

## Introduction

If you're reading this you have passed the first test. It means you at least kind of care.

We live in a culture saturated with sarcasm, nay saying, and skepticism galore. Amidst such negativity it is important that you arm yourself with the power of realistic optimism, which is what this book which is all about. I would like to illustrate how to find the power of optimism, hope, and love within this short e-book. And simply because you care enough to even be reading such an idealistic book such as this, you are doing better than most!

How does that make you feel?

Let me say, the world needs more people like you.

I need more people like you.

I've been training my heart to be able to love anyone for the past seven years of my life. That basically makes me unstoppable, like a superhero- like a Love Ninja.

That may sound arrogant, but I am simply remarking on the self that I have handcrafted over many years through much trial and a lot of error.

Surprisingly, you are not who you say you are; you are not who others say you are. You are the total sum of the actions that you decided to take or not to take. The trail of goodness our darkness that you leave behind is what in the end will become your legacy.

This is exactly why I have created the book you are now focused on and why I have labored over creating the various other elements of the Love Genius catalog, such as the blog, podcast, and the online course.

I am seeking after people to work with. In order to be the type of person who will actually make a massive difference in this world, a tenacity far greater than optimism is required- you must know in your bones that the world was meant to be better than it is. You must understand that a force greater than yourself will work through you to achieve massive change if you tap into the reality of how things are meant to be.

Many people believe that world peace is impossible because they have been brainwashed into a disempowered state.

I'm not going to get all 'conspiracy theorist' on you, don't worry. I am, however, going to instill in you that the power of somebody who truly understands their innate ability to revolutionize is greater than anything we can imagine.

You see, the world is merely the total sum of its individual parts. Humanity has so much more control over its fate than anyone seems to realize.

When you have healthy people who form healthy families and societies, you then have healthy countries that behave in a healthy manner and then create a healthy, harmonious world.

Macro-peace is the byproduct of many elements of micro-peace woven together.

Once there are enough people creating micro-peace on the household level you will see entire neighborhoods change. That escalates all the way up to the world level when you reach echelons of critical mass.

And this, this is where you come in.

This e-book is the appetizer to the 21 day online course, The Love Genius. I am asking as many people as possible to train themselves in the technique of loving boldly, loving brazenly, loving impossibly.

Through this, we will demonstrate in real time that love is more than an emotion, it is a way of life.

Study these concepts, practice these concepts, and become exceptional Love Ninja's who embody a higher love. There is no other way forward at this point.

Please understand that no politician is going to save us; no corporation is going to save us; no celebrities are going to save us; no superhero is coming from the sky to save us. The answers to the world's problems have been planted inside of us already, and the only way they can be discovered is through the action of loving.

So welcome to this book and to this bold new way of loving.

Let's get started!

## Chapter 1: The Me Complex

We are all aware of the fact that we live within a vast complex universe, but what most people don't realize is they have their own very clear and equally as complex personal universe.

You have an energy field swarming around you everywhere you go; it's unavoidable. You are feeding it all the time with either positive ingredients or life-sucking negative ingredients.

If I'm getting too airy-fairy for you, let me bring it back to a very practical space. Have you ever been around somebody that exudes a negative energy? Have you ever been next to somebody that makes you feel sad or angry just by their very presence?

That is their universe affecting yours.

The opposite is true as well. I'm sure you have met people that have what can be called a 'bright spirit'. These are the people that light up a room with their presence. Their universe is very infectious in the most positive way possible.

For the most part we fill our universe with passive information and are thus have scattered focus and energy, which causes us to lose most of our power. When you have no focus you have no power. And because we are receiving information into our universe constantly through the music we're listening to, the conversations we overhear, and countless other ways, our universe becomes cloudy and cluttered.

So, in order to become truly effective in your ability to love others, you first have to be able to take care of yourself. You need to become aware of your own Personal Universe.

How do people feel when they are in your presence? Do they get a negative feeling? A neutral feeling? A positive feeling? A vibrant and alive feeling?

