

"Welwood skillfully identifies the fundamental obstacle in relationships and offers a clear, attainable, and transformative solution. Everyone should read this wonderful book."
—Harville Hendrix

Perfect Love

Imperfect Relationships



HEALING THE WOUND OF THE HEART

John Welwood

Perfect Love Imperfect Relationships

Daniel F McAuley



Perfect Love Imperfect Relationships:

Perfect Love, Imperfect Relationships John Welwood, 2005-12-27 A nationally known couples therapist reveals the single root cause of all relationship problems and offers revolutionary advice on what to do about it While most of us have moments of loving freely and openly it is often hard to sustain this where it matters most in our intimate relationships If love is so great and powerful why are human relationships so challenging and difficult If love is the source of happiness and joy why is it so hard to open to it fully and let it govern our lives In this book John Welwood addresses these questions and shows us how to overcome the most fundamental obstacle that keeps us from experiencing love's full flowering in our lives Perfect Love Imperfect Relationships begins by showing how all our relational problems arise out of a universal wound of the heart that affects not only our personal relationships but the quality of life in our world as a whole This core wound shows up as a pervasive mood of unlove a deep sense that we are not intrinsically lovable just as we are It shuts down our capacity to trust so that even though we may hunger for love we have difficulty opening to it and letting it circulate freely through us This book takes the reader on a powerful journey of healing and transformation that involves learning to embrace these imperfections within ourselves and within our relationships as trail markers along the path to great love It sets forth a process for releasing deep seated grievances we hold against others for not loving us better and against ourselves for not being better loved And it shows how our longing to be loved can magnetize the great love that will free us from looking to others to find ourselves Written with penetrating realism and a fresh lyrical style that honors the subtlety and richness of our relationship to love itself this revolutionary book offers profound and practical guidance for healing our lives as well as our embattled world

Perfect Love, Imperfect Relationships John Welwood, 2007-03-27 A nationally known couples therapist reveals the single root cause of all relationship problems and offers revolutionary advice on what to do about it While most of us have moments of loving freely and openly it is often hard to sustain this where it matters most in our intimate relationships If love is so great and powerful why are human relationships so challenging and difficult If love is the source of happiness and joy why is it so hard to open to it fully and let it govern our lives In this book John Welwood addresses these questions and shows us how to overcome the most fundamental obstacle that keeps us from experiencing love's full flowering in our lives Perfect Love Imperfect Relationships begins by showing how all our relational problems arise out of a universal wound of the heart that affects not only our personal relationships but the quality of life in our world as a whole This core wound shows up as a pervasive mood of unlove a deep sense that we are not intrinsically lovable just as we are It shuts down our capacity to trust so that even though we may hunger for love we have difficulty opening to it and letting it circulate freely through us This book takes the reader on a powerful journey of healing and transformation that involves learning to embrace these imperfections within ourselves and within our relationships as trail markers along the path to great love It sets forth a process for releasing deep seated grievances we hold against others for not loving us better

and against ourselves for not being better loved And it shows how our longing to be loved can magnetize the great love that will free us from looking to others to find ourselves Written with penetrating realism and a fresh lyrical style that honors the subtlety and richness of our relationship to love itself this revolutionary book offers profound and practical guidance for healing our lives as well as our embattled world **Summary of John Welwood's Perfect Love, Imperfect**

Relationships Everest Media,2022-05-19T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 The pure essence of love is like the sun in a cloudless sky and it shines through relationships most brightly in beginnings and endings When you put yourself aside and open up to another person you are demonstrating the pure essence of love 2 When two people are able to see and appreciate each other as they are they share a moment of I Thou recognition This provides them with a sense of well being and power as they realize that they belong to all 3 Human love helps us connect with who we really are It is indispensable because it helps us realize our essential beauty and power where we are one with life itself because we are completely transparent to life 4 Love is a healing power that can only work on what presents itself for healing If our woundedness remains hidden it can only fester Love is always relative never absolute

Body & Soul ,2006 American Book Publishing Record ,2005 Tricycle ,2006 **Library Journal** ,2005

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Philosophy Andrew Prior,1972 No Less Than Greatness Mary Manin Morrissey,2002-08-27 As a minister counselor and teacher Mary Manin Morrissey has inspired tens of thousands of people to reach higher in life than they ever believed possible Her message is revolutionary God has designed each one of us for greatness And her warmth candor and conviction bring this message alive in the heart and mind of everyone who hears her As children we instinctively know that we are destined to live great lives As adults we recognize that our true greatness is expressed in our relationships in deep fulfilling partnership vibrant marriage abiding closeness with children parents and friends Yet fostering such bonds even with those we cherish most can be one of the greatest challenges we will ever face In No Less Than Greatness Mary affirms that love is our birthright and learning to love well is life s greatest lesson She shows that we are not alone in our search When we learn to ask for and listen to divine guidance we access a different kind of wisdom a new kind of hope Beginning with her own surprising story Mary shows how ordinary struggling or even estranged relationships are a curriculum for learning love and how our relationships and we ourselves can be transformed Within these pages Mary provides a step by step guide to the spiritual principles that bring love into our lives Her powerful affirmations meditations and exercises are designed to help you reveal your true self your most precious gift to others consciously design the relationships you most want open yourself to partnering with God discover the power of unreasonable giving achieve intimacy by speaking from your heart heal the hurt

in difficult relationships awaken your love through simple daily acts Let Mary Manin Morrissey show you that you already have what it takes to create what you desire most and how with God s help even imperfect relationships can lead to perfect love From the Trade Paperback edition *The Publishers Weekly* ,2006 *Guidance from the Darkness* Mary Murray Shelton,2004-08 An exploration of our potential for personal transformation through experiences of pain and crisis Through years of working with congregants in pastoral care situations Mary Murray Shelton a popular leader with the United Church of Religious Science has observed that difficult experiences in our lives are opportunities for us to move forward in profound ways In *Guidance from the Darkness* she offers an alternative interpretation of what happens in times of darkness that provides hope and that steers the sufferer into new realms of power love beauty strength and success *Guidance from the Darkness* is for anyone who wants to grow through pain rather than be shut down by it Going beyond symptom relief to the deeper causes of pain Shelton shows how our inner divine wisdom can custom make a permanent healing that involves changing both behavior and thought **Focus Or Failure** James H. Amos,1998-12 The mission of this book To re awaken America to the heritage we all share To cherish excellence and celebrate people who won t give up To value moral triumph more than material success And to recognize that even in the worst circumstances we retain a freedom to control our attitudes toward our circumstances **The Utne Reader** ,2001 **The Perfect Love** Ruth Myers,1998 Intensley personal overflowing never ending **Wabi Sabi Love** Arielle Ford,2012-01-03 Uses a technique based on an ancient Japanese aesthetics to explain how to sustain a loving romantic partnership through learning to love a partner s imperfections *Shambhala Sun* ,2001 *New Age* ,2001 **Marriage and the American Ideal** Floyd Mansfield Martinson,1960 *Forthcoming Books* Rose Arny,2001-06

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