

**Peaceful Parent, Confident Children**  
**Awareness: Access Your Inner Wisdom**

**Above the Line and Below the Line Model**



This model provides another avenue for self-reflection helping us to determine whether our intentions and actions are ethical and altruistic or are they self-serving to the detriment of others. This model demonstrates how one concept or emotion can have two aspects. For example, in our fear of losing love we learn to use love in controlling or manipulative ways. Our love may be used by our ego to create conditions that enable us to get what we want. This conditional kind of needy love is termed '*below the line love*'. *Below the line* love looks more like a negotiation between two people. 'I will love you if you do what I want', or 'if you will love me in return'.

*Above the line* love, is truly unconditional in every respect. When a parental concept, strategy or emotion is used for the highest good of all then we are '*above the line*'. As an example, *Below the Line* love would create guilt, anxiety and obligation where *Above the Line* love creates, feelings of peace, autonomy and freedom.

