



Showing Up As Love

A Poetic Journey to Deeper Connection

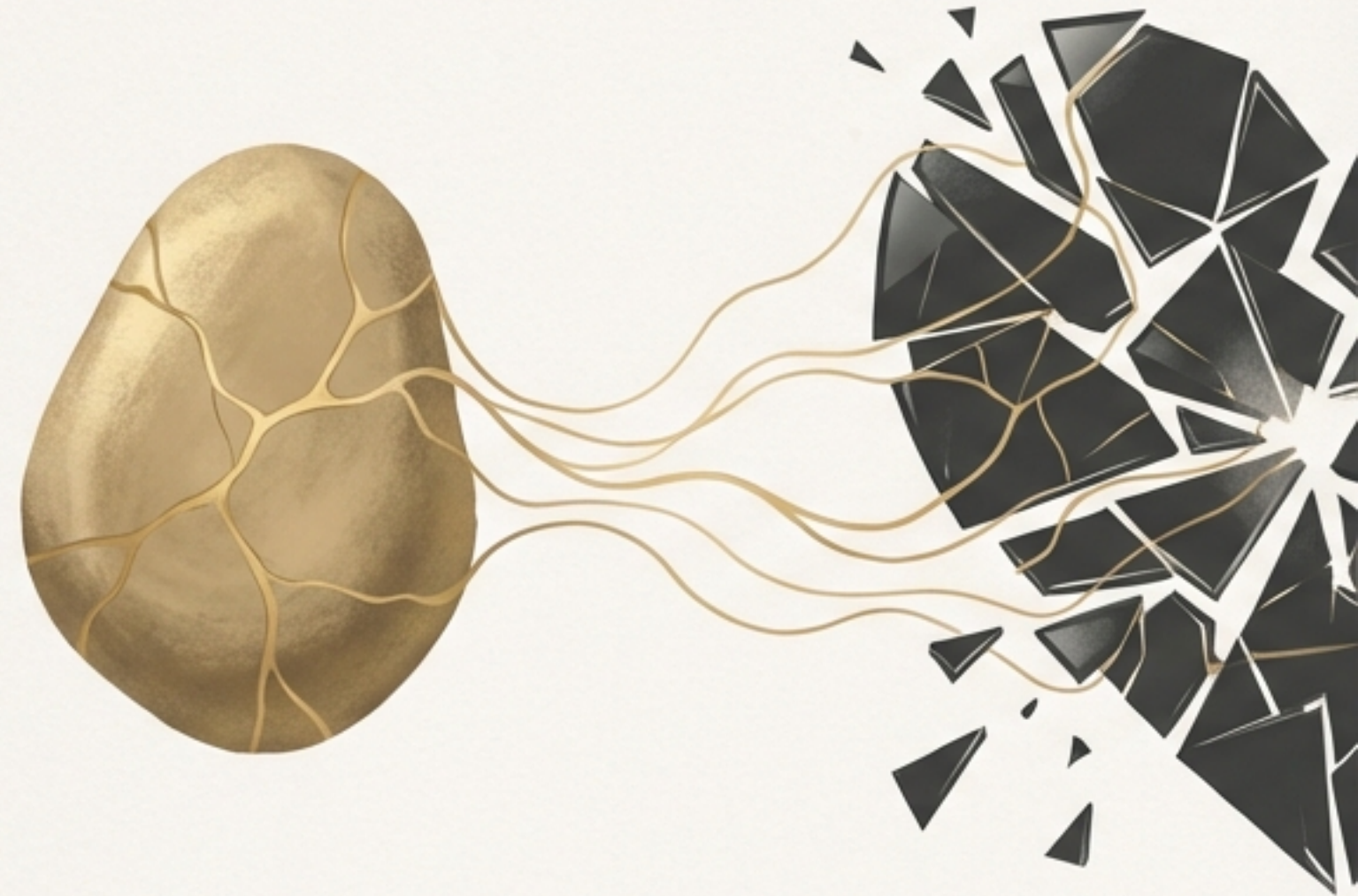
An inspirational summary from the Poetricity Live Experience.

