

True Love's Truths™

Get it!

Peace & Love

Peace in Love...

I doubt in one's daily life, throughout their up and down emotions do they realize how profound the true meaning of these two words, Peace & Love are to their living the happiest life filled with all their desires, especially love, the one that really matters in life. I do, now.

"The search for happiness begins in the mirror," Tina Soriano

TRUE LOVE'S TRUTHS™

Girlfriend to Girlfriend Sharing

It all starts in the search. To give you everything I know Girlfriend and not bore you again with the details of my upbringing you most likely already read in my "About me" on [my website](#), I'd just like to briefly share with you what I finally learned about why I fell for the "Bad Boys" and how it was that my search for love began so wrong. First, because I didn't have love and acceptance from my parents, I'd always been in search of someone to accept me and want to be with me. As children we should receive love in abundance and unconditionally, right. I didn't, so my search began out of a misconstrued feeling of love. I was looking to fill a void in me, immediately. Second, my mother was my only source of love growing up and she hadn't been happy or healthy in her choices and had no real joy or love to give. She was in a severe shortage. Often my sister and I were the caretakers to her sorrows. I believe that's why I became co-dependent in my relationships, only able to feel attracted to someone who I would need to help and try to fix their problems. In choosing my partners, they came along, chemistry was there, they accepted me and so it began and always with the irresponsible, insensitive, drug using type, most probably broken from their childhood. Eventually, as daily drama ensued in these types of relationships, sure I knew I deserved better but I stayed because I loved and hoped they'd change. I thought I was doing the right thing by trying to do my best, be forgiving, understanding, ultimately accepting of less than I deserved but the fact is my choice to love in each of these dysfunctional relationships was merely out of a lack of True Love for myself and again a misconstrued feeling of what I thought love felt like. These partners were never really a choice. They were what felt right, the type of "Love" I was used to. I was living the life of love as I knew it to be, still seeking acceptance. A child shouldn't grow up with such a deficit of love. Unfortunately, as it happens, more often than not, the true example of love isn't shown or far worse some form of abuse has happened leaving the victim feeling unworthy of love and not knowing of a healthy love either. Therefore, we aren't "Whole" when we start off in life in search of love and acceptance, what we think we need to

be happy, but instead very ill equipped, broken and missing pieces to our wholeness, with no road map for this once in lifetime journey, a journey that can cause either great joy and pleasure or pain and sorrow. True Love is the key Girlfriend and is the best over all of what life has to offer, what truly matters in life and it begins with peace. Truth, hindsight, I simply wasn't at peace or content by myself. I thought I was but I didn't know **ALL** that I know now. I say *all* so emphatically because you won't have the best of True Love if you only understand some of what I learned. I thought I was self-loving but I thought it was more of a loving act to stay, be compassionate, understanding and forgiving. True Love, love of self, takes acts of tough love. You could be the one to have to cause yourself pain, heartache, discomfort and loneliness to ultimately have the life you really deserve and desire.

Choices not chance determine your life's fulfillment or lack of Love, well thought out choices!

If you "choose" your partner from a place of inner lack your chance for a lifetime of True Love is slim. True Love's Truths™ can turn a loveless relationship into a blessed life of love. They are the truth about True Love at its best. It's only a matter of when the light comes on for **you**. It took me half a lifetime damn near to completely get how to find and have True Love. It's not easy at times to live out these truths but my joy and purpose is in that you'll find, like I did, they're the answer to your happiest days in love and life.

Girlfriend, I know you desire to find that special someone. You think about it all the time. You envy your friends who seem to have found theirs. You're hopeful each place you go it's possible you'll meet, at last. You feel something's always missing in you, your "better half" so to speak. Sure you're a happy person on the exterior with your friends but you'd be completely happy if you found that someone who's there for you, cares for you, goes to target with you, shares everything with you from simple meals to your heart's deepest desires. You'd finally start your family together and enjoy all the good times and realistically some bad times too, but together, you'd be complete, no longer alone. AHHH...

Beautiful dream indeed! It's all I ever truly wanted.

