

# "Falling in Love" Versus "Rising In Love"

By Dr. Robert V. Gerard

Revised 15 June 2005

There exists a major difference between the notion of "falling" and "rising" in love. She "falls" in love with him. He "falls" in love with her. This human constraint has virtually stymied mankind from civilization to civilization. Let's explore how "Rising in Love" can better serve you.

You can subconsciously become dis-empowered when "falling" in love. This occurs when your expectations or desires you have for another become subjective within the relationship. You virtually begin giving up your inner relationship with Self. You begin to forget what makes you unique and centered. I parallel this as falling from *grace*. When this occurs, you have the task of rekindling the spirit of *true self-love*. You do this in order to regain personal balance of your perception of your unique Self.

"Falling" in love carries an accepted notion influenced by our society, movies, music, and soap operas. The term "Falling in Love" is traditionally welcomed. It is more of letting go of your concentration of self into the potential expectation of what and how it affects another. There's absolutely nothing wrong with the process. It works to cause experiences that will eventually guide you to listen to your heart's intelligence. True love is heart-driven. Relationships affect the heart and are the instruments that generate experiences to make that happen.

"Rising" in love brings on the notion that you never surrender self-empowerment for another. You stay steadfastly centered in love with one's Self and keep the highest integrity with your Soul. You remain centered in Self while creatively sharing and merging with the energies of another. Beauty in Self, and in the Self of another, are never lost or jeopardized.

These philosophical differences primarily distinguish the character on how you position yourself in social consciousness. When you "fall" in love, it is analogous to pouring your energies into the embodiment of another. When you "rise" in love, you accelerate moving your energies into higher creative realms. There always exists the opportunity to integrate love objectively. Attachment and dependency are not demonstrated, and you maintain the awareness of Self.

With "Rising" in love, emotional balance must be maintained in order for the energies to properly integrate. If any conflicts arise between you and your partner, a signal of imbalance is *communicated*. Thus the partnership need soon reconcile, otherwise, the system of integration

becomes defused. Each partner immediately generates the wisdom and affection to prevent further disintegration onto their loving relationship.

Partners in a "falling in love relationship can innocently become co-dependent on each other's energies. As this dependency silently grows, decisions, expectations, and communication become co-dependent as well. Partners in this case generate tremendous reciprocal energy patterns of conflict and confusion. The energies between the two partners become stressful as their individualities erode. The "falling-in" lovers are out of synchronicity. Energy is chaotic, inconsistent, and in turmoil. Pain and grief are usually the compromise, followed, of course, by depression.

Freedom has its merits. Freedom in a relationship is not so much in mobility as it is in free expression. When one enjoys a stream of consciousness reflecting peaceful existence, then inner peace empowers personal freedom. If you "fall" in love, you ignite a level of consciousness that endows obligation, i.e., immobility. If you "rise" in love, you virtually stimulate a mobility through your creative process, inadvertently demanding more freedom. In this state of consciousness, your cognition and emotional complement are enhanced as life is more fulfilling.

At the moment of "Falling in Love," one can actually feel his or her heart pouring out. It trembles with excitement as it abandons the most sacred place of its existence—its heart center. For some, the excitement sensed may very well be the fear of potential abandonment or rejection.

When capturing the moment of "rising" in love, you can sense a force field of love. It is grounded in your heart center, moves upward through you, and outward towards what you love. There's never a separation between what you love and who you are. It always remains in a state of oneness. Being in a higher state of consciousness increases your energy flow substantially.

There's no turning back on LOVE, from a Spiritual point of view. Love IS. It can be shared and merged, as well as discouraged, but will always remain as an ascending energy flow. It is a form of creative energy that resides outside the boundaries of *mind* and *free will*.

Free Will affords you the opportunity to choose how to make love, whether falling or rising. Humans have the choice to empower or dis-empower the process of

“making love.” The God-given right of Free Will provides the mechanisms of creativity to perform tasks positively or negatively. This is a fundamental principle of duality. It provides the events and experiences for you to discern. Proper use of free will enables you to remain centered, in oneness, with your body and Spirit.

Making Love, in a pure sense, serves as one of the highest acts of the human creative process. Making Love is a pure and noble act that brings forth a state of Grace and Peace. Manifesting this kind of love-making brings a sense of *royalty with Spirit* within the partnership.

When two partners experience heightened passion, a sense of awe and bliss appear. Though short-lasting, it elicits a state of divination or inner peace. The duration of this sensation will increase providing both partners diligently generate higher standards of intimacy and co-existence.

The solidarity of a partnership demands that each partner remain centered and cognitive of one’s intents and actions for his or her own Highest Good. Each will witness how Universal Forces of Love systematically provide a constant supply of heart-driven energy and wellness into the partnership.

When partners begin to “fall” out of love, feelings of distress, abandonment, even rejection set in. On the surface, these feelings are construed as a loss of energy. In reality, this is a misnomer, because the creative forces of Love cannot be identified and assumed nonexistent. Thus the Universal Forces of Love remain suppressed and unused. This suppression of energy builds relentlessly into a reservoir called: anxiety. Once rationale and logical mind begins to generate mental chatter, heart-driven intelligence becomes dormant. The emotional heart withdraws to a lifeless state and becomes brittle and dysfunctional. Eventually, it descends to a broken heart.

