

THE  
TRUTH  
OF LOVE



MARK WORTHINGTON

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# Introduction

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Have you had romantic relationships go wrong in your life, and end in separation?

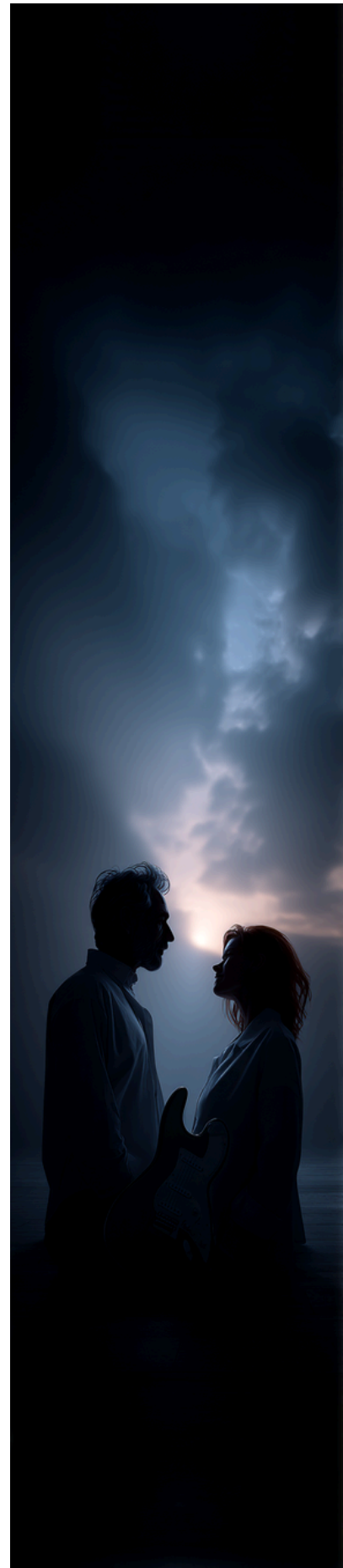
Do you live in emotional pain because of these experiences?

Perhaps you have struggled to forgive yourself or others for what seemingly failed.

Or perhaps you are in a current romantic relationship that is not meeting your expectations, and you are not sure what to do next?

Understanding the potency of love, and how it truly works, is sure to help you. It certainly changed my life!

Read on to discover more. You won't regret it!



# What Do I Know About Love?

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Hi, I'm Mark Worthington. My life was punctuated by a series of romantic relationships that left me in great pain when they ended, even if I was the one to end them. The 'true love' fairytale that I so desired, ever since I was young, seemingly alluded me.

After two divorces, I went on a personal crusade to understand why my relationships had been so seemingly unsuccessful, when those around me seemed to have such close and nourishing romantic relationships.

I studied love, consulted far and wide, met with wise mentors, and pulled my past love life apart to understand why I was seemingly so unskilled or unlucky in love.

What I found blew my mind and changed my entire perspective – not just about my life, but about love itself.

If only I had understood myself more wisely, and the truth of love more deeply, I know my romantic life would have followed a very different path.



# What Does Love Have In Store For You?

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There were so many truths that my journey showed me about love! While I can't cover them all in such a short book, I can discuss a few of them.

Firstly, love is a force that few understand. I certainly did not, and my ignorance cost me a lot of happiness and joy.

We tend to think of love as light and fluffy, as a feeling of bliss, and we dream of finding true love, just like we see in the movies. Love can indeed be beautiful and serene.

But it can also be ruthless and harsh. It must be, because it is determined to set you on the path it has designed for you in life, and that path ultimately leads to all the love in the world.



Once you understand love's many faces, you can become united with love and its intent – and this is the true doorway to greater peace and happiness, even when relationships end.

Many of us fail to forgive ourselves and our partners when romances end. After repeated mishaps, we can even lose trust in love. I know I did for a time.

But there are many interesting truths about love that, once known, can change your perspective, and help you get exactly where you were always meant to go...



# What Are The Natural Truths Of Love?

Here is a flavour of what I now understand about the true nature of love:

Normal Paradigms of Love	Natural Truths of Love
"Love is wonderful!"	Love is a teacher of truth, and can therefore be ruthless and brutal, as well as beautiful.
"I am so ready for love!"	Only your heart knows when you are truly ready for love.
"Attraction is a big part of who I fall in love with."	Love and attraction are separate. Attraction is a mental / physical construct. Love is metaphysical.
"I think I'm in love!"	Love is beyond thinking. It can only ever be felt.
"Our love will last forever!"	The only love you can rely upon forever is your own self-love. Romances are experiments designed to teach us, and as such may not last. Many of them must end so the next one can begin.
"I need to be in a relationship to feel complete."	Love 'punishes' need but supports want and desire.
"It's all your fault!"	Relationship issues are no one's fault – they're love's way of holding a mirror up to our conditioned beliefs, helping us to grow.

Normal Paradigms of Love	Natural Truths of Love
"I need to try harder to foster love in my relationships."	Love cannot be controlled or created. It is bestowed upon us and controls us. Surrendering to love and letting it find the way forward is our natural way to live.
"This time, I'm waiting for true love!"	All love is true. We are not, because our egos are usually not.
"I'm very picky about who I love."	Romantic love is a vibrational or frequency match. As such, you cannot pick it. There is love between ALL human beings.
"When will I find my soul mate?"	We all have many soul mates, but only one twin flame. The belief that soul mate love is the ultimate form of love is a myth.
"I hate it when love dies."	Love never dies, we just sometimes move out of a frequency match with others, in order to find a better frequency match.
"I can't wait for love to come along again!"	Love is always here, because all human beings are pure love at their core. It is ever-present in all of us. Open to it, for love is waiting for your invitation to grace your path unencumbered.
"I hope that, when I find love again, it will..."	Love doesn't care about our expectations or hopes. It just is what it is.
"That song describes love so perfectly!"	Love is indescribable. Even the word love is insufficient to do it justice.
"I don't think I'll ever forgive them."	You cannot think forgiveness; it can only ever come from the heart and be felt.



