

QUANTUM LOVE

Use Your Body's Atomic Energy
to Create the Relationship
You Desire



New York Times Best Selling author of *Real Sex for Real Women*

LAURA BERMAN, PH.D.

Praise for *Quantum Love*

“Laura Berman’s wake-up call, breast cancer, led her to a truly quantum understanding of health, healing, and loving. In Quantum Love she lays out a series of deep commitments to self-love that have the power to transform your health and your relationships. This is the real deal. Bravo Laura!”

— **Christiane Northrup, M.D.**, *New York Times* best-selling author of *Goddesses Never Age: The Secret Prescription for Radiance, Vitality, and Well-Being*

“Dr. Laura Berman is like the best girlfriend we’d all love to have who just happens to know a lot more about love, sex, and relationships than we do! She is thinking about love in a whole new way. Quantum Love will bring your relationship to a whole new level.”

— **Eva Longoria**, actress, producer, director, philanthropist

“Simply put, Laura Berman is the best relationship expert in the field.”

— **Steve Harvey**, Emmy award-winning television and radio personality and best-selling author

“Laura Berman gets to the root of human essence when it comes to loving and being loved. Quantum Love has helped me navigate my own journey to being the best version of myself I can be and breaking through into a place of light and love.”

— **Cat Cora**, celebrity chef and founder of Chefs for Humanity

“This beautifully written book skillfully illuminates both the art of love and the science of love. Inspiring, enlightening, and easy to understand, Quantum Love will transform how you feel and express your love into a deeper and more profound experience. A must read.”

— **Arielle Ford**, author of *Turn Your Mate into Your Soulmate*

QUANTUM
LOVE

ALSO BY LAURA BERMAN

The Book of Love

For Women Only

It's Not Him, It's You

Loving Sex

The Passion Prescription

Real Sex for Real Women

Secrets of the Sexually Satisfied Woman

Talking to Your Kids about Sex

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Laura Berman, Ph.D.



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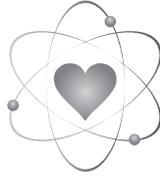
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*This book is dedicated to YOU:
that inner, essential self who always
and unconditionally holds you
in Quantum Love*

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A WELCOME NOTE

Dearest Reader,

Are you ready to fall into Quantum Love?

I know it may be a term that on first listen sounds like a band from the 1980s or something you tuned out during high school physics. Well, let me assure you, this is neither a hair metal band nor a boring lecture. Quantum Love is a term I use to describe love that is fulfilling, unconditional, passionate, life affirming, rewarding, and erotic. *Is that all?* you might ask. Nope! It's just the beginning. I believe Quantum Love is why we are all on this planet in the first place. It is what drives us and connects us. It is what inspires us and what will heal us, if we will only let it.

If you have picked up this book because you are broken-hearted, I see you. I hear you. You have come to the right place. If you're here because you think your partner doesn't love you anymore, or you imagine you can't let your mate see your "ugly body" naked; if you're tired of having the same arguments; if you feel like you don't get kissed or romanced enough, or you think you will never meet Mr. or Mrs. Right; if you are lonely, grief stricken, ashamed, scared, or angry, this is the right book for you. And if you're happy with your relationship but curious about how much better it can get, you've come to the right place.

Quantum Love is our inalienable birthright. Yet most of us spend our entire lives totally disconnected from it. In fact, I was in that very same boat just a few years ago. I had spent 25 years working with couples and helping them achieve better love lives. It was fulfilling, meaningful, and important work. Then my seemingly perfect life began to give way underneath me, and I finally reached out and took the plunge into the unknown. There

I began a journey of discovery, wading into an entirely new and deep pool of wisdom composed of science, philosophy, physics, and even metaphysics. It would add a powerful new layer to my work, not to mention the rest of my life. I've written this book to share what I've learned with you.

Let me explain the format of this book a bit. It is divided into two different kinds of chapters, essentially moving you from theory into practice. There are the regular theory chapters, which explain in depth what Quantum Love is, how it works, why it works, and what it can do for you, your partner, and your relationship from an emotional, physical, and spiritual perspective. These chapters are interwoven with Commitment chapters, which are the practice chapters. Here I will be asking you to make key commitments to do the things that will bring you closer to Quantum Love, and I will teach you practical ways to apply what you are learning to create Quantum Love in your life. There will be places where I'll ask you to do a written exercise or record some key steps on your Quantum Love path, so you may want to get a blank book or notebook and make it your Quantum Love Journal—or you can go online to www.drlauraberman.com/quantumlove and download an electronic version of a Quantum Love Journal to accompany you on the journey. Some core exercises will be presented to you in the chapters themselves. Others will be available to you in the Appendix. And you'll find even more tools and exercises online at www.drlauraberman.com/quantumlove.

