

What
Would
Love
Do
Right Now?

A Guide to Living
an Extraordinary Life

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Extraordinary lives are filled with adventure. Most adventures have a beginning, middle and an end; however, the adventure in this book has no end. Asking the question *what would love do right now?* is useful at any time, any place, with anyone, from now on. It is so easy to remember, because it is so simple. The key is to remember to use it. Once you get started, it will become so natural that you will find yourself telling those around you about it, or they will say some form of, “*You’re so much calmer these days. What are you doing differently?*” This is your opportunity to share how your life has improved by asking this simple question.

The primary benefit of asking yourself *what would love do right now?* is to create your life from the power of love, the real gold of life that makes everything worthwhile.

This book is not for everyone. It is a workbook that requires your active participation. You need to be willing to authentically look within yourself and make changes. Doing a process I call **Inquiry to Resolution™** requires this willingness. During the inquiry, you may come face to face with old hurts, betrayals, humiliations, disappointments, and confusion—even abuse—that you haven’t thought of for a long time or perhaps have buried deep within. Now is the time to release these experiences to free yourself and be all that you can be. The resolution comes by moving down into your heart where compassion and letting go are available through forgiveness and making amends.

During the twenty plus years I have spent coaching and counseling clients, I have found there is no hope in avoidance. Going into the unknown parts of yourself from your past may not be easy; however, it is necessary if you want to live an extraordinary life.

May you have a sense of adventure and wonder as you are reading this book, doing the inquiries, and implementing the question *what would love do right now?* into your daily life. May your inquiry into love have a positive impact on those you love and care about.



Living From Your Heart Is Possible!

This book is about experiencing love and the gift of the present moment. To have a heart-centered life, the first step is to release all the pain and suffering that still lives in your heart, such as childhood experiences from school and family, as well as hurts from friendships, bosses, employees, clergy, and your romantic relationships.

These experiences are not happening now, and they are not who you are in your essence where you are pure and precious. What good are they doing you today? The past no longer exists ... or does it?

You may think that the experiences from the past do not affect your life today, but they affect the very air you breathe. Not only do they affect your present experience of life, they affect your future. How can you have a bright new future if unresolved parts of your past remain? There is no space to create anything new. This makes it difficult to create and develop new plans and goals, and could be why your intentions may not always manifest.

This book is an inner journey into your Self and your life. Some chapters may take more courage than others. You will uncover hurts from your past—some of which may now seem minor all the way to experiences of serious abuse. If at any time you are overwhelmed, I recommend seeking support or professional assistance. The more you allow yourself to explore areas you've been avoiding, the greater the outcome. It is important that you take your time so you can integrate the positive changes you're making.



What is Love?

There are many types of love: love of self, love of your work, love of your parents who gave you life, love of your friends, love of your children, and love of your pets. Then there is romantic love, love of country, and love of God. Each has a different meaning and unique experience. Throughout history, many have attempted to define love. There are biological theories, cultural theories, and psychological theories about various types and styles of love. You name it and someone has written about it. Throughout this book, the word love will be used in the process of transforming many areas of your life.

The love I'm speaking about is a heart-centered love—the primal essence of love that permeates all life. It is moving from your head to your heart, surrendering your ego and moving into compassion, understanding, and a deep sense of caring. Asking yourself, "*What would love do right now?*" from this place, allows you to be more loving in all your interactions.

When two lovers are making love, looking into one another's eyes and relishing the moment of bliss, they are sharing their experience together so completely that for them nothing else is happening in the entire world. They are engaging in the primal essence of love, shutting out the outer world—nothing intrudes. They are being present in the moment.

I hope you've had this experience. If not, maybe you've experienced the pure essence of love with a puppy or a newborn baby. This is unconditional love at its finest.

Now that you know the type of love I'm talking about, are you ready to experience it again, or for the very first time? It's really a choice.