Now, imagine you didn't yearn every day for this dream come true. Imagine you were completely at peace without this buddy in love.

(THERE'S A GOOD REASON FOR THIS. I'LL GET BACK TO IT LATER.)

Girlfriend, which one are you? You are either the girl who longs for this "True Love," is going through a recent breakup, or isn't truly happy with the Love she's got. I have been all 3 of these girls!

True Love's Truths™ are vital to you in any of those existences. I refer to them as a state of an existence because it can be precisely that, what exists for you and about you more than anything else in your life. Not only are True Love's Truths™ vital to you finding and keeping your romantic love but are also vital and will serve you best in all of your relationships with family, friends and work relationships.

Living out these truths daily are like insurance you take out on you to make sure you are never broken down and wounded at your own hands. And if broken, can get up with minimal downtime and definitely no scars.

Lastly, before I get to the Truths, even though all of this has been true so far, I will intimately share with you the details of how they came about, the details of the loss of my last love, my good guy and why I knew I had to share them with you. I feel that sharing this intimately is the best chance for you to walk away changed, headed toward being forever blessed with a lifetime of love in abundance.

“Most of the problems in life arise because we either act without thinking or we do too much thinking without acting.”

We are all affected by daily unconscious thoughts that can lead to actions and reactions that can be damaging to your spirit and life as well as the life and spirit of the ones you love.

These aren't just reactive thoughts that once the damage is done you can simply say, "Oops! Oh well, I didn't know," and life is all good to go again. I know because of my painful loss. There are underlying, inconceivable, daily

thoughts, feelings and emotions at work here that I hope you don't have to experience their damaging effects in order to understand my message.

If you've read *Girlfriend Please! Snap Out of it! He's Not Worth it!*, you'll have read how I finally snapped out of it and the story of my True Love's beginning, how it was I finally fell for a great guy. I did it! I had chemistry for a "Good guy." No more "Bad Boys" for me. I had my self-love and my true love, at last. Smiles were abundant.

So much inner joy it was painful to my jaw. It was ridiculous!

MY GOOD GUY...He was there for me, cared for me, would do anything for me, a great listener, great to my son, loved my loving on him, affectionate, loyal, honest, wise, friend to all, hardworking, knows how to build things, wasn't lazy or into TV, he liked sports but didn't need to watch them all the time, was helpful in the kitchen, just a really great guy. He truly loved me too.

As hard as it is for me to share my ignorance here, I must, because it IS what is the truth, the painful truth that allowed me to finally see what the real truth is about "True Love" this thing I desired all my life more than anything, what it is, what it isn't and how to have it in abundance at its best.

LOVE
Headline!

How the loss of Girlfriend Tee's True Love was the worst loss in her lifetime and yet became the best thing that could have happened to her!

IMAGINE...You are fast approaching 50, your strongest desire, a true love, you, were the saboteur of its fulfillment.

How could it be? Everything was great until it wasn't. I began to *feel* unhappy. I didn't have this *feeling* of joy with him any longer. My smile turned to discord. I was at a loss to know what to do about why there was no more joy.

Briefly, I'll tell of the beginning of our ending. We opened a Real Estate and Mortgage company together. We worked together almost every day. He was wise, a people person, handled all the major concerns with running an office, bills, hiring agents, etc.

I processed the loans, as the broker handled objections, helped agents with any concerns and made sure we were in compliance in all our transactions. It was truly a joy to get up and go to work each day to see him and be of help to our agents in their success.

Showing him affection and smiles throughout the day was pure joy. He was appreciative of all of my efforts and hard work, verbally expressed it and complimented me daily in my professional attire. We were on top of it! Then the real estate and mortgage industry collapsed and our life as we knew it changed and began to collapse too. Our agents one by one left to pursue other avenues of income. He eventually made the decision to do the same. He had boys in private school. I completely understood, supported his decision but chose to continue on with the office and took on all of its duties.

