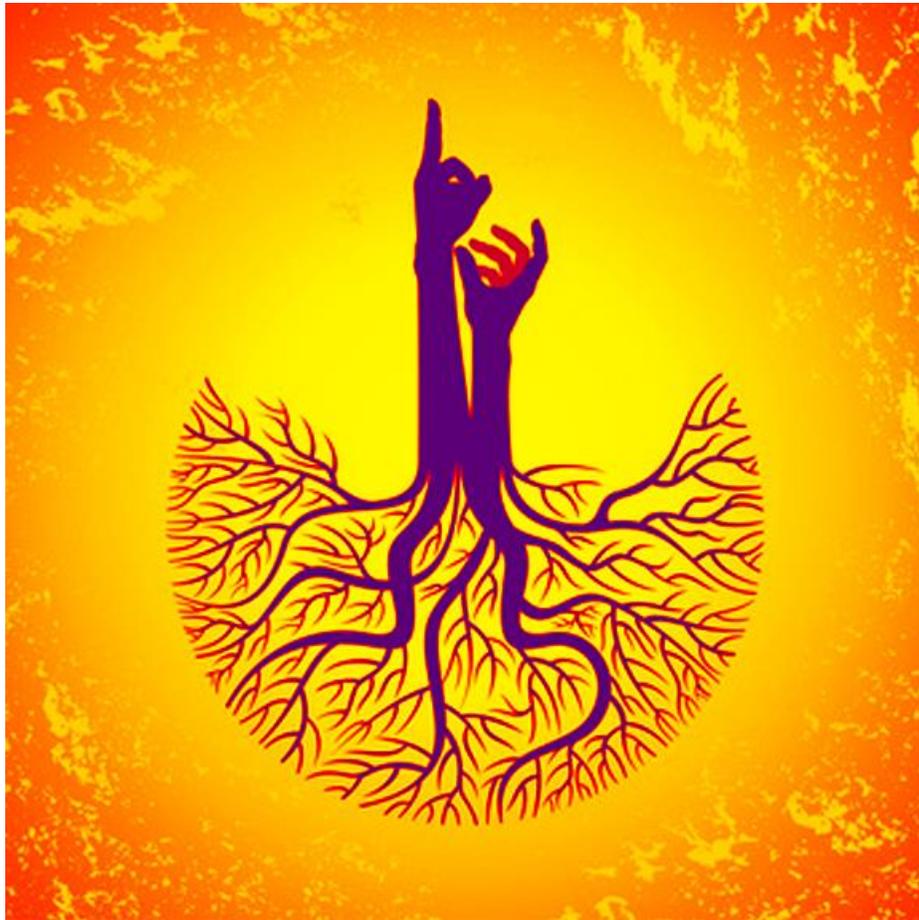


THE PATH TO UNION



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Introduction

This course is designed to clarify the divine journey you *are* in relation to the aspects of divinity you consciously wish to merge more closely *with* in this incarnation. While you may believe you are seeking a partner or a better relationship with another person, you are looking for yourself.

The commitment you make to live within a physical body in this dimension is something that you most likely have forgotten now that you are here. Rather than be concerned about remembering why you came, it will assist you to focus on what you are experiencing now and decide how you want to change your life (or not). ***The idea that there is a life you are “meant” to live is a belief that does not serve you or anyone else.***

With respect to what you might call “past lives” or “soul decisions”, the truth is that there is no past nor does your soul make decisions. You, as Source in a constant state of experience, are emerging within dimension upon dimension limitlessly and infinitely. Any decision you may make before entering this physical form is easily amended once you “arrive here”. ***Now*** is the moment of your experience rather than something in what you perceive as your past.

You are in partnership with a boundless sea of creation. You are a creator of that ocean of manifestation. Whether you are in the process of feeling the desire for a better situation at work with the other employees, getting closer to your children or joining in an intimate relationship with a man or woman, you must first focus upon the Wholeness in which you dwell. Then the rest is easily available to you.

This course is made up of eight chapters taking you from defining your desired union to enjoying it. Read the material and complete the exercise for each week. Within two months, you will have changed your frequency significantly if you will allow it to do so.

