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90 DAYS OF LOVE

Mastering Love to Create
Your Fulfilling Life!

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Introduction

Are you struggling with closeness and intimacy? Are your relationships anything but smooth and easy? Do you often hide things about yourself, or feel fear, guilt, shame, disappointment, resentment? Do you imagine that your relationships can be happier, healthier, full of love and joy?

Good news! No matter where you are in your relationships, you can create closeness and intimacy. No matter where you are in your life, you can feel love. No matter what has happened to you, you can create a life of love.

So yes! You have found a book that will let you in on the secrets of love. Though it is not until you experience these 90 exercises that you will understand them. Love is important, just as you are important.

What's at stake is the full potential of love that you are capable of feeling everyday. What's at stake is the loving home, family, community and world that we all have dreamed. What's at stake is you living the best life available to you—a life fueled by love.

Imagine having a lover who knows everything about you, accepts you, encourages you, and thinks you are the best thing to have ever happened. I know this is possible because this is how my partner and I are with each other. We aren't lucky. We do these exercises, not for practice, but for real life, which like yours, is full of problems to solve and overcome. We approach our life together with great love for each other, our family, and all people. This makes

the difference between a normal relationship and an extraordinary partnership.

Begin your journey today, stay on course, and you will arrive at your intended destination. I am sharing these exercises with you because they work. I want you to create the greatest relationship of your life, romantic or otherwise, just as I have done.

My recommendation is that you get started on the exercises while reading this About Love section. I suggest this because it's the exercises that will improve your love life, not the explanations. Reading about lifting weights does not grow muscle. Repeatedly lifting weights does. There's no other way around, over, or under, becoming a Master of Love. The only way is through the journey, and it is worth the effort.

Plan to create time in the morning to read the exercises. Or read them the night before to get ready for the next day. Experiencing an increase in love, whether for one person or many people, is a victory. And what a sweet victory it is when you achieve a life of love!

90 Days of Love is about taking action and making progress. It is not about perfection or doing things right. If you get behind, that's OK. Get caught back up. Even doing at least two per week can work. Just keep moving. The exercises are designed to ease you into the work. If you find that the early exercises are too easy, then by all means, skip ahead to the ones that dig deep. More of the later exercises take on real life issues and situations.

I also suggest that whether you do all of the exercises or not, read the entire book. This will tune your mind and heart to the practice of love and help you find your own path.

You will need to work on some exercises more than others. Find the ones that expand your love and practice those over and over. Love is not a 1-day, 7-day, or 90-day endeavor, but a life-long commitment.

The Three Laws of Love

90 Days of Love, first and foremost, is based on the following Three Laws of Love. As you go through the exercises, you will begin to see these laws in action.

1. *Your ability to love is proportional to the robustness of your love center, that part of yourself that gives and receives love.*

Human beings are highly adaptable. As you increase the experiences of love in your life, your mind, body and spirit will grow your love center. You can and will adapt yourself into a loving person.

2. *You cannot control anyone other than yourself.*

You cannot make anyone love you. All you can do is make yourself a loving person. Love encompasses letting go of control. This leads to the third law:

- 3. You can only have a loving relationship with another person who chooses to have a loving relationship with you.*

Not everyone is available for love. Each person has their own journey to make in opening up to love. But by opening yourself up to love as fully as possible, you can influence and inspire others to make this journey with you.

The Five Secrets of Love

From the Three Laws of Love, and through my own practices and understanding, I have become aware of The Five Secrets of Love. I call them secrets because many people do not know about them. But the real secret is that great love has been inside of you the entire time.

LOVE SECRET #1

You are capable of realizing your dreams of love

You are a normal and whole human being, fully capable of living a life of love and creating a #10 relationship.

90 Days of Love is about exercising and strengthening your love center, not only by educating you about love, but also by giving you easy exercises to experience the great power

of love inside of you. To attract more love into your life, you must first BE a loving person.

Love is a higher form of survival that compels you to want to be with others and live in harmony. Love, when robustly integrated in your core, will establish control over your fight or flight reactions, and over your feelings of fear, anger and hate. Moreover, because love emanates from the newest parts of your brain, and these parts can be re-wired, renewed, and regrown, you have the ability to learn to love.

You can learn to love! I know because I have greatly increased my own love center.

LOVE SECRET #2

Love is the emotion of connection

When you think of the love you want, what you are really thinking is that you want the experience of connecting with another human being. Connection is the universal link between all people. You experience this universal link at different levels such as the spiritual, emotional, mental, and physical levels. When you have an experience of connection, you feel love.

To reiterate, love begins in the newest parts of the brain, whereas fear and anger find their source in the primitive parts of the brain. If you were loved supremely by your

mother and father, cared for by your family, and generally experienced a loving childhood, your love center was activated and strengthened. When you have a connected childhood, you can easily love and be resilient in adulthood.