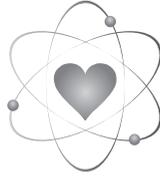
There are a few things I want to note before we move forward. First, Quantum Love is for *everyone* and *all* types of relationships: gay, straight, or somewhere in between. Romantic love is romantic love, and it is beautiful and fulfilling in all its forms.

Also, please know singles are welcome! You can use this book to create and practice Quantum Love in your life regardless of your relationship status. Most of what I will be discussing, and the advice and exercises I will offer, will be in the context of relationships. When you build Quantum Love in your own life, it will definitely help you to attract the perfect mate for you. What's more, all of the techniques you will learn in this book will help you build a lasting, rich, deep, and satisfying love when it comes.

All of the models and tools I have created for Quantum Love were built from the wisdom of sages and thought leaders who came before us, many thousands of years ago and counting. I am going to “prove” with science and research as much as I can about how and why Quantum Love works. But there will sometimes be a gap between what I can prove to you with empirical data and what I can tell you I fully believe to be true based on how it has worked in my own life and in the lives of the countless individuals whom I have counseled. All names and identifying information in the cases I outline in this book have been changed. Trust and respect are vital in all relationships, including (and especially) the relationships of people who have come into my life looking for help.

Make no mistake: moving into Quantum Love is a journey. It will require you to open yourself to new ideas, to challenge long-held beliefs, and to take responsibility for the reality you have created and the new, much better one you can build. It may not be easy, but believe me when I tell you that it will be worth it. You are fully worthy of the love that you want. It is waiting for you. It’s time to take the first step forward down a new path, the path of Quantum Love.

Quantum Love is a transformation. Once you learn to put the powerful energy of your mind, body, and spirit to work for you, your life and your relationship won’t be the same. Quantum Love is also a reclamation. You were born in a perfect state of love, and while your experience may have moved you away from the truth and wisdom of this essential self, it is still there unchanged, bright and perfect. You simply need to move back into it. *Quantum Love* will show you how.



CHAPTER 1

WHAT IS QUANTUM LOVE, ANYWAY?

*Lovers don't finally meet somewhere.
They're in each other all along.*

— RUMI

Simply put, Quantum Love is the love that results when you consciously take ownership of the energy in your body, heart, and mind and use it to serve your relationship. It's taking quantum physics—the science of how energy works—and applying it to your love life in a way that reveals your hidden power to create exactly the relationship you want.

You may believe that the best part of love was right at the very beginning of your relationship: the dopamine-drenched, can't-eat-can't-sleep, head-over-heels honeymoon phase. Once the butterflies in the stomach subside, you settle in for the long haul, either feeling calmer and more connected or, like most people, worrying that something is missing or lost.

You may have already tried everything from couple's counseling to the Kama Sutra. Maybe, in an attempt to bring back the excitement and drama, you get stuck on the sickening merry-go-round of explosive fights and injurious mind games. Or perhaps you simply settle for what you think is the best you can hope for:

lackluster sex, repetitive fights, and a gnawing feeling of boredom and dissatisfaction.

You've probably been thinking there are only two options: somehow recapturing that early magic or throwing your hands up in defeat. But the truth is, there's a better, more fulfilling alternative—a higher level of love beckoning you to move forward, not backward. It's Quantum Love.

Thanks to tremendous advancements in the field of quantum physics, the study of our life and our world at the tiniest, most fundamental level, we now know that at our molecular core, each of us is simply a vessel of energy. A range of fascinating studies, many of which I will share in this book, have made clear that the reality in which we exist is actually created *by us* through the expectations we have of it. This is especially true in our most important relationships. Quantum physics has established that the observer (you) and whatever is being observed (your partner and your relationship) are energetically linked and that you can influence what you observe in any way you choose. In essence, the science of quantum physics has demonstrated that every possible reality is available to us at every millisecond, but it is our *personal perspective*—our expectation of what our reality will be—that brings it into being!