The Premise of Real Love

We've been conditioned by a Hollywood version of love that often doesn't serve us in reality. This journey moves beyond the clichés.

It's an exploration into building relationships that are authentic, resilient, and empowering—for ourselves and for our partners.

The central question we will explore is: How do we consciously build a love that lasts?



Part 1

Clearing the Ground

Releasing the Past to Build a Better Future

Before we can build anything new, we must first clear the old plot. This is the critical first step: acknowledging the past without making it our place of residence.

Past Residency

The past did exist
but no longer useful
for reference and not much else

poor place of residence
built on porous memories
on brittle foundations
deluded by outdated emotions

all the while
a present plot lies vacant
for the building of a better future

The Opportunity Cost of Stuckness

Our memory of the past is not a perfect recording. It is built on “**porous memories**” and “**brittle foundations**,” often changing each time we recall it.

Living in the past isn't just static; it has a real cost. While you are stuck, a “**present plot lies vacant**,” representing lost time, experiences, and the chance to build a better future.

“It’s a bit like being stuck in the wrong relationship... you’re losing time and God knows what else you’re losing because you’re not free to see what else.”



Part 2

The Inner Blueprint

Authenticity & Self-Awareness

All great structures begin with a clear blueprint and honest materials. This is the inner work required to show up as your true self in a partnership.

Light Share

what was once a solitary flame
is where all these came from
a light from a light
so much greater

a space now seen in the light

that is the power we wield
when our light we share

Recognize Your Light to Share It

Each of us brings our own “light”—our identity, strengths, and weaknesses—to a relationship. The goal isn’t to merge, but to create a shared space where more can be seen.

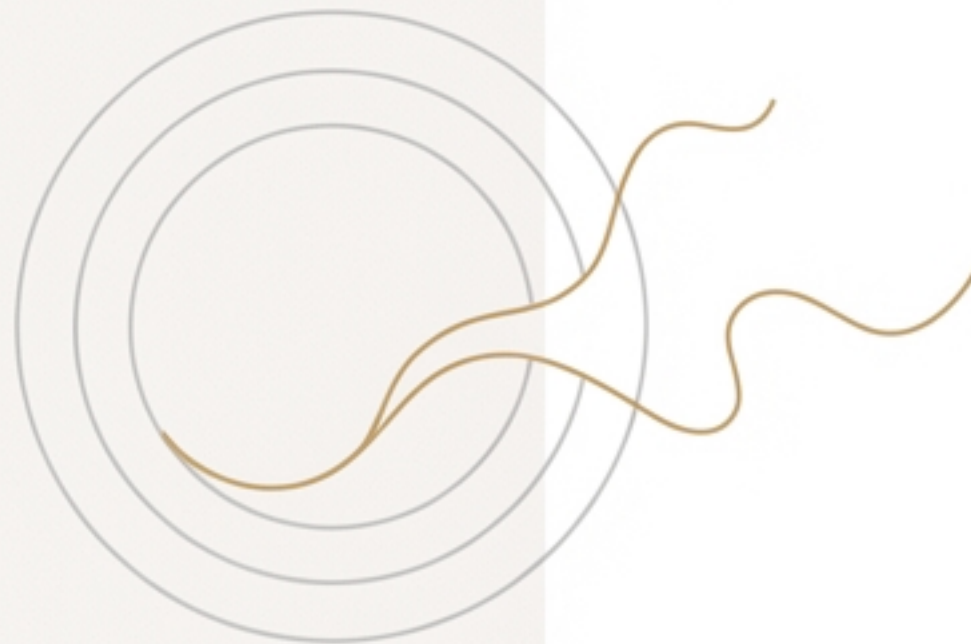
Before sharing your light, you must first “recognize it and value it.” You cannot assume that someone else will be able to recognize its value for you.

Together, two lights create something “bigger and greater” than either could alone. This is the power of authentic partnership.