Think of it this way, your universe is either sucking life from other people or giving life to other people.

Which would you prefer? You have a choice.

You see, when we focus on ourselves and become self-conscious, worrying and fretting about what other people think of us we create a universe that sucks life from those

around us and repels the people we would like to impress.

Think of the last time you were in a new situation like a party where you didn't know anybody. I guarantee you if you were thinking about what you look like or how you sounded, you were not in a state where you could impact others. At least not to the degree that you are capable of.

Conversely when you are really focused on helping the people around you, on lifting them up and bringing their best self to the surface, you will harness a confidence and a natural charm will overthrow your universe, which will attract people of all varieties to you.

In that state, you become a vessel of love and a beacon of light and love to others.

It is very important to understand that you have the power to affect environments in a very real and tangible way. When you learn how to take care of your own personal universe, by being conscious of what is feeding your mind/body/soul then you will be able to transform the universe of others wherever you are.

This is the beginning of becoming a Love Ninja who can master any situation.

Sounds cool, right? It is very cool and very possible.

## **Chapter 2: Resentment is a Tick**

Resentments, just like ticks, burrow into your skin and if you don't extract them quickly enough they make you very sick.

If you want to be in a space to truly provide love to others and to create peace in your life, you have to find your resentment bugs and dig them out.

We have certain triggers that cause us to become defensive or jealous or become enraptured by negative emotions. Those reactions didn't just materialize out of nothing.

The insidious thing about ticks is that often you don't know you have them until they have already affected your entire body. The sickness they leave in their trail is enough to immobilize a person and cause anxiety within an entire family.

Our resentment bugs can be far more reaching in their negative impact to far more

people. When you think of the Hitler's and the Joseph Stalin's of this world, you need to see where their hatred started from, and how they were able to thrive as they did.

The resentment of one person can affect the entire culture of the family, which can impact the dynamic of the neighborhood and so on. The people of Germany thought they were following a great leader in Hitler, but instead they were letting a man of great hatred feed their own personal resentments to a tipping point.

You may think you have no resentments but the odds are against you.

What if I were to tell you that nobody is worth hating, would you believe me? The truth is hatred births hatred- it fuels itself.

Then what are you supposed to think and feel about those who have done you wrong in the past?

Do we simply coexist? Absolutely not! Coexist means nothing. Would you want to coexist next to somebody who is tormenting you every day? No you wouldn't. Coexisting doesn't resolve issues it ignores them.

Do we kiss and make up? That won't resolve your underlying problems either.

The only answer is to go the way of restoring what was lost. To restore means to bring back to the original state.

In regards to resentment, in order to restore your self to the state prior to being negative, you have to extract the negativity.

Luckily there is away, though you may not like it.

The answer is total forgiveness. Forgiveness is the gateway to reconciliation, the stage of rebuilding what was lost. Without forgiveness there is no moving on, there is no growth, there is no movement.

That sucks doesn't it? You can't be the person you need to be in order to achieve a massive love if you cannot forgive all of the people who have done you wrong in your life. This is an immutable law.

The good news is what happened to us does not define us; we define ourselves.

If we choose to relate to resentment then we become resentful.

If we forgive, we can live.

Each one of those resentment bugs can be extracted with the scalpel made of forgiveness...

Good luck!!

### **Chapter 3: Dividing Yourself**

This chapter is all about keeping your intentions golden.

You ready?

Most people would say that they are 'good', but 'good' in most cases is relative to their concepts alone.

How often have you seen court cases where both parties totally believe that they are 100% in the right and their opponents are totally in the wrong? How can it be that both people are good in their own minds?

We have presidents of countries lying under oath, thinking that they are serving the greater good. And if you would ask whether they are good people I'm sure they would say yes.

That's the thing, everybody at their core wants to do right, to ultimately help ourselves and the world around us. Yet, it seems that somehow we shoot ourselves in the foot and somewhere along the line, our good intentions become muddled and we stray from the original end point.