“Falling” in love is an acceptable phrase as society and institutional laws protect that paradigm. Lawyers and counselors rationalize the process for you. Capitalism thrives on this paradigm. Society plays havoc on the scenarios of heartbroken people. From soap operas to heart-wrenching love stories, best-sellers and tear-jerkers, conflict is captivating and addictive. Duality thrives on opposing energies. Blood runs hot and our emotions flare in agony, but we humans must prevail, so there must be something good about “Falling in Love.”

The notions of “Soul Mate,” “Soul Partner,” and “Twin Flame” are pop-art phrases of the century. What do they mean? How do you know the essential qualities of your Soul? What happens when in a relationship with another Soul? What experiences are initiated to foster your inner growth?

When we talk about “Soul Mates” we infer that there are at least two Souls playing around in some karmic game

of give and take. Soul Mates are companions or buddies who come and go, stay for a while and leave. What this means is that most everyone you meet or know serves as a mirror of yourself. The notion: the “Universe is a Mirror,” infers that what you perceive in others holds some kind of message for you to discern. This could take place in any person, place, thing, or event. A cat can be your soul mate.

Stepping up a notch, “Soul Partners” could mean marriage or not, but some form of consistent communication and co-existence. It’s when people are on Earth at the same time to help their soul partner reflect upon an aspect of consciousness that may need improvement or repair. Soul Partners are the mechanics, so to speak, who will help you fix this or that.

The notion of “Flame” means fire and fire means purification. So when we speak of “Twin Flame” don’t necessarily think it means a relationship enjoying a higher standard of love or bliss, as most people understand it to mean. Rather, think of “Twin Flame” as that person who has the greatest commitment, whether consciously or unconsciously, to do what it takes to help purify you. A difficult divorce may be the medicine you need to wake up.

This purification, indeed, can be hot, as some of us know quite well. Twin Flames tend to burn things up sooner or later. On the positive note, two candles can better light up a dark room.

Love is energy; it’s an intense vibrational field, which can be felt. Yes, you can identify whether you’re falling or rising in love. Your perception of that vibrational field is crucial.

How do you know which love vibrational field you are manifesting? When you are with your child or pet, you know you are not “falling” in love. You can, however, feel yourself “rise” in creative love for them. It’s unconditional!

Look at your spouse, mate, or friend and perceive: Do you have expectations for your love with them? Do you desire that they accept you and your love? If so, then you place the requirement of *conditional love*, which is an expectation. In this case, you’re dis-empowering true love for yourself and towards another.

On the other hand, when you offer *love unconditionally* without any desired outcome, you feel love flow through you, then you are in “Rising Love.”

Either “Falling” or “Rising” love works. Most of the time, people are “falling in love,” relentlessly seeking their ideal “Twin Flame”—their perfect partner—the One!

Every one sends out *signals of attraction*. Whales and porpoises can send out their mating signals or calls well over 5,000 miles. Humans are no exception, we send out signals of attraction continuously. That’s why we keep

getting the same people in our lives. If you desire to attract different people or that *special* mate, you need to change your signal.

Your signal mirrors who you are to others. If you are afraid of the opposite sex, you'll attract someone who is also afraid of the opposite sex. That relationship will not go too far. When you are at *peace* with yourself, you will attract another who is at peace with himself or herself. When that occurs, you will both immerse in a special vibrational communication. From this point on, you will know and feel what "Rising" in love is all about.

Attracting a mate who knows you instantly and loves you for who you *are* is a most beautiful event. In most cases, you will soon repeat these words to each other: "I've always loved you."

Maintaining *respectful communication* and being intrigued with each other generates excitement, romance, and the passion for more "rising in love consciousness." This is why it's imperative to understand that life exists in the moment, constantly renews itself in the moment, and spawns new avenues of creation in the moment. Rarely can it be said that couples who live in "rising in love consciousness" ever return to boredom.

Let's go beyond the notion of the "Twin Flame." Once your heart is wide open, emotionally pure, confident, and self-loving, your signal of attraction can only be heard by that special person—your "Shining Light."

Your "Shining Light" will be beautiful. I know this well. You can feel it. This *Rising in Love Consciousness* is *instantaneous*. Your Divine Plan enacted, you are ready to receive this beautiful person.

What will you do to rise in love and honor your inner beauty? I'd love to know your insight. Have a romantic day.

—Blessings,

Dr. Robert V. Gerard

In 1994, Dr. Gerard started Oughten House Foundation, Inc., a worldwide educational and publishing company concentrating on self-empowerment and other inspirational topics. He lives and sustains a private counseling practice in Port Washington, New York, beautifully located near Long Island Sound. He lectures and offers workshops worldwide. Dr. Gerard has written seven books: *Handling Verbal Confrontation*, *The Corporate Mule*, *DNA Healing Techniques*, *Change Your DNA*, *Change Your Life!*, *Lady from Atlantis*, *Give Hope a Chance*, *Divine Quick-Fix Healings: Simple Techniques for Solving Life Problems*, and has published dozens of articles. Dr. Gerard can be reached at (1-800) 503-8873 or E-mail: DrGerard33DNA@aol.com

Copyright©2001 Dr. Robert V. Gerard

"This article is copyrighted. Copyright ©2000-05 Dr. Robert V. Gerard; web [www.oughtenhouse.com](http://www.oughtenhouse.com); e-mail [Robs1World@aol.com](mailto:Robs1World@aol.com) . You have permission to share it through any medium provided this entire credit line in quotes is included."