

Love Capacity On Hand

Brought to you by Lisa Greenfield
with



Passion Is A Whole Body Experience...

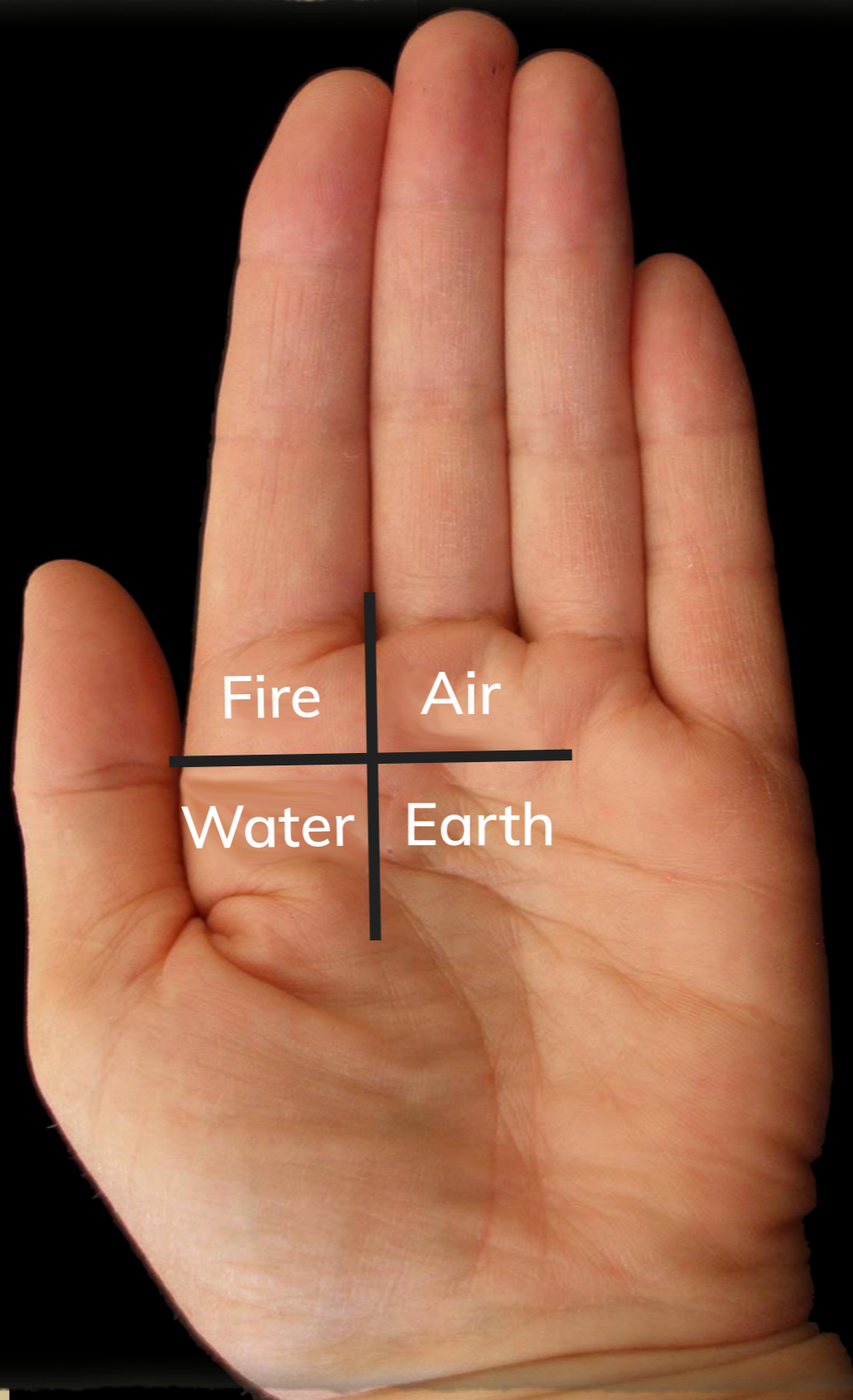
- Words alone won't unlock passion
- Self knowledge gives you self trust
- Self trust lets you lose yourself in a moment, knowing you have a solid center
- The more you know and trust you, the greater your passion capacity expands



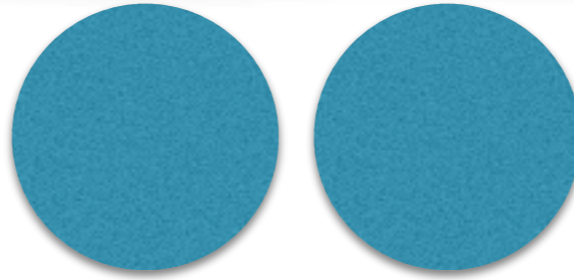
- Your Core Creation/Passion Capacity is determined by the Heart Line and the Head Line combined
- Your starting point to determine your inherited capacity is the Heart Line
- The Head Line outlines how the feelings/passion are communicated
- There are four basic types - you may be a combination of two or more
- When you change your mind, you change the line and increase your capacity - the power is in your stories