First and foremost, remember this: ***You cannot give what you do not have. If you want love, tenderness, attention and respect, you must first embody these attributes within yourself. As you transmit these values into the Whole, it will respond in like kind.***



Week One: Name Your Relationship

You will want to begin this course by asking yourself why you want a relationship with anyone in particular at all. This union can be the sacred relationship between you and an intimate partner, a better holy tribute to your birth family, the recognition of divinity within your co-worker. It doesn't make any difference what the relationship is so long as you know why you want it to begin with and, therefore, can devote the necessary focus to it.

Relationship ~ *a connection, association or involvement* ~ now that's a pretty broad definition ~ feels a little foggy, maybe like some of the relationships you find yourself sailing **around in** or **out of** or maybe just **around**, in the haze of attempting to decide what relationship really means. Sometimes the scene gets blurry; some of those moments are blurrier than other times and then, from time to time, the horizon clears up a bit though you can *always* feel the fog in the distance in one way or another.

And though, everyone has a relationship with every person in their life – that's the involvement in the connection part - parents, children, co-workers, etc., the word is absolutely laden with mystery and connotation.

What makes the idea of relationship or as I like to call it relating – ship, so confusing, distorted, plainly out of focus? Could it be what you are striving to relate to? Are the *ships* to which you are attempting to *relate* that which your heart is calling to you? What is your heart saying? Or are the beliefs within your mind? What is motivating the divine connection?

That last question is a big one, isn't it? Motivation! Know from the get-go that your personal catalyst is to make you feel good or better. That's *so* relative and

changes with every breath. So how do you decide? What barometer tells you what the relating weather is going to be like today?

Well, there's the barometer of "should" . . . and then there's the very definite "should *not*" barometer . . . you've got the "could be" barometer and the eternal "I'm not sure" barometer. . . . What you do know about the weather is this:

No matter what people might say about relationship, whether it is with your parents, your children, your spouse, your significant other or the person next door, you want that person who is in relationship with you to:

*see you,
understand you,
care about you,
agree with you*

and, most of all, you want to be able to feel the connection between you and that person.

Wow, that's a lot of expectations for an association, no matter how close the involvement. After all, that person is expecting the same thing of you, don't you think? How is it ever going to work?

You also want them to believe in the same things you believe in, most likely eat the same kind of food, enjoy the same books and movies (or at least close), the same kind of sports and entertainment and be either as neat and tidy as you are or as messy and cluttered.

You Are Looking For You

You are looking for a relationship with **you!** But, instead of looking in the mirror, you go out with friends, check out the singles at work, notice who pays extra attention to you at parties and might even shop on line. Wow, that's a lot of connecting so that you can connect!

So, having thrown your fishing pole in the water, trailing the bait (don't people call it *trolling* in the dating world, too?), you never know what you are going to catch. One thing you *can* know for sure - no one is going to fill the list of expectations on your mental agenda. Oh, you might fill one, two, three or even four, yet not *all* of them; do you know why?

It's because you're looking for you - really – truly. You are looking for yourself and attempting to find **you** in another person ~ *and* it's not the **you** that other people see on a day-to-day basis that you are looking for - oh, no, that one is busy playing out the "This is who I am" *scripted* role. The person you are looking for, the divine attributes that you most want to have completed by that person are the ones that you have a hard time fulfilling for yourself. And, since you don't believe you can realize those sacred pieces of you, you want someone else to be them for you. This is why people believe they are looking for their “soul mate”, the person who “completes” their soul.

So, while you're busy with your shopping list, the person who is supposedly going to fulfill your empty inner voids is also looking for the same thing in you; wanting you to nourish all of their senses of lack in their divinity. Now you see why it's so hard to find the relationship and even harder to maintain the connection, the personal involvement.

Do you want to know how to accomplish it? Want to know how to attract the perfect person that you will enjoy being with for a *very* long time? First, have a relationship with yourself – *first*, a real, holy, devoted involvement, an intense, personal, right down in your gut love affair with you. After all, you are the most important person in your life, aren't you? Well, if you aren't, then you know what you are trying to fulfill. How can someone else give you the love that only you know how to give yourself? How can someone else make you the most important person when, for them, *they* are the most important person? If you don't know how to love you, it is definitely time to learn because until you love yourself truly, first and completely, all of the connections in the world will have a missing piece and that piece is not in the other person. No, that missing piece is simply you.

Love is what you are . . . love begins at home . . . love begins in you.

