



# The 4 Keys to Letting Love Rule In Your Life

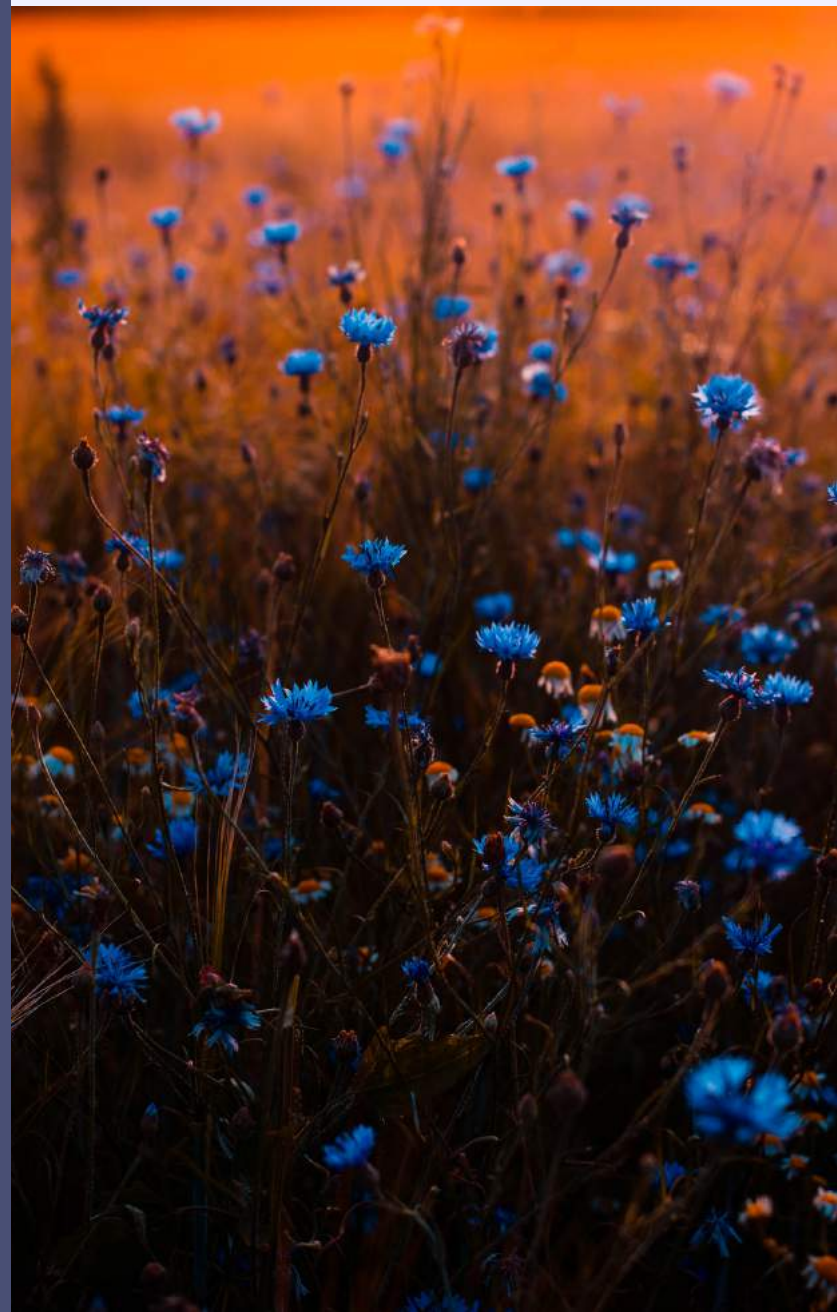
by Michelle Madrid-Branch

Welcome to *The 4 Keys To Letting Love Rule In Your Life*. I'm so glad you've joined me here to explore the four essential ways, I believe, that you can bring more love into your life.

And, who doesn't want to be more in love with their life and more connected to love than ever before?

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Question: What would it be like for you to let love lead you in all that you do? What would it be like to experience your life, and to see yourself, as a pure expression of love?





I've found that these 4 Keys To Letting Love Rule In Your Life have opened up a whole new way of being for me—expanding my heart toward more loving kindness, compassion, joy, and community. These keys have enriched my life and created more meaningful connections and relationships.

Let's get started, shall we? Let's explore the 4 Keys.



# Key #1: Irrational Love

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What is irrational love? I believe that irrational love is a love that holds no conditions. That's opposite of a worldly perspective on love. Irrational love knows no borders or barriers. It's a love that cannot be rationed out in pieces. Irrational love is all about loving full out. It's a promise, a commitment, to go to love no matter the situation or the circumstance.





