

The Intelligence of Love

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For my parents

Dad-- thank you for making me 'promise
you' I would work on love.

Mom-- thank you for being a living
embodiment of love.

INTRODUCTION



The purpose of this gentle book is to invite you to connect with **your inherent benevolence**-- the intelligence that flows in and through your heart -- to every part of you.

Love is both an emotion and intelligence-- an energy imbued with powers well beyond that of our thinking minds. We can access love anytime. We can apply love any time. We can expand love anytime, too. Our love is so powerful that it can transform anything ordinary into something beautiful.

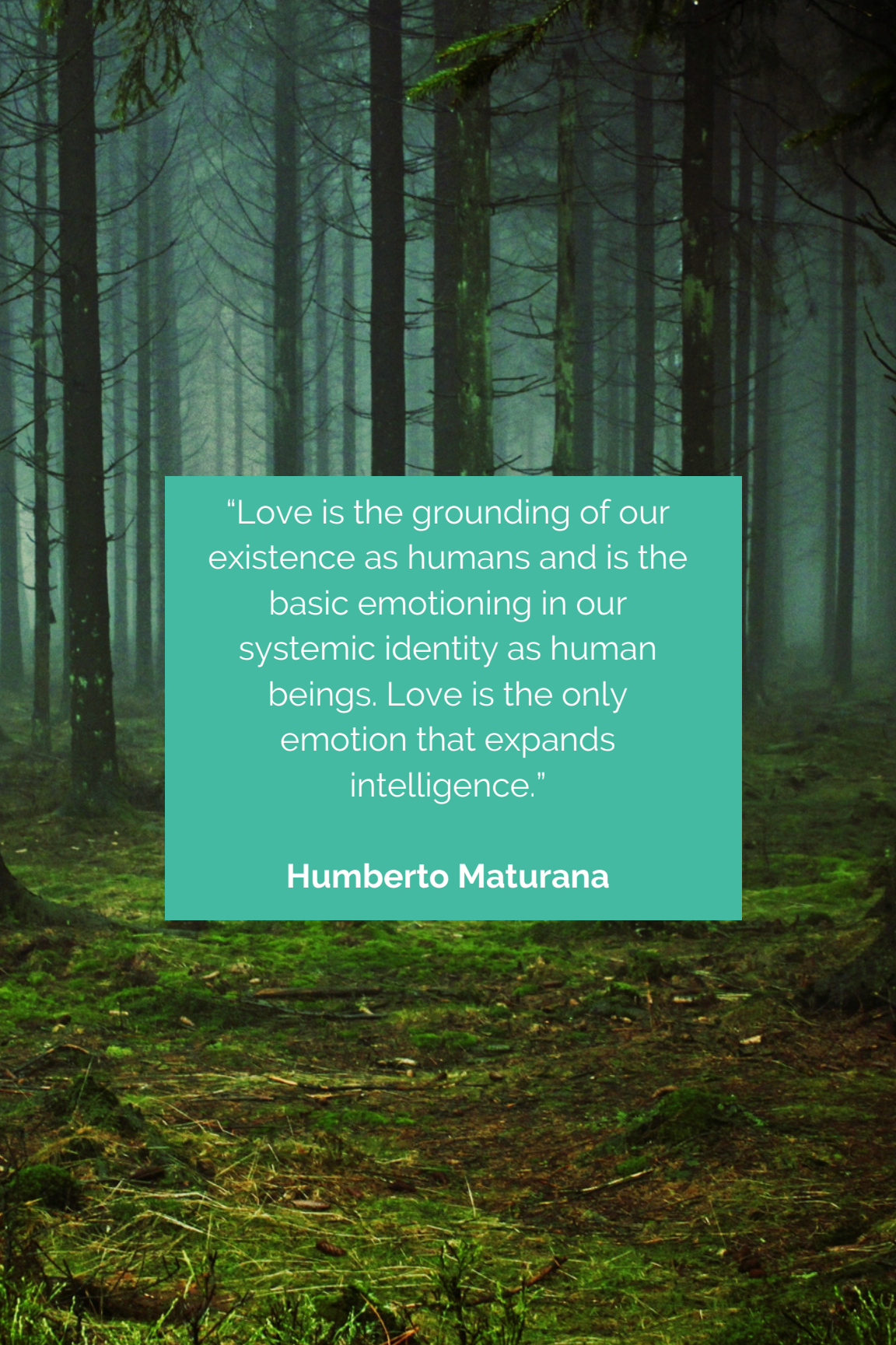
Think for a moment about all the things you've done in your life --without a reason, but simply 'out of love'. Then, consider the things you did out of guilt, or "should". Did you notice a difference in how you felt and in the outcomes themselves?

Generally, behaviors and endeavors conceived from the energy of love have a different quality to them. That's because love is imbued with a higher vibrational coding-- a higher frequency, if you will. You can think of it as advanced software-- albeit it's dormant (in sleep mode!) in most of us.