Union Within Duality

Before humanity devised the idea of war (Mars), there was love (Venus). Many people like to refer to men being from Mars and women from Venus. Actually, both women and men originate from Venus within that frame of reference and have the capacity of Mars or war.

Often the wisdom of one aspect of Source known as the *Divine Feminine Principle* and another aspect referred to as the *Divine Masculine Principle* is

segmented or separated in this dimension. This is due to the human's viewpoint of a world of contrast and duality. Within the One, there is no idea of separation because that which is divided in the mind of the human being is in union within the One. Therefore, the *Divine Feminine* and *Divine Masculine* are one Principle within I AM. It makes no difference whether a person inhabits a male or a female body. **Both aspects are always present though in differing quantity.**

Within ancient traditions, these two precepts are often known as the *Sophia* and the *Logos*. Again, words only lend credence to duality where there is actually only oneness. If you will allow yourself to shift your mind away from the idea of *man* and *woman* and merge it into the unfolding of Source Consciousness into a dimension of duality (two), you will understand that the origin for both of the dual focal points is only within One emerging Source.

Even within the perspective of each man and woman alive today (and all of those of who have gone before), the one general striving, the one common longing is for mutual love. What is not recognized is that the love desired must be coming from *within* first in order to *resonate* with the love that is available within in another. This is the magnification of divinity within human form. Left to his or her own devices, few people are educated in this distinction therefore life feels alone, forlorn and disagreeable.

While you may say, “easier said than done”, I would like you to reflect upon this:

Both the masculine and the feminine begin within Source Consciousness. This is the beginning. The experience within this dual dimension creates the perception of separation and the desire for union. As an emanation of the One Source, each man and woman's natural desire is to love *as* that Source. The first point of attention then must be *love of the Source of all life* without concept, condition, judgment or expectation. **Once that is recognized then you are capable of loving yourself as that Source.** Rather than attempting to figure out what parts of you are the most deserving of your love, you simply bestow it all and as Source experiences it, so do you.

Concurrently, everything within creation in this dimension is paired with an opposite. That means there is no singular rather a continuation of two combining as one and since Source only creates through beneficence, all of these pairings are united within love *without condition*. The light of the feminine and the masculine

unfold simultaneously from within the One, emerging as the birthing container for all creation.

All that is manifest and unmanifest emerges from within Source. All is an experience of the whole as this emerging love. Within this natural state, you mirror to yourself your own capacity to *be* divine love. As you love your origin, you inform the mirror of consciousness of your love that is the love of Source. Awareness of being love in form is a mirror mirroring back to the mirror. The transmission and the receiving of the love are simultaneous.

As emphasis is placed upon the feminine principle coming to the fore within humanity's heritage, it is the swinging of the pendulum back to what existed prior to the masculine principle patriarchy. The onset of the masculine's predominance was seen in the diminution of the feminine during the ancient tribal wars. Eventually, it progressed to the witch-hunts. It is still the basis for several current religious belief systems. Yet, as the pendulum swung from the predominance of the feminine, which is reflected in the *very* ancient texts, to the masculine's overarching authority, an imbalance began to take place.

This instability is reflected within the powerful assertion of dominance that is a trait inherent within the masculine principle. Its outcome is war, servitude, slavery, and the subjugation of the masses to the powerful ranking of the few represented by the masculine principle's will.

The feminine principle is more receptive than the masculine principle providing a container for the will-powered creations of the masculine. Because of the imbalance that has been provided by the masculine within this earth, the feminine principle is taking on a varied and transforming role with the masculine. ***It is reminding the masculine that it is divine love***, first and foremost, and above all other desires it might have within this dimension, this is its first focus. Within this state of balance, the intimacy within each of these Divine Principles begins to pervade the consciousness of humanity shifting the species into remembering its origin.

The Divine Feminine Resonance

In the late '60's and into the '70's, the *Divine Feminine* asserted itself accessing its own aspects of the *Divine Masculine*. Emphasis was placed upon being equal to the masculine and securing a position in the workplace that would

be equitable. While this movement achieved general recognition of the feminine, it did not bring the anticipated balance within the contrast of the two polarities.