Start With Heart



Each Elemental Function Explained

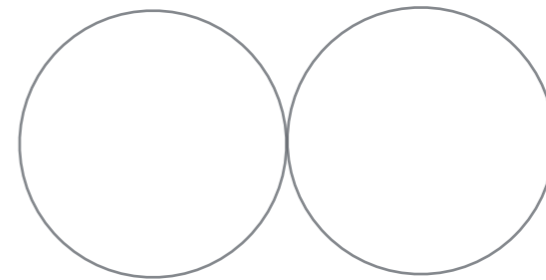


Mind - Air
Separates, labels, identifies, structures

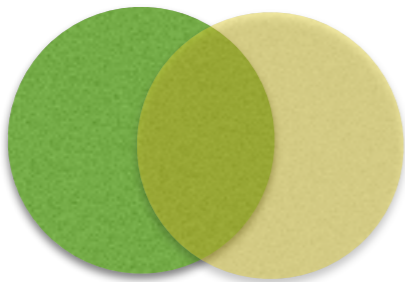
Consciousness



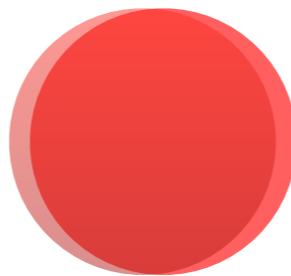
Awareness



Spirit - Fire
Transforms, enlightens, visionary explorer, infinite



Body - Earth
Takes in, synthesizes, processes, creates unique physical output



Heart - Water
Dissolves boundaries, connects, deepens emotions



Surrender To Change

- You inherited your relationship intimacy threshold - It changes as you think, feel & act in new ways at least 21 times
- Understand your resistance to change is survival wiring misapplied
- Repetition is key to change your mind, change your line (hint - that line change means your capacity changes)
- Evolution is a rich experience that includes more than head knowledge
- The 'give and receive' you experience is how you create your entire world - time to tap into more passionate expression
- Listen to the audio that accompanies this for an experience that is more than a mental outline of what to do



