

# WILL YOU ALWAYS LOVE ME?



Romance, Passion, Pain, Love, Harmony  
and Spirituality in Our Relationships

INEKE VAN LINT



*How can I love without risking pain? How can I make a loving relationship last? How can I stay true to myself in a relationship with another? This book offers numerous answers to all these questions. It describes a different form of love. True, deep love. First and foremost, love for oneself so we can better love the other, and grow together in true love. A must read for everyone looking for real love!*

## **Will You Always Love Me?**

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INEKE VAN LINT

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# THE FOUR STAGES OF A RELATIONSHIP

Every relationship goes through various stages that we can summarize into four steps, even though these steps can somewhat overlap.

## 1) Infatuation

We are in love, or rather, “we fall in love,” as the French say, “nous tombons amoureux”. We fall. But where do we fall? Into a trap? So it seems, if we look at the next stage. But let us first see what happens at this stage. We are in love with someone, we feel gorgeous, beautiful, amazing; we feel so light that we are floating. And yes, the higher we soar, the harder we could fall.

We feel so wonderful and blessed because we think we have found the right person who will fulfill all our dreams, and all our wounds will heal. From now on, we will always be happy and never feel pain anymore. We are forever fulfilled and safe. Or so we think.

To secure our expectations, we commit to each other. We get married or move in together. We are always together and we can rest assured that we will always be taken care of.

## 2) Power struggle

In any relationship, there is a crisis point. It can have various causes, such as whether or not we want a dog at home, interfering in-laws, disagreement about education, and caregiving for an ill family member etc. At this time, we realize that our relationship is less romantic and idyllic than we

dreamed and that our partner will not be able to fulfill all our needs. He does not understand us completely, does not always support us and does not care for us as we would like. Reality does not match the vision in our head of the “ideal relationship”. There is a hitch, and the relationship is awkward.

We are now trying with all our might to change the other, to mold, to knead, until he matches our ideal. He will willingly or unwillingly help in the household, listen to us, educate the children our own way, be at home every day no later than seven for dinner and whether he likes it or not, attend the mandatory family get-togethers.

Accusations are hurled at each other’s head, disappointment is the order of the day and disillusionment has become as big as a house. We wonder whether we made the right choice and start thinking about “different and better”. We are so focused on what the other is doing wrong and what he should do (since we really know better!), that we exhaust ourselves in endless discussions and lamentations, or we express signs of discontent and growing, deep resentment towards the partner.

Love is no longer present, having been replaced by blame, guilt, chaos, loneliness, misery, pain, sermons, tears, hatred, tranquilizers and sleeping pills, alcohol, psychiatrists and thoughts of running away or finding solace in the arms of another.

At this stage, most people give up. Either they misbehave, or separate, or they run away with another and start over at stage one in the illusion that this time, it will be good. Is there an alternative?

### 3) Letting go

Those who know to address their spiritual relationship and seek the deeper reason behind these endless conflicts can

evolve through to this third stage. Here, we learn to let go. Here, we learn to see him as a separate being, as who he really is. We observe our partner; we let him or her be as he or she wishes to be.

We realize that our partners cannot fulfill our needs and will not erase our pain. We are processing our own unresolved wounds from the past. We realize that the pain we feel has more to do with our past than our present, and we try to settle that pain in our past. We understand that our partner is only a catalyst who shows us the sores that we have yet to heal.

It is our own inner work to complete this. We do this by looking at where we first felt this pain, now awakened by our partner, and we learn to forgive the people who caused us that pain. We learn to let go; letting go of our pain from the past and letting go of the control over our partner. We learn to take care of our own Inner Child and no longer demand that our partner meets all our needs or heals our pain. It is not his job. He might not be able to do it. We realize that we are responsible for our own emotions and release the pressure on the relationship.

We look inside, go through a healing process and learn to see our partner as someone who is not perfect, as someone who is an ordinary person with both pleasant and unpleasant traits. We accept him or her as he or she is. Period.