Now the *Divine Feminine* is merging naturally with its Gaia nature to resonate with its potential to be the holy love that is sought by all of humanity. To do so, the *Divine Feminine* is expanding itself to embrace the *Divine Masculine* actualizing the masculine's remembrance of its own *Divine Feminine* stirring within each man and woman. The quality of this intimate union is best observed during moments of love without condition or judgment, only the acceptance of seeing and being seen exactly as each is. *This recognizes the Divine's love for Itself.*

As the *Divine Feminine* readily accepts the *Divine Masculine* in its present state of finding and accepting balance within itself, the love of the One Source is the only common denominator. No longer is Mars a reference point for the masculine consciousness. The emergence within the masculine of its *Divine Feminine* and the acceptance within the feminine of its *Divine Masculine* create the perfect state of union. Duality and polarity cease to exist within the enlightened consciousness of the men and women who have accepted their roles within their inherent, mutual Divinity.

The union sought within the apparent concept of separation is already in place. Love is only sacred union. It is nothing else. As you love Source, you love yourself. As you love yourself, you love Source. The *Divine Feminine* and the *Divine Masculine* are love incarnate. You are both within the Oneness of I AM.

The First Step

The first step in this course on divine union is to decide how you want to use it – in other words, who are you desiring to be in union with and for what reason.

The idea of relationship is usually overshadowed by the human desire for companionship. This yearning is the basis for most seeking and it stems from a basic concept of separation within Source Consciousness as described above. So, before setting off on the path to union, you must define whom you wish to experience union with and why you wish to do so.

Since you live in a dimension that is flowing through the principle of resonance (that which resonates appears to be united), the clearer you are about your intention, the easier it is for the resonating universe to grant your request.

This means that you release any fear around it “not happening”. Rather, you enlist the power of All That Is within you to announce the arrival of your heart’s desire no matter whether it is an intimate union, a business partnership or reconciliation with your parents and family.

For the purposes of this course, you are going to be led through the steps as though you are seeking an intimate relationship. This can be a boyfriend/girlfriend, husband/wife, male/male or female/female combination. It makes no difference from the standpoint of the experience you are going to have here. It will only matter to you and the appearance of this relationship in your life. So, first, you must make a decision about what does or does not appeal to you; what you are looking for in a cherished partner. ***Remember, you are God in physical form. The person you desire is also Source in physical form.*** Keeping that in mind will assist you in moving aside from your judgments and opinions about right and wrong, allowing you to voice your preferences.

At the end of this section, you will make a list of the desired attributes for this person and the importance of these values to you. For instance, you may write down “honesty” because “it allows me to trust him/her”. Make sure that the characteristics you enumerate are ones that truly enrich your life and are values you adhere to yourself. Wanting another person to be honest when you habitually lie will not bring resonance to a relationship. On the flip side of that thought, wanting an honest person in life if you *do lie* will not change you into an honest person. *Desiring to be in relationship with someone so you can change your own habits does not ever work.*

While we are on that topic, take into consideration how you view yourself as Source in form. Since there is no separation within All That Is, the person you seek is already in union with you from the aspect of the All. Do you truly know your own value as an emanation of Source Consciousness? You must own up to your own divinity if you are going to resonate into your life someone who shares the same awareness. This is not only the foundation for this course; it is also the basis for your life.

Focus

In your choice to incarnate into this *dual* realm, you come to earth to take up a vehicle of movement and expression. You call this your body and your body

comes fully equipped with an ego personality, an individuation that senses this world, this realm, allowing it to create and experience through free will in a realm of contrast. In other words, nothing is making you do what you choose to do. There is no thing "out there" that imposes its will upon you so that you no longer have free choice in every matter that concerns you. *And*, this body is a combination of a divine masculine and feminine charge; in other words, you are active and imposing while also being receptive and nurturing. At the same time, you are One – one expression of Source Consciousness.

Underlying all of this free will choice is a constant nudging that tries to get your attention. It wants to tell you *what you are* without the participation of your ego personality and your vehicle though it does not excise or separate you from them. It simply wants to remind you that if you were not aligning with the free will choice of your personality and if you were not paying attention to the desires of your vehicle, you would still *be*. In essence, it wants you to know that you would not only still *be*, you would have the ability to be consciously aware of *more* because within the free will choice come boundaries that are inherent in this set of dimensions.

This quiet voice speaks from within your heart. It is the voice of your sacred expression in earth. It is constantly reminding you that you are complete and whole within the One that you are in this incarnation. Since it knows you are One, it also can align you most perfectly within a sacred union if you will allow it to do so.

