

## The Dynamics of Attracting and Repelling Love

Most people are not aware that there is a psycho-psychic-spiritual interplay acting in accordance with unseen principles fundamentally governing how, when and why love is attracted or repelled, nor do they know that in spite of best intentions, repelling love is sometimes unavoidable. Because attracting and repelling love goes far beneath the surface of ordinary conscious awareness, complexities arise when attempting to attract love without unraveling the layers of preceding damaging causes that produced the equally damaging effects, that when left undetected are carried along from relationship to relationship, hence attracting love and keeping love is often challenging. Causes that result in undesirable effects give way to mental anguish, emotional imbalances and physical ailments. The means of avoiding the inevitable suffering is to rid oneself of the mental and emotional residual from accumulated unidentified damaging causes and effects, much easier said than done. The purpose of this essay is to explore the dynamics of attracting and repelling love in order to understand it as a psycho-psychic-spiritual interplay of energy exchanges occurring on unseen planes of reality in response to causes, thus attracting or repelling love.

To understand the fundamental dynamics of this psycho-psychic-spiritual interplay is to understand the presence of unseen principles operating behind the scenes. The interplay of interacting energy exchanges are attracting and repelling love on invisible planes of reality in accordance with causes set in motion, the effects are then manifested on the visible plane of reality. Just because the causes are not readily known, if known at all, does not mean the reciprocating energy has not been set in motion because it has, which is evident because the effects are emotionally felt and physically experienced. This psycho-psychic-spiritual interplay, acting on reciprocating energy, will either attract love or repel love, likewise it will attract a healthy relationship or it will attract an unhealthy relationship, just as it will also repel love already attracted when the energies are not aligned.

When one is not aware that there are principles working behind the scenes, the need to blame someone or something enters into the picture. Even if the fault is of one's own doing, the fault is not so much in the doing as much as it is in the not knowing. Not knowing is not really a fault per se, after all you cannot know what you do not know you should know until you know it. However, not knowing is not an excuse nor is it a reprieve from taking responsibility for one's own actions and reactions. The laws that govern cause and effect are no respecter of persons; the effects from the causes are manifest just the same. Knowing things not previously known is the antidote to stopping the mental anguish and the emotional pain that go hand in hand with the loss of a love relationship and with it goes the need for blame.

The psycho aspect of attracting and repelling love is that it is psychological in nature because it deals with the mind. Given that the mind is central to how it psychically attracts and repels love, the psycho aspect, the psychology of attracting or repelling love must be taken into consideration first because the mind is where the problems begin and is where they end. It is where the lack of

knowing already took its toll on past relationships and is likely to take its toll on an existing relationship, not to mention it sets the stage for future relationships. As thought is a form of measurable energy, thought transmits a signal on a vibrational frequency, whether positive or negative, telepathically received by anyone psychically tuned in on that same frequency. The fact that not every thought is registered on the conscious level of human awareness does not negate the fact that thought travels across the medium of space on the psychic plane, reaching across vast distances, including the mental and emotional planes, all in varying degrees. The reason thoughts are so far reaching is that there is no separation of consciousness, thus no individual consciousness truly exists; hence anyone anywhere is an open channel psychically receptive to the forces of attraction and repulsion, love certainly being no exception to the rule. The outcome is an inevitable reciprocating attraction in accordance with the principles of thoughts becoming manifested things and like attracting like, which first occurs psychically. Whether the reciprocating attraction occurs next door or anywhere in the world makes no difference; attraction is attraction and it will find its way to you in like measure.

As if attracting **real** love is not enough of a challenge, emphasis on the word real because real love and conditional love are not the same energies, keeping love already attracted is just as challenging, especially when self-constructed negative thought forms enter into the picture. The problem with negative thinking, besides being an effect of some underlying cause or causes, is that it does not stand alone but that it keeps company with other damaging causes along with their equally damaging effects. Self-defeating thought constructs supports disabling beliefs that over time become strong convictions. These beliefs are typically formed from subjective responses to objective experiences or perceived objective experiences; nonetheless, they uphold equally unfounded unrealistic expectations of oneself and most especially of others. As a conviction does not stand on its own, it is further validated by unfounded accusations projected in the wrong direction, consequently repelling love.