#### 4) Love

In the previous phase, we learned to let go and we are healing. We can finally let go of the pain from our past. We can leave our emotional dramas and burdens behind. We no longer project our needs onto the other. We require and want no more than what our partner can give us. We no longer try to squeeze him into a straitjacket that fits our idea of an ideal relationship.

We can let go of all that tension and pain, all that pushing and pulling apart; we let go of ourselves and of the relationship and we are now able to really look at the other as he is: an imperfect being, a soul on the road to perfection, someone who is looking for a way to heal his own pain and who has good and bad traits.

The only question now is: do I love him as he IS? If you still want to change your partner to get from him what you need to feel good, you have not yet reached the stage of true love.

Love is to accept and love the other as he is. Love is accepting that the other will never be able to fulfill all your needs; he will never provide ultimate ecstasy or eternal protection, and will never understand you fully. Love is to love the other while knowing that he will remain as he is now.

Ask yourself frequently: "If my partner would still be the same in 20 years as he is today, would I keep him?" If the answer is yes, then this is love. Stop immediately to ask and answer this question. Let him be who he is right now. There is indeed a good chance that he will be like he is now in 20 years. People do not change easily. So the question is: if he never changes, would I still love him?

And listen to your answer.

This is where the entire relationship needs to be. The point of unconditional love. We only get to this point once we have tried everything. We can search our entire bag of tricks to match our image of how he should be so that we feel happy. We pursue this trail of manipulation, tinkering and kneading, for a very very long time, probably with a few different relationships going, until we realize that it doesn't work. This is the third or seventh relationship where I am always hatching at the same perilous point.



You can of course, decide that “all men” or “all women” are the same. You can continue to evade your own responsibility and you can keep trying to find salvation outside of yourself and refuse to heal your own wounds from the past. But you be lonely as you grow old.

Our relationships are like teaching tools. Our partners are our masters, our teachers. The subject matter is not so easy, but not so difficult. Since we still have to learn it, why not start right away? We are here to learn to love. If your partner severely mistreats you, you must get away of course, because in such a situation, you cannot learn (you have to ensure your safety first). But if you find yourself in a relationship where you are in the second stage, then try to add something to move to the third stage. Learn to let go. Evolve in your spiritual path. Learn to truly love others. Learn to truly love yourself.

Nothing is as blissful as letting go. It is wonderful to let go. You no longer have to control, carp, be jealous or possessive, and know everything better. It is incredibly tiring! Letting go is a relief. You are more carefree, less troubled and stressed; you live in the light. Let the other—in God’s name—be who he IS! Who are you to know better than others, what is good or not good for him? That is pure arrogance! That is not love! Love and arrogance do not go together.

Our relationships are teaching tools. But what is the purpose? What do we need to learn exactly? We must learn to live less based on our arrogant personality and more from our true soul. From our ego, we can never love. Our ego loves only as long as that person behaves as it wants. Our ego demands that the other person does and says what we demand. Our ego is demanding, never satisfied, possessive, pernickety, pedantic, destructive, heartless and cold. Our ego does not know what love is. Our ego is mentally built on fear and power. It always

puts us in a power struggle and buries us in anxiety and torture. Ego and love do not mix.

If we want to love, we must learn to see our partner with the eyes of our soul. We are all souls, divine beings temporarily cased inside a body, on a mission to learn what real love is. We are here to learn to love and to spread the vibrations of loving energy across the entire planet.

Look around you: what happens if there is no love? There is war, hate, destruction and death. On a smaller scale, that means quarrels, hurting each other, and destroying each other's soul.

Before we can heal the planet and rise to a higher level of love, we must start with ourselves, in our own relationships, because that is the hardest lesson. It's easy to say I love all men until a foreign family comes to live beside you. Then you are really faced with the acceptance of other cultures and other beliefs. Likewise, it is easy to think I'm friendly and I love everyone. How about in your relationship? How do you deal with your husband or wife? There lies the real challenge! Your relationship begins at home: you need to get started there.