What soon became the focus of my attention was his lack of participation and no reciprocation to my joyful, playful attempts and sheer happiness to be with him. He wasn't happy in his new job. He came home daily with no joy. He didn't even seem to be happy to be home with me. This was the beginning of the end of us. Lack of joy together didn't equal foreplay. I lost my desire to make love. I really didn't know what was going on with us or how to fix it. I told him it was because he didn't make me laugh. There just weren't any joyous, playful or intimate moments between us like before.

Eventually we both began to *feel* unloved by the other. We still made love but it wasn't enough for our individual needs of intimacy, his being sexual and mine being personal and intimate with quality conversations.

We became more like friends.

We didn't fight but silently, internally, unknowingly we were both so focused on what was wrong rather than what was right and projecting each other's lack onto the other we became victims of our own thoughts. After some joint efforts to try to fix what was wrong, not knowing really what to do we carried on as we did, coexisting without real intimacy and one day, I thought I was being

"courageous" "God Grant me the courage", (from the Serenity prayer), not really thinking at all of the consequences, just desperate, in need of a change in our situation, my life of joy and love, I told him I didn't think we were going to make it, that I thought I wanted us to be over. Although he felt the frustration and lack from his needs and desires not being met by me, those words that day broke his heart and changed my life of love with him forever. He left for the day. I was distraught with his absence. He came back later that night and words were spoken by me about having been only focused on the negative so he stayed but nothing changed between us. In fact, it got worse. He had added what I said and did that fateful day to his list he'd had in his mind of how he'd been unloved so far. I can only imagine because he didn't express his feelings. Until one day almost a year later when he said he was leaving. He said he never got over being hurt that day and felt hatred towards me. He said he needed to find his joy. He left! I knew he was lacking inner joy that had nothing to do with me, I still loved him and was hopeful he'd come back. Once I realized he probably wasn't coming back, not so long after he left, I was devastated! I cried so many tears for so many days and nights, especially when I realized what God so strategically showed me about Peace and Love and both of our actions or lack of action I should say.

What I learned took me down much further before I was finally uplifted. It seemed so simple and I felt so foolish. He showed me that I was the one who did this to me that I was the person standing in my way of my number one desire all these years.

My lifelong desire was sabotaged by ME!

It was so painful to realize that I didn't have a clue about True Love, this thing I searched for my whole life. It took a while but I finally came to realize that his leaving was the best thing for us both. It wasn't easy to accept. I felt like I lost my soul, a limb, a gaping hole was in my heart. How could I go on without this beautiful person who filled the last 11 years of my life? If nothing else we were always friends, there for each other and rarely ever argued. I was devastated, lost, in a state of detrimental despair. I was almost 50, alone and uncertain of many things. Number one, how the hell did I end up here. I was a good person, faithful, honest; a good cook, hard worker and would do anything for

him. I loved and supported him as best I could with what I knew. Once again my mind became my worst enemy. I couldn't understand what happened at first, exactly why we were apart. I had been praying almost every day for the past 2 years for God to restore us to the joy we felt when we first got together. Unfortunately, what God had in store for us both, the journey had to be taken separately.

As I became more and more aware of not only the causes of this relationship's demise but also how it was that I got started down the wrong path all those years ago, (shared above) there became no doubt in my mind as to why and how I ended up here. Tears of joy and gratitude to God replaced the tears and emotions of despair (for a while.) I knew God had spoken very clearly to me. He spoke to me about Peace and Love. Hey that's my topic! He showed me how Peace and Love truly held all the answers!

My message prior to this new found revelation was always about Peace in Love. My Facebook fan page post's signature is always Peace in Love, XO Tee, which meant *Peace*, as in no drama in love and *Love* as in a romantic relationship. Hence my book, "Girlfriend Please! Snap Out of it! He's not worth it!" Although this revelation being very profound, undeniably from God and life changing, I wish I could say it stopped the bleeding so to speak, but unfortunately I still had many more days and nights of tears, sadness and healing to do before I could really accept losing my best friend and love of 11 years and to walk the talk herewith. I remember the grief and despair all too well. It's precisely my why for sharing so intimately and truthfully with you. As women we are more prone to value ourselves when we have a love to share our life with whereas men tend to value their selves by their career status. I know I'm not the only woman to live a life of lack when it wasn't intended. My passion is that you have many passionate and joy filled days and nights of love at its best. I hope you find your soul mate who you'll each be uplifting of the other's desires and that this will come to you sooner rather than later. The following is what God revealed to me about my life's search for love. They are True Love's Truths.™

Peace

The first thing He showed me was that True Love is to first be at peace within oneself daily. THAT is the greatest act of self-love!