Sometimes the giving and receiving scale may not seem balanced when the perception is that that more love is being given than what is being given back. As perceptions are all too often subjective interpretations of reality, inaccurate discernment is a very slippery slope and can damage a relationship. To the extent that this belief is unfounded depends on the certainty of negative influencing factors feeding the belief that requires honest self-examination and self-introspection to discern the role one is truly playing in the act of repelling love because love is being repelled. All things being relative, is that if you are not getting the love you desire, at least proportionate to the love you are giving or think you are giving, perhaps the imbalance has to do with the quality of the love you are giving. If the measure of love you are giving or think you are giving is lacking in quality, the energy will not psychically draw more love to you in return, and of course, vice versa. Once again, like attracts like in equal measure. Therefore, if the imbalance is truly the fruit of your own effort, or more correctly stated, the lack of effort, you cannot blame the other person for not reciprocating the love you desire. In fact, the other person is actually reciprocating the degree of love equal to or less than the measure of the love you are giving or

are not giving as the case may be. So before you point the finger of blame, look in your own mirror because once denial jumps in, it is very hard not to blame the other person. Self-introspection can go a long way. It can come as quite a surprise when you come to realize that you have been psychically repelling the very love you desired and in doing so have essentially decided the fate of the relationship too. Blaming yourself is not going to help resolve the situation, however, healing the relationship will help, that is, if it can be healed, otherwise consider it a lesson well learned and move on.

The spiritual aspect of attracting and repelling love has to do with conditional love, which is not real love and is not the least bit spiritual. There simply is no room in a relationship for conditions that undermine love, undermine the stability of the relationship and undermine the character of the other person. Real love can only be expressed unconditionally. Real love does not keep score nor does it hold grudges, verbal or non-verbal. Real love is not selfish nor is it self-centered or demanding. Real love is not jealous nor does it ever envy. To love unconditionally is to love without conditions. There is no if you then I mentality involved. Unconditional love is not about approval, it is totally accepting, outside of inappropriate behavior, which is an entirely different matter. Unconditional love does not reflect or demonstrate insecurity, thus it is not mentally or emotionally destructive. Real love allows for freedom of expression without fear of condemnation or criticism, it allows room for ongoing personal development and spiritual growth. Real love is patient and tolerant. In fact, real love encourages individuation and spiritual maturation as well as the freedom to express individuality and does so without resentment or threats.

The mental and emotional consequences from not understanding the fundamental operation of attracting and repelling love are many, one of which includes psychically attracting neurotic love, which is need based, hence it is not a true love. Neurotic needs are characterized by a number of co-dependent traits, such as insecurity, neediness, clinginess, possessiveness and especially martyrdom. Because co-dependent people are not whole within themselves, they tend to attract relationships that are not healthy and typically do not last long or end well, not to mention they can be quite damaging psychologically speaking. However, in as much as these attractions are short-lived and are often mentally, emotionally, physically and even spiritually draining to those whom they encounter, i.e. psychic vampires, are often the very catalyst that points to where growth is needed, to evolve in mind and spirit, which is possible when seen as an opportunity toward wholeness. A truly whole person cannot help but attract a healthy love, a real love that is enduring. This is the fundamental dynamics of the psycho-psychic-spiritual interplay of energy exchanges responding to like kind causes, thus producing like kind effects. Likewise, a person who is not whole will attract a dysfunctional relationship that is not likely to be enduring, is usually the other person's fault, while they take the accumulated mental and emotional baggage with them from relationship to relationship. Codependent people sometimes take to blaming themselves, hence playing the role of martyrdom so that others will sympathize with them. For codependency issues, see Melanie Beattie's book, Codependent No More.