It makes no sense simply to conclude 'this is wrong for me', or 'I should have never married him or her'. Try to see this in the light of the four stages. If you're stuck in phase two, ask for help and go through it. You'll have to learn it anyway, why not now?

**ENERGY MANAGEMENT**

**AND**

**SETTLEMENT**



## **WHY DO YOU HURT THE ONE YOU LOVE MOST AND HOW CAN YOU STOP THIS?**

How is it that partners create such conflict? How is it that the initial Great Passionate Love turns into Big Passionate hatred? How can people who have loved each other so intensely now hurt each other so terribly? In this article, I explain what is actually happening and how you can prevent this monster from sneaking into your relationship.

You once loved your partner so intensely. You still love him, but you cannot communicate without arguing. Everything turns into harsh words and painful “hits below the belt”. After exhaustive discussions, you pull back into your shell to lick your wounds and come up with a better strategy to protect yourself and prove to him the next time that you’re right. You feel confused and defeated, and yet you love him.

How is this possible? Why do people hurt the ones they love the most? How is it that you fail to express your love? Where does all that fighting come from? How come you start a new conversation full of good intentions only to watch it end in name-calling and accusations? Not to mention the monster of guilt that then reaches for your throat...

How can you stop this vicious circle? How can you ensure that you will live in an environment of love and serenity, because that is what you really want?

Let me first explain what is actually happening. We all need energy. We need energy to live and survive. Energy comes in many forms: love, attention, food, friendship, money, approval,

recognition...We all need these things in order to feel good, to build our personality and to find our place in society.

But here's the thing: as long as we believe that this energy can come from other human beings, we will get embroiled in conflict. Because human power is limited, we must fight for it. Human energy does not last. There is not enough of it. So we have to fight. This is what we learned.

Energy = attention. If we can attract the attention of others towards us, we get an energy surge. So, we need to be the fastest, smartest, most beautiful and best to get the attention of others and obtain their energy.

If we cannot bring attention to ourselves with our positive behavior, by being smart and good, or doing our best, we try a different strategy. We try to get attention through negative behaviors. Each child learns this early in life. When he is playing calmly, his mother will be doing other things: talking on the phone, making dinner, chatting with father. Once the child's little sister squeals from being pinched or if he cries in pain, his mother or father, or both, will be rushing to see what is going on and give him attention.

They might shout at him in anger or worry: it doesn't matter; their focus is now on the child's behavior. The child has what he wants: attention. Moreover, he has now also learned **how** he can get it: not by being good and quiet but by misbehavior. A child learns very quickly what behavior gets him the greatest amount of attention. When his mother or father sees him, even when they are angry, the energy still comes in his direction! When they call on him, they give him energy.

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Yes, it's negative attention, but it is always better than no attention.

We actually teach our children how they can get our attention in a negative way. If we were to cuddle and compliment them when they are quiet and calm, they would learn that this is the best way to get attention. Instead, we only react and show our emotions when they are naughty; we are actually sending the message: if you want me to come look, you have to be bad!

As we grow from a child into a teenager and start dating, we discover a very interesting phenomenon: when we are in love, we receive a lot of **free** energy from our beloved. We get attention, time, love, gifts, etc. The other person gives us a whole lot of energy, free of charge. We do not have to ask, we don't have to use strategy to obtain this energy; it is given to us freely!

We have the usual mechanism to draw energy from others. We let go, because it feels good. We are in love. We float. We feel as light as a butterfly! Everything seems to have more color, is more vivid; life seems so easy, everything comes naturally, and we feel that we love everyone and everything, even our grumpy boss! Nothing can hurt us; we feel safe and charged with energy.

However, this is not ours, it is the energy of the other person,. That person gives us his attention for free; we don't have to do anything for it. But here also lies the danger! We live off someone else's energy, and human energy is limited.

That is precisely the problem. This flow of free energy begins to decrease, because our loved one begins to give more attention to his work and other activities he enjoyed before we met. He picks up the thread of his life and gives us a place in it, but it will not be as it was before.

