Perfect Love, Imperfect Relationships

While most of us have moments of loving freely and openly, it is often hard to sustain this where it matters most—in our intimate relationships. Why, if love is so great and powerful, are human relationships so challenging and difficult? If love is the source of happiness and joy, why is it so hard to open to it fully and let it govern our lives? In this book, John Welwood addresses these questions and shows us how to overcome the most fundamental obstacle that keeps us from experiencing love's full flowering in our lives. Perfect Love, Imperfect Relationships begins by showing
how all our relational problems arise out of a universal, core wounding around love that affects not only our personal relationships but the quality of life in our world as a whole. This wounding shows up as a pervasive mood of unlove—a deep sense that we are not intrinsically lovable just as we are.

And this shuts down our capacity to trust, so that even though we may hunger for love, we have difficulty opening to it and letting it circulate freely through us. This book takes the reader on a powerful journey of healing and transformation that involves learning to embrace our humanness and appreciate the imperfections of our relationships as trail-markers along the path to great love. It sets forth a process for releasing deep-seated grievances we hold against others for not loving us better and against ourselves for not being better loved. And it shows how our longing to be loved can magnetize the great love that will free us from looking to others to find ourselves. Written with penetrating realism and a fresh, lyrical style that honors the subtlety and richness of our relationship to love itself, this revolutionary book offers profound and practical guidance for healing our lives as well as our embattled world.

Welwood is most compelling when he gets practical. His approach is also noteworthy for its emphasis on learning how to receive love as well as give it. Perfect Love, Imperfect Relationships offers both grand theories and useful practices for incorporating these lessons into your life. Everyone should read this wonderful book. Inspired by Your Browsing History. Real Love. Daring to Trust. How to Be an Adult in Relationships. Women Who Love Too Much. Robin Norwood. The Dark Side of the Light Chasers.


Perfect Love, Imperfect Relationships| Penguin Random House Higher Education

Start your review of Perfect Love: Imperfect Relationships. Shelves: spirit-self. This is a great book if you're truly interested in understanding intimate relationships and why they're so hard and how to make them work. Welwood's book "Journey of the Heart" is what got me first interested in his work. He is on the verge of being a little too "oozy-groovy" for me, and a little Christian, but he avoids getting to much into that and keeps it non-denominationally spiritual and psychological. Basically he's all about the idea that people are mostly pretty wounded and imperfect and This is a great book if you're truly interested in understanding intimate relationships and why they're so hard and how to make them work. Basically he's all about the idea that people are mostly pretty wounded and imperfect and you have to accept yourself for being broken and learn to love yourself so you can love other people. Oct 09, Nora Berzawi rated it it was amazing.

Now I have the answer for the question; which book has much added up to your life? At least in the perspective score. Oct 18, Deb rated it it was amazing. We deeply crave love, but have trouble fully giving and receiving it. The heart of the matter is that our woundedness around love—and the defenses that naturally follow—get in the way of our being able to truly love and be loved. This is the most critical issue of human life, both personally and collectively.

It is also the central focus of this book…You will discover that your wounding is not a fault or a defect but rather a guiding compass that can lead to greater connectedness. Here are just a few that I found to be quite profound. Although this love-wound grows out of childhood conditioning, it becomes in time a much larger spiritual problem—a disconnection from the loving openness that is our very nature. And this leaves us looking to others for the most essential connection of all—with the native sense of rightness and joy that arises only out of being rooted in ourselves.... What keeps the wound from healing is not knowing that we are lovely and loveable just as we are, while imaging that other people hold the key to this. Other people cannot love us any more purely than their character structure allows. This is how grievances invariably become self-fueling prophecies...What we fail to grieve turns into grievance. Learning to hold your woundedness in the embrace of your own compassionate presence help you be present to yourself in a new way that penetrates the thick, defensive shell around the heart.

This is what allows the medicine to flow. Something so simple yet so radical: You start to inhabit yourself. You reinhabit your lonely heart and bring it back to life. Grievance and gratitude are polar opposites. When we reflect on how our life is possible only because it is held, surrounded, and nourished by a field of kindness, this gives rise to natural gratitude. Then it no longer remains something solid and frozen that clogs your system. This is a simple and direct way of starting to heal your woundedness, the fearful shutdown you became stuck in as child. As the warmth of understanding starts to flow, it washes away your grievance against yourself, allowing self-love to take its place.

