

HOW TO TRANSFORM  
YOUR LOVE LIFE



GET *Love*™

KIMBERLEY HEART

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## CHAPTER ONE

# In the Beginning

WE BOTH set out to love.

To love takes immense courage. Sometimes you have to leave behind all you know, and all that you believe in order to find yourself, and then to find love. I wasn't always courageous, nor was he. Yet, we both jumped in heart first. As with so many modern love stories, ours began through an introduction online:

*Jeff: Kimberley ru interested in meeting a man?*

*Kimberley: Yes, why?*

*Jeff: Because I might have a ringer 4u.*

Everything I'm about to share with you is true. The "love letters" were written, the intricate dance of romance unfolded, and lives were changed forever. That's how it began, our mad dash into love and the fires of truth.

And, in the proper fashion of a culture where men are expected to make the first move—he jumped.

SUBJECT: ***That Bloody Australian!***

Hi Kimberley :-)

My name is Adam! I'm not sure what you were told about me, but I'm Australian and currently travelling through South and North America, Canada, Nepal and a bit of Thailand. I've been travelling for about 8 months now...I've met some wonderful people and had some great experiences...I carry a positive attitude everywhere I go (I'm a bit of an extrovert!). I'm also a very straightforward and genuine person.

I am having an amazing experience...such choice and opportunity...I could never have thought that life could be so fantastic! I'm growing in my heart and really know where I am (not literally...lol) but emotionally. I am really comfortable in my own skin...having done a lot of exploration with my heart and soul...I would describe myself as spiritual rather than religious...I'm not into organized religion ...but everyone has their own path...I'm interested in knowing more about metaphysics; asking some simple questions can lead to a life of profound change. Anyway...that's probably a bit deep...but I'm sure you won't mind my "prattle"...:-)

I guess you might want to know what I did before leaving Australia. In short, I was a senior policy analyst working in public policy areas such as national security, counter-terrorism, disaster management, and a host of strategic issues...but this is indeed in the past, as I don't seem to fit that life anymore.

I'd love to hear from you...if you would like...I'm currently hiking parts of Glacier and Jasper National Parks...this is fantastic country!!! Not seen any bears yet...so my strategy for not being eaten...is working!

Adam :)

*PS. Thank you for the photo, which was sent on to me...you seem lovely...and very pretty :-)...that's a bit flirty!!!...but in my defense it's true! :-)*

When I received Adam's first email I was delighted. Okay, I was really knock-my-socks-off impressed. He had taken the time to write more than just a few words; in fact, his words demonstrated that he was willing to challenge himself and his life on an emotional and spiritual level. He was a world traveler, and an adventurer. Most importantly he appeared happy with himself. I needed to know that fact more than anything else: that he was happy with himself. As I sat down to respond to him, I made an important decision: to be as open, authentic, and vulnerable as I knew how to be. I wasn't going to play it safe. His first email opened a door within me, a door that allowed the miracles to flow.

**SUBJECT: *To the Australian Who Intrigues Me***

*Dear Adam,*

*I am delighted to get your email, thank you for the time, the considered thoughts, the sharing...well, just thanks. I'll return the favor so here is my first missive to you:*

*I live on the beach, so as I write to you I will share the ocean breeze and the wave-filled silence with you.*

*I feel the sincerity of your note and I send my excitement of the possibilities back to you.*

*I like the idea of writing letters (sans the snail mail and embrace the email).*

*I'll start by sharing some of the beauty and mystery going on in my life. Between the lines you will find me, my beliefs, my hopes, my strengths, and my weaknesses.*

*For the last two years, most of my work has been on myself. I wanted to do more with my life and found that in corporate work I had to camouflage parts of me. I wonder how much of that was true for you in your old life?*

*I am more than a little intuitive and could get away with it because we all have business “hunches.” After a while, the “guys” would just look at me and do what I suggested. Doing so saved them money and often helped them through troubled waters. Also in business there are “rules”; not as many for me (as a consultant) as for others, but rules just the same. It was my job to tell the “big boss” the truth about himself and his company. That part was easy: those things, as you well know, are obvious to anyone with the eyes to see and the heart to hear. The hard part is getting the big boss to do the internal work it takes to really change. I believe that nothing changes until you do. Sometimes the head person (usually a man, but sometimes a woman) has the courage to risk real change, and sometimes not. It hurts me to watch companies go down because the head person would not change.*

*So, about two years ago, after a string of really big successes and enough money in the bank to be safe, I stopped looking for corporate work. Instead I looked into myself to try and determine what was next for me. What did I really want to do now? To determine that, I needed to look deeper into who I wanted to “be” now.*

*I have been involved in self-growth work for a long time. It is my first and primary commitment every year. Opportunities to grow are the first things that go on my calendar.*