I used to set so many conditions on love and it caused me to fall out of love, with my life, with myself, and with everyone around me. Conditional love may be a protective mechanism—it was for me—but it will never serve you well.

We should be willing to love ourselves in our enough-ness. Or, as I like to say: we should love ourselves scars, flaws, and all. It's beautiful, life affirming, and real to say: "This is who I am, world. This is me. This is my story. I embrace it all and I love me. I won't falter. I'm rooted in an irrational and unconditional love. I choose to give myself this gift."

# Moment of Reflection

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Imagine loving yourself unconditionally.  
What would that look like in your life?

Imagine extending that same kind of  
unconditional love to those around you.

How might your relationships deepen  
within a promise to love without  
conditions?





# Key #2: Radical Forgiveness

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A sweeping and widespread forgiveness is required in order to love well. Sweeping and widespread! That's radical forgiveness. This means that you will need to let go of anger, blame, and accusation toward others and also toward yourself. The latter is, often times, the harder thing to do. I know. However, it's critically important.



I realized that in order to rise up—to overcome the challenges that kept me stuck inside of a place of struggle—I needed to forgive myself for years of self-blame and self-ridicule. I needed to love myself in this way. I needed to forgive all and let go in order to evolve, to transform.



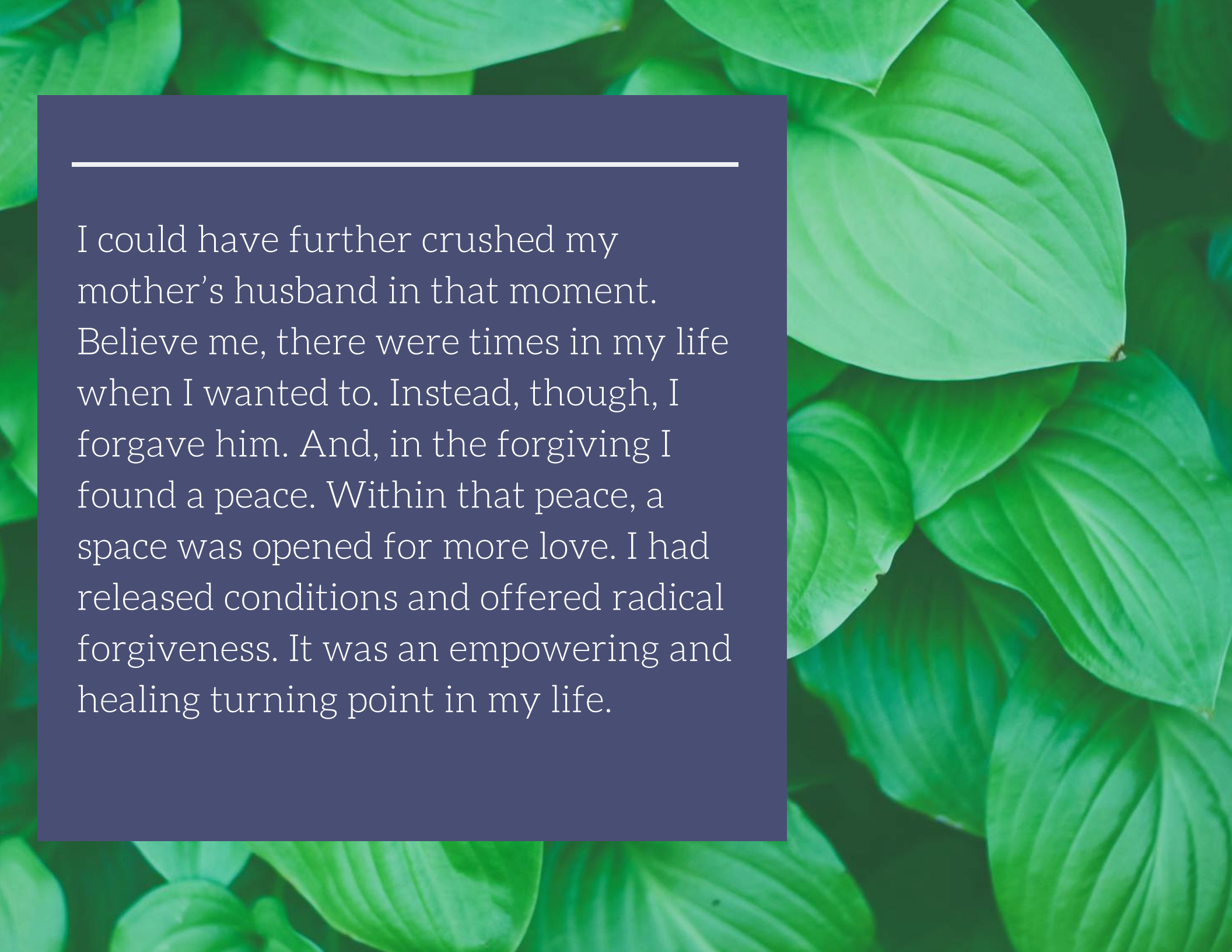
So often, we're tougher on ourselves than we are on anyone else in this life. We practice damaging and diminishing self-talk. We hold on to limiting beliefs. Yet, when we hold tight to pain and when we keep score of hurt, we ultimately imprison our potential. When we forgive—radically forgive—we set ourselves free and this freedom throws open the doors to love, healing, and possibility.



