Falling in Love

Have you ever “fallen in love” with someone and lavished affection upon them, or tried to connect with them but they obviously weren’t in the same space as you? Did they look at you like you were crazy? Like, what’s this guy on about?
For whatever reason there wasn’t the same level of romantic rapport. Perhaps in your romantic enthusiasm you jumped the gun and overstated your feelings before any genuine rapport could be established between the two of you. This will usually scare away another person because they will immediately recognize that you are too preoccupied with your own feelings and that you really don’t even know them yet. Your critical factor of intelligence has been compromised by your own over-blown internal representation of the other person. I painfully watched my friend go through this progression over a girl he was infatuated with, to such a degree that he began to downgrade and criticize himself in the process. Silly isn’t it? We create representations in our own minds and then emotionally react to them and disempower ourselves in the process.

This inner reaction can also work the other way in that a person is so “full of himself” that he becomes annoyingly over-confident. It’s another negative distortion of perspective, and often a symptom of insecurity. Conceit is the only sickness that makes everyone else sick besides the one who’s got it. It’s a rapport killer. Remember, we build rapport and connection with others through similarity and affection.

Believe me, I’m not being critical of “Love” or affection. I think it’s the most intoxicating and inspiring force in the Universe. Love and
affection has produced great works of art and many inspired deeds. However, I do think its helpful to be more aware of the whole progression and use it to empower ourselves for greater self awareness, growth and a more joyful abundant life. It should be inspiring not disempowering.

I once became so infatuated with a girl that I felt a great creative inspiration that produced many songs and music that marked a creative highpoint in my life. But the greater benefit was when I realized that this wonderful heightened sense of being and creativity was entirely my own doing. It was produced by my own internal representations of the woman, and she was indeed the catalyst but the energy and emotion had its origin within my own being.

This was a great epiphany for me because I realized I could produce this inner awareness and excitement on demand and you can too! You have the great power of affection within you. Use it wisely.

- Matthew F. Bennett 2011