What happens now? Why can't we continue as we were, what do we need to do to get energy? A body cannot sustain a large amount of adrenaline for a long period of time, they say... It would be too time consuming; we would be unable to do anything else. We would also no longer evolve, but stay in a dead end, only concerned with one person.

But the real reason is that we must learn to draw our energy somewhere else, not from a human being, but from the universal energy source itself.

Our lover gives us less energy than before. We were quite accustomed to this free energy, and now we have to find it on our own! Free energy is so much easier! For months, we made no effort to get it. And now we get less of this free energy, we will not let this happen. At present, our old system of tapping energy from others— as we have learned in our childhood—is intensified by the scarcity of energy. There is an alarm inside us that flickers and warns us: “Risk of energy deficiency!” The old mechanism to tap that energy worked so well with our parents that it is automatically turned on and starts running.

This program provided us with the necessary energy as children, and is now put in motion by the current lack of energy. And in the same way as when we were a small child, we are now trying to steal energy from our beloved. We pout when he says he wants to attend a football game again with his friends, or we are jealous when she spends hours on the phone



with her friends. We get all our tricks out to manipulate the attention of our beloved and to make it flow in our direction.

He, of course, will not let that happen. He will use a personal mechanism that worked on his parents, using “incitement” to get the “stolen” energy back.

How does this actually happen? What mechanisms do we use to manipulate the attention of the other and draw his energy to us (and he tries to pull our energy to them)?

There are several possibilities. We can do this by acting as the victim and cry, “Oh poor me, look what I’m doing for you, but you do not see it at all, no one looks at me, no one is thankful. Look how I’m sweating over here! Nobody deserves to be treated this miserably! Oh oh oh! It’s not fair!”

Another way to drain the attention and energy of the other is through aggressive behavior: yelling, cursing, threatening, intimidating, being angry, dominating others, trying to belittle them and dominating them.

A third mechanism is to control the other and play stalker by flooding him with questions (Where have you been?), checking his whereabouts (Why are you always so late? I’m sure you were at the café or at so and so) with constant criticism (Did you look at yourself? You look awful!), to harass him morally and humiliate him (It is not surprising that the children misbehave with a mother/father like you!), by using various demeaning comments or comparisons (You’re worse than your mother).

A fourth system is to avoid any contact: there is a picture but no sound; refusing to answer, acting mysterious, not reacting, harassing the other with silence so as to exacerbate his guilt. Your partner will do everything in his power to restore contact with you, which will reorient his energy towards you.

These mechanisms used to drain energy from the other will of course ensure that his energy is flowing in your direction, but what then?

The other is losing his energy, feeling weak; he is going to try anything to retrieve his energy. How does he do this? With his own mechanism that he learned to use as a child. He will scream, play the undeserving victim of your ill-treatment, torture you with a lot of agonizing questions and comments, or shut himself off from you and refuse all contact.

This is why we hurt the ones we love the most.

The first reason is that we want the free energy they gave to us before; we believe we deserve it. We think this energy is our property; it belongs to us. And to make sure that energy is available, we must possess its source. We must control that person in order to ensure our supply of energy.

A second reason we hurt those we love most is that this person is simply there. His energy is available, and we help ourselves. By taking his energy from him, we hurt him. Stealing from others is equivalent to hurting them.

Hence, a real war is raging between two people who “love each other”. They constantly manipulate each other’s attention, thinking they are entitled to it. They are embroiled in a war of

attention. All this is under the pretext of “he is mine and owes me attention!”

What right do we have to behave this way? What can we do to change this?

We should only meet other people when we are already fully supplied with energy. This is the only way to avoid tapping energy from them. It happens automatically: we feel empty, weak, tired by all our worries, exhausted by our work, overworked by the children, humiliated or ignored by the boss, misunderstood by our family, hounded by our neighbors, underrated by our peers, and so on... If we meet another human being when we are in that state of inner emptiness, we will take his energy to meet our energy needs.