Spot Change

spot the changes coming off me
out of the conforming hoops
emerges the me that's true

now you see
so can you too



The Freedom of Being True

True service to a relationship is owning who you really are, rather than changing to **“fit in or make peace.” We must emerge from our “conforming hoops.”**

Acknowledging your own transformation is a powerful form of self-awareness. It allows **you to navigate change consciously** instead of being pulled by uncontrolled emotions.

“You daring to be your true selves gives everyone else that space in to do so themselves.”

A close-up photograph showing three hands carefully fitting together light-colored wooden planks. The planks are joined using a dovetail joint, a traditional woodworking technique. The hands are positioned to guide the pieces into place, highlighting the precision and craftsmanship involved in the process. The background is a plain, light-colored surface.

Part 3

The Art of Building

The Daily Practice of Connection

With a clear foundation and authentic materials, how do we actively build and maintain the structure of love? This is about the actions and the environment that nurture connection day by day.

Ooodles of Love

takes a lifetime of caring
to hold onto the bug

...

lots of letting go
forgiving from the soul
selective amnesia
to overcome collective aphasia

...

it takes so much more
than words from encyclopedias
to grow love forever after

Love is a Lifelong Practice

The expressions of love are not universal; we each have a **“unique take.”** The work is to communicate and align these different love languages.

Growth requires **“forgiving from the soul”** and **“selective amnesia”**—the conscious choice to let go of minor hurts so they don’t eat away at the foundation.

Men, in particular, should be aware of the **“conquest wiring”**—the danger of relaxing efforts after the “chase” is over. Love requires continuous, not finite, pursuit.

In Good Company

how would you know
you were in good company

where the energy at play
is so welcoming

...

when conversations are filled
with healthy curiosity

...

when it feels like time is a miser

The Feeling of a Thriving Space

A nourishing relationship feels like “**good company.**” It’s an environment of safety, trust, healthy curiosity, and natural flow, without pretense or force.

This environment is not created by adding magic, but by letting go of things that get in the way: fear, agendas, limiting beliefs, and the need to control.

“If we just show up and trust and be present, we can create this together.”



Part 4

The Enduring View

The Aspiration of Lasting Love

This is **the culmination**. What does it look like when love is not just built, but lived in, weathered, and cherished over a lifetime?

Love We Hold

what we have that we hold
between these hands
there has been highs and lows
between young and grown old

seen many a season
weathered hot and cold

this life we choose
this love we hold

A Love Fashioned, Not Found

Lasting love is a conscious choice, renewed daily through all of life's seasons—the **"highs and lows,"** the **"hot and cold."**

The love a couple holds is uniquely theirs. It's not a template from somewhere else, but a bond they have **"fashioned based on their own interactions and understanding."**

Love must be held loosely enough **"so that it can breathe... so that it can grow... so that it can evolve."** Holding on too tightly out of fear can suffocate it.

Hot Talk (Heart Talk)

walk and talk
on the moon or the sidewalk

stroll and converse
by the river or the seaside

heart to heart
that's the draw

the where matters no more



The Destination is Connection

The ultimate goal is a connection so strong that being with each other is what matters most. The focus shifts away from environmental circumstances (the house, the car, the status).

This state is achieved through **“heart to heart” dialogue**. The external location is irrelevant because the true destination is the shared internal space.

*“Heart to heart, that’s the draw.
The where matters no more.”*

The Ultimate Tool is The Journey Within



The path to showing up as love begins not with another person, but with ourselves. It is a journey from clearing the ground of the past, to understanding our inner blueprint, to practicing the art of building, and finally, to cherishing an enduring view.

The greatest fear is often sitting with ourselves. Yet the courage to have that “internal dialogue”—to take the journey within—is the foundation from which a better future can be built.

A Call to Reflection

What ‘vacant plot’ in your life is waiting for you to build upon?

What ‘light’ do you need to recognize and value in yourself today?

How can you practice ‘forgiving from the soul’ or ‘selective amnesia’ in a relationship that matters to you?