Left Hand - Mother's
Influence, personal life

Right Hand - Father's
Influence, public life

Determines the container for
emotions

Earth-Determined

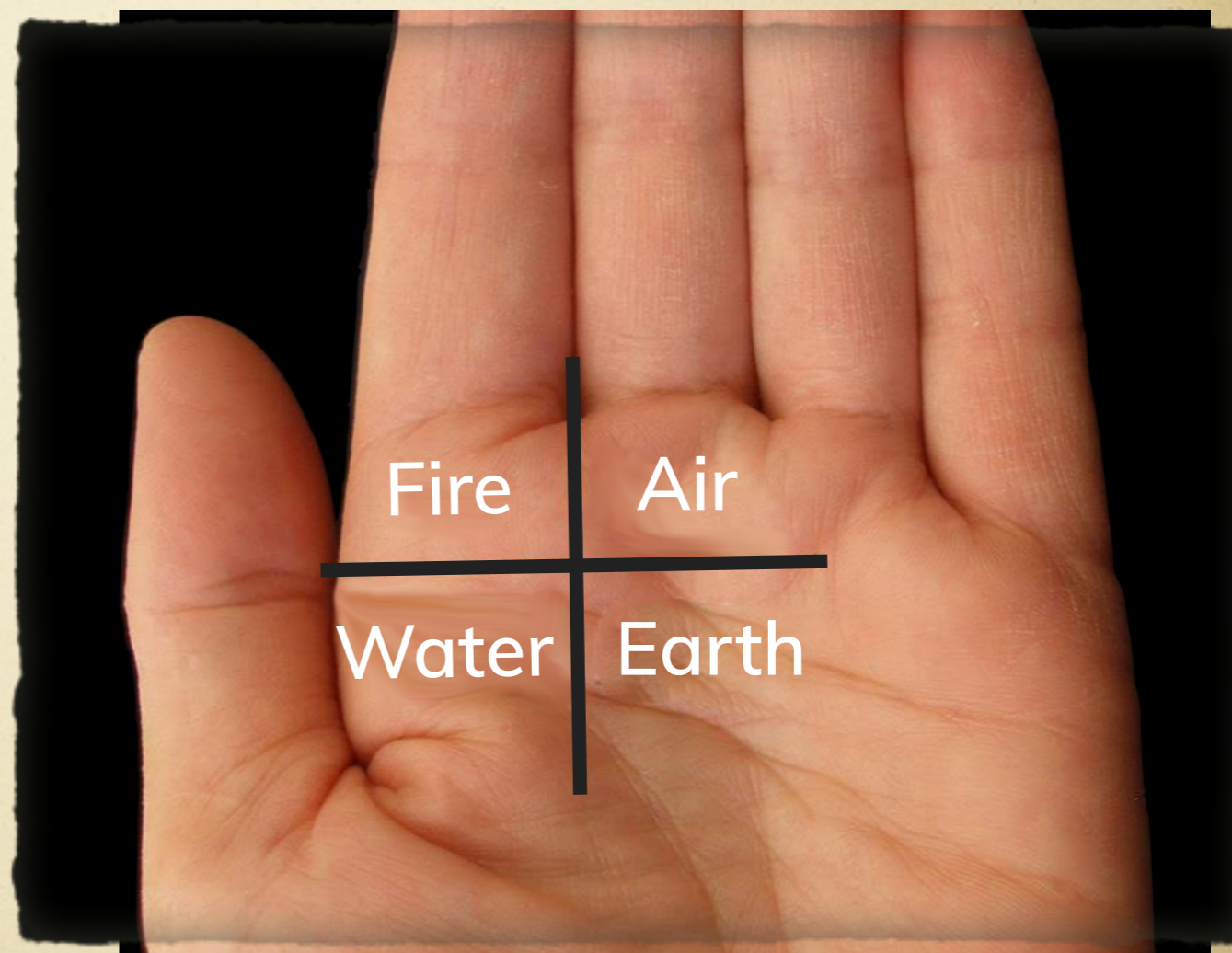
Water - Connected

Air - Innovative

Fire - Inspired

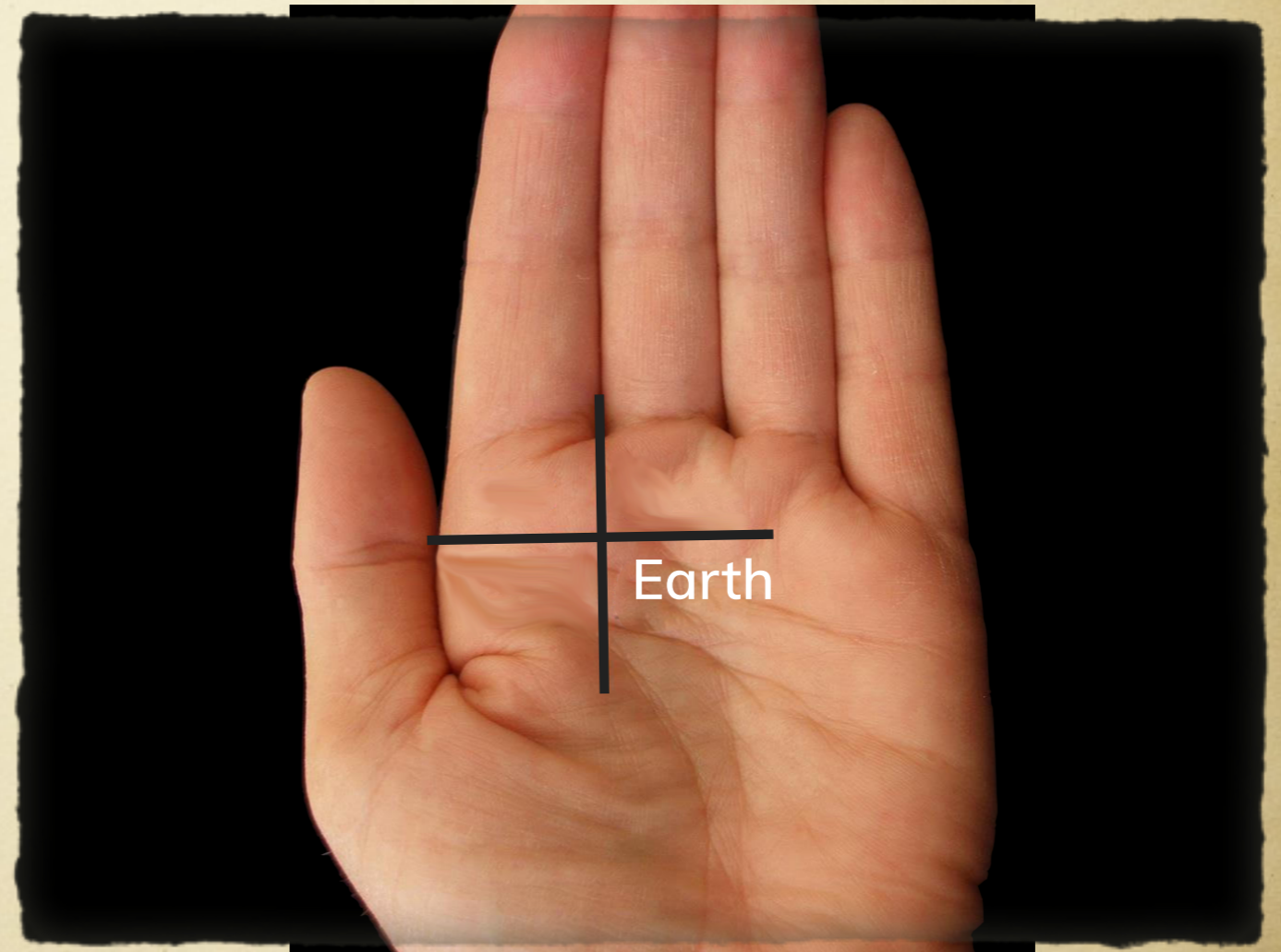
Indicates Your Nurturing
Style

Heart Line First



Earth - Body Self Empowerment

- Strong on Sensory Function
- Most Aware of Threats - but underestimates self
- Shared Meeting Point - we all see each other's body
- Ecstasy Lives Here
- Core Wound - Not enough, hermits or withdraws
- Defense strategy - to stonewall



Passion Grows When...