However, if we are aware of this process and understand that this always produces strife, conflict and discord, we can choose to be energy-autonomous. This means that we take our responsibility to keep our own energy level in our eyes and to find ways to supplement our energy without using or abusing people.

We should not come in contact with others while our energy level is low. It is the responsibility of each person to generate energy for himself and not from other people. How can you do that? By connecting yourself to a source that is always available. You can recharge with universal energy. It is always available, abundant, inexhaustible and accessible to everyone.

The easiest way to connect with universal energy is to behold the beauty of nature. Go for a walk in a forest or in your garden and study the beauty of the flowers and the trees. You

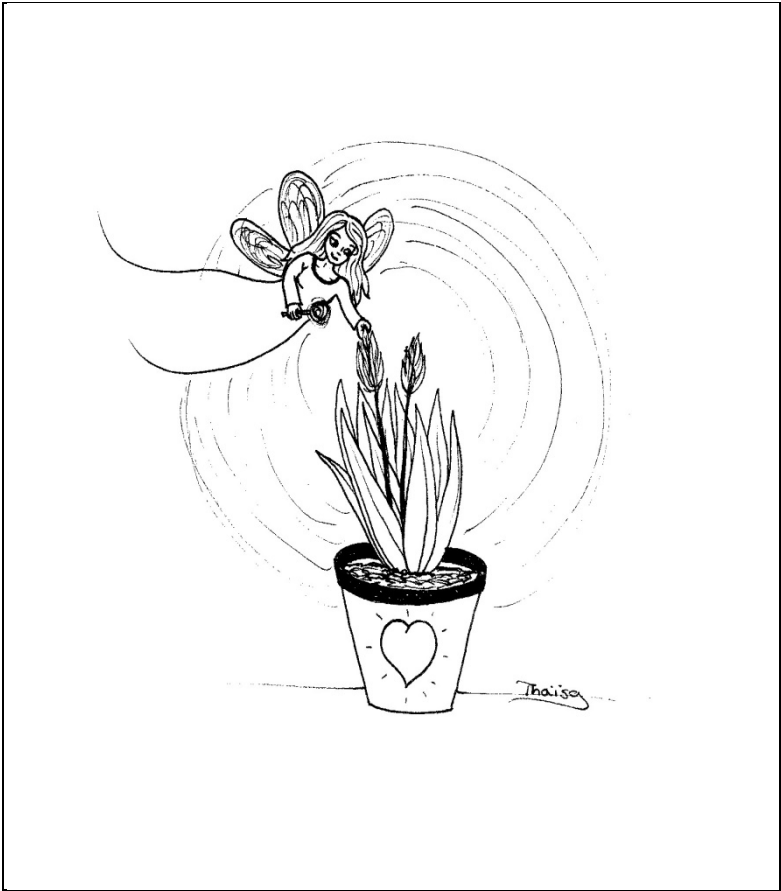
can also admire the beauty of an object or a person. You can listen to beautiful music, meditate, pray, dance, paint, write, repeat positive affirmations, read, visit cheerful friends, find your mission in life and give your cat or dog a caress, look through the eyes of a child, find activities that can raise your energy level.

Make a list of all the activities that increase your energy level. As soon as you find yourself in conflict with your spouse, or anyone else, pick an item from your list to stay focused and raise your own energy levels. Do not get caught up in the fight. You will always lose. You will always lose energy.

Say nothing until your energy level is high enough to power **transmission** to the other. By sending energy, you are sure you're not draining their energy. On the contrary, you are giving it. This is an act of love. If you cannot get your energy from a higher level, go elsewhere, do something for yourself and allow your vibrations to be high enough to face the other person again.

Giving energy to another is to love the other. Loving is giving energy. Do you see the difference with draining energy because you think you deserve it? Do you want to love or to steal?

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To really love someone, you must be aware of this energy war and prepare yourself enough to be able to give energy out of love, instead of tapping energy out of emptiness. You do not want to drain the other, whom you claim to love, and leave him weakened after each contact, right? You do not want to replenish your energy tank with energy stolen from your loved one, right?