But when you have a disconnected childhood, knowing how to connect with another human being can be like communicating with someone in a foreign language. Without the lessons of connection from your caregivers, your primitive brain's fear, anger, and other instincts for survival can overwhelm or overpower your love center. This can suffocate your natural ability to love in the long-term.

Fortunately, the ability to learn love never goes away. If you want stronger muscles, you exercise and lift weights every day to make those muscles bigger. If you have never exercised before, it would take a long time to achieve a muscular body. But here's the key fact. You already have muscles. Barring a terrible disease, your muscles never disappear. They are always there, ready to start exercising.

The same with the love center in your brain. It's always there, waiting to be activated. That's why I came up with these love exercises. They will activate your ability to connect with yourself and with people, thus producing the experience of love.

LOVE SECRET #3

You are able to consciously create love

You have the ability to control the amount of love you give and receive. The amount of love you have is not dependent on your past, or who you are. The amount of love you have is dependent on whether your love center is activated and used. The more you use it, the more love you will have in your life.

Since love is an experience of connection, by creating such an experience, you will create the feeling of love. Adversely, and please pay attention here, by creating experiences of disconnection with people, you will diminish love. *90 Days of Love* is designed for you to experience connection with people, nature and the most important person in the world, you.

Directing yourself to love may not be in your playbook, so you may take this secret with a grain of salt. Allow me to tell you that you are always creating experiences of connection and disconnection with other people. It's just a matter of making you aware of your own power to create connections and land it squarely in the commanding portion of your mind. You can choose to love yourself, one other person, all people, or a number in-between. You can also choose to receive love from yourself, one other person, all people, or a number in-between. It's all your choice. It is up to you.

LOVE SECRET #4

Your thoughts and behaviors affect your love

Two things trigger feelings: thoughts and behaviors. Since the nervous system is the source of your feelings, and you possess consciousness, or the ability to self-direct, then your conscious thoughts can trigger feelings of love by either thinking about love or performing acts of love. Therefore it is vitally important for the success of your love life to specifically conjure all of your thoughts toward love and connection.

Your feelings pull the knobs and levers of your behaviors, much like a crane operator maneuvers tons of cargo with minimal effort. Put simply, you do what you feel. This means that your feelings and behaviors are interconnected. So it stands to reason that the effect can run in reverse. That is, your behaviors will influence your feelings. There are wise sayings to this truth such as “Fake it ’til you make it!” or “If you want to feel better, smile,” meaning that if you change your behavior, you will change your feelings. Try it out for yourself.

Some people think that the only working method of controlling behaviors is by suppressing feelings. Though it does work, it is very inefficient because it takes energy to suppress what is natural. In the end, suppressing your feelings only diminishes the human experience rather than enhancing it.

Plainly put: think love, act loving, and you will feel love.

LOVE SECRET #5

*The more you connect with people, the more they will
connect with you*

An amazing thing begins to happen as you open yourself up to people. They begin to open up to you. By allowing other people to get to know all of you: good, bad, ups, downs, successes, failures, shallowness and depths, you give them permission to reveal themselves to you. And they do! Not everyone, but many.

If someone doesn't connect with you, it's most likely because they are protecting their broken heart. As you begin to love others, you will find some of them resistant to being loved, just as I was at one point.

Let's assume there are three kinds of broken-hearted people. The first are the kind that never learned to love and so connection is unfamiliar and uncomfortable territory. The second kind are those that once loved, but because they experienced loss, betrayal, rejection, control or anything else that can cause emotional pain, they now fear connection. Finally there are the third kind that fall in love for the thrills and not for connection.

If you are one of these kinds of broken-hearted people, this last secret is for you (as it was for me). Your revitalization can come from two directions. The first direction is from outside of yourself. Someone will love you so much that you will begin to experience connection

and begin the process of learning to love. Though most likely you will put up a battle, resist connection, and defend your reality of separateness. Have you ever had the experience of someone loving you and still feeling uncomfortable, possibly giving them the “Goodbye” even when things were good?

The second direction is from within yourself. This will come from putting time and energy into you, working on you, and practicing love. I promise, creating the love that you want is easier and more rewarding than waiting for the love that you want. You will give yourself the opportunity to make the uncomfortable comfortable, overcome fear with courage, and make those thrills last. You can direct yourself to lower your defenses and open yourself to others. This is the essence of 90 Days of Love.

In a nutshell, using these Five Secrets of Love as a guideline, this book will challenge you to master your thoughts and behaviors so as to experience connection, thereby releasing the tremendous love that dwells within.