In the following pages, I will teach you what's already *actually* happening in your internal world and then explain how you can consciously use it to create passion, excitement, and connection you never imagined possible. You can't go back to the honeymoon phase. And if you're really honest with yourself, you know you don't want to trade the comfort, trust, and familiarity of a long-term relationship for the excitement of something brand-new. You want it all: a love that feels intense and fulfilling, satisfying your needs and desires on every level, but also a love that reaches new heights of intimacy and connects you to a fuller sense of purpose.

Does this sound too good to be true?

It's not. It's completely within your power. As a sex and relationship expert, I help couples get there all the time. And if you're

willing, you and your mate can get there too, transforming your relationship into the manifestation of your deepest desires.

WHY IN THE WORLD AM I WRITING *THIS* BOOK?

If you have read my work or followed my television appearances in the past, this topic might seem like a bit of a departure for me. What could lead a sex and relationship therapist to suddenly delve into the world of energy and matter? And how the heck does that apply to relationships?

It certainly wasn't something anyone in my work or personal life expected, and it wasn't anything I had ever studied in the past. I had a general idea of how the universe worked, and it made sense to me. But I have since shifted and widened my perspective, in large part because I had no other choice.

It wasn't until I reached 41 years old that I began questioning everything I thought I knew. When my mother passed away from cancer quite suddenly, it caused a seismic shift in my universe. For the first time in my adult life, I felt uncertain, overwhelmed, and lost. I experienced a pain I didn't know it was possible to feel, as if a piece of me had been ripped away. I wasn't sure who I was anymore, or how to move through the grief in an effective way. I had certainly counseled many through this process and experienced loss many times myself before then. But the connection I'd had with my mother was deeper than almost anything else in my life.

Then, less than a year after I lost her, I was diagnosed with breast cancer—in the same breast where my mother's cancer had originated. Never before had I needed my mother's love and guidance more, and never before had I faced my own mortality in such a stark and vulnerable way. My mother was gone; now would I be next? Would my own young children be forced to face the pain and grief I was barely able to handle as an adult?

Needless to say, the cancer sent shock waves through my family. My husband, Sam, and my sons, Ethan, Sammy, and Jackson, all dealt with it differently. Sam tried to be my rock, but I knew the terror and helplessness he felt. He was so used to always being

in control, successful, and on top of things. Now here he was, unable to fix the worst problem he had ever confronted. Meanwhile, my kids were frightened and anxious, and they acted out as they struggled to confront the terrifying prospect of losing Mommy. As for me, I was left feeling depressed, disconnected, and even angry. Why was this happening? I lived a healthy lifestyle. I did yoga, didn't smoke, and rarely touched alcohol. Why was my body betraying me after I took such pains to care for it? Why was the world so uncertain and so unkind? How could I feel safe and secure when it felt like I was living on a fault line?

Soon my questions became more than just inner rhetorical laments. I am a born-and-bred reader and researcher, so I became the Nancy Drew of existential crises. I wanted to understand what I was going through and learn how to support my body and mind (not to mention my family) through the harrowing time ahead. I wanted to maximize my chances of survival and the time I had with my loved ones. Armed with nothing but my Kindle and an inquisitive mind, I was bound and determined to look life and death in the face and get some answers.

I suppose I was hoping that if I understood the secret to how life worked, I could make more sense of my grief and fear. I was right, but I didn't realize the way in which my search would change the trajectory of my life and my career. Looking back, I can't help but feel a rush of gratitude. It was the bleakest time of my life, but it was also the most enriching, powerful, and transformative.

I have taken to calling my life's crises AFGEs (shorthand for Another F#!&ing Growth Experience), because losing my mom and living through cancer taught me that with our greatest pains can come our greatest gifts. Were it not for the intense pain and loss I was experiencing, I would have kept going as I was going. My life, which was wonderful, would have remained the same, but I wouldn't have reached the state of clarity, knowing, and wonder that I have reached since. Pain is a wonderful teacher and a fierce motivator. It drove me to learn the lessons that have changed my life, my relationships, and the way I work with the individuals and couples I treat.

First, I started exploring how to survive and thrive through cancer. I wanted to hear from other survivors and learn from their wisdom and strength. But when I followed the bread crumbs of what I was reading and where it was leading, I realized these authors had more than just war stories and lists of superfoods to share with me. The books traveled beyond nutrition and an anti-cancer diet to research on neuroscience, biofeedback, and how deeply connected our minds and bodies really are. The more I learned, the more it made sense to me, and I began to apply the science behind it to my own self-care.