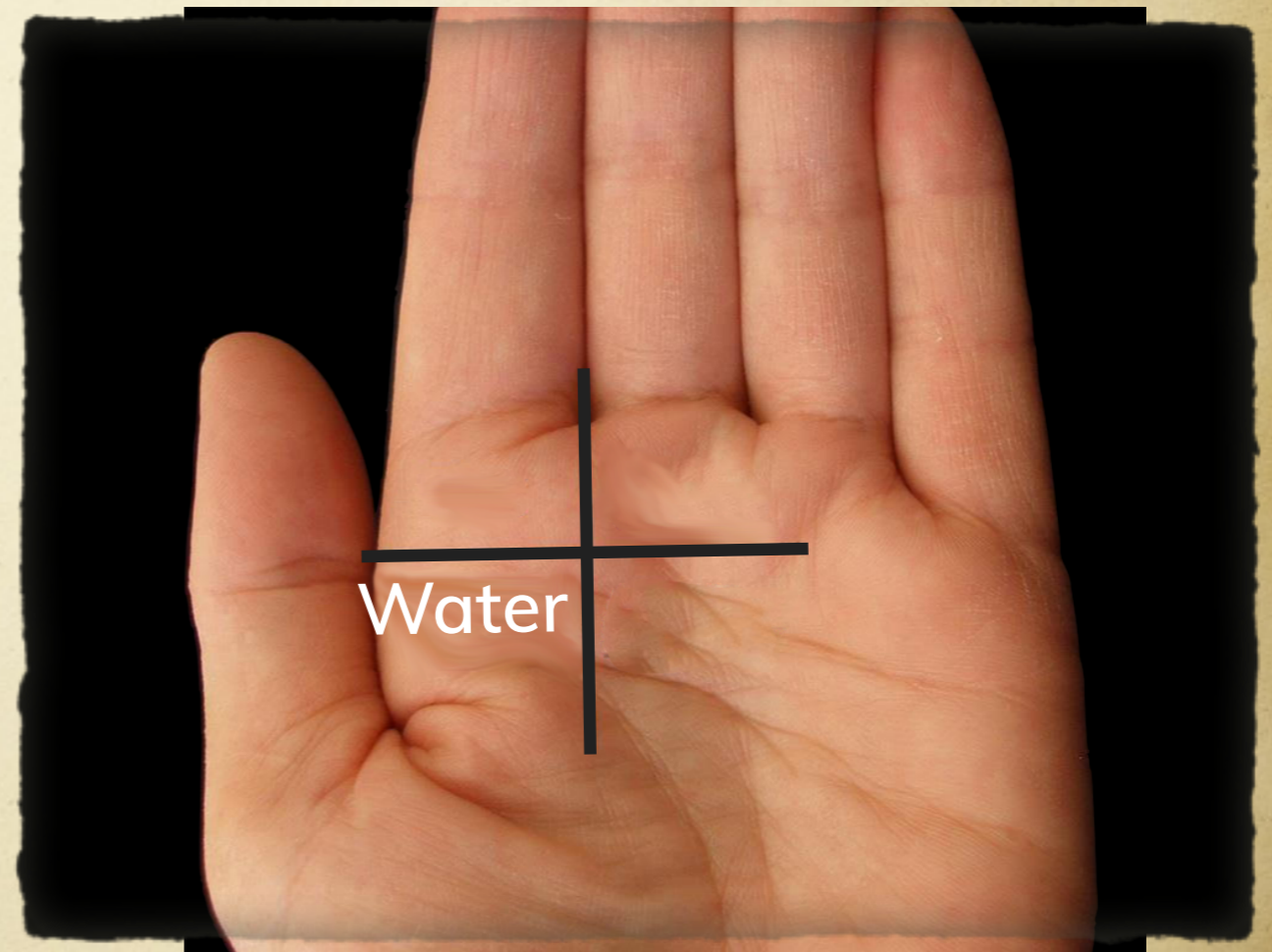
- You remember a Seed/Plant Visual - allow time for your process
- You tend your garden when you...
- Add Fire/Light - (Inspiration, Perspective, Faith)
- Add Water - (Nurturance, Compassion, Empathy)
- Ensure Air - Encouragement, Perspective, Progression



Water - Feeling

One To One Empowerment

- Emotional Expression
- Emotions dissolves walls between different people
- Boundaries Are Growth Arena
- Intuitive Feelings about 'other'
- Core Wound - Feels Unlovable, Stores Emotions
- Defense Strategy - Defensiveness



Passion Grows When You...