## **LET GO OF YOUR EXPECTATIONS AND REQUIREMENTS**

Do you also have this strange tendency to expect others to meet your needs? You're not alone. This pattern of "waiting for the other" is an ancient and old habit. It is the cause of pain and stress in relationships, and it could be fatal to your relationship! Therefore it is important to take a closer look at this habit and learn how to transform it.

Every time you engage in a new relationship, you receive everything you've always wanted since you were a child: love, intimacy, tenderness, attention, excitement and energy.

You think you've finally found the one and that all your needs, will be fulfilled forever. "...And they lived happily ever after." You wallow in your illusion that this excitement will last forever, the illusion that this abundance of love and energy will continue to flow from your new partner.

Reality turns out quite differently. It is not that your partner doesn't love you anymore, but a large part of his attention and energy now goes to his work, his friends and all sorts of other activities he enjoys.

You panic. What is going on? Does he not love you anymore? Have you lost your beauty? Have you become too fat? Is he bored with you? You try to find out why the flow of energy from his direction is suddenly much weaker. You were already accustomed to receiving 300 volts from him and now you're suddenly seeing a mere 100 volts.

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You take it upon yourself to just make it happen and you demand that he continues to give what he gave you in the beginning. You only think about what you are entitled to receive, what the other person is “supposed” to give you.

How strange! Why don’t you think about what YOU can give to HIM? Why do you so stubbornly stick to this bizarre belief that all you need should come from someone else?

Why are you waiting until the other person gives you what you need? Why do not you give it to yourself? You could give the *other* what YOU would like to receive for yourself.

You have nothing to lose with this approach. I can assure you that you will gain a lot: love, intimacy, tenderness, attention, excitement and energy. That’s right! Exactly those things that were freely given to you at the beginning!

YOU can give these things to yourself, *and* to him. *Giving* is the only guarantee that you will *receive*.

Think about it calmly. If you are counting on someone else to give you what you need, then you can wait forever and there is also a reasonable chance that you will never receive anything.

But if you supply what you need to yourself *and* to others, you win twice: first, because you’re giving to yourself and a second time because your love for the other person will allow you to receive back what you have given him. You can run with the hare and hunt with the hounds!

Why does this work? If you give something, then you are at a wavelength of what you are giving. Suppose, for example,

that you need attention. Instead of examining the behavior of your partner, analyzing his words and expressions and figuring out if he gives you enough attention, you'd better pay attention to him right away! Ask him how he feels at the moment, how his day went, what he has learned today and whether he met interesting people. Show that you are genuinely interested, and I bet he will be interested in you. You give attention and you get attention back.

Would you like to receive love? Give love! Do you need an energy surge? Please send an energy boost to someone else and you will feel your energy level rise! Do you want people to listen to you? First, listen patiently to those who want to be heard. Do you want more friends? Then be a friend to others! Do you want to be respected? Then respect yourself and others!

So, to receive what you want, you must give. You place yourself in the right energy vibration to attract what you want to receive.

Rather than waiting to see if your partner gives you plenty of love, why don't you start to give him your love?

Instead of demanding that others respect you, why don't you start by respecting them and yourself? Set a good example.

Instead of dreaming of the perfect job, why don't you start doing your best in your current job?

Instead of requiring more time from your friends and more energy in your relationship, why don't you start to give them some extra time and energy?



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Instead of hoping that your life becomes calm and peaceful, why don't you start to bring calm and peace into yourself to bring inner balance into your life?

It all comes down to energy vibrations. If you want to receive, give others the same energy wavelength as what you want to receive. If love is what you want, by giving love to others you place yourself on the wavelength of love. Giving love makes you *feel* even more love and thus *attracts* more attention to your life. Respect brings you more energy in the same sense and you will attract more respect for yourself.

This works for everything you wish for yourself. You can receive whatever you want by giving it to others, and you will also be less dependent on others. You're not in a wait-and-see, fearful attitude but you have an active, consultative approach. You will have complete control over your life and enjoy the power that comes with it!



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