Earlier above in my story I stated the following,

“Imagine you didn’t yearn every day for this dream come true. Imagine you were completely at peace without this buddy in love.”

Girlfriend, this is the Truth about Self Love.

If I had ever really had self-love I would have been at peace daily, leaving **anything** my heart desired not yet here in God’s hands and covered! Therefore my only job was to step out daily in faith, doing my part to achieve as much and more towards the fulfillment of my dreams, all the while being genuinely happy, truly loving to self and others and grateful for all I already had, the things that really mattered in life, all of which creates a beautiful shiny me. That’s self-fulfillment real self-love. No need to yearn, Girlfriend just pray and step out in faith, take that action. That’s true faith in God in action. It **is** daily contentment. It **is** where the Peace in Love comes from. No fear, no yearning, no jealousy, no anger, no negativity and no worrying. Just PEACE within! Daily and nightly gratitude for every small thing in your life, excited that each new moment is another opportunity to love, be loved and feel joy, that **is** peace at its best.

Ah Hah! So this is why one should keep a gratitude journal. Morning and nightly reminders of the day’s simple moments of gratitude keep you grounded to what that truly matters. You can’t have your heart’s desires if you aren’t at peace within. You aren’t at peace within if you’re yearning or feeling lack. AND no one can make you happy.

Let me be the first to tell you it’s so difficult to stay in this state of being due to so many factors about our lives before we even begin our search that have caused us to react and act from a place of lack. I can see how and why this

happened to me. It isn't easy to be this beautiful light all the time. You have to get out there and "shine" even when your thoughts begin to pull you down. You have to be tough on yourself to stay out of the past of regrets, the future of wants and the often trying times of the present. But you must because they don't equal Peace in your heart which ignites the light that is the beauty of you. That light is the key to your all! Some might say that to go to all those places, the dark places of negative emotions, is counter active to the law of attraction. I believe it's true too. Notice, it's God's law too. I choose God's divine purpose to love and be loved as being the best state of being. I see it all now only because I have lost what it was I truly wanted for a lifetime yearning for something that I should have already had within. It took a while for me to forgive myself for being so ignorant to the causes and my lack of mindfulness of self and True Love. Ultimately, I knew I was a good person and understood how I arrived here. I lovingly forgave myself.

Get it!
Love
D O D A V E

The next thing He taught me was about love. Remember above I stated I didn't even know what *IT* really was, that my search was misguided by my own lack of love? For too many it's this way. This lack from our parents turns into an even greater deficit due to our self-indulgent, impatient egos that get hurt daily by pride, jealousy, anger, insecurities, self-ridicule, lack of self-acceptance as well as the acceptance of hurtful actions toward us by others. Really! All of this nonsense going on while we are trying to fulfill desires we want or feel we need in order to finally and continually be happy. I've heard it said that "The ego is edging God out." Notice that all of those are emotions, thoughts and feelings that will rob your spirit of peace, contentment, joy and yes love, true love of self and others. (And the light goes out!) We are also constantly judging, if not ourselves we're judging others. Usually what we are judging others for is the very thing we are guilty of in our own persona. He was judging me for not being loving enough, sexually (his love language) which in turn he wasn't

showing his love to me like he used, (quality time and words of affirmation, my love language.)

I was judging him for not being happy but truth be told I wasn't at peace within with regards to who I was in so many other ways. I wasn't fulfilling my fitness goals, as well as other desires. I was lacking what I thought was joy from him but know this, joy comes from within. This lack took my focus off of love, love of self and him. I was stagnant in my growth of self-fulfillment and we were stagnant in the growth of our love. We didn't know how simple it could have been. We stopped looking for ways to love and appreciate each other, forgot about the beautiful qualities that were still there, our initial attractions to each other and became self-absorbed, leading to an ego induced *feeling* of lack.