True Love Is Inside the True You

Have you ever stopped to think that your ideas, thoughts, beliefs, prejudices, and rules about love may not be your own? We are master mimickers, and can easily incorporate other people's behaviors into our own. For instance, we may think that someone else is more successful than us, so unconsciously we imitate them in order to make ourselves successful. We learn about love (or lack of it) from our parents, family, friends, community, books, magazines, movies, songs, websites and especially from experiences with our lovers. We also express love based upon how we feel about ourselves.

Even though human individuals have many similarities, each of us are unique. Thus what works for one person may not work for another. We have to know what works for us individually. These exercises are designed for this exact discovery.

Here is the truth. You have everything inside of you that you need to be successful with love. This is because you are born with the neural wiring for love. Your brain is a social organ. When someone treats you in a way that you interpret as love, you respond positively. Moreover, humans are one of a handful of species that produce and react to the hormone oxytocin, better known as the cuddle hormone—the “molecule of monogamy.” If love is difficult for you, it is because you have not had constant and continual experience with love. In other words, you are out of practice because you have not been stimulating those neural pathways that have been in place since you were born.

The bottom line is to trust yourself and learn what works for you. Have courage, take an emotional risk, be honest with yourself and others, and feel, maybe for the first time, what care and connection feel like.

In the long run, the benefits of being a loving person far outweigh the work and risks of building loving thoughts and behaviors. What's possible with love? A life-long intimate relationship, close friends, supporting family, rewarding career, meeting exciting people, becoming part of a community, inner calmness and peace, new positive experiences. Most of all, a brand new relationship with you, one built upon acceptance, trust and appreciation for yourself.

I can attest my own experience and growth to these exercises. I accept, trust and appreciate myself and know that my contribution to humanity matters. You, too, matter! Only you can contribute the uniqueness that is inside of you.

Love puts everyone on the same playing field. Love strengthens the weak and weakens the strong. Love connects all people. Love turns hope into knowing. Love returns brokenness to wholeness. Love turns lack into abundance. There is no upper limit to love.

The Purpose

The purpose of this book is not to put the secret of love into words, but to draw it out of you and put it in your own hands, as a paintbrush to a painter who wishes to create his or her life on canvas.

Now it is your turn to draw out your own love and paint your own picture called *My Life*. In fact, your painting is not a still life, but it is a movie full of action, adventure, romance, and even cliffhangers. Maybe at times, you will see yourself as Aladdin where you rub the lamp of your imagination and make a wish from the genie of your own power. Make a wish for every person, including you, to step into their own amazing adventure of love.

Because of my own struggles with love and relationships, I know your heartaches, pains, betrayals, and losses of love. I have felt the same sadness, anger, and fear. I understand the anxiety, insecurity, need to control and need to withdraw. I have experienced all of these. And it is through these many obstacles that I found a pathway toward activating my love center. *90 Days of Love* is a smoother and more direct passage to the higher ground called love. May these exercises lead you to an amazing love life.



First Day of the Week:

I AM

Love Exercise Day 1

Look in the mirror for 5 minutes without saying anything.

Journal for 10 minutes.

(Was the experience easy or difficult? Notice anything new or different?)



Today is about taking a closer look at yourself. What are your thoughts? What are you telling yourself about love?

Love Secret #3 states that “You are able to consciously create love.” Love Secret #4 states that “Your thoughts and behaviors affect your love.” This means that what you think about love, what you are telling yourself, is affecting the amount of love you have in your life. The good news is that, because of this, you have control of your love life. The bad news is that you have to choose to create love. This means that if you want more love in your life, take responsibility for your thoughts about love and yourself. But the first step is to recognize and acknowledge what you are telling yourself.

Enjoy the rest of your day!

Day 1 Photo by Louie Castro Garcia



Second Day of the Week:

BODY AND HEALTH

Love Exercise Day 2

Eat healthy all day today.

Journal in the evening.

(How did you feel today? If you didn't eat healthy, was there a reason? How did you respond to eating or not eating healthy?)



You are an integration of body, mind, and spirit, put together into one person called I! If you take care of one

part of yourself, the other parts will be lifted up as well. Today is all about taking care of your precious body. Eating healthy is love for the body. In truth, you will take care of your body—not because you dislike it—but because you love it!

Healthy can be fun!

Day 2 Photo by Brooke Lark



Third Day of the Week:

ABUNDANCE

Love Exercise Day 3

Look around your environment and with everything you see, say, “I love (___).” For instance, “I love (that chair). I love (this picture).” Whatever you see, say to yourself that you love it.

Journal for 10 minutes.

(Was the experience easy or difficult? Notice anything new or different?)



You are a part of your environment and your environment is a part of you. When you are in a relationship in which you uphold your “part,” then you are in Partnership.

This exercise is about being in partnership with yourself. Partnership is a specific kind of relationship that you have with someone, including yourself, where you agree to work together to create something. In a sense, with this exercise, you are agreeing with yourself to love all things around you. The result is an abundance of love.

