

Do you Manipulate or Love?

Most men lead lives of quiet desperation and go to the grave with the song still in them.

Henry David Thoreau

Transcending from obligation to desire (manipulation to Love).

We live in a vast sea of options and choices in how we wish and not wish to change our lives. From our youngest memories we were shaped by care givers, society and culture on how we should be. We were told to do things and often we did these things much against our will. We were told when we were “good” or “bad”. We were compared to others in literature on “how to be”.

There was good reason to do so because a child does not have the maturity to act beyond immediate feelings and desires. A child is usually not aware to the consequences of certain actions.

As a result we have indoctrinated in our psyche an identity composed of “woulds’ and “shoulds” and we learn to manipulate others and our lives around these woulds’ and “shoulds”.

There is a critical reason for this. The reason is the ego. We are born into this world believing that what we perceive through the ego and our minds are real. If we are in our natural state Love, then perhaps we could say the ego is the filter that changes abundant based love to scarcity based fear.

This is where a life of obligation begins and sadly, often ends. Christ said essentially to “Love me your Lord, your self and others as I Love you and if you do this all other laws are unnecessary.”

That is a rather profound statement. Simply put, He is asking us to refine ourselves to learn to Love to the degree that we so deeply care for ourselves, to care for the source of our creation (God) and others to such a degree that we would never desire to do anything else but generate action to further the integrity of Love and all that it stands for. The complete absence of manipulation exists.

That is a life of desire that emanates from Spirit; a life of pure agape Love, a Love that never manipulates.

Even though that seems rather utopian and I believe it to be quite feasible.

Let’s examine the masses however; the masses that know nothing other than the belief that the ego is our only perspective. Such that reality is viewed to the point that one is not even aware that the ego (fear) is an option of seeing one’s life. We could say that one is “run” by this, even to the point that we are being manipulated by our own minds. Manipulated people, manipulate people.

Viewing life through the unconscious ego essentially “converts” our abundant Spirit based love to the illusion of scarcity based fear. We then in society need laws and rules to protect and temper one another from one another. We “must behave” or else experience the consequences of our self seeking, scarcity base action. At minimum we must do things because we are told and mandated to. We are being manipulated into conformity.

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Robert T Bohen : www.Bohen.net : Lori A Bohen

I shared an example with Jason, my fifteen year old son recently when I said “Jason, clean your room!” He immediately groaned in resistance yet he was willing to comply because I was the authority and he perceived there would be some consequence if he defied the directive.

I then asked Jason what if he had such a deep desire of Love for me, himself and others in the home and friends that may visit that he held his own standard to keep his room impeccable without volition.

This is a simple example of living in obligation or living in desire.

Another example is my relationship with my wife of almost three decades, Lori. For many years I lived with the day to day “familiarity” of being married. My concept of marriage and family was also rather urbane and one of how things should be. I played the role of husband because it was essentially my duty and *obligation*.

I often objectified Lori to one of an inferior being that did not know that things I knew. She was here to care for me, the home and children. I also saw the world through ego and looked for love and fulfillment outside of me.

The result of this was a big empty hole in my heart that I filled with drugs and alcohol. When the drugs and alcohol began to become a problem larger than me, I observed Lori’s tenacity (out of desire) to prove her Love and solidarity to me. She, out of desire was committed to proving to me that I was worth loving myself. She won.

Something miraculous occurred at that point. When I finally realized that I was Love, my perspective towards Lori changed. I now saw her as a deeply profound example of Love. I saw the “God Force” of Love radiating through her heart and Soul. I began wanting to deeply serve her in anyway possible. I wanted to honor her and show her the “God Force” of Love radiating through my heart and Soul. I was pleased to do anything for her; the actions around that were effortless and a delight to fulfill.

This is now evolving to a depth of Love and compassion to God, self and others such that I am living a fulfilling life of desire instead of obligation. It is now a joy to get up in the morning expecting “the Miracle” and wishing to be of service God, myself and others.

This me to further examine my life as the where obligation and desires exist since there is a duality depending on the situation. I will be looking in depth to the areas that this distinction applies. For example:

Relationships With Others:

In general, how do you treat others (politely, rudely, by keeping them at a distance, etc.)?

Does your treatment of them change depending on how well you know them, and if so, how?

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Who is the most important person in your life, and why?

Who is the person you respect the most, and why?

Who are your friends? Do you have a best friend? Describe these people.

How about my a spouse or significant other? If so, describe this person.

Have you ever been in love? If so, describe what happened.

What do you look for in a potential lover?

How close are you to your family?

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Have you started your own family? If so, describe them. If not, do you want to? Why or why not?

Who would you turn to if you were in desperate need of help?

Do you trust anyone to protect you? Who, and why?

If you died or went missing, who would miss you?

Who is the person you despise the most, and why?

Do you tend to argue with people, or avoid conflict?

Do you tend to take on leadership roles in social situations?

Do you like interacting with large groups of people? Why or why not?

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Do you care what others think of you?

How do you view God?

How do you view Spirituality?

How do you view religion?

Likes And Dislikes:

What is/are your favorite hobbies and pastimes?

What is your most treasured possession?

What, if anything, do you like to read?

Do you smoke, drink, or use drugs? If so, why? Do you want to quit?

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How do you spend a typical Saturday night?

What makes you laugh?

What, if anything, shocks or offends you?

What would you do if you had insomnia and had to find something to do to amuse yourself?

How do you deal with stress?

Are you spontaneous, or do you always need to have a plan?

What are your pet peeves?

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How do you view food?

Self Images and Etc:

Describe the routine of a normal day for you. How do you feel when this routine is disrupted?
What is your greatest strength as a person?

What is your greatest weakness?

If you could change one thing about yourself, what would it be?

Are you generally introverted or extroverted?

Are you generally organized or messy?

Name three things you consider yourself to be very good at, and three things you consider yourself to be very bad at.

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Do you like yourself?

What goal do you most want to accomplish in your lifetime?

Where do you see yourself in 5 years?

If you could choose, how would you want to die?

If you knew you were going to die in 24 hours, name three things you would do in the time you had left.

What is the one thing for which you would most like to be remembered after your death?

What three words best describe your personality? Are they words of obligation or desire?

What three words would others probably use to describe you? Are they words of obligation or desire?

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These are some samples of infinite questions we may ask about refining our lives to one of desire instead of obligation. All around the core basics of the human condition of:

Love
Health
God
Wealth

Comfort
Fun
Happiness
Success

Learning
Peace
Intimacy
Adventure

Consider viewing your life critically and truthfully examine these areas and move towards desire and Love.

"The mass of men lead lives of quiet desperation. What is called resignation is confirmed desperation. From the desperate city you go into the desperate country, and have to console yourself...unconscious despair is concealed even under what are called the games and amusements of mankind. There is no play in them for this comes after work. But it is a characteristic of wisdom not to do desperate things."

Obligation or Desire? Manipulation or Love? In consciousness, we all have a choice.

God, family, friends...



Robert Bohem

"I choose to Love, Now..."

No one falls in love by choice,
it is by CHANCE.
No one stays in love by chance,
it is by WORK.
And no one falls out of love by chance,
it is by CHOICE

***For more information on Love, Now, please visit www.Bohem.net**

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