I had a beautiful man who had so many wonderful qualities who loved me deeply as I did him. My job as a partner was to stay focused on what I already had. Him too! We both should have stayed loving unconditionally of the other, had faith in God for what we still desired and continued to grow as more beautiful self-fulfilled people uplifting of the other. We were both focused on what we wanted and weren't getting. Our thoughts brought us down and out of each other's intimate lives.

Another Truth about love God taught me is the feeling of love.

Love...The feeling

When we are the proud, excited, joy filled recipient of new love we "*feel*" so many emotions all great emotions. We *feel* happy inside, we *feel* excited, we *feel* special, we *feel* cherished, desired, and beautiful, at peace, at last, call off the search. Be careful Girlfriend, this *feeling* will blindside you when it wears off. I stopped "*feeling*" loved by him eventually. I was still looking for love, love the feeling I was used to, what I thought was love. But in reality I was still loved very much so, as was my guy still loved by me. What I learned and can see in others, friends and family and can attest to its truth, is everyone has a love language. A language when "spoken" to them by their partner makes them feel good, feel loved. It comes from your upbringing, it's real and you should know yours and your partners. You should realize if your potential partner can or is willing to speak yours after the newness of your love wears off. There are 5, Quality time,

Words of Affirmation, Gifts, Acts of Service and Personal touch. Mine are, first, quality time then words of affirmation. His are, first, personal touch then acts of service. Once he left the office the quality time and words of affirmation were gone. Without these love affirming actions from him and no playfulness or joy I eventually lost interest in lovemaking as frequent as we used to because I didn't *feel loved* anymore. Sure I knew he loved me but it seemed the chemistry was gone. These love languages are natural they come from your upbringing but they can also be deceiving to you and make you selfishly and foolishly forget what you already have in front of you. Even though we both still loved and appreciated each other neither of us felt it because our love languages weren't being spoken to each other any longer. These love languages while real aren't known or understood by many. Someone can love you but not speak your language and therefore you end up feeling unloved. I know for a fact this is what happened to us. The newness always wears off in a relationship. In the beginning all languages are being spoken or at least enough to get you to monogamy, the bedroom and hearts involved. But receiving the gift of experiencing all of these languages spoken to you throughout your relationship is truly a gift to be grateful for, not expectant of. Don't discount the love you have and never stop trying to give it. Love as the receiver is great but isn't it better to have someone to give your love to? The one who gives love unconditionally is the one who is truly blessed and will receive it back in abundance. I would recommend you and your partner make conscious efforts to practice all 5 love languages as much as possible. That would be True Love in full bloom.

Unconditional Love...True love

The kind of love that should always be at the forefront of our minds is unconditional love. Love as the giver to all. It starts with you. If you aren't at peace with yourself about the things you want and don't have yet, things you did and can't forgive yourself for, things others did to you that you haven't forgiven them for, are judging yourself for not looking or being a certain way or judging others for anything, mistakes made, laziness, sloppiness, unfriendly, too short, too loud, too quiet, etc., then you aren't loving either yourself or them unconditionally and you aren't at peace with yourself.