People often say that he or she completes me, that he or she is my other half, my soul mate or my twin flame. The truth is that no one ever completes anyone but rather enhances the wholeness that should already exist within each person in the relationship, thus bringing out the best in you, just as you should enhance the wholeness that already exists in the other person, bringing out the best in that person too. The mindset of thinking that you are only half a person and that someone else completes you is a deception that carries a proportional karmic consequence that must be balanced, typically in the form of a life-lesson often hard learned, too often through the heartbreak of rejection and sometimes abandonment. The karmic scale of life seeks a similar means of balance.

A psycho-psychic-spiritual block if ever there was one pertains to the mental images people form in their minds with respect to the kind of person they desire to attract that when narrowed down can be very limiting. The Swiss psychologist, Carl Jung, identified archetypes of the unconscious as being different dynamic forces in the unconscious that the psyche uses to convey internal disturbances, which typically shows up as mental images or strange symbols appearing in the dream or wake state. These archetypes are also the catalyst the psyche uses to bring latent talents, skills and abilities to conscious awareness that were left undeveloped during the process of individuation, typically during childhood. In the case of attracting love, these archetypes are not limited to individuation, maturation and self-actualization, but are mental images of a god or goddess like quality in the so-called “dream man” or “dream woman.” The problem with visualizing specific images is that they block the flow of psychic energy that would otherwise bring the right person most suited for you into your reality, relative to your level of personal and spiritual growth, as being equally yoked is very important in a healthy relationship. Although you may attract someone who closely resembles the outward appearance of your god or goddess mental archetype, you hinder attracting someone who actually possesses the kind of qualities that really counts the most, hence forfeiting the inner nature of a person in favor of outward appearances only. Therefore, if outward appearances are the focus of your attention that is exactly what you will psychically attract, after all, energy goes where attention flows. The risk of focusing on appearances rather than character polarizes the love you really desire in favor of looks only. Thus, when you focus on visualizing only the outward appearance, you risk missing the inner person whose humor, integrity, spirituality, support, compassion and caring, all very important qualities, that when matched with your own of similar or like kind are the very energies that will sustain the relationship through thick and thin. Relationships do not survive on looks alone; they survive on a strong foundation built on real love with a mutual respect for one another as well as a realistic outlook on life.

The fact of the matter is that you do not have to attract love as a conscious effort on your part, but that you can psychically attract unconditional love when you learn how to love unconditionally. Love that is grounded in true spirituality, perfected in states of meditation and moments of quiet contemplation cannot help but psychically attract unconditional love, objectively manifested in your reality and typically at a place or time when you least expect it.

Under these less restricted and less limiting conditions, and in keeping with the Law of Release, is to let go all “ego-aggressive” attempts to attract love by way of conscious effort. The Law of Release, when further extended trusts that a soul whom you are intended to share love with is already being psychically attracted to you and will manifest in the right time and in the right place when you least expect it. You do not need to chase down love because nothing about love needs to be pursued. In fact, the universal laws that govern the spiritual plane no different than they govern the plane of human behavior does not need your help other than to focus your energies on the things you are called to do, things that promote your own inner growth, which incidentally, the universe also responds to in like kind. In the meantime, the universe will psychically set up the necessary synchronicities to bring your desire for love into objective reality, bearing in mind that such psychic attractions are in accordance with the level of your ability to love just as unconditionally; after all like does attract like. This includes online dating services, which is a successful endeavor only when the person you say you are is really who you are, not some idealized image of who you’d like to be or think you are. If you are not who you say you are, it is unlikely that you will keep the love you have attracted and furthermore are very likely to repel that love because the energies are not in alignment.