Within this *beingness* resides your fluctuation between asserting yourself within any given situation, your ability to remain receptive in receiving and a nurturing aspect that is presently becoming more apparent. You can actually *feel* the human species desiring for the union of these apparent (though not) opposite aspects of personal reality to take a firm stand within the human consciousness.

The world you live in is so sensitive, so responsive to your every thought, feeling and action, that you literally imprint your divinity upon it. It might be more appropriate to say that you imprint yourself *within* it because you are not outside of it; you are within its electromagnetic frequency.

Take water for example. You might be familiar with the scientific experiments that are being conducted within the theory that you can impress the molecular structure of water with your own biological signature. In other words, if you are feeling, thinking, experiencing union, you can easily intention this feeling into water and, if that water is then frozen, it will create a crystalline structure that

was not present before your intention of union. What you might not know is that the water also remembers. It holds the frequency of union within itself. It does not dissolve within the water stream. It remains.

Now, think about your vehicle, your body. 75% of your body weight is water. So if you weigh 140 pounds, about 105 pounds of that weight is made up of water. Having taken in that piece of information, connect it to your thoughts, feelings and actions and the attention you place upon them. What intention are you sending into the water that is you? And, at the same time, you might want to consider how that embedding of thought, feeling, emotional frequency creates the health and well-being or lack thereof in your divine life.

Most of your physical body is comprised of water. Therefore, if you wish to experience the essence of sacred masculine/feminine union, all you really have to do is intention its frequency within you and you are there. Yes, it really *is* that simple no matter how much your logical brain/mind complex might attempt to dissuade you from the idea.

Speaking of the mind:

If a situation appears that feels uncomfortable, your mind starts thinking a thought to bring resolution to the experience. In this case, your mind is actually its own worst enemy because the instant it begins to look for a solution, it stops itself and begins to remember what happened the last time something like this occurred. Then come up the feelings of failure, disappointment, loss of love, "I'm not enough", "no one cares" and all of the other thought forms that say, "Here we go again and I can't do anything about this". So, in truth, your mind doesn't even get up a good head of steam in its *divine union problem-solving mode* before you have already de-railed yourself.

This is what happens when you begin to consider yourself as both masculine and feminine. Your mind is so used to considering yourself as either one or the other that it won't let you consider you must comprise both because it is the only way to experience the reality of union in duality. The polarity of this dimension is only present to allow you to realize that it's not necessary; that your yearning for union is present within you as divinity within divine form.

And this is where attachment comes in. *Attachment* is the ego personality's best friend followed quite closely by its other friend, *control*. It has all of these ideas, opinions, beliefs, judgments and knowledge that it is absolutely positive are the truth and it is going to hold on to them, be attached to them, as long as it

possibly can. Then when something comes up to challenge these beliefs and opinions, it gets on its high horse to prove that it is right. And that is when you begin to lose because in the needing to be right, to be attached and connected to what you believe is true; you are left with absolutely no room to learn. The door is closed, locked and heavily guarded. You are the keeper of the keys. This particular human attitude undermines nearly all sacred relating-ships.

The truth of every situation is free. It is without boundaries. ***Truth is always free. It doesn't hold any need to be right.*** There is no price to pay for the truth. If you feel you are paying a price in any situation, relationship or experience, you can assure yourself that you are not being authentic. You are not being you. Rather, you are living within your present concept of duality and polarity as the separate masculine or feminine you experience as yourself. You have the opportunity right now to expand into divine union, to blend the assertive and receptive within you and make them one. Only you can do this for yourself because it is your greatest gift to you. It is union within divinity.

It is easy, natural and fulfilling. It erases the sense of separation and completes your awareness of Oneness. Re-member, so long as you create separation between you and anything or anyone else, you cannot know Oneness. You are not on a journey to Oneness. You are not achieving Oneness. Your path is not Oneness. Oneness Is and that is all that truly exists in and out of manifestation. Anything else is an illusion. Separation does not exist. Surrender to this Oneness within your desire for union. You will be surrendering to yourSelf. Then you are free - and that is the truth.

Be Love

You *are* love. What does that mean? How do you BE love? Love is defined **as affection for another person**. Affection is defined **as fond attachment**. So, according to the dictionary, you are a being who is fondly attached to another being. Does this make sense? Not really . . . unless you realize that the being you are attached to is *yourself*, then you can *be* love and be yourself at the same time.