*I am really emotional, and psychologically healthy, and have a strong spirituality that works for me. I am glad that is true for both of us. And now the proverbial “but”—with as much as I*

*had, I wanted more from life. I wanted a deeper connection with myself. I don't think I knew that when I started this journey, but I know it now. So for two years, working with two mentors, I have been exploring avenues of myself and also my own human capacity, something most don't explore. Anyone can, but most just aren't interested in doing that work, or pursuing the goal it promises.*

*For me, the goal was the increased freedom that only comes with more responsibility, more joy, more ways to be loving, and increased abundance on every level. The hardest work was intimacy, i.e. being open, tender, vulnerable, knowing, caring, and loving—with myself. In essence, falling in love with myself.*

*Sounds strange as I write it, but isn't that what self-love is when you seek it consciously, falling deeply in love with yourself? Sure, it means healing the dark, ugly, resistance and hurt, i.e. the shadow self. It meant (and means) for me, forgiving myself for the dark shadow. And here is the kicker: forgiving myself for fearing the light shadow. We all have dark stuff and most of us, who are healthy, know our failings and our weaknesses. We have practice, often a lifetime of practice, of falling down, stumbling over, and sadly trying to hide from, those parts of us. If we are healthy, we have healed much of our dark shadow. And even when old stuff (patterns of behavior) pops up again, we have the skills to elegantly walk through the process of healing more and more of ourselves. But the light shadow: our magnificence, our grace, our magic, our majesty—those are the things we fear the most.*

*How much can I love? How much can I see, feel, touch, and create with pure will and choice? How high can I fly? These are things that send the bravest of us into hiding. I don't want a life of hiding, I want a life where I risk the greatness within me, and encourage the greatness in you. I want "more of life" and I do*

*not believe we have even begun to touch the greatness each of us is capable of.*

*So, for me the foundation of greatness, majesty, and magnificence is self-love. Funny that two little words should hold such power.*

*The product of my self-love is that now I spend most of my time exploring how I can be more loving. There isn't a hole in me that I want to fill with achievements, other people's approval, the love of a good man, or friends who think I am indispensable. No, now I want to love more. It is not that I don't want the others, I do, it is just that I now have something inside of me that makes me smile just because I am alive. The ineffable does not have words, but I hope you can feel the resonance of what I am trying to say.*

*I so appreciated you jumping in and sharing. Tell me more. Not just of your journey, which I truly want to hear about, but of the deeper you. You said, "I'm growing in my heart and really know where I am (not literally...lol), but emotionally. I am really comfortable in my own skin...having done a lot of exploration with my heart and soul..."*

*Please tell me more. What have you learned about your heart, your feelings? What is making life so extra-ordinary? Soul work can change us forever. What has changed in you as you discovered a new skin after having shed the old?*

*I know it is customary to spend time bantering back and forth, saying nothing of real significance. I am so very pleased and impressed that you skipped that part. Thank you...sincerely ...thank you.*

*I love your picture, your smile, your happiness. If I could just learn to teleport I would sit by the fire with you tonight and look at the stars and listen as you told me of your adventures. BTW,*



*flirt away, that is so much fun. Let's honor each other by speaking the truth and let's have fun getting to know each other. If nothing ever comes of this, then we had the courage to share our true selves and that in my mind is always a treasured thing.*

*Smiling into your eyes,*

*Kimberley*

When I wrote those words I meant every syllable. I worked for hours on this email so I could honestly share from the very beginning who I was. I was willing to risk being seen in all my power and in all of my fragilities. What I didn't know then was how much I would learn in a very few days. I didn't know how fast I would fall into love, or how deeply Adam would touch me. I didn't know that some of the words I had written in my first missive to Adam would turn out to be untrue. I didn't know. But then, the lessons to come would be well worth the ignorance that preceded them.

Adam answered me within hours. I remember seeing his email in my in box and catching my breath. I thought, "So fast!" He wasn't holding back either.

**SUBJECT: *The San Franciscan Who has Caught My Eye!***

*Hi Kimberley :-)*

*Wow!!! What a wonderful way to greet the day! I woke to read your beautiful email and have reread it now a couple of times, and decided to wait so that I can let the words rest with me a while...I have been restraining myself from writing back immediately, but can no longer wait...it's like watching ice cream melt! I'm compelled to write to you! Talk about intriguing! You've got nothing on me baby!! You have intrigued me, more than you know.*

*I haven't shared this with anyone, but two days ago I hiked to Lake Agnes, about six kilometers above Lake Louise, late in the*

evening, to sit at the far end of that beautiful lake. I have a habit of having epiphanies, and “a-ha” moments whilst embracing nature... (The odd act of tree hugging also happens :-)...but don't tell anybody). I usually think best when sitting/walking in the rain (love the moody stuff). I love it when the rain hits my face... I feel connected to the space around me... both physically and emotionally... It truly is an amazing feeling and it's at these times when I connect to my heart... like you described, I'm happy... crazy-happy at being alive! No one there, just me.