Normal Paradigms of Love	Natural Truths of Love
"It was love at first sight!"	Yes, but love is found in the eyes, not in the body. Eyes are the windows to our souls.
"They make me feel so loved."	You can only ever feel your own love. Your partner's words and actions can stimulate your own heart, but ultimately it's your level of self-love that decides how loved you feel.
"Love is such a great feeling!"	Love is a powerful creative source, for it is grounded in pure intelligence or consciousness. But yes, it can feel great.
"Love is all we need!"	Yes, it can be all we need; but we also live in a physical world and therefore attraction and admiration matter too. The best relationships are grounded in both love and attraction.
"Our love is tainted now."	Love is always pure. It can, however, be tarnished by our egoic needs, attachments and fears. Some of these may be generated by the life circumstances we are experiencing in this incarnation, and some may be karmic and relate to past lives.
"You never know when love will happen!"	Love can arrange relationships using karmic and soul-based contracts, and some of these are predetermined by our souls and the souls of others before we are born. Love will most likely arise when you least expect it.
"Love never works for me."	The practice of 'conscious relating' allows love to create the relationships that we truly desire and need. Love creates such infinite possibilities through feelings and truth.

There are many more paradigm shifts that we can become aware of, which will help us to better align ourselves with the true nature of love, but the above list is a good start!

Our hearts truly are the centres of love, not our ego-centric minds.

Thus opening your heart is the only way to discover the truest forms of love.

# How Can You Find True Love?

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We are all already on route to true love, though this can take many of us a very long time. Sometimes lifetimes.

Ultimately, true love comes to those who can enhance their self-awareness and learn from each relationship experience.

While relationships can bring us great joy, they are also designed to bring us greater self-awareness, and dissolve our egos so we can live more from the energy of love. In this way, relationships are wonderful steps back to a higher conscious awareness.

So why not trust in love? Love knows more about you than you know about yourself. You cannot deceive love, for it is grounded in universal consciousness.

And the faster we do learn from our experiences with love, the better our next relationships are likely to be, for they will be at a higher purity and frequency of love.

# Is There A More Advanced Way To Love?

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The answer is yes, and it's called conscious relating.

As love is essentially a vibrational match, the best way to make sure that your romantic relationship lasts is to learn how to consciously interact with your partner. This process allows you to grow together in love, as love and for the sake of love.

Romance is like a dance between two lovers. We can dance in beautiful union by surrendering to love, or dance with the resistance of our ego-centric minds.

To consciously relate requires us to base our relationships primarily around feelings, and the full expression of truth. It requires us to hold the magic mirror of relationships up to ourselves, before we enter into the terrible blame game with our partner, which so many of us have come to know all too well.

Loving relationships should not be a war, though can involve a series of confronting moments that we grow through together.

Conscious relating can take your love life to a whole new level, where love has infinite power and possibilities, more and more as you learn to grow through the endless intelligence and power of love.





# How Can I Help You Further?

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This short introduction to the truth about love is written from my heart to yours, for we are all love, and the more we embrace that, the more the world will become a better place for us to inhabit.

If this has inspired you to know more about love, please consider reading my book ***The Truth About Love***, where I share all the tools and guidance you need to understand love and its impact on your relationships.

Higher awareness can improve every part of your life. But it can be particularly valuable for romantic relationships because these engagements can be so critical to our sense of self-esteem.

I also offer life and spiritual coaching, consulting, and presentations about love's truth and what it might mean for your future relationships. I would love to help you in any way I can

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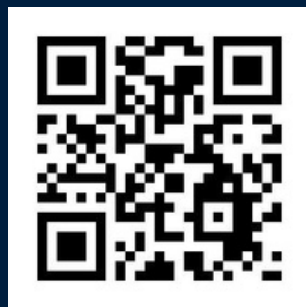


# This is Just the Beginning

If this book has sparked something in you, let's talk.

I offer private sessions, spiritual coaching, and keynote presentations for individuals and groups who might want to explore deeper understandings of love, and how to take their romantic relationships to a whole new level.

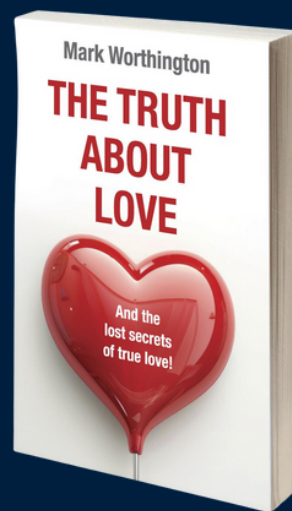
Scan the QR code to start the conversation.



[www.mark-worthington.com](http://www.mark-worthington.com)

# The Truth About Love

MARK WORTHINGTON



If you found this guide helpful, you may want to explore Mark's powerful book *The Truth About Love*. My books are available in hard copy and in electronic form on various distribution outlets including Amazon.

It can give you a deeper understanding of love, the steps you need to take to improve your relationships, and how to embrace the path that will ultimately lead you to love.



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