Then things got really interesting.

It was through my exploration of writings on the power of the mind that I stumbled back onto *The Secret*. Most of us have heard of Rhonda Byrne's 2006 bestseller about the Law of Attraction. After all, it sat on the bestseller list for 146 consecutive weeks. Through the success and popularity of Byrne's book, the Law of Attraction became part of the mainstream lexicon, albeit often accompanied by a roll of the eyes. There was even a *Saturday Night Live* skit about it. The Law of Attraction teaches that "like attracts like." In other words, positive thoughts attract positive occurrences and negative thoughts attract negative occurrences. Byrne best sums it up with this description: "Thoughts are magnetic, and thoughts have a frequency. As you think thoughts, they are sent out into the universe, and they magnetically attract all like things that are on the same frequency. Everything sent out returns to the source—you."

Like many others, I sort of got the idea. I played around the edges of it but never effectively put it into practice. I wanted to believe it but didn't completely buy it. Sure, positive thought was great, and I could understand the physical benefits, but I couldn't wrap my mind around what the Law of Attraction actually *was*. My doubt came through in questions that I couldn't find answers to: *What is the mechanism for it? And what does it say about me that I am attracting all these losses and illnesses into my life?*

I am a scientist at heart; I depend on data and research in order for something to feel real to me. This is part of the reason why I was struggling so much with *The Secret*. I needed less "feely"

and more “factual.” So I kicked into science mode and started to dig deeper. *Who says this really works, and why does it work? Is there any science behind this “new thought” of the Law of Attraction?* Instead of staying frustrated by my questions, I decided to find cold, hard answers.

It was in this state of questioning that I first came across quantum physics. In my studies, I came to realize that the lessons of quantum physics could be applied not only in science but throughout the entirety of human existence. I discovered that, in essence, quantum physics *is* the science behind the Law of Attraction. Now it all started to make sense. As I learned about the quantifiable lessons beneath this amazing metaphysical idea, it became more real and tangible to me. I started to play with the information and put it into practice in my own life, and soon I could feel the astonishing impact of this new understanding. I was flabbergasted by what I discovered about my own body’s energy and how it affected those around me in material ways.

I began using the lessons I learned to help couples who came to me for therapy, and I was amazed by the positive results. I used what I learned to help my kids deal with anxiety and stress. I applied the principles in my relationship with my husband, and I saw our bond almost immediately begin to deepen and mature. Like a ripple in a pond, the change spread out throughout the whole of my existence. And I knew I had something important to share with the world.

I’M COMING OUT

Here’s the truth: in addition to being a researcher, therapist, and scientist, after my study of the quantum world I now have a much clearer and firmer belief in God. I know that word is loaded for many people. But the God I believe in is universal, encompassed in all religions and beliefs. To me, “God” is not a religious, institutional, or external concept. Whether you call God Jesus Christ, Allah, Krishna, Gaia, some other name, or no name at all,

I think almost everyone who believes in God can agree that God at his/her source is nothing more than pure, beautiful *Love*.

So when I refer to God, I am really talking about the energy of Love, vibrating at the very highest frequency. I do not think that God is somewhere out there in the distance, a million miles away. Rather, I think we are all God and God is in us. I believe that each of us is a gorgeous, unique, and magical expression and creation of that all-knowing, all-encompassing, perfectly designed Love. If God is the sun, we are the millions of rays that shoot out of it. Even though we appear separate, we are actually all made of the same thing, and we all come from the same source.

Does religion play a role in this book? No. Whether you are Jewish, Muslim, Christian, Wiccan, atheist, or agnostic, the principles within this book can be applied to your life. And the following pages will be much less esoteric, I promise. But I do want you to know that ideas such as these will inevitably pop up, as there is no denying that our world is charged with a power that is indefinable and mysterious. Science can take us only so far, and after that, faith has to take us a little farther. So although this isn't a religious book, it involves some spiritual precepts to the extent that life itself does, and therefore I cannot separate these ideas from the discussion entirely.

Historically, clinicians and scientists aren't supposed to be into the more esoteric, at least not publicly. If it can't be pinned down in black and white and proven empirically, then we aren't supposed to even consider it. So I do have some doubt and fear about "coming out" about my beliefs. But I am taking the leap because I believe what I have learned is too important to keep hidden. Go ahead and be skeptical—even slightly annoyed if you wish. But please don't be discouraged! If you just hang in there, I promise you will learn invaluable lessons, no matter what you believe.