Although collectively we've been living at odds and in disharmony with ourselves, others, and our planet, all human beings are equipped with this "software" that enables each of us to live with greater harmony and coherence.

But, just like when we chose the time to update our phones, operating from the intelligence of love is an individual choice. Only you can decide how to live your life and from what source. No one can force anyone to operate from the frequency of love-- it is a choice that only you, each one of us, can make.



A misty forest scene with tall, thin trees and a mossy forest floor. The trees are dark and slender, standing in a dense forest. The ground is covered in green moss and fallen branches. The overall atmosphere is serene and somewhat mysterious.

“Love is the grounding of our
existence as humans and is the
basic emotioning in our
systemic identity as human
beings. Love is the only
emotion that expands
intelligence.”

Humberto Maturana

FOR YOUR CONSIDERATION:

- Love is a felt sensation/emotion and also an intelligence, energy, and frequency
- Love is the energy of creativity and creation
- Love contains **all** the emotions
- Love **is** consciousness
- "Unconsciousness" (the dark or shadow aspects of ourselves) is simply trapped consciousness
- Due to its benevolent and beneficial powers, understanding love is essential for personal and community well-being and peace.

ROOTS OF LOVE

- **Source/Ethereal/Celestial realms:** God/Unified Field
(we are all connected to this)
- **Physical realms:**
Mother Earth/Nature
(we are all connected to this)
- **YOU (you, me, we)** are all
embodiments of love. (we are
inter-connected by and through
love)


THE REASONING MIND'S APPROACH TO LOVE

Our reasoning/binary mind's view of love is that of possession and ownership-- to 'have' what we love = good-- to 'not have' = bad.

This binary view results in our **objectifying** that which we love-- what we commonly refer to as toxic or addictive love-- which is a distortion of love.

*Common objects of love:
a country, an idea, a belief, a person, a thing.

- aggressive
- boastful
- conditional
- controlling
- destructive
- shaming
- over-caring
- punishing
- violence



"Love is patient, love is kind.
It does not envy, it does not boast, it is
not proud. It is not rude, it is not self-
seeking, it is not easily angered,
it keeps no record of wrongs.
Love does not delight in evil
but rejoices with the truth.
It always protects, always trusts,
always hopes, always perseveres.
Love never fails."

1 Corinthians 13

LOVE IS...

Love is what you are-- it is revealed in and through you.

The aware mind's view of love is that of allowing and collaboration. As such, its approach is open, non-attached, and respectful. It knows that you (the real you) is always safe and held.

- patient
- kind
- free
- protective
- respectful
- hopeful
- enduring



LOVE
affection and devotion
for self and all living
things

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Mayra Porrata & Kristie Prett-Frontczak



THE POWER OF LOVE

- informs
- transforms
- and regenerates

**the individual who operates
from/with it.**



THE POWER OF LOVE

Revealing or becoming
conscious of love
changes what we see,
perceive, and
conceive.



THE POWER OF LOVE

When we make decisions
and engage in actions
infused by the wisdom of
love, our body feels good-
in harmony with itself.



THE POWER OF LOVE

- Love does not "dumb you down".
- Love enables you to navigate life with clarity, confidence, and coherence.

A conceptual image featuring two hands against a bright, hazy sky. The top hand is positioned as if holding or releasing a glowing red heart, while the bottom hand is open and facing upwards. The heart has a soft, ethereal glow. Centered over the heart is the text 'ACCESSING', 'CONNECTING', and 'AMPLIFYING' stacked vertically in a dark blue, sans-serif font.

ACCESSING
CONNECTING
AMPLIFYING

ACCESSING THE INTELLIGENCE OF LOVE

- You are love-- love is simply this aspect of you (us) coming 'to light' (coming into conscious awareness)
- Remember: unconsciousness is "trapped" love
- Love **is not** separate from you
- We can consciously access and amplify its energy through: meditation, contemplative practices, spiritual practice (health behaviors), and self-awareness.

CONNECTING MIND TO HEART

- Our physical heart is a unique and powerful center of intelligence
- Our heart has its own communication system (in and outside our bodies)
- If your mind is open and receptive, your heart can inform the mind
- Our heart has a powerful and unique role in healing our biology/our bodies
- Physiological harmony (reduced disease) is created when the mind is in-sync with the body (e.g. "mind, body and spirit")

AMPLIFYING THE INTELLIGENCE OF LOVE:

MIND-BODY PRACTICES

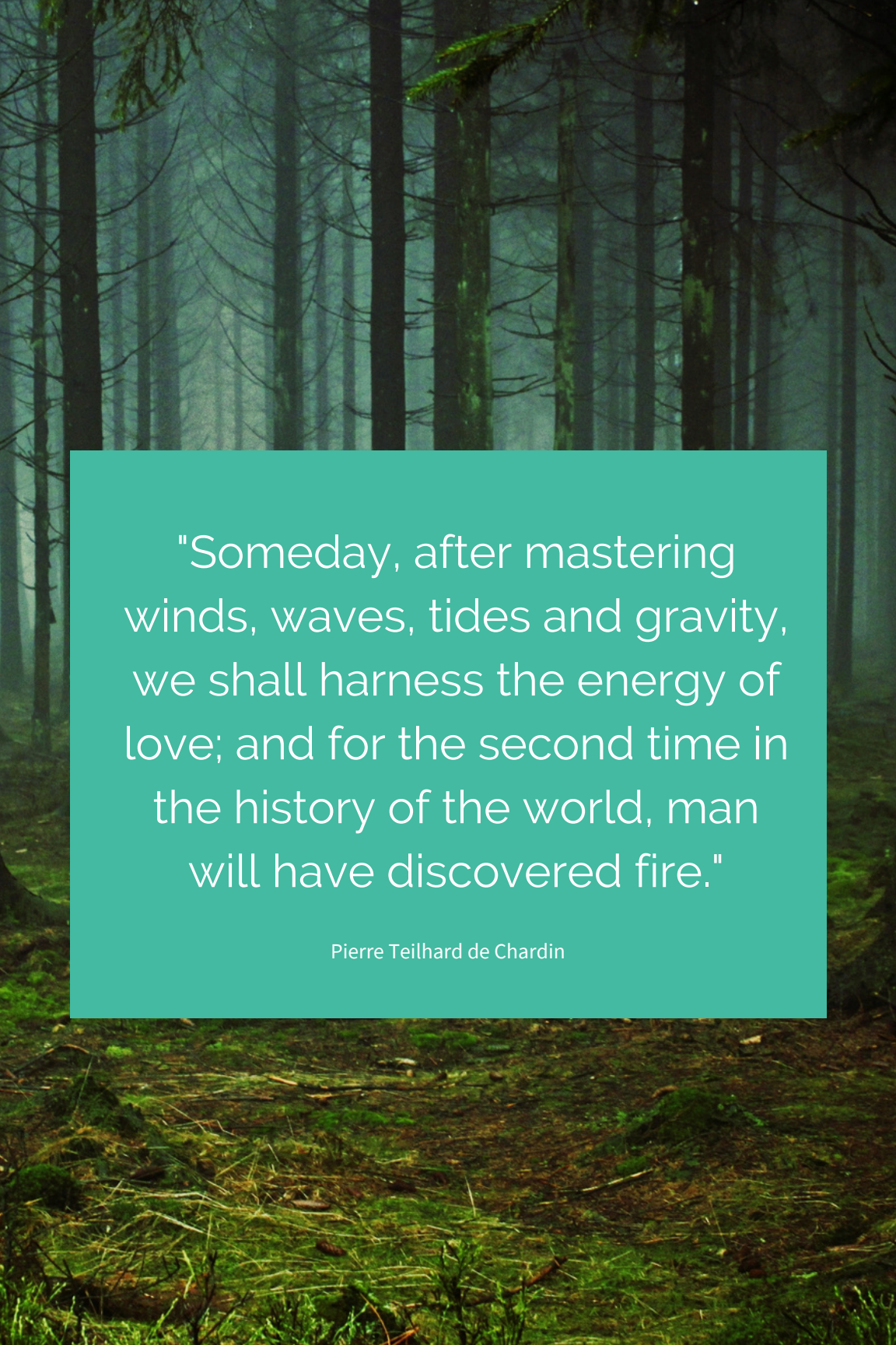
- Placing hand on your heart and saying quietly to yourself: **"I am here"**
- Focused breath practices
- Mindfulness practices
- Meditation
- Reading beautiful and inspiring works
- Listening to sounds or music you love
- Conscious nourishing of your body
- Conscious movement of your body
- Daily grounding
- Hydration
- Sound modalities
- Light modalities
- Rest

AMPLIFYING THE INTELLIGENCE OF LOVE:

ADVANCED PRACTICES

- Observing
- Allowing
- Trusting
- Smiling
- Grace it^{*}
- Taking loving action (if necessary)
- Repeat (practice) daily

To "grace it" implies your deep understanding, trust, and faith that even if you can't explain why something happened, that you can simply **bless it** and let it go. In other words, you don't "fight it"--you proceed with kindness and compassion in spite of it. (commonly known as "**the grace of God**")

A misty forest scene with tall, thin trees and a teal text box. The forest floor is covered in moss and fallen branches. The text is white and centered within the teal box.

"Someday, after mastering
winds, waves, tides and gravity,
we shall harness the energy of
love; and for the second time in
the history of the world, man
will have discovered fire."

Pierre Teilhard de Chardin

FOR REFLECTION:

- Where in my life have I withheld love?
- What must I grieve* or grace* so that I may freely love?
- What have I not allowed myself to feel?
- What part of me is in disharmony?
- What part of me is asking for my loving acceptance, now?

Grieving is the psychological, emotional, and biological process of acknowledging, blessing, and letting-go.

Gracing (to "grace it") is the energetic process of acknowledging, blessing, and letting go.



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