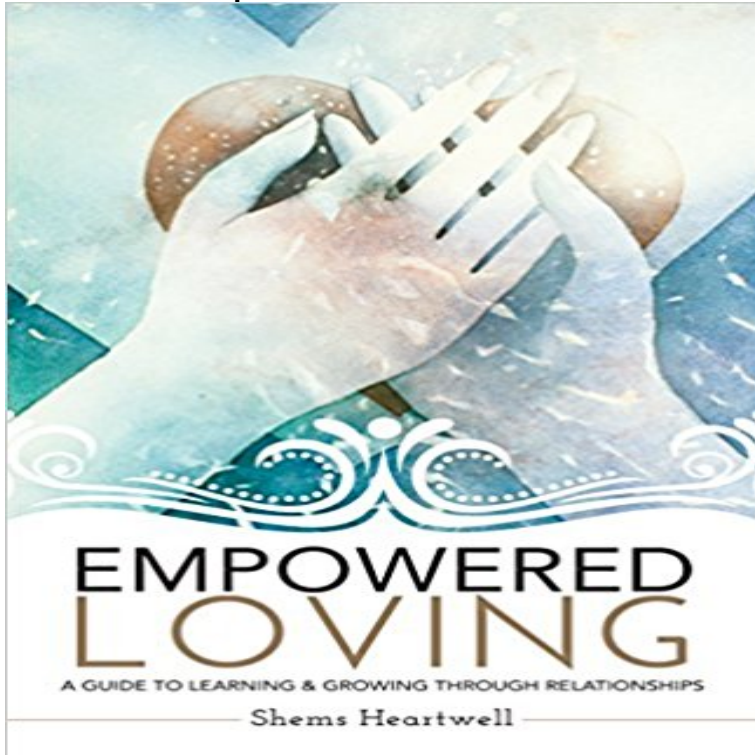


# Empowered Loving: A Guide To Learning and Growing Through Relationships



Much has been written about love over the course of human history, the vast majority of which concerns romantic love, which although beautiful and empowering in its own right, is only a fragment of the full spectrum of love we are capable of as humans. Romantic love is an echo of unconditional love, which is our most divine and evolved attribute and the state of being to which we all yearn to return, whether or not we are consciously aware of it. We yearn for unconditional love from the people and world around us, yet is not something someone else can give us. It is something you must cultivate within yourself -- the process of which heals all wounds (spiritually, emotionally, mentally and physically), destroys all barriers to the abundance and freedom which are your birthright and brings about an enlightened state of peace, fulfillment and joy which most can only dream of. This is the reality that awaits anyone who is able to tear down the walls within themselves to reveal their true nature, which is existing in a state of unconditional love for all things. This book is about Empowered Love, which, as I interpret it, is a way of engaging with yourself and the people in your life for maximum harmony and fulfillment, based solidly on practices, principles and understandings which are designed to take you ever closer to the state of unconditional love that is your essence. In it, you will learn the what, how and why of becoming more loving and aware in your everyday life. You will learn how to connect more deeply, authentically and passionately with yourself and the people and world around you. You will come to understand what has been keeping you from this blissful experience and what you can do to quickly and effectively change those old patterns which no longer serve your highest good. And ultimately, you will be given the keys to understanding your mind, body, spirit and emotions at a

profound level, the experience of which will be liberating to you in many ways on all levels of your being. If this book has found its way into your hands, consider yourself blessed. You are about to take the next step in your conscious evolution -- one that will lead you to a deep and beautiful place within yourself that you may have forgotten existed, but are on the precipice of rediscovering. I can think of few people I know who embody what they teach as authentically as Shems Heartwell and you are lucky to have him as your guide on your journey towards a more empowered way of living and loving. His wisdom and knowledge are timeless and his words resonate with truth and the first-hand experience of what he teaches. You are in good hands. - Justin Faerman, Artist, Healer, Coach, Conscious Entrepreneur (Foreword of the book)

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