I swear to you Girlfriend He, God showed me that I **didn't** have self-love, peace or inner contentment. He showed me that to have real joy and love in one's life is to love unconditionally. You can't have joy without unconditional love, starting with yourself. Both of us stopped loving each other unconditionally. If we had not lost sight of all that we already had, had not become discontent and ungrateful, had been at peace, truly joy filled and loved as best we could unconditionally, knowing God would fulfill our desires, I believe to this day, I would have my True Love at its best. This all being hindsight of course but it's my truth going forward in life. Knowing emphatically all these truths now, I'd have tried harder to bring a smile to his face, had faith in God to feel my partner's love in reciprocation, set up specific quality times for us and focused on doing more things in life that grew me as a person, things that I could be proud of, that fulfilled me without looking for him to. That's the girl in me who wishes for the fairytale lasting over all else. Ending a relationship is very difficult and painful but sadly people fall in love not knowing these truths about life, love, themselves or their chosen one and because of that the ending almost always becomes inevitable or worse a life lived out less than deserved and desired. To love you, as well as love others boldly and properly, is to take actions that aren't easy at times. In fact, a very tough action could have been for me to walk away for his sake and mine if it turned out I wasn't being true to me or him by staying in a relationship together where we just weren't compatible enough to be the best for each other. Very possible! Maybe that was the case for me and my good guy. Unfathomable! How could I leave my good guy? I couldn't leave my bad boys! (I'm just saying...) Yes, it's a fact that change is a necessary part of beautiful growth in life but to lose someone you love shouldn't be the change in order to grow. So you, Girlfriend, being blessed to have this knowledge beforehand my hope is that you don't have to lose your love, break your own heart or someone else's because you'll have chosen out of a real, True, healthy love not out of any lack of love within.

I still see him in all of his beautiful qualities. Regardless of our unhappy ending the lessons are all my Truth. My life of love I experienced with him I'm grateful for as well as the lessons. Going forward I'm confident I will forever be blessed. I'm at peace, loved and I love abundantly to all I can. Radiating joy and love is my daily goal. I'm always working on being the person I desire to have in my life. Even though I'm confident going forward that I'll enjoy the best romantic

love, I am truly at peace by myself. The True Love I exude and receive is gratifying. In fact, I'm rather excited to see how much my self-loving actions are capable of accomplishing.

Why is it so hard to truly love yourself?

It isn't your fault. It's damn difficult. You need to perform tough love on yourself daily, even moment by moment at times. Girlfriend, without Faith there is no Peace, without Peace there is no True Love, without True Love there is no Joy.

No Faith

No Peace

No Love!

No Joy

LOVE

MY FINAL TRUTH

Faith

The key to your happiest days start with great Faith. Faith that your desires will be fulfilled by you stepping out daily in action with God's Grace and Favor in tow. Having this faith as your power leaves nothing to yearn for because you know through your faith it's in the works. This calmness of knowing is true peace and contentment. Being able to remain at peace with all simply as it is, having

an "All is well" mentality IS the greatest act of self-love, even when things don't appear to be working for your good. In the face of your emotions keep them under control because your faith tells you, ALL **IS** well. Look at those moments as beautiful moments to shine! Give back to God with your Faith in Him. When you are shining is when you are seen by others. God allowed my heart to be broken yet another time but I believe it was to spare yours and also so my truest days of love and joy could come. I was stagnant in my life not only in love but also as far as in all I can be. I had been praying for years for our joy to be restored and instead after telling my friend that if God didn't want me to be with him it was going to have to come from him, my ex, only 2 weeks later, he left. I could've been angry with God, but **instead** I had faith in His plan. (I must admit, it took a bit! I couldn't understand how now knowing all this and after 11 years we shouldn't be.) When He revealed all of this to me that I share here with you, my tears of pain, in that exact moment, turned to tears of joy and then laughter. This was His gift to me! I knew all this had to happen in this exact way and if we were still meant to be He could cause us to be more beautifully than before. Believe me I'd prayed for us to be together again over and over and over, especially having had all of these truths intact but I accepted God's plan for me because I knew it would be great. But until the full reveal and complete acceptance there were a couple of times I truly thought I had no life left to live. I was under attack! My thoughts of self were that of humility, remorse, stupidity, shame, regret, fear, loss, loneliness and so much lack. I wondered how it was that I had missed the mark on this one, my one true desire, so greatly! I was intelligent, caring, loving, vivacious, semi-fearless and childlike in envisioning and going for fulfillment of my dreams. I was in a dark place. But God and my Faith pulled me up from such a sad despondent place and now my Faith in God has me stepping up on this mission.

What a beautiful gift to share all about LOVE!