Yet, that love that you are, that love that connects you to you is seldom seen by you . . . isn't that true? How often do you spend time thinking about sacredly loving you? Do you believe that is selfish? Selfishness really means devoting your care to yourself. If you don't have any other belief systems surrounding that

idea, it makes perfect sense. After all, if you don't care for you first, how can you care for anyone else? It isn't possible. Yet the programming you have undoubtedly received tells you to ignore yourself and to help others. How can you love your neighbor as yourself if you don't love yourself first?

And then, again, since you live in a world based upon attraction, you can only attract to yourself that which you are being. It is not ever about what you are doing. I want to say that again, with emphasis. It is **not ever** about what **you are doing**. It is always about what you are **being**.

You are most likely familiar with the Law of Attraction or the Principle of Resonance. In physics, it is referred to as phase conjugate adaptive resonance. This is a long combination of words with a simple meaning and I am going to paraphrase it here: It is measurement of the advancement of all possible combinations or causes of a wave changing itself in response to something of the same frequency. Meaning, as a wavelength advances (moves – and that movement is back and forth; from you and to you), it changes itself in response to something of the same frequency. This is how the Law of Attraction works.

This is why if you want divine love in your life, you must *be* divine love so that the frequency of love will respond to your frequency. If you don't believe you will ever find love in your life, you will not. And love *does* have a frequency, a wavelength. All feelings have frequency. That is how your heart wave creates your aura. It is all wavelength frequency no matter how many greeting cards might attempt to make love into something else.

So, you might say that the sacred love that is you loves *you* and you are not so aware of it. You know that self-talk that your mind contributes to on a daily basis. How often is it saying, "I love you" to you?

You are a circle of love. You are a wave of love advancing into the omniverse infinitely in all directions, all realms, all dimensions. There is nowhere that you are not capable of emitting this love – you are the center point, the focus point of the love that you give you and is then emanated out into the all – or not. You have free will. You can make the decision to withhold the love you are, pinning down the very frequency that is attempting to explode out of you and maintaining that you are doing what is best for you.

Love is a blessing. When you send your intention of blessing to another, you are directing the love charge that is your biologic signature to bestow love upon another. How can you do that if you are not love? You cannot. Oh, I know,

you might say that you ask God to bless someone. Yet, you *are* God so you are asking *yourself* to conduct the blessing. It is simply easier to believe that someone else is bigger, stronger, purer, (and this is the big one), more *worthy* to "do the blessing". Not only are you worthy, you are *so* worthy that in blessing them, you bless yourself as well. You cannot give without receiving that which you give because you live in a world based upon the Principle of Resonance. Do you see how you simply cannot get away from it?

So, as you go about your daily life, realize that only by putting your attention fully and completely upon the divine love that you are, by giving that love to yourself, will you be able and capable of giving it to another. If you put yourself aside (some people call this "doing service"), then you have put all of the others aside as well because you live in a world based upon the Law of Attraction. You cannot be one thing and do another. It is impossible. What you are *being* is what you give out, plain and simple.

And, in desiring relationship, in yearning for intimacy with another fellow human, divine love is the preface. At least if you really want to connect with another in a way that will allow you both to experience the fullness of yourself within the scope of each other. Fulfilling connections, expanding unions rest only on a foundation of love . . . and remembering the definition at the beginning, that love is fond attachment to another person, is only possible when the fondness of attachment is fulfilled within you first. Otherwise, you have two incomplete, unsatisfied beings attempting to find completion and satisfaction in another being that, in turn, is incomplete and unsatisfied. Now . . . how can that work?

Breathe in the divine sacred love that you are; breathe out the love that you are. Now, on your next in breath, you are breathing in the love you just breathed out. And so it goes . . . Breathing love in and out, your frequency radiating that love; love returning to you through the magnificent qualities of this realm in which you live, through the glorious worthiness of you.

Week One:

Day One: Decide what type of relationship you want

Breathe into your body, into your cells and feel what it is that calls you to this desire. Remember that you must fulfill yourself rather than want another to do it for you.

Day Two: Define why you want this type of relationship

Is this relationship going to be for your lifetime? Or is it something that you want for “right now” to create more ease in your life?

Day Three: List values you hold and how this person may mirror them

Your value system is the fuel of your reality. The person you wish to live in divine union with must mirror those values in some way or there will be no mutual resonance.

