

# Addendum 1

to

The tiniest, Biggest, and most uncommon  
book on parenting

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Adapted from writings by

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E-Book Edition June 2019

Self Published with the Blessings of  
Father Which Js in Heaven

[BlueStarWay.com](http://BlueStarWay.com)

## Heartfelt Desire and Heartfelt Endeavor

(adapted from Linda's writings)

When a person is longing to love and be loved and this desire is experienced as Heartfelt Desire, a person is unable to express Love as Self. This is called 'leaning.' As long as a person leans their Heartfelt Desire, they are incapable of Right and Proper Righteous and Holy Expression and stuck to worldly matters.

In Truth Right and Proper Heartfelt Desire is Expressing Love as Self. It is to experience the Love that we Are independently from circumstances, events, and people.

Heartfelt Desire does not include people, places, and things. Heartfelt Endeavor is the people, places, and things that follow from Right and Proper Expression of Heartfelt Desire.

When one Expresses Love as Self, the people, places, things that are Right and Proper automatically flow from it. To try do the Right and Proper people, places, and things, so that one can have Right and Proper Heartfelt Desire is to do it backwards.

It is important to distinguish Heartfelt Desire from Heartfelt Endeavor so that there is no confusion. They are not the same.

Father has made it very clear this morning. It is like the saying in the Bible: "those things shall be added unto you." When Heartfelt Desire is Right and Proper, those things are added.

Heartfelt Desire has to be and come right where you are. Then everything to Walk with the Father is added. In a way this seems redundant, but the extra refinement is needed.

## Personal Power and Relationships

(adapted from Linda's writings)

We know from experience that it appears difficult to manifest Love as Self. One of the reasons for this, besides the worldly / religious denouncement of such "selfishness," is the distortion identified by Father as 'leaning' or this longing to love someone else and be loved by someone else. When we lean in this way, we are giving away our personal power to someone else and in so doing, we deny ourselves that experience.

Our personal power is the foundation.

In the beginning, we have our personal power. Our youth. But when we "love" someone else and we sublimate it to someone else, project it to someone else, then we begin to lean. To give our personal power away is to give our foundation as Love as Self away and of course, when we do so, we no longer have that foundation of our personal power. Now we become dependent and develop the need to stay in relationship with the person we gave it to. For if they walked away, how would we go about getting it back? Most likely, they won't give it back to us. They would just walk away with it, with our very foundation of our Love as Self. This is very weakening and detrimental. So we hang on to them for as long as we can.

In a very practical way, it is like we give a policy to the person we "love." The policy says something like: "I will give my Love away to you while you take care of my personal power and capacity to express as the Truth of Love. From now on it's your responsibility to make me feel loved." Each person we give our personal power away to gets a policy and this policy gives them the "right" to our personal power and the false sense of love, the love that we have sublimated or projected unto them. In return they are supposed to provide us with equal compensation. However, that is most often never the case and even if it were, it would still be an unhealthy dynamic.

When the person we "love" finally walks away the tendency is to immediately issue a new policy to the most available receptive person even if we never got our personal

power back. A lot of people never rebuilt their sense of personal power and their capacity for Love as Self. They just sit around in a perpetual fog, like they were with the person who took the policy and left, waiting for a new policy holder.

Then, they are a few who never move beyond the original policy holder. They can't allow anyone else to hold that policy. Even death may not do those people apart. For example, for many men, their original policy holder is their mom. Even after her death, she still remains the only policy holder. A woman who is married to such a man never has a chance. The man will always place his "mom" first, give her his power, and go back to her for "support." Of course, the mom always planned it that way and every time her son tries to establish a relationship she comes and says: "I have a policy with my son and you cannot have a policy with him." She won't transfer the policy. She won't cancel it. She won't allow her son to issue any new policies. These women want lust and through such manipulation they ensure a constant supply of it through their sons. Even though it is said with a man that one can have them by the testicles, in this case, it may be more appropriate to say it is really by the throat (which is to say this malfunction manifests physically as a thyroid issue). Of course, dad's are known to do this as well with their "little girls."

It is imperative to understand the importance of canceling any such policies we may have issued even if they were issued to one of our parents. To do this, we need to recognize that being the issuers allows us to cancel these policies at any time without "prior notice" and without the consent of the "policy holder." In taking this step we then can rebuild our personal power and our capacity for Expressing Love as Self without the "policy holder" showing up to drain it every time we succeed. It also allows us to move on in Life in a healthier way.

This is why it is said one needs time to recover after a relationship rather than immediately turning around and submerging in a new one. When one has been left empty handed, there is a real need to take the time to rebuild a sense of personal power or capacity to Love. Otherwise, one is just taking the previous situation / relation and transferring it to a new policy holder. All one is really doing is taking one's need for the person who has one's personal power and one's capacity to express Love

as Self and transferring it to a new policy holder. This is one's insurance that one has something.

This is what most people don't know how to do differently. How does one not lean and thus keep one's personal power intact if one Loves someone. After all, the world teaches that you are supposed to give you personal power away to the person you "love" as a sign of that "love." However this is what makes this experiences leaning and thus causes so much trouble.

The difference between "loving and leaning" and Loving without leaning is that we Love with our sense of personal power retained and intact and without taking our partner's personal power away. When we retain our personal power and we express Love of another while Respecting our partner's personal power, then we are strengthened by the relationship and we can take the step to return to our capacity for expressing Love as Self.

The choice to be Free of this "throat grip" can be facilitated by placing peppermint / clove oil over the thyroid area and expressing the Desire to Father to be purged of the energy at all dimensional levels that has a hold of the throat or thyroid area and to have Right and Proper Function of throat / thyroid area restored in us. It is also beneficial to inhale the aroma of the oil several times to allow it to reach the thyroids from inside.

It is important to understand for those who are in a place of having personal power and Loving another that when one succeeds at experiencing Love as Self, there is no contract or policy that requires one to continue to set the Loved person above all others, including one Self. In other words, there is no need, requirement, or obligation to give this experience away and in so doing, loosing it.

Of course, it goes without saying, that there is no need or obligation for anyone who has attained the experience of Love as Self to surrender that experience so as to enter into a relationship. It is very possible to be in a Healthy Relationship were each individual retains his / her personal power and Love of Self.