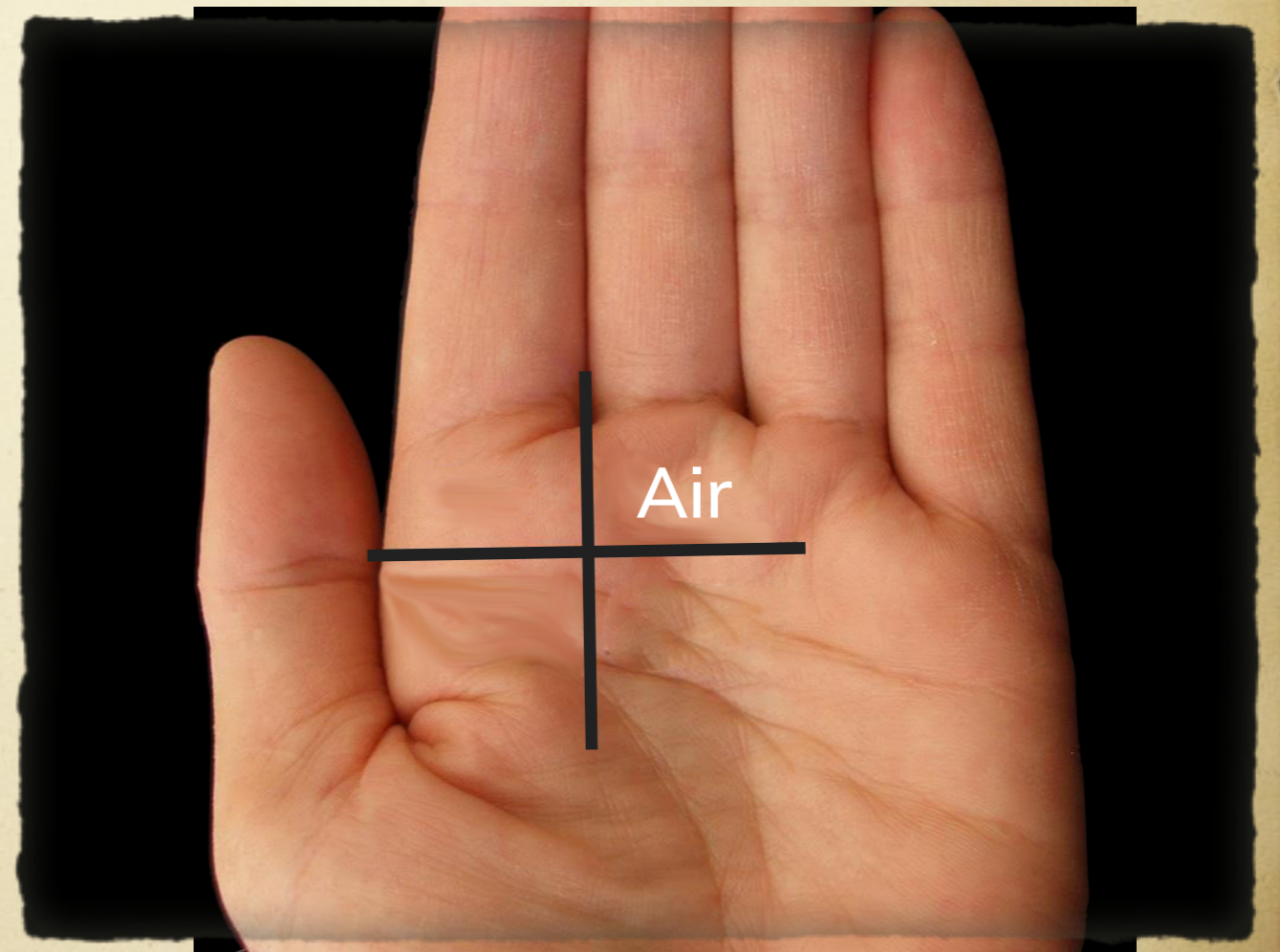


- Trust in Self and Other is established over time
- Remember the rise and fall of intimacy/sharing *emerges* (hint - think tides rising or falling)
- Have healthy filters on friends/family opinions - too much sharing clouds who feels what
- Are conscious of your triggers/history - 10% of emotions are about the present, the rest is historical
- You practice Boundaries Balance - know when to risk loss of connection to be your authentic self, trust capacity to absorb pain or loss of normal relationships

Air - Mind

Empowerment One to Many (Ideas)

- Thinking as a Bridge Builder
- Most Conscious of Threats
- Separation Point - I'm this, not that
- Reason is the enemy of Passion
- Core Wound - Too Much, Analysis Paralysis
- Defense strategy - Criticism



Passion Grows When You...

- Manage the Mind - Bookend worst case scenarios with best case ones, every time
- Use your mind to build bridges to get you to where you want to be, not separate you from what you love
- Filter friends/family opinions - speak less, listen more, edit/limit those who echo fears
- Are conscious of over-functioning mind, get into your body, muscle memory activity that's mindless
- Learn to doubt your doubts