Day Four: What might cause you to lose focus; be distracted?

How might you get distracted upon this path to sacred union? What interference may occur that would potentially draw you away from this journey.

Day Five: What are you willing to give to this relationship?

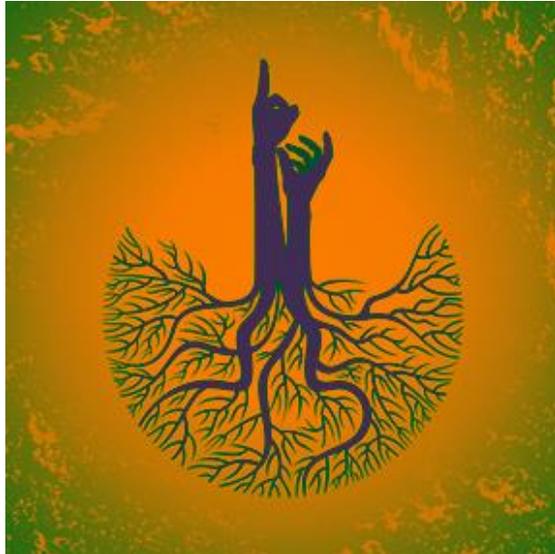
Love gives all and asks nothing in return. Is that your signature value? If not, how much of yourself are you investing within this holy union?

Day Six: What are you willing to receive within this relationship?

Receiving can be more difficult than giving. It asks you to be vulnerable, open and receptive to what another person is capable of giving you.

Day Seven: What does wanting this relationship tell you about you?

Your responses to the first six days of this exercise will tell you a lot about yourself. It will begin to explain why you seek this particular divine union. Are you open to hearing the truth that arises within your sacred heart?



Week Two: Release Expectations and Make No Assumptions

"I feel I have to hold positive energy all of the time." How many times have you heard yourself say that (either audibly or within your inner hearing)? Energy is neither positive nor negative. It is neutral. You give energy (force in motion) its meaning through the significance you place upon it in any given situation.

If you believe or feel that you *"have to hold positive energy"* all of the time (or only part of the time), you are saying that you have to **concentrate** to establish a frequency you consider positive, i.e. *good, right, worthy* and, in most cases, *better* than someone else's energy which you consider *negative*.

What you see or feel as less than positive can only be felt by *you* because you are harmonizing with it: a basic of physics. Only sympathetic vibrations resonate and harmonize. If you are not resonating with your idea of negative energy, you are naturally in a state of harmony, which you consider positive energy. And, again, all energy is neutral so in reality, you need hold no specific energetic vibration at all. All you need be is neutral, that also means *letting go of control*.

Release Expectations

Unless you release the expectations you are holding about the person you are going to meet (or the person you are already living with), you are setting yourself up for a lifetime of disappointment. The outcome of unrealized expectations is

usually blame and guilt that could have been eliminated at the outset by realizing the illusion of your expectations. The ease of flow in giving and receiving releases you from useless expectations within your sacred union. *It also releases you from judgment of unfulfilled expectations.*

Each action has an opposite and equal reaction

Do you believe you are a giver and have a hard time receiving?

Giving without allowing yourself to receive defies the very foundational workings of this dimension. The ocean ebbs and flows. The seasons come and go allowing trees and plants to bloom and then lose their fruit and leaves to nourish the earth. Through your breath, you inhale and exhale. The sun and the earth exert gravitational pull upon each other revolving around their center of mass.

*Everywhere you look there is giving and receiving or, if you wish, **give and take.***

When you feel it is easier to be a giver than to be a receiver, you defy this very natural principle. At the same time, you do something else that is even more important: ***you deny the giver the ability to give to you through refusing to receive.***

Most people like to give because they say it's easier to give than receive. Why would that be? The ego personality feels good about itself when it is giving because it 1) is in control, 2) sets up conditions to feel the gratitude of another, 3) creates a sense of separation between giver and receiver making it feel more powerful, and 4) has a higher opinion of itself for being seen as self-less.

Pay Attention to You First

If you do not love yourself wholly and completely *first*, then you are not going to be capable of loving others as either you say you do or wish you did. Remember the words, "Love your neighbor as yourself?" How can you love your neighbor if you do not love yourself first?

