



*(Adapted for SusanJeffers.com monthly newsletter.
Based on the writings of Susan Jeffers, PhD.)*

SEEK A HIGHER LOVE THROUGH APPRECIATION AND INSPIRATION

February is here again and stores are filled with aisles of red heart merchandise...candy, cards, plush toys...you name it! Jewelry and car commercials would like to make us believe that Valentine's Day is THE special day for proclaiming our love and appreciating our mates by showering them with expensive gifts.

Sure, it is a good day to do that, but so is every other day of the year. And the gifts we give to them don't even have to be expensive. There is no one day better than another for telling and showing our mates how much we care for and appreciate them. If you wait for only one or two days a year...Valentine's Day and a birthday...you are missing out on some of the best parts of being a loving mate. Making time each day to show gratitude to our partners is the path to a fuller, richer relationship.

This is what Susan called practicing love in its highest sense, creating a Higher Love:

**EVERY DAY NEEDS TO BE A SPECIAL DAY
FOR LOVING AND HONORING OUR MATES**

But what is a Higher Love? How can we work to achieve it?

A Higher Love is a love that is filled with gratitude and support for our partners. It is about appreciation and inspiration and communicating both to our mate.

A Higher Love is about deep appreciation.

One of the most precious gifts we can give to our mate is to let them know how grateful we are to have them in our lives. Expressing our gratitude, showing them appreciation is a powerful way to communicate our feelings. Making sure our partners know that we recognize all that they do for us is an important tool for working towards a higher place in our lives. By constantly acknowledging the beauty of our partner's presence in our lives, we are telling them...

**YOU CONTRIBUTE SO MUCH TO MY LIFE.
YOU ARE A BEAUTIFUL PERSON.
I LEARN FROM YOU.**

I FEEL SUPPORTED BY YOU.
I FEEL BLESSED BY THE WAY YOU LOVE ME.

We also need to express our thanks for the gifts we are given...and if we are conscious, we will notice that the gifts are many. As we express our appreciation to our mate, we feel the abundance in our relationship instead of feeling any sense of lack. You are enriched...and so is your mate. Thank them often and sincerely.

A Higher Love is about inspiration.

Often times, we get lost in the day-to-day routine and forget to schedule in working on our most precious relationships. You write on your 'to-do' list "remember to work out," but do you also make a note to remember to show your mate how much you are inspired and wish to be inspired by them? Providing support and encouragement is a wonderful way to express our love and bring our relationships to the level of a higher love.

Inspiration could mean a number of different things to different people. However, in Susan's teachings it means the following...

- First and foremost we are his/her friend...and we treat him/her accordingly.
- As guardian over another person's feelings, we lift him/her up spiritually when his/her own belief in himself/herself falters.
- When our loved one doubts his/her beauty, we remind him/her how beautiful he/she is.
- We encourage him/her to stretch and grow even if we fear he/she will "grow" away from us.
- We stretch and grow ourselves in order that we become a support instead of a burden.
- We applaud when he/she is succeeding. We don't begrudge him/her success...despite how unsuccessful we may be feeling at the moment.
- We applaud when he/she isn't succeeding...and we let him/her know that "It's all happening perfectly," and that we are behind him/her.
- Our support is reciprocal. "I depend on you sometimes and you depend on me sometimes."
- We don't buy into dependency, but encourage him/her to stand on his/her own two feet. Sometimes this requires tough love!
- As we cease being the victim in our own lives, we encourage him/her to cease being a victim in his/hers as well.
- It means we protect the wounded child within him/her instead of making it bleed more than it is already bleeding.

- We don't seek happiness from him/her, but for him/her.

The beauty of it all is that as we offer inspiration to our beloved, we also inspire ourselves. Conversely, when we drag our mate down, we drag ourselves down as well. If we work to create a higher state of being... a higher love...we can't help but bring our loved ones with us.

Inspiration and appreciation: These are two of the many important ingredients for a Higher Love. Yet, we shouldn't wait until Valentine's Day to begin to appreciate and inspire our partners. While a romantic dinner and flowers and presents are all nice and a lovely way to show appreciation, there is no need to make a big extravaganza of it. Begin small with words of love and encouragement...every day. Beginning small is just as important as a big show and sometimes can even be more meaningful. Every little thing you do to make your mate feel loved and supported will set you on the path to a Higher Love.

And today is the best day to start focusing on moving ourselves up into the arena of a Higher Love...an aware love...an adult love...a love that allows us to feel good about ourselves and the ones we love. A love that will stay with us on all the journeys that life takes us.

WISHING YOU ALL THE BEST ON YOUR JOURNEY TO A HIGHER LOVE