You Are Love

Knowing that ***you ARE love*** can change the course of your life forever. You can never separate yourself from love—ever! Nevertheless, it may seem as though you're separate. It is time to awaken to the love you are—to universal love, the primal essence of love that permeates all life.

Sometimes we feel like love is missing and we look to others to provide it. Actually, look no further, you have everything you need—you are love.

What would life be like if you were to wake up and love governed all of your actions and decisions? What would you do, as love? You might start your day by looking in the mirror and saying, “*I love you.*” Perhaps you would meditate or journal in a sacred space. As love, you could jog, walk, or tend your garden in the morning sunlight. You might take some time to go to breakfast with friends or pick up chocolate-covered donuts on the way to work. When you bring the love you are to all areas of your life throughout your day, love is what you will experience moment by moment.

The Power of Love

“Getting gotten” and “being present” are essential to experiencing the power of love. These concepts are defined here for clarity.

The experience of getting gotten occurs when another is so present with you that you feel heard, seen, known, and understood for who you truly are, and know that anything you say or do is accepted as an act of love.

Being present involves a conscious act of awareness—mindfulness. It replaces automatic perceptions of situations with an actual experience of living in the moment. Mindfulness is the art of living right in the center, between past and future—it is living in the present.

Therefore, being present means being fully conscious of who you are, where you are, what you are doing, and whom you are with at that exact moment. No images of the past and no dreams of the future interrupt this awareness. There are no distractions or other places you’d rather be. Nothing else matters. Your body, mind, and heart are one.

The following excerpt from Buddhist literature is offered to illustrate being present:

A man once asked the Buddha, “What are the teachings of you and your disciples?”

The Buddha answered, “We walk, sit, and eat.”

The man was confused. “But so do I,” he said.

The Buddha answered him. “Yes, but when we walk, we know that we walk, and when we sit we know that we sit, and when we eat we know that we eat. This is to be fully present, and what the Buddhists call mindfulness.”

There is nothing like the experience of being present, or the experience of getting gotten! It is the primal essence of love that permeates all life. It is so powerful it takes your breath away.

Love Is—The Only Answer

Love is the answer, always and in all ways. Love is all there is, there is nothing else. Love is everywhere and all around us—self-love, love of others, and love of life. You breathe it, see it, smell it, and taste it. Seeing lovers kissing on a bridge; a mother holding her newborn; a teenager helping an older person across the street; a father teaching his child how to ride a bike. It's about creating and experiencing life to the fullest in all its perfection and disappointments.

May this book motivate you to look at your life and evaluate where you are in relation to love and living from the essence of love. I believe that asking the question *what would love do right now?*—in any circumstance—will expand your experience of love. For example, when you are in a situation where you feel so angry you want to explode, if you would just stop and ask yourself, “*What would love do right now?*” you will usually do something more loving than you would have done without asking the question. You may not do what Mother Teresa would have done, but you will do something more in alignment with who you really are. You will then be able to respond to life rather than react to it.

Asking *what would love do right now?* does not mean you will become a doormat and refrain from speaking up for yourself. In fact, just the opposite will occur. As you live from your heart and love yourself deeply, you will know when to stand up for yourself and perhaps say, “*No, I won't be doing that for you anymore,*” “*That doesn't work for me,*” or “*That's unethical for me. I won't be joining you.*” When you come from your natural essence, then speaking your truth will become second nature.

The more you ask *what would love do right now?* the more it will set you free to love again, to love completely, and to love from your heart without holding back. You can then be an example or model for others on how life can be extraordinary, fun, and expressive. Soon people may approach you and say, “*You are so different. You used to be so negative and crabby. How did you do it?*” They, and the people in their lives, will be so grateful if you take this opportunity to share with them your experience of asking, in any situation, “*What would love do right now?*”

When you feel love in your heart, you and everyone else benefits,

because you have so much more love to give. It's all about making a real difference for you, your loved ones, and all those in your life who are willing to live from a powerful foundation of love.