Self sabotage often times keeps us from becoming and maintaining our golden selves.

In order to keep your intentions pure you have to do what gold does. Gold is purified when it is heated and melted and the imperfections are removed.

Heating up for us in this case means having difficult conversations. This goes well with the idea of forgiveness because to simply forgive from afar is not enough. If you are drowning and somebody waves their hand and proclaims that "you are forgiven", that

doesn't help you a damn bit.

Somebody needs to reach down and actually lift you out of the water if you want to stay alive.

So having difficult conversations is always an amazing way to resolve issues with others in real time.

When somebody talks behind your back, saying horrendous things about you, it is easy to dismiss them, hate them, or even confront them in an angry fashion. But that doesn't put you in a better place than before.

To take the high road and find a way to have difficult conversations with even those who seem to despise you, you will not simply see tremendous growth in your own ability to love but you will also be setting the standard for others who are watching you and even for the person you are being insulted by.

When you set that type of standard for yourself, you are beginning the process of heating up your character flaws which have been preventing you from loving fully up until this point and creating a new golden version of yourself.

Growth can be very painful sometimes, actually most of the time. But you don't grow muscle by going to the gym and taking naps. You build muscle by ripping muscle tissue when you're lifting progressively heavier and heavier weights.

Growing= Stretching = Pain

The good side is what I'm giving you right now is a formula for never having enemies in your life anymore. I can safely say that I don't have a single enemy and I haven't for several years now.

I'm not sure if there are people out there who severely dislike me, but when I become aware of such people I'll be sure to contact them and have a great conversation!

And here's the secret sauce of it all, The more an accusation hurts your ego the bigger the opportunity presents itself for you to grow.

So with that said:

Don't avoid your haters!

Don't hate your haters!  
**Talking + Forgiving = Resolving**

#### **Chapter 4: Character vs. Personality**

Social media has been training us to live vicariously through power avatars, the person we project ourselves to be. This is causing us to focus more on our personalities than our characters.

Let me explain.

I grew up in a nice country where everyone is very 'nice'. I grew up thinking that being polite and non confrontational was the highest way to live. It wasn't until a few years ago that I realized how little integrity 'nice' people allow themselves to have.

Just because somebody smiles all the time, it doesn't mean that they aren't thinking thoughts that could start wars. Trust me. To have integrity within a relationship you have to fully be able to speak your mind no matter how ugly you may appear to others in the moment.

When you are focused on personality, you become somebody who worries about people's reactions to what you do and say more than focusing on doing what you feel is right. Pleasing others becomes a priority over being the person you feel you were meant to be.

It is the difference between being a person of virtue and being a person who is made of silly putty.

Do you remember silly putty?

It was that goopy stuff that you could put on comic books and it would copy the impression of the drawing where you placed it. Then you could stretch the picture to make it look however you wanted it to look.

If you played with the picture in the putty enough, it would become unrecognizable.

There were many times when I was growing up but I became unrecognizable to myself because I had spent so much time and energy bending over backwards to become what I thought other people wanted me to be. But it was a distorted and ugly self that I

became.

Your thoughts and your actions when nobody is around to watch you- that is who you are deep down inside.

That's why it is a fatal flaw of character to gossip or to speak negatively about people when they are not present in general. It shows that you lack character to act and speak differently when the person you are discussing is in your presence and when they're not.

Thoughts + Actions + Words= the trifecta of integrity.

When those three things are aligned you become an unstoppable force of goodness. People can trust you. And you can trust yourself. It is a great feeling because when you have total integrity, you never have any fear about covering up for lies, fear of running into certain undesirable people, or fear of letting yourself down.

Consider this, your personality is like the movie of your life and your character is like the 'behind-the-scenes' documentary after.

So many couples break up because they realize they don't know each other so well once they start fighting and acting differently than before. Interestingly, The person who was once nice to you and is now treating you badly isn't changing, they're simply revealing their true nature that they have been cleverly hiding up until that point.