The wound will operate like a hole in you: No matter how much love someone pours in, it will always leak out the bottom. That is why the practice of tuning in to absolute love is so important. Looking to someone else to fill our holes or always satisfy our passion only cuts us off from the wellspring of beauty and power within. We cannot avoid coming back again and again to the experience of being alone. No one can finally get it back to life. Grievance and gratitude are polar opposites. When we reflect on how our life is possible only because it is held, surrounded, and nourished by a field of kindness, this gives rise to natural gratitude. Then it no longer remains something solid and frozen that clogs your system. This is a simple and direct way of starting to heal your woundedness, the fearful shutdown you became stuck in as child. As the warmth of understanding starts to flow, it washes away your grievance against yourself, allowing self-love to take its place.

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To taste bliss, forget all other tastes and taste the wine served within. Now on to those other human dilemmas… May 17, Judie68 rated it really liked it. Read this last night I think is might be one of the most important books I've read in a while. When the student is ready Not feeling loved and then taking that to heart is the only wound there is. It cripples us causing us to shrivel and contract. Thus, apart from a few biochemical imbalances and neurological disorders, the diagnostic manual for psychological afflictions kn Read this last night Thus, apart from a few
biochemical imbalances and neurological disorders, the diagnostic manual for psychological afflictions known as the DSM might as well begin: Herein are described all the wretched Oct 23, Nancy rated it it was amazing Shelves: favorites.

I was hooked at the introduction and bought 20 copies of the book before I had finished to give to friends. I now have two of this author's books and will place them on my shelves of books to read over and over again. Nov 07, Lee TravelGoddess rated it it was amazing. Wonderful book about exploring the debts of where love and process of obtaining such comes from. I enjoyed the simplistic ways in which he broke it down and presented exercises at the end! And I just want to say that you can be anti-theist or an atheist but to completely ignore the rest of the world and what their potential beliefs could be is just another way of not allowing love to flow. Sep 07, Emilia Dukauskaite rated it it was amazing. A beautiful book that helps to understand why you and others around you might be afraid of love. Also, why some lovers are too attached when others are too distant. Overall, it helps you not only understand yourself a little bit more but be more empathetic towards others as well.

Five stars because it made such a difference for me. Jan 07, Emily rated it it was amazing. The best book on relationships I've read. Highly recommend. Feb 19, Hal rated it liked it Shelves: non-fiction. I started reading this book when I was a really sad and conflicted state of mind. I had recently gone through a breakup with a guy I had really strong feelings for, who I might even describe as my first real love. I felt betrayed and abandoned in the end, and I was incredibly hurt. This experience triggered my old fears that I was worthless and that nobody would ever appreciate me or love me as much as I did for them. I always feel like the loser in the end, giving all my love and loyalty to people I started reading this book when I was a really sad and conflicted state of mind. I always feel like the loser in the end, giving all my love and loyalty to people who can't or won't do the same for me. So this book gave me some helpful insights and allowed me to think about my pain from an outside perspective.

It was a bit of a healing experience. The tone of the book felt really kind and compassionate, if that makes sense, and it was really nice to read the words of an outside source describe feelings that I've sat with for so long. A couple drawbacks, in my opinion however. The exercises, while thought provoking, were not always helpful for me. Also this book has a LOT of spiritual and religious-esque language, and as an atheist who isn't particularly spiritual either this just didn't do it for me. It wasn't my cup of tea. Tldr version- an interesting book.

It isn't the end all be all of my process of healing my old wounds and growing from my past experiences. But it was a nice start. Dec 02, Marianna rated it it was amazing Shelves: personal-growth, relationships, communication, psychology, favorites. Those many priceless passages alone warrant a 5 star review. I question, however, whether the exercises that focus on the feeling of unlove and the sense of lacking love in order to connect to the absolute love within us are truly necessary and even recommendable.

We can go straight to connecting with absolute love without having to subject ourselves to feelings of lack, I think. Why, if love is so great and powerful, are human relationships so challenging and difficult? If love is the source of happiness and joy, why is it so hard to open to it fully and let it govern our lives? In this book, John Welwood addresses these questions and shows us how to overcome the most fundamental obstacle that keeps us from experiencing love's full flowering in our lives. And this shuts down our capacity to trust, so that even though we may hunger for love, we have difficulty opening to it and letting it circulate freely through us. Chokyi Nyima Rinpoche. The Monkey Is the Messenger. Ralph De La Rosa. Radically Happy. Phakchok Rinpoche. Errie Solomon. Notes for the Everlost. Kate Inglis. The Five Hurdles to Happiness. Mitch Abblett. A Brief History of Everything. Ken Wilber. The Way of the Bodhisattva. The Rules of Victory.