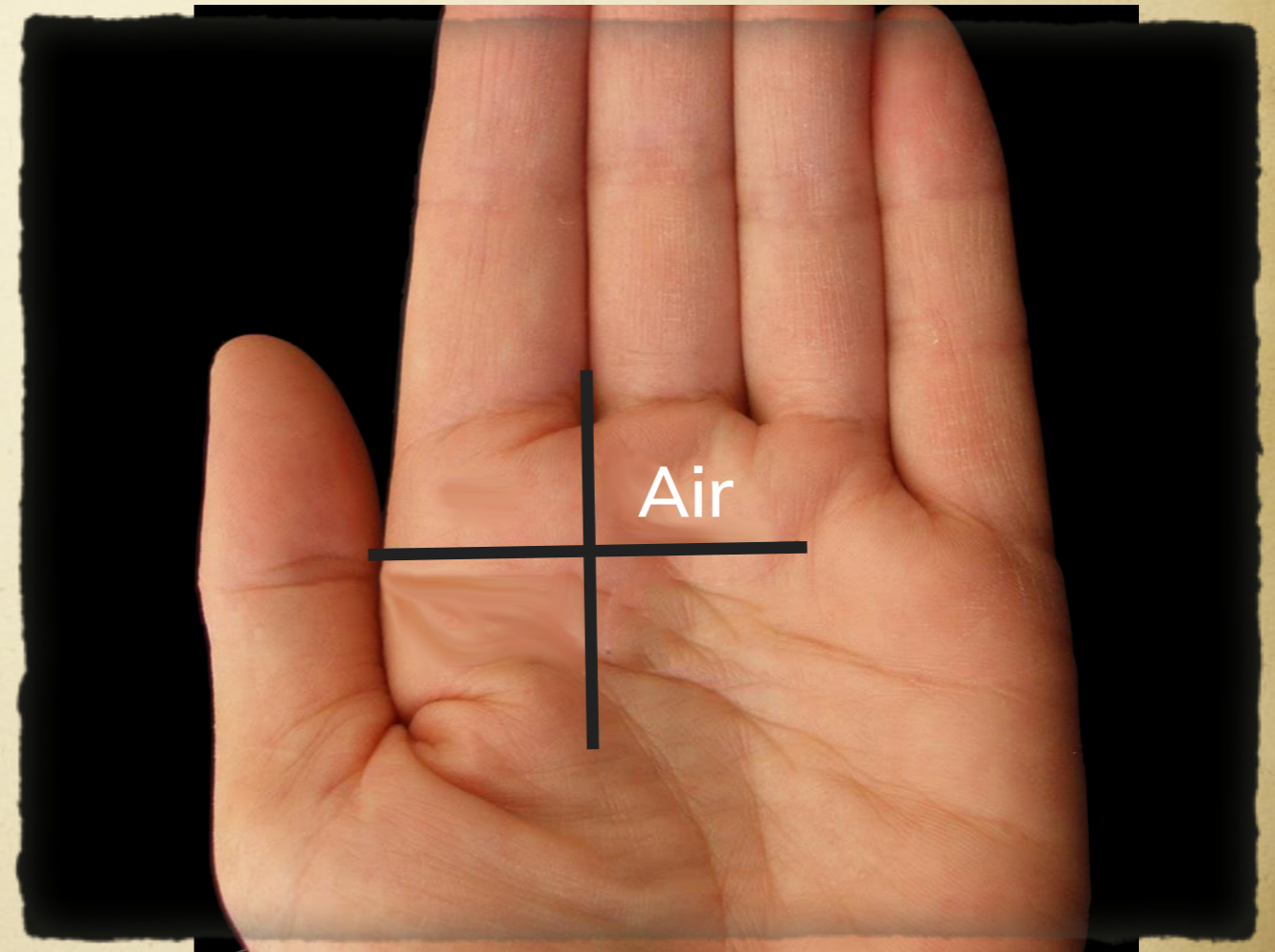


Fire - Intuition

Empowerment One to The Divine



- Most Capable of Visionary Expansion/Leadership
- Patience with Process of Creation - Distractions
- Requires An Invite
- Core Wound - Unloved, Unappreciated
- Defense strategy - Judgement



Passion Grows When...

- You tend to your fuel needs - Go where you are invited, praised & recognized
- Understand you do 'burn' through situations and require fresh fuel on a regular basis (Recognition is fuel)
- Use visualizations mindfully to build rapport between you and others
- Patience with process - Yours and partners
- You surrender the perfection you imagine for the moment of imperfection, so you can add your light to it
- Rediscover yourself over and over again



Head Lines

Our expression/demonstration of feelings is the container we build to express passionate creation

- Inside Versus Outside Finger - Private or Public Expression
- Length - Amount of effort/attention/patience invested
- Curved or Straight - experience versus results-driven
- Elemental Compatibility with Heart Line
- Conscious versus Unconscious