People have so many secrets and unresolved issues, and when they get into a relationship they generally tend not to feel those things overtly. Instead, their negative attributes tend to bubble up once they're under duress.

This is exactly why it is very important for all of us who want to change this world to have nothing holding us back. In order to create a powerful love legacy in your lifetime, it is fundamentally important for you to have a clear conscience. When you have dirty little secrets, skeletons in your closet, they will always come back to haunt you.

So let's do some spring cleaning, shall we? Let's put those skeletons in the garbage were they belong.

So, if to have a strong character means to align you're thinking, actions, and words, then how would you rate yourself?

Are you personality heavy or character heavy?

If your character is weak then you will eventually go against your core values in order to achieve your goals. In that case, you would be willing to sacrifice long-term impact for short-term gain.

You'll also be much more likely to cheat, cut corners and wind up in trouble because of a lack in resolve to maintain your original desire.

The point is, it is super important that in order to become a fierce warrior of love, a Love Ninja, then you must live up to your promises and be the person you say you are instead of pretending to be somebody you would like to be.

Having total integrity is exactly like building muscle, and that muscle needs to be worked out every day.

So, be honest and let the world know who you really are. Be someone who takes the high road and treats others with the upmost respect even when they aren't around. And do what you say you will, so that people can see no difference between your words and your actions.

This world is starving for authentic, sincere, strong, and honest leadership. Your investment into your character is the best investment you could ever make.

## **Chapter 5: See Saw**

It is important to recognize that you are in a relationship with everything around you. The hair, your shirt, the noise in the background, whatever you're sitting on right now, you are connected to it all.

Your awareness of these relationships is essential to having positive outcomes. Knowing how you are affected and how you are affecting your environment is the difference between empowerment and being a victim.

Let's take your home for example. How organized is your home? How clean is your home?

Somebody who is organized in their emotions and thoughts cannot possibly live amidst clutter and dirt. It is too irksome to handle. That is because your home is a reflection of

your self, it is an extension of your thinking and feeling.

When we enter social environments we are not just coming as ourselves, we are coming as the accumulation of the TV shows and music that we ingested, the conversations that we participated in or overheard, the magazines we read, etc. We are constantly ingesting information through our eyes and ears, which effect us in a very deep way.

In order to have the maximum impact on our environment it is imperative that we consume information that empowers and strengthens our very core. In the end, you either being affected or you are affecting every single situation that you are in. The control is in your hands if you choose to be aware and to exercise your mastery over your self.

Picture this hypothetical situation; you are sitting on a bus and there are three people having a discussion about how much they hate a friend of yours.

Will you remain silent?

Will you be brought down to their level and just fight with them, becoming angry and frustrated too?

Will you stand up for the person with poise and love?

We all eventually find ourselves in situations where there is such a strong force pushing us towards negativity. Becoming a Love Ninja is to be able to exude love and sincere optimism wherever you go, regardless of your environment.

With practice you can absolutely get there. Once you are at that level you will be able to transform any situation to become one where people can be their best selves, and they will have you to thank for that.

## **Chapter 6: The Size of Your Heart**

How many people can you fit into your heart?

How many people can you sincerely say 'I love you' to and mean it?

How many people can you call up at 3 AM when you're feeling distraught and not feel guilty because you know that that person has pledged to be there for you no matter what's their heart?

The size of your heart is the amount of people that you can fit inside. Hopefully you already have a few of those. But if you want to be a Love Ninja then you must go beyond the comfort of the people who you like. Eventually everybody in the entire world needs to be able to fit into the heart of the person who wants to save the world.

And let's be honest, there are certain types of people that you just can't get along with. What about them? What do we do with them?

The limitations of your heart become very clear when you're honest with yourself. Idealists may say they love everyone but that is only from afar. In life there will always be people that challenge your capacity to love, and that is exactly your opportunity to stretch your heart in order to fit in another person.