As you use this book to evaluate your career, relationships, finances, health, and other areas of your life, you will begin to BE LOVE, rather than love being something toward which you are striving. Bring love to a situation and notice how others around you change, because you are different.

May the wisdom inside you take you on a journey into your heart where your greatness abides. ***Now, that's living a heart-centered, extraordinary life!***



Designing Your Life

Here's your opportunity to step into being the chief executive officer of your life. As the CEO creating your extraordinary life, what would you do differently? How would you talk to yourself? What inner positive qualities would you express?

Consider that the first and most important person in your life is you. You may be concerned that putting yourself first is selfish. It's actually the opposite—it's very empowering. Loving yourself and doing what's best for you, is best for those you love and those who love you.

When doing the exercises in this chapter, don't hold anything back, keep asking, "*What would love do right now?*" Let the part of you that knows, reveal the inner desires that come from your heart. You can apply everything you've healed so far to clarify your purpose and design your ideal day, ideal home life, ideal career, and ideal relationship—the life you've always wanted.

This process will reveal a lot. You'll be amazed. You may see where you're settling for what you think you should be doing, according to family traditions and cultural norms, rather than having what you really want in life.

You may experience being blocked, not having clarity, or unable to even image what you want. Don't worry, if you're stuck, I recommend looking at the areas of life and relationships discussed previously and completing an Inquiry to Resolution process to open yourself to living a life by design.

For those engaged in this process with a partner, it's important to share what you're each discovering. Your revelations could be a huge turning point in your relationship and your life together. For example, you might be living in the desert, but both of you really want to live near the beach.

I recommend after completing each exercise that you create a physical or virtual display, called a vision board, using various images from magazine clippings to photographs and keepsakes. This display is designed to motivate your creativity and support the manifestation of what you want. Studies show that defining and visualizing what you want to accomplish is more powerful than wishing and waiting for something to happen (Mapping Perception to Action in Piano Practice: Harvard, 2003).

Vision boards are especially fun to create with others. For example, create a vision board with your family that depicts a fabulous vacation you've always wanted to take and put it up on the fridge; or with your partner design a trendy bathroom remodel and hang it on the mirror; or with your teenagers create amazing summer activities and post their vision boards in their bedroom—imagine teaching your sons and daughters how to manifest what they want throughout their lives, at such an early age—the possibilities are endless.

As you declare your purpose and ideals, you may discover actions you want to take immediately. Ultimately, you will naturally take inspired actions toward fulfilling your aspirations, which will move you closer to manifesting your extraordinary life.



You can have an extraordinary life! As you apply the concepts in this book, and ask yourself, “*What would love do right now?*” notice how your life becomes richer and more fulfilling in every way. By continuing to resolve and heal the hurtful incidents from your past and choose actions that express love for yourself, the experience of being love at any moment—in any circumstance—is available. This access to being love makes it easier to bring the presence of love to your relationships and your life, rather than waiting, striving, or longing for it to mysteriously appear.

Remember to celebrate and acknowledge the courage it took to examine and release the emotional pain you were holding onto from the past. Now that it is in the past—where it belongs—there is room to create something new. Soon you will be living your life by design—one where you can hardly wait to get up, and one that is overflowing with love, joy, passion, and fulfillment.

I encourage you to review and update your ideals on a regular basis to ensure that nothing is missing, and share the desires and expectations contained in your personal manuals with the people in your life.

Look for the subtle as well as dramatic ways in which your life is improving—how you quiet your mind to hear your heart; how you accept more and complain less; how you respond in new ways to old situations; how you attract new opportunities; how you easily manifest what you say you want—you will see it everywhere! Notice how self-confident, heart-centered, self-expressed, energized, and satisfied you feel.

Along your journey, may what you’ve created, from the wisdom and knowledge contained in this book, be the beacon of light that illuminates your way forward to living an extraordinary life!