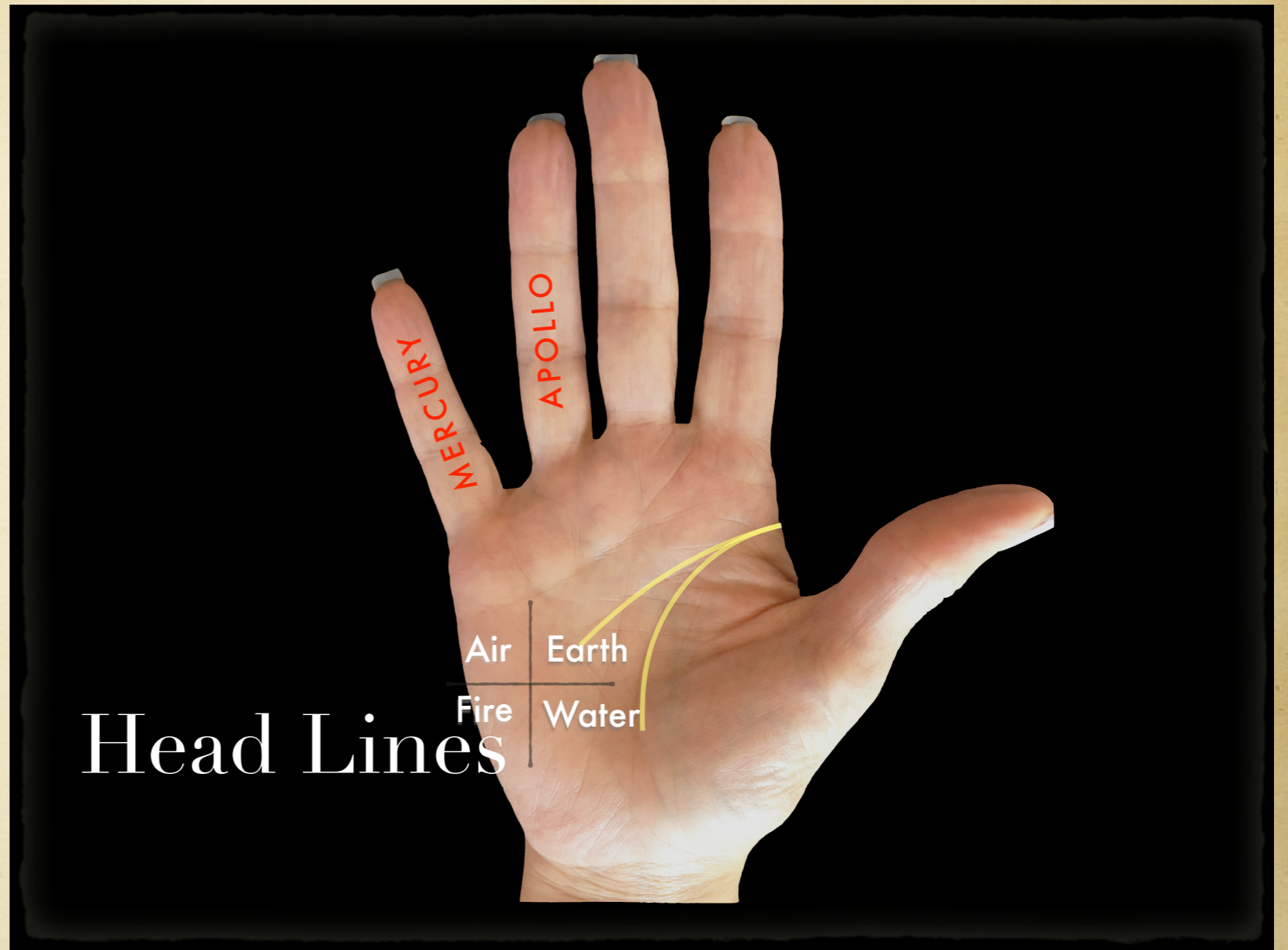


Inside Vs. Outside
Ending Line

Head Lines end mostly
under the Apollo or
Mercury Finger

When it reaches the
outside finger, such as
Fire or Air space, it has
to express itself
publicly