There's a story at the end of my book, *Adoption Means Love: Triumph of the Heart*, called Winged Migration. The story shares a moment along my journey, as an international adoptee, when I met with my birth mother's husband—the man who wouldn't accept me, his wife's child from an affair, into his family.



He said to me, “When you were born, you looked just like him—your father. When I looked at you, it was like looking at him. What was I to do? I made the decision which I thought was right, but the second we let you go, I lost my soul and I haven't found it since.” I responded with three words, “I forgive you.”



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I could have further crushed my mother's husband in that moment. Believe me, there were times in my life when I wanted to. Instead, though, I forgave him. And, in the forgiving I found a peace. Within that peace, a space was opened for more love. I had released conditions and offered radical forgiveness. It was an empowering and healing turning point in my life.





# Moment of Reflection

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Who do you need to radically forgive in order to move forward in your life?

What would it feel like to remove this burden from your heart? See yourself without the weight of that burden.

What could you do in your life without this burden following you?



# Key #3: Your One Thing

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What is it that makes you come alive? That one thing that you can turn to when times are tough, or when you need to clear your mind, the thing that helps you to connect to the very essence—the truth—of you. We all have a one thing!

Some people call it their happy place. Others might say a certain activity is their very best therapy.



My one thing is found  
within equestrian life.  
Riding my horse, Sir  
Cadbury, brings me an  
immense amount of joy.  
With Cad is where I clear  
my head and go deep into  
the moment.

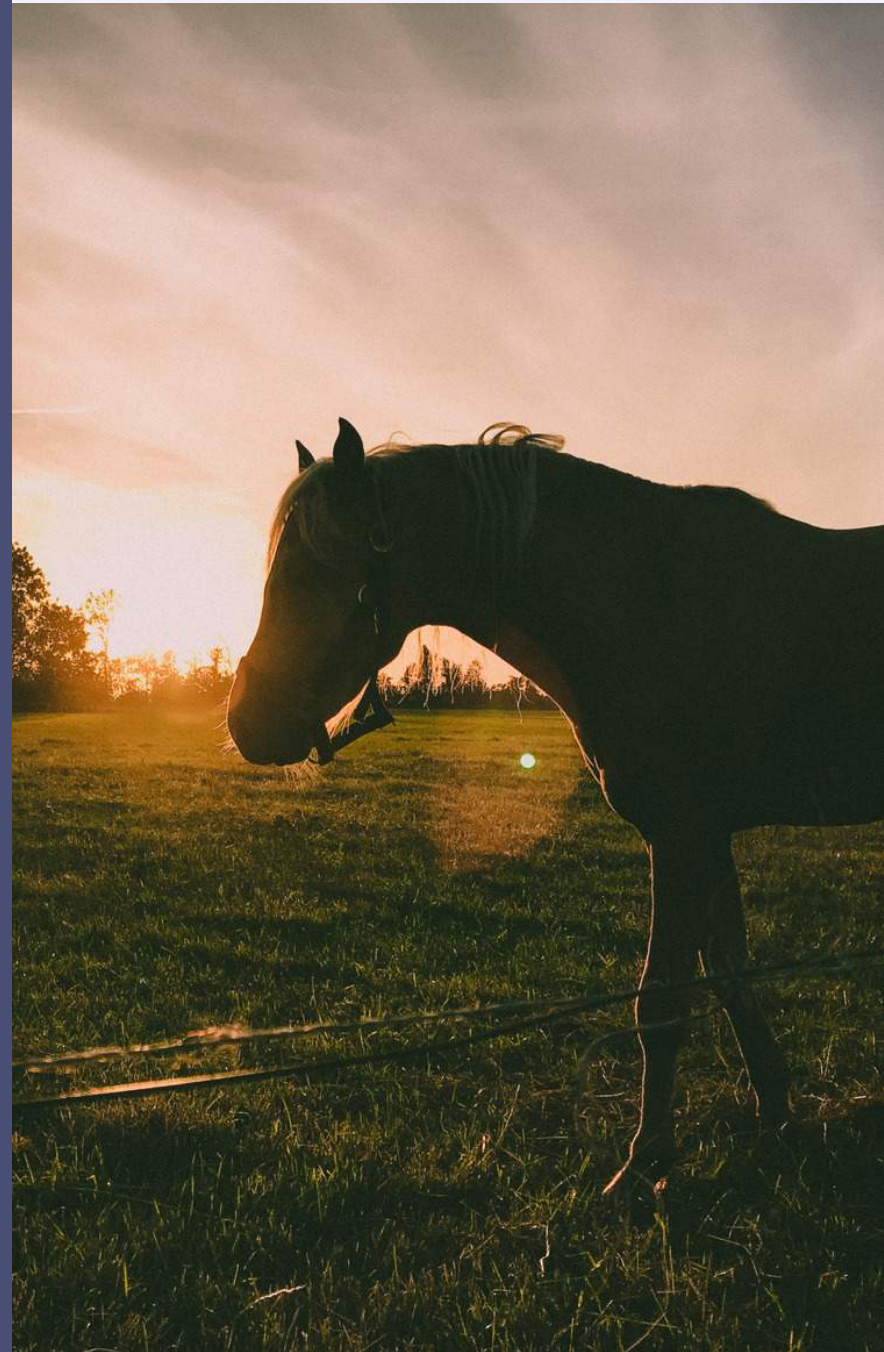
My grandfather (on my  
birth mother's side)  
worked with horses in  
England. I never knew  
this man. He saw me as a  
scar on his family.