I could have never gotten this entire message to share without being at the depths of despair seeking out answers to all my life's pain in love. He's worked in me so strategically and beautifully! But Girlfriend, this Faith isn't your personal magic lamp of all materialistic desires fulfilled, it IS the key to your life and heart's ultimate fulfillment. We all have wants and desires in this lifetime but love is what really matters in life. Love will cause you to have all of your desires that matter. Faith in God and Peace/inner contentment will cause you to stay

in a place of being able to Love unconditionally. Always remember to have gratitude for each small miracle in your life, the things of your heart. I see God's miracles being done in my life often and I'm amazed. In writing this I became aware of how I came to have enough money to live without working very much at all for 3 months that came about just as he left. I was able to be absorbed in prayer, books and inside my self so very much to heal and learn all of this to share. This is His plan for me! Another time while in prayer for direction in my life, while going through this change and pain, I was reminded at how deeply I had desired to do so much in my life yet this love I was searching for outside myself and in a relationship had hindered me greatly. Wow! I now not only get to help women get out of their own way and find their romantic love but assuredly they will become and have all they truly desire. I was overcome by Tears, tears all of a sudden streaming down my face, but tears of JOY. This sudden joyful, tearful state is my way of knowing when He is speaking to me clearly. Same joyful, tearful emotions when I learned all these truths about Peace and Love.

Girlfriend, I realize right now you might be in an unhealthy relationship, one that's drama filled or even life threatening but know that to give your love to others unconditionally at the detriment of your own joy or safety is not my message. Love of self, unconditionally, is a healthy, happy, joyful love. If you aren't able to love someone unconditionally or are in harm's way, love yourself enough to remove yourself from that relationship as soon as possible. Love of self is difficult, many, many, times but necessary, I know! Remember, a healthy love of self, shared with others brings more love and all True Love leads to an abundance of joy. But it all begins with Faith. Loving yourself into the best life isn't common today. Life is too busy, filled with friends, family, TV, kids, Facebook, Instagram and so forth, point is, love yourself, keep yourself in tune to the best you, which begins with thinking of you. If you just get up and go go go day after day and continue to roll with the punches as they come, not taking time to think about your actions, or lack of actions that will best serve you for a lifetime, always believing there's still time, you could awaken one day realizing, wishing, you had loved yourself enough, had the courage to do the things you desired and had simply taken time to do some disciplined actions all to be true to you. Don't wait, don't regret, do it today, every day. Be the best you, the woman who not only you love unconditionally but others will too. It

takes tough love on you! At least promise yourself, if nothing else, to take time to think, pay attention to your thoughts, listen to others as though they are telling you the best secret as that is a beautiful act of love and ALWAYS come from a place of love of self and others. These are the truths to your best life of love. When you love yourself and love others as yourself and just be happy, content, at peace, don't judge others or yourself you will shine as the brightest star in the sky, seen by all as beautiful, attractive and **that** will bring you candidates to CHOOSE from to become a part of your already fulfilled beautiful life. Choose someone who can speak your love language, who you can love unconditionally for life and remember to speak all of them as much as possible to your partner because this is your dream, Girlfriend, to love and be loved, so do it daily! But always remember that to give love is better than to receive it. Starting with, giving it to you. The sooner you realize and accept that love truly is a free gift and at its best takes work, the sooner you'll experience daily joy. It doesn't matter whether you were born with abundance or a lack from your parents. I believe God brought you into this world and has a plan for you. He knows the desires of your heart. Allow Him to lovingly guide you there. It's all up to you now as to how abundant each day of love will be.

Girlfriend, in closing, I'll say it again. I am filled with the hope that my pain and lack is your gain, that this God given wisdom of mine and its method of delivery will lead you to not only an abundance of love in your romantic life but also a life lived out with all of your passions and dreams fulfilled now that you aren't having to focus on your lack of love. A happy, content woman filled with love is an unstoppable, beautiful, attractive light. Go be that Girlfriend! Go Shine! Your True Love is waiting on you. What are you waiting on?

Peace in Love, XO Tee

The Five Love Languages is by Gary Chapman