A NOTE ON THE REAL YOU

This is a book about your relationship and how to create fulfillment, connection, and bliss within it. But I want to spend a moment on the most crucial piece of this puzzle: *you*.

Who are you? It sounds like a simple question. You might answer, “I am a mother” or “I am a teacher” or “I am an engineer” or “I am a stay-at-home dad.” Or you might get more detailed and say, “I am a Christian” or “I am a Jew” or “I am Egyptian” or “I am Brazilian.” Maybe you would tell me, “I am a sports fanatic” or “I love chocolate” or “I am a cancer survivor” or “I am a kick-ass golfer” or “I love Bruce Springsteen.” In short, you would tell me about all the things that make up who you are, whether about your past, your family, your job, your interests, or your beliefs.

Except here’s the thing: none of that is really *you*. That stuff merely makes up your identity. It’s the information I could find on your Facebook or LinkedIn page. It’s the stuff you might share on a first date or with a new acquaintance. But I am here to tell you that *none of that* is the *real* you.

The real you could never be boiled down to a social media profile. It could never be distilled on a first date. The real you is eternal, unchangeable, formless. The real you is the light inside of you that is always on, the life source that is buried deep within you and watching all of life unfold without ever changing, aging, wavering, or decaying. I call the real you the *essential self*. And your essential self (rather than your ego self) is the one who will create Quantum Love.

In his amazing book *The Untethered Soul*, Michael Singer writes, “There is nothing more important to true growth than realizing that you are not the voice of the mind—you are the one who hears it.” In other words, your essential self isn’t the part of your brain that’s reading these words. It’s not even the part that’s thinking about these words. Nor is it the part thinking about making dinner, or the part worried about work, or the part keeping an eye on your nearby child. No, the real you is doing nothing but observing. The real *you* is the you who *hears* the thought, not the one who *has* the thought. The real you is the you that has

been inside of you since the day you were created, the you that was there on your 4th birthday and on your 40th.

Why is it so important to realize that this is the real you? Because once you realize that you are not just the mother, the teacher, the Christian, the golfer, or the chocolate addict—that you are just *you*, eternally and unquestionably and unchangeably—suddenly it is easier to let go. You aren't as threatened by life, whether it's an unkind word, an argument, a loss of a job, a change in finances, or a problem with your children. All of that stuff is important, yes, but ultimately it cannot impact or detract from the real you. The real you will remain as impervious and entire as a star in the night sky.

Physicists say that energy can be neither created nor destroyed. And quantum physics tells us that you are nothing but energy. So it stands to reason that you too can be neither created nor destroyed. The real you cannot be negatively impacted by anything in the world. It cannot be added to or subtracted from, improved, or altered in any way. You exist, you are entire, and you don't have to do anything to make yourself more real or more lovable. What an amazing discovery!

What does all this information have to do with your love life and your relationship? And how can you apply the principles of quantum physics to your life in real, sustainable, and powerful ways? Allow me to show you. Remember, it's okay to have questions and doubts as you read on. In fact, I would be surprised if you didn't! Accept those doubts. Love those doubts. Let the questions exist without trying to force answers upon yourself.

This journey will empower you and your partner to take the physical and emotional intimacy between you to a whole new level. My guess is it will be something that you have never experienced before—in a good way. In the following chapters, you will learn about your body's energy, what the unique frequency of your own energy is, and how to consciously experience the perfect harmony that already exists between your frequency and your partner's. That doesn't mean there won't be hurdles or you won't get stuck. Rather, you will be so finely in tune with yourself and your partner that you'll know how to *stay* in tune and turn

QUANTUM LOVE

every crisis into a welcome opportunity to grow together—psychically, emotionally, and sexually.

I am not a spiritual guru or a quantum physicist. I am a clinician, a scientist, and a happily married woman. Through my own journey, research, and practice, I have found a formula that can help you discover Quantum Love within yourself and your partner. Using personal and professional anecdotes, case studies, and the newest metaphysical and scientific research, I will teach you how to create Quantum Love in your life. You will learn to make fundamental shifts that resonate with the profoundly spiritual but make perfectly sound, scientific sense.

I am so excited that you are on this journey with me, and I can't wait to begin!