His words of rejection  
were once deeply hurtful  
to me. And, because of the  
hurt I didn't want to ride.  
I didn't want to feel that  
part of me. I didn't want  
to feel my grandfather. I  
told myself, for years, that  
riding might be a  
reminder of his rejection.  
So, I stayed away.

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Then, Sir Cadbury entered my life a few years ago. It seemed like he appeared from out of the clear blue! The relationship I share with my horse has been a remarkable source of healing for me. He's taught me to trust and to let go. He's taught me to fly! Sir Cadbury has taught me the freedom of living from my heart and not from my head. Remarkably, my horse has also opened up a healing with the grandfather I never knew. I feel him when I ride. I'm no longer afraid to feel.







# Moment of Reflection

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What part of you are you missing, right now? It's the part of you that, for some reason, you've put on the shelf—on the back burner. Imagine what it would be like to start doing that thing that lights you up! You are worthy of reclaiming—fully—your one thing.

Whatever brings you pure and life-affirming joy—do that!

# Key #4: Gratitude

## Grab

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What are you grateful for? Do you think about that? Gratitude is a powerful practice.

And, there's always something or someone to be grateful for.

When you fill yourself up to overflow with gratefulness, it leaves no room for the muck that can only serve to pull you under. Love is buoyed up by gratitude.