Perfect Love: Imperfect Relationships by John Welwood

Error rating book. Refresh and try again. Open Preview See a Problem? Details if other: Thanks for telling us about the problem. Return to Book Page. Preview — Perfect Love by John Welwood. While most of us have moments of loving freely and openly, it is often hard to sustain this where it matters most—in our intimate relationships. If love is so great and powerful, why are human relationships so challenging and difficult? If love is the source of happiness and joy, why is it so hard to open to it fully and let it govern our lives?

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Written with penetrating realism and a fresh, lyrical style that honors the subtlety and richness of our relationship to love itself, this revolutionary book offers profound and practical guidance for healing our lives as well as our embattled world. Get A Copy. Paperback, pages. More Details Original Title. Other Editions 9. Friend Reviews. To see what your friends thought of this book, please sign up. To ask other readers questions about Perfect Love, please sign up. Good morning Sir, your book seems very appealing, but is it just a good essay, a trial to offer a solution to the inharmonious relationships regulating the world? Question: Does this original wound exist in the animal world, where violence, domination and
substitution reigns supreme, yet the animals are healthy, in good elastic form, and living close to nature, without the exaggerations of human beings?

See 1 question about Perfect Love. . . Lists with This Book. Community Reviews. Showing Average rating 4. Rating details. More filters. Sort order. Start your review of Perfect Love: Imperfect Relationships. Shelves: spirit-self. This is a great book if you're truly interested in understanding intimate relationships and why they're so hard and how to make them work. Welwood's book "Journey of the Heart" is what got me first interested in his work. He is on the verge of being a little too "oovy-groovy" for me, and a little Christian, but he avoids getting to much into that and keeps it non-denominationally spiritual and psychological. Basically he's all about the idea that people are mostly pretty wounded and imperfect and This is a great book if you're truly interested in understanding intimate relationships and why they're so hard and how to make them work.

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We can go straight to connecting with absolute love without having to subject ourselves to feelings of lack, I think. The "ask" has already been made from time immemorial in order to "receive" or connect with what's already there because that absolute love is a manifestation of our essential nature, so there's no need to continue asking, in my view. That said, perhaps folks who have been hardened enough to not connect at all with their need for love and what they do want may find them helpful. Feb 17, Michael-David Sasson rated it it was amazing Shelves: romance. It's interesting that Welwood "At the bottom of my grievance against a world gone mad, I discovered the vulnerable child who still didn't know that love was fully available or truly reliable. Nov 09, Kelley rated it liked it. A marvelous guide for any seeker choosing to walk on love's path.

No larger social transformation is possible unless it is simultaneously accompanied by this kind of personal healing, one individual at a time. Every social change movement should encourage its participants to take time to follow the steps outlined in this extremely valuable and important guide to psychic health. Menu Search. Cart You have no items in your shopping cart. Search. My Account Login. Shambhala home. Perfect Love, Imperfect Relationships. Browse Inside. Perfect Love, Imperfect Relationships. Add to Cart. Apple eBook Download X. Nook eBook Download X. Google eBook Download X.

Ordinary Magic Edited by John Welwood. Deeper Dating By Ken Page. Related Topics Relationships. Details While most of us have moments of loving freely and openly, it is often hard to sustain this where it matters most—in our intimate relationships. Selected Reader Reviews. Perfect Love Reviews. Reviews from Goodreads.

John Welwood's message echoes the Buddha's, showing us how we have direct access to the love and happiness we most long for, as our very essence. John Welwood is one of the most brilliant and important teacher of our time. A marvelous guide for any seeker choosing to walk on love's path. No larger social transformation is possible unless it is simultaneously accompanied by this kind of personal healing, one individual at a time. Every social change movement should encourage its participants to take time to follow the steps outlined in this extremely valuable and important guide to psychic health. Menu Search. Cart You have no items in your shopping cart. Search. My Account Login. Shambhala home. Perfect Love, Imperfect Relationships. Browse Inside. Perfect Love, Imperfect Relationships. Add to Cart. Apple eBook Download X.

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