Attracting real love requires a higher level of knowing how to love, which means being a more loving person, focused more on giving than receiving and less thought about one’s own comfort to the extent of being selfish and self-centered, where only one person’s needs are front and center. Where there is more love given, there is less resistance, hence the “getting” aspect of love tends to take care of itself as the effort psychically attracts that same level of unresisted love in accordance with universal law. As true spirituality is the fundamental building blocks for expressing and receiving unconditional love, without true spirituality, unconditional love is not easily expressed nor is it given without resistance and conditions, thus neither love nor spirituality can be faked. The Law of Reciprocity is a law of mutual exchange fundamentally acting on all levels of societal interaction. Its method of operation as it applies to psychically attracting love is that the more love is unconditionally given, the more that same level of love is reciprocated, fundamentally speaking, it cannot be any other way. The psycho-psychic-spiritual interplay acts in accordance with the principle of attraction and repulsion, reciprocity and manifestation, to name a few. Simply stated, unwholeness cannot attract wholeness but when the attracting and reciprocating energies are relatively equal, the effect is that you psychologically, psychically and spiritually attract wholeness and completeness in the character of the other person because the same quality of character exists in you too. Fundamentally speaking, this is how real love, not conditional love, not neurotic love, is attracted and is kept. It is the dynamics of psycho-psychic-spiritual reciprocal energy exchanges. As real love is universal love and is therefore unconditional, there simply cannot be conditions or unwholeness in a relationship. Unwholeness gives way to conditions which is a recipe for personal disaster and disaster will surely strike when you least expect it and are the least prepared for it.

Another very important psycho-psychic-spiritual aspect of attracting and repelling love has to do with the matter of keeping love. You cannot take love by force, thus you cannot force someone to love you or force someone to stay in the relationship. Psychic cohesion is wrong on every level and is a boundary that must be respected. Thus, you cannot psychically cohere or bind anyone to you nor should you ever take revenge; the karmic retribution is not worth the price you will pay in some way now or later on in life. The bottom line is that you simply cannot force someone to love you. Either love is mutually exchanged or it is not. You cannot manipulate or intimidate someone in order to keep that love, which incidentally is not real love, but is the cry of an underlying neurotic need, the effects of insecurities and probably a host of other psychological disorders that have gone undetected and therefore unidentified and where there is one disorder, there are others, as one typically builds on the other. As these dysfunctions accumulate over time, they dictate your actions and reactions to real or perceived undesirable events in your life, including the loss of love. The antidote to trying to force love, whether by attraction or by holding on to someone for dear life out of fear and insecurities or because you just don't know what else to do, besides being an emotional train wreck, is to release the relationship as well as the person. Releasing both the relationship and the person grants that person the right to clear their own energy field of any negative energy you have projected at them and they have projected at you. Release affords that person an opportunity to come to terms with their own truths when and if they are ready to face them, which incidentally is not your call. Likewise, you also need to focus on clearing your own energy field and come to terms with your own truths given that the relationship did not fall apart without a cause that in some way involved you too. It is likely that given enough time you will discover the causes were multiple and involved the both of you, underlying causes neither of you thought about or knew where there.

Last but of no less importance, is not to run from your truths but to stand strong, be courageous and face whatever truths surface. There is far more to gain than what was lost, considering you might have already lost enough. Given that the purpose of life is spiritual growth and continued evolution, it is imperative that you stand still and take a closer look at yourself in the mirror of life. You may not like what you see staring back at you, in fact you might even fear what you see, but if you keep in mind that whatever is there is not permanent you will fair well. Keep in mind that the image you see looking back is not cast in cement nor is it carved in stone.

Whatever is still hidden from sight, stored in the memory bank of your subconscious mind can be brought to the surface of your conscious awareness. Self-discovery, self-introspection, self-examination and self-analysis are the ways and the means of coming to terms with things not yet identified, thus not yet resolved, most especially the long-lasting effects from environmental conditioning, hence learned character traits and programmed personalities, all of which can be relearned for the better. The effects of any external and internal influences can be altered, changed or eliminated where and when necessary.

Ultimately, attracting and repelling love and even keeping love are life matters that when the dynamics of the psycho-psychic-spiritual interplay of reciprocal energy exchanges are fundamentally understood, can alleviate the difficulties so often encountered in or out of love that all too often is a life changing or life altering experience, and often painfully so. It is our hope that this essay brought the matters of attracting and repelling love to your attention in such a way as to shed light on your own experiences, which we hope you will investigate further.

In the spirit of love and light,

Linda, Z and the Collective We