanity is ultimately what we can also use to heal our very own hearts after a break-up. Our *feelings* are so much more powerful than we've ever been taught to believe.

When we enter a new relationship, we often use negative, empty implicating words that we might not notice the effects of like "falling in love" or "losing myself in you" or "you complete me". All of these phrases imply we are only halves of our true selves and while I get that people want the other to feel wanted and needed, the reason strong relationships last is because they contain two people who can stand on their own, who simply chose to come together for mutual pleasure. Not because the sole underlying drive in our heart is a "*need*".

The best way to rise up after falling deeply in love is to fall back into love, but this time with you! Seriously, I'm talking being awesome to yourself and quitting all of the self-sabotage crap. For once, whether you are in a relationship with another person or not, stop and take a minute and reflect in the glory of your OWN awesomeness. You will be surprised at what opportunities just might open up for you! 😊

Have a love-filled weekend!

And no matter where you are, you are WHOLE and COMPLETE as you are in this moment! <3



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