Though this exercise may seem simple, silly or odd, it is effective. Turning on your love center “switch” is as easy as saying “I love . . .”

Day 3 Photo by Felipe Galvan

👍 Fourth Day of the Week:

POSITIVE EMOTIONS AND EXPRESSIONS

Love Exercise Day 4

Have a No Argument Day.

At the end of the day, journal for at least 10 minutes.



This exercise is about taking control of your emotions. Emotions can be considered as primitive thoughts. They are triggered from the powerhouse of your mind—the subconscious. Emotions are so powerful that they compel you to behave one way even while your conscious mind is thinking that you want to behave another way. We've all

had this experience! For instance, you say you will not eat another potato chip, then you do. Or you say you don't want to fight, but get so angry, you can't help it.

Be conscious today of your emotions that compel you to argue, whether you voice those arguments or not. Be mindful that emotions come from beliefs that have lodged themselves into your powerful subconscious. These beliefs rear their ugly heads in order to compel others to conform to you through your anger (the emotion) and arguments (the behavior). In other words, you get angry and argue because there is a difference between what you believe should happen, and reality. As you argue, others will begin to get in alignment with your beliefs. In a sense, anger is a power that causes reality to abide to your beliefs. Simply put, your anger gets others to change real quick! Though only temporarily. This is the opposite of love.

By having a No Argument Day, you are giving love a chance to take root inside of you.

So have fun on this No Argument Day, even if you have to bite your tongue.



Fifth Day of the Week:

CONNECTION AND GIVING

Love Exercise Day 5

Do a small, nice thing anonymously for someone without any expectation of anything in return.

Afterwards, journal.



There is a universal law that states “What you put out comes back to you.” Another way of expressing this is Givers Gain. In fact, the more you freely give unconditionally, the more you will gain. And this works for love as much as for anything else.

Unconditional giving in itself is the hallmark of love. Unconditional means that there are no strings attached to the gift. The receiver gets to do whatever they want with the gift including giving it away, throwing it away, or even just forgetting about it. In order for the gift to be completely unconditional, you must allow the recipient to have this freedom. If empowering others with choice is your challenge today, it's possible this lesson about giving is a gift to you.

So put out a little love today. I promise it will come back to you, though most likely not from the person to whom you gave. The universe likes to have its fun, too!

Be creative with this exercise!

Day 5 Photo by Sharon McCutcheon

🕒 Sixth Day of the Week:

INNER SELF AND VISION

Love Exercise Day 6

Find a quiet place to sit undisturbed. Relax. For 10 minutes, reflect on how you felt before and after each exercise this week. See love growing inside of you.

Journal.



For a small amount of time today, become familiar with the thoughts in your mind. Do you have an inner negative chatterbox? What percentage of your thoughts leaves you feeling good?

Your inner world projects onto the outer world. You can only see the outer world from your own perception, which creates your perspective. Ask yourself if the negativity of the outside world is a reflection of an inner negative thought pattern. Perhaps your reality reflects an inner broken heart— disappointments, insecurities, some terrible event?

Becoming aware of your thoughts and feelings and how they cause you to see and react to your environment is the first step toward growing love. The second step is to put aside negative thoughts and beliefs in order to allow your mind to see the world “as is.” This is known as acceptance.

Choose to see the world as it is and you will have taken a great step toward love. If this is initially difficult or you, keep working on it. It can take time to remove the judgments you have put on the world. This is why it is so important to see love growing on the inside, because you will also see love growing on the outside.

Have an amazing day of discovery!

Day 6 Photo by Bekir Donmez



Seventh Day of the Week:

LOVE FREELY

Love Exercise Day 7

Pick one of the exercises from the past week to do over again. Add your own personal touch, variation or flavor, if you wish. Or invent your own love exercise to do today and share it with our community.

Remember to journal!



Here is a recap of [The Five Secrets of Love](#):

#1: You are capable of realizing your dreams of love.

#2: Love is the emotion of connection.

#3: You are able to consciously create love.

#4: Your thoughts and behaviors affect your love.

#5: The more you connect with people, the more they will connect with you.

I hope that you are beginning to see that you are in the driver's seat of your loving life. Love is and has been always inside of you. Through these exercises, you are activating and reinforcing the love center in your brain. No matter how you have done these exercises, your love will have grown.

Are you beginning to see that there is more than one way to love? The more different people you connect with, the more different ways of loving you will experience. Some will be easy to love. Some very challenging. But just like anything in life, if you conquer the challenging obstacles, all the other obstacles become easier. So today, give yourself a challenging love exercise and remember that success and failure are just feedback.

With all the love in my heart, I salute you for making it through the first week!

Thank You So Much For Working On Your Love!

Continue to practice love for yourself and love for others!

[Purchase the full book on Amazon!](#)

Don't stop now!

- Chris Enni