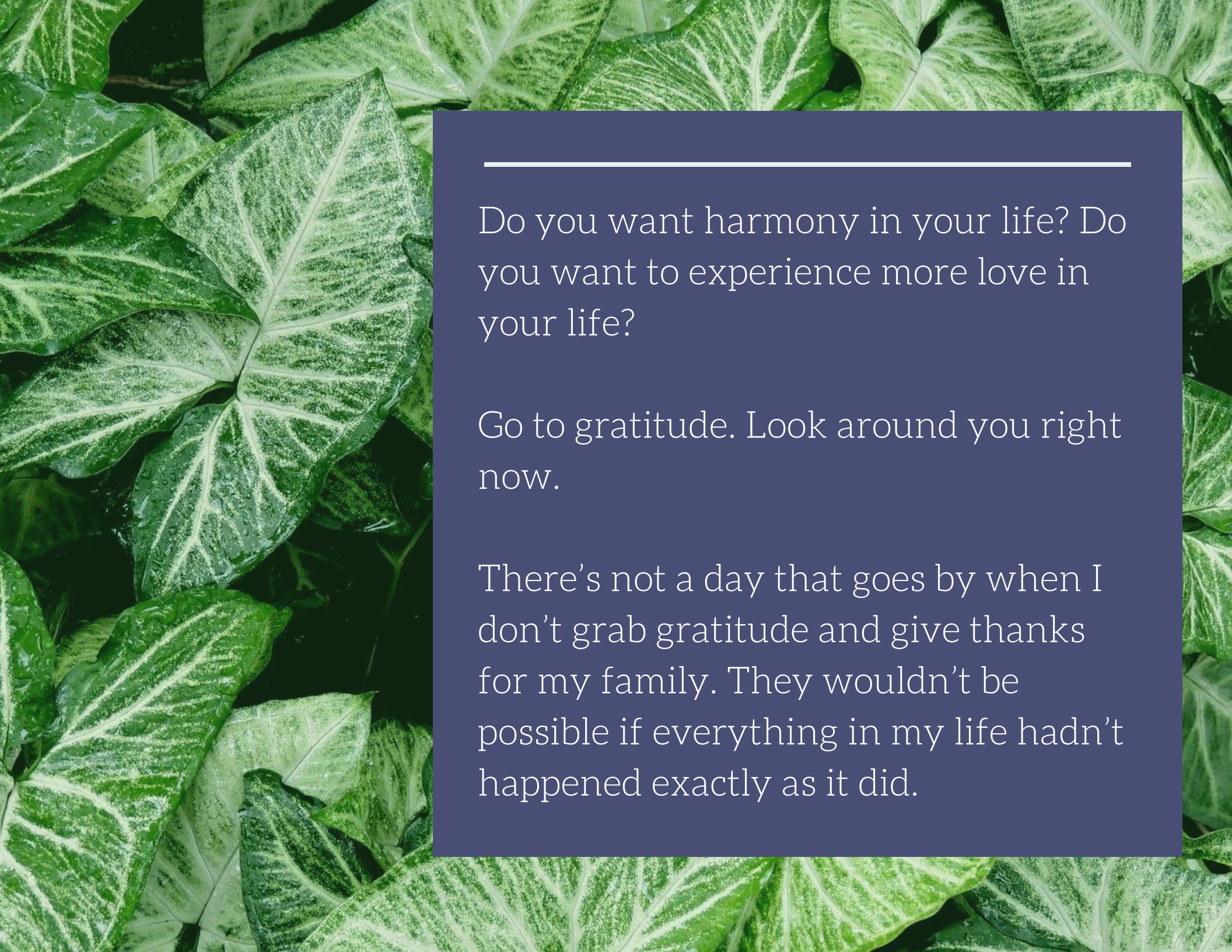
When I feel down, or when something triggers a challenging memory or emotion within me, I immediately grab hold of gratitude.

Japanese scientist, Dr. Emoto, revealed in his research how thoughts and vibrations can impact the molecular structure of water. Look his work up because it's fascinating!



In an oversimplified nutshell, Dr. Emoto found that the most beautiful water crystals are those formed after the water is exposed to the words: love and gratitude. You and I are 70% water. Think about that.





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Do you want harmony in your life? Do you want to experience more love in your life?

Go to gratitude. Look around you right now.

There's not a day that goes by when I don't grab gratitude and give thanks for my family. They wouldn't be possible if everything in my life hadn't happened exactly as it did.



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Whatever motivated you to open these  
*4 Keys to Letting Love Rule In Your Life*,  
remember that you did it! You opened  
the keys and here you are with me.  
You're here!

With me.  
We're here.  
Together.  
To share, grow, learn—to overcome  
and to become more.



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If I could take anything back in my life it would be the self-beating that I engaged in, daily, for the things that I could never have controlled. I'd be a lot easier on myself and I'd love myself so much more. The great thing is that I've come around!

I've come around to loving me, and my life. Irrationally. Radically. Gratefully. This love overflows and extends itself to everyone and everything I touch.







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My family.  
My friends.  
And yes, my horse...  
My work.  
My life.  
And, you...  
I'm grateful for you.  
I'm grateful that you're here.



# Moment of Reflection

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What can you be grateful for, in this moment? How can you create more time in your day to stop and simply feel the power of gratitude?

Grab on to gratefulness! Appreciate this life. Stop and feel the power of gratitude. Consider that everything is a gift. Every moment is here to teach us and mold us into who we're created to be. It's hard to hear truth from a place of anger. Gratitude is where truth and clarity live.



# Unlocking the 4 Keys

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Irrational Love, Radical Forgiveness, Your One Thing, and the Gratitude Grab: I've found in my own life that these are the 4 Keys to Letting Love Rule. I'm so grateful that I can share them with you now.