When it ends more
under Apollo or before,
it has trouble
expressing all it feels



Length And Curve

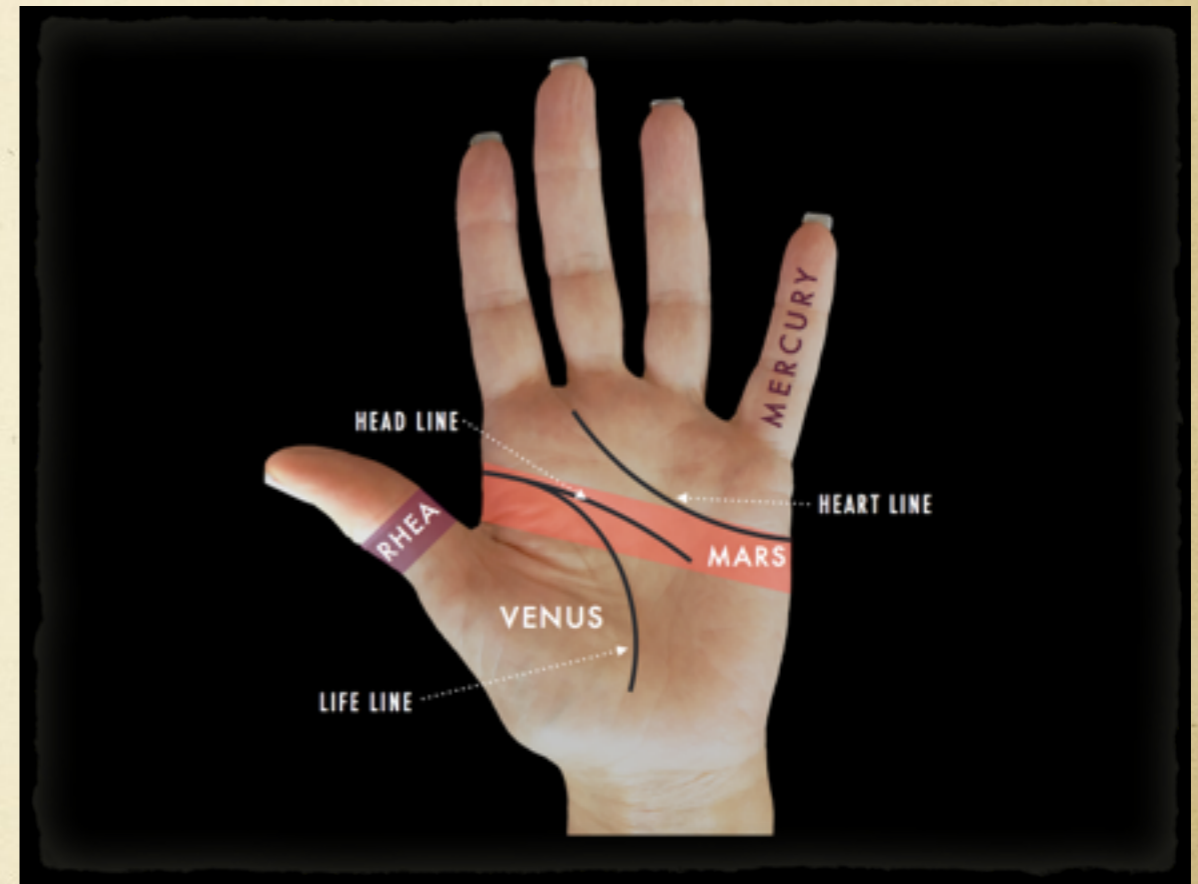
- Shorter straighter lines are driven to get results, strong on physical input - Earth
- Longer straighter lines have more patience and use innovation to get results - Air
- Shorter curved lines swing back and forth between gas and brakes to get results; challenging placement with artistic results that cost to achieve - Water
- Longer curved lines are visionary explorers and can offer up impressive results but hard to repeat or sustain without continuous or fresh fuel - Fire



Compatibility - Heart Lines



- Notice what kind of an hourglass your Heart Line and Head Line create in the highlighted space
- The more balanced the top and bottom are (mirrored) the easier it can be to create with passion
- Unbalanced simply gives you unusual or less graceful creation ability



This Air Heart Line with an Earth Head line gives a romantic ideal with a more practical or traditional expression of feelings

Earth Compatibility



Earth - Short Straight Heart or Head Line

- Earth and Water Compliment each other - easier to work well together for rich, lush, longer term results
- Earth and Air Contrast each other - understand each other but can be more limited in expression; offers sustainable contributions when harmonized
- Earth and Fire Oppose each other - it's a real effort to balance the expansion of Fire with the density of Earth, but results are long lasting when achieved
- Earth and Earth are blind to shared faults and reinforce virtues for a dramatic creation/immovability dynamic

Water Compatibility



Water - Long Straighter HeartLine Shorter Curved Head Line

- Water and Earth Compliment each other - easier to work well together for rich, lush, longer term results
- Water and Fire Contrast each other - together they create steam heat but maintenance is required
- Water and Air Oppose each other - it's a real effort to balance the contraction of Mind with expansion of Heart, but a bubbly magic is possible when achieved
- Water and Water are blind to shared faults and reinforce virtues for a dramatic emotional depth/disaster dynamic

Air Compatibility



Air - Shorter Curved Heart Line, Long Straighter Head Line

- Air and Fire Compliment each other - Fire requires the fuel from Air and Air heats up with Fire's addition for dramatic creative expression
- Air and Earth Contrast each other - understand each other but can be more limited in expression, offers sustainable contributions
- Air and Water Oppose each other - it's a real effort to balance the contraction of Mind with expansion of Heart, but creation can have a bubbly magic to it once balanced
- Air and Air are blind to shared faults and reinforce virtues for a dramatic big picture view that lacks emotional dimension

Fire Compatibility



Fire - Long Curved Heart Line, Long Curved Head Line

- Fire and Air Compliment each other - Fire requires the fuel from Air and Air heats up with Fire's addition for dramatic creative expression
- Fire and Water Contrast each other - together they create steam heat but maintenance is required
- Fire and Earth Oppose each other - it's a real effort to balance the expansion of Fire with the density of Earth, but results are long lasting when achieved
- Fire and Fire are blind to shared faults and reinforce virtues for a visionary ideal that can have a hard time getting realized

Conscious Versus Unconscious Creation

- Awareness is more easily identified through Earth and Water (body & feelings)
- Consciousness is more easily identified through Air and Fire (mind & intuition)
- Awareness is subtle and takes information from social cues for safety
- Consciousness is layered and constantly updating
- Pair subtle cues with personal attention for interpretation and you have a more 'whole' mix of creation



Passion Capacity Personalized Report

To have your Capacity mapped,
click the link with this
presentation and see where you
can turn the heat up on passionate
creation in your life...

Thank you,

Lisa Greenfield with Truth in Hand

P.S. Listen to the taped audio for more about your
passion capacity as an *experience*



Mark Feuerstein, Royal Pains



Brett Dier, Jane The Virgin