In order to grow your muscles, you must go through the process of tearing your muscle tissue so that it can grow back stronger. To build your heart into something that it isn't yet means to love people that you have not yet been able to love- and that can be a painful experience for sure.

In order to physically clean up our world we're going to go have to go into the darkest, dirtiest places and clean the un- cleanable. If we are going to clean up the state of humanity, there needs to be a bunch of people with massive hearts to love the unlovable.

Every single person on this planet was born with the ability to love without limit, but there are so many people whose hearts are buried under a lot of trauma and hardships. The only way they will ever be able to experience love is through people like you. It is not through politics, it is not through miracles, and it is not through some nonprofit organization to whom we can outsource this work.

Look no further than your self for the person who will be able to create massive expensive change in this world by loving the unlovable by going the path of the Love Ninja.

It will not be a straight and simple path to creating a better world; we are going to need to iron out all of our spiritual wrinkles like prejudices, small mindedness, small thinking, etc. But know this; you are living in a time when ideas and thoughts can travel the globe in an instant- which means that both terror and love can spread around the globe at speeds unimagined in the past.

We see a clear movement for terror emerging, but there are far more people who want peace to win and they need champions.

They need you.

## **Chapter 7: A Legacy of Love**

There is no such thing as peace for some and suffering for others. How could you imagine peace when others are suffering?

In this era of globalism, it is becoming ever more parent how deeply connected we all are. That is to say answers to problems need to fill up the entire sea of humanity not just a certain few. Just as everybody has the God-given right to have water, everyone is also entitled to love.

Please note that the love I am referring to in this book is not just a wishy-washy emotional-based love. What I am referring to is the love that causes mothers to lift up cars that are hundreds of pounds because their children are stuck underneath it. It is that power, that love that connects parents to children no matter where they are or what they are doing- it is transcendent.

This love is what we were born to experience and to circulate and the only cog in the machine of humanity is the limitation within our very own hearts. When your heart is free and clear to love others without limits, then you will be able to help others to emulate that process.

On their deathbeds, people don't want to be surrounded by their cars or jewelry, they want to be surrounded by people who truly love them and care for them. The amount of people that you truly love in your lifetime will be your report card at the end of your life.

Yet somehow, we tend to put more focus as a society on the things that we will not care about as we are passing into the next phase of our lives. This is something that must change and it must change now.

World peace is possible.

I know this to be a fact because I have experienced it within myself and my family. Don't forget that humanity is not some strange, erratic, out of control monster. The collective is always the byproduct of its little components. When the components are healthy the collective is healthy.

I can't stress enough how important micro-peace is. If there are enough of us who are determined to really love our spouses, really love our family, really love our neighbors, really love the society around us, then we are creating the momentum for a Love Wave to swell up. The more people that get caught up in that wave, the faster the wave will turn into a tsunami that will change the tides of history.

We plant seeds of love when we meet others with a humble heart. We water those seeds every time we continue to love and serve those people. These seeds will sprout into trees that will live on long after we pass away.

Nobody wants to leave debt to their children. That is true of both monetary and emotional debt. It is urgent that we cancel out any debts that we have with other people emotionally and that we start to accumulate emotional savings by paying it forward.

We need to leave this world better than we found it, which means more peaceful and more jam-packed with love.

The more peace you leave behind the more you are pushing forward the evolution of love on this earth.

Humanity has already grown a lot in this evolution of the heart. We have gone from the dark ages to a time when we throw fundraisers whenever there is a natural disaster anywhere in the world. Of course we are far from perfect, but the only way we will get better is by pushing the envelope of love.

All of our problems on this planet are the result of a lack of connection to one another and our environment. When we become more connected in the heart we will see these problems dissolve accordingly.

I hope this book has been helpful for you and please do not hesitate to reach out because I plan on fighting like a Love Ninja for many more years to come.

Andrew Love.