Anyway, I too have been searching my heart for insights into what true love is, and like you, I now understand that it is right there in ourselves! And I once again come back to my knowing that the song “Do the Hokey-Pokey” is in fact a LIE! Putting your right foot in is NOT what its all about!! Lol... love and love of the Self is where it's at!

Seriously though... after all, as I am connected to everyone and everything, my “self-love” is really a deep love of the universe and everything in it, including my connection to everything... Unity! I read it in so many of the books I've read over the past couple of years, but only now has it resonated at this deeper level... I'm not denying that my heart is so full of love, and that I want so much to share it with a beautiful feminine heart, because I do... and to deny that is to deny I'm human. And there is nothing quite so beautiful as a feminine heart.

What I thought was love, is not what it turns out to be! There... how's THAT for deep! I had this realization when I was at Lake Agnes and I sort of felt a huge release (almost felt like a cog had shifted gears in me) and smiled at myself because the answer I have been seeking for the last two years had only been obscured by my own belief systems, worn like a coat from my childhood! So I guess what I'm trying to say is, I completely understand where you are coming from, and yes... I deeply

*resonated with your words and I guess you can tell I am excited by them and the feelings they convey.*

*The “Soul work” you talk of is definitely what I have been connecting with and I’m very much a changed man from the one with expensive suits, cars, investment properties and a stressful occupation...I jumped off that hamster wheel and now I’ve have embraced happiness! Which is totally awesome!*

*I would love to meet you too because I’m sure we have a connection...just not sure what it is yet...and like you mentioned, even if this connection is not of the heart, we will have passed this way for a reason...I guess you can tell that I don’t believe in mistakes, only meaningful experiences...we learn from everything. We live in a synchronous world...and thank God!*

*Hey, whilst I can go deep in my heart space, I can also be fun, with a kooky sense of humor! I can tell you a bit more about me...I love most music...tried opera...and can’t get that...sorry ...tried...but everything else, is good...but my favorites are acoustic, singer/songwriters, and “alternative” (i.e. not mainstream), I love all food...love the taste, texture, and magnificence of food...I love to eat slowly...with company...I recharge with other people. I don’t smoke and only drink an occasional red wine...lately loving Argentinean Malbecs...I also don’t gamble and don’t take prescription or non-prescription drugs...preferring natural therapies...I love organic anything, and food made with love...I love to hug...I’m a big hugger! And very tactile...arghhh such a revealing man...I’ll lose my intrigue...and you won’t want to write to me anymore!*

*Haha...well, I have to leave this little Hostel in Golden and head up towards Jasper...I’ll get some hikes in...not sure about internet connectivity in bear-country...so if I’m offline for a while...I’ll apologize in advance :-)*

*I'll sign off now, and get myself organized...I hope you have a great day and I will send you love and light. :-)*

*Adam*

When I read Adam's missive over again, the following words stopped me cold: "the last two years had only been obscured by my own belief systems, worn like a coat from my childhood!"

They stopped me in my tracks because they revealed a profound truth. I have spent the last fifteen years teaching people how to change their beliefs so they can have anything they want in their lives. We create our lives based on how our subconscious mind is hot-wired. The wiring comes in the form of beliefs. I recognized the truth in his words because I lived that truth and studied it. I know that most of our beliefs are formed in childhood. And there it was, all I had learned from literally hundreds of hours of study and thousands of hours teaching in one sentence.

Could Adam really understand the function of the subconscious mind, where beliefs are stored and then played out in our lives? Had I created a man who took responsibility for his own growth? Had I created one who understood himself so well?

I read and reread his email trying to ferret out every nuance of who he might be. I tried, as I had asked him to do, to read between the lines. Was this man real? Think about it. I reread his first two missives. What would you have felt or done if a man or woman wrote those words to you?

What would you do if a potential mate wrote to you with the candor of my first missive to Adam? Most of us say we want love, but, when it is offered as a possibility we all "wear the coats of childhood" and respond in whatever way that demands.

This book is a true love story. A love story that changed and changed again as we challenged our beliefs about love, men, women, trust, and relationships. We had to navigate our thoughts and our doubts about feeling good enough to be loved. We had to

climb the steep mountains and jump ravines based on our enduring beliefs about love, and most of all, our beliefs about ourselves.

This book holds the secret to permanent change. We can change anything we want to change in our lives, by learning how to change our beliefs. The first secret is that we must be willing to change. Many of us say we do, but we really do not. Adam and I both had to face profound and permanent change. We had to answer the question for ourselves as individuals, and as lovers: were we willing to change? Was love a big enough reward to risk change?