This is not an allegorical idea nor is it a theory to be read and then put aside. These words are the echo of your Divine Soul as it uses the Principle of Resonance

that runs the Universe to bring to you exactly that which you desire. Remember, the Law of Attraction tells you that what you are vibrating (that means what you are *feeling*) is what you are going to attract to yourself. If you wish to feel the love of others, if you wish to experience the deep bond of love with another, you must first truly feel that love for yourself within the very core of your being *without expectation*. If you “expect”, then you will receive more “expecting”.

It might appear that this is a given – that it is easy. Think again – or should I say, *feel* again. How many times do you follow the yearning, the mystery of the key that is pulling at your heart to fulfill that which love tells you is true for you? How many times do you “sacrifice” yourself for another out of “love” for them? In all reality, the action is more likely coming from fear of feeling guilty, retribution of some type or some belief system that you have not taken the time to examine for its relevancy in your life. And what does it feel like after you have made that “sacrifice”? Do you really feel like you have *acted out of love* and feel complete, satisfied or are there ever-present nagging resentments that sit quietly in the corner waiting for the perfect moment to assert their presence?

I am asking you to be brutally honest with yourself here as you examine the one most important question in your life: ***How much do you truly love yourself without expectation?*** Or it could be rephrased as, how much do you truly love your **Self**? It is very important to remember that you are an integral part of Source Consciousness (read that “God”). As much as you love your Self, do you love It. (I use a capital “S” when I refer to your God Self rather than the ego personality self.)

Let’s look at how this could show up in a typical life: Let’s say you are a mother in a family with a husband and two children. You spend your days caring for the family, cooking, cleaning and most likely, if you are the average American, holding an outside job of some type. It’s Tuesday and you have come home from work and your family is hungry, homework needs to be done and so does the laundry. You know that you have food to cook and you are tired – actually on your way to being downright cranky. If only you could order pizza out – in fact, have it delivered. And while it is on its way, you could sit down for a few moments and simply *be* – alone, with yourself, for only fifteen minutes. That would be enough to take a breath. Yet, you know there are expectations of you and you will fulfill them. So you do – you cook dinner, do the laundry; help with

the homework and fall exhausted into bed. The little resentment goblin in the corner is beginning to build up a head of steam yet sleep calls even louder.

How much of *you* did your family really receive? How much of *you* were you able to give them? We both know the answer – not much. The love for yourself that would enable you to fill you (much like filling your checking account before writing a check) was not enabled. You put it aside due to your belief that your duty as mother and wife came first. These are the expectations you place upon yourself or allow others to put upon you.

Yet, that duty can't come first if you really wish to *be* with your family with your full attention. If you fulfill your own inner imperative that is calling you so loudly, then the duty is no longer a duty, it is a communion of love within the family structure. It is a wavelength of divine love from your heart as the hub. It includes all of the spokes of the family in the integrity of a perfect wheel – a circle.

Replay: You come home and announce to the family that tonight you need to take some time for yourself because you are feeling tired and it has been a long day. You call the pizza parlor and order the family favorites, tell them you would like it delivered and put the money on the table awaiting the pizza arrival. Children settled down to homework, husband watching TV or reading, you go to your room, close the door, put on some quiet music and *be* with you, telling everyone to let you know when the pizza arrives. As you sit quietly (or take a hot bath!), you can feel the day drain away as you return to your Essential Self and allow the resources of your true Self to fill you for the remainder of the evening. You love yourself! You love your Self! And It loves back! Then, you are fully capable of loving your family honestly and with all of you.

This is the most important part – when you love yourself, your Higher Self loves back and you can truly feel it. It feeds you, nourishes you, brings you to new heights of understanding, awareness and gives you the ability to be ever stronger in the Divine courage that is your natural heritage. It is literally tapping into your Divinity – which is love with no expectations.

Investigate this idea as one that you can adopt and adapt in your own life. It will change your reality as it creates a new resonance within the Law of Attraction to bring to you all of the love, nurturing and companionship that is so desirable in your life. It will enhance everything you do and create a frequency that will not only carry you into a new perspective of life, it will change your life entirely – and, thus, the lives of all in your family, relationships and the world.

Belief and Assumption

Beliefs and assumptions are very similar. The English dictionary gives the definition of the word "belief" as *something believed; an opinion or conviction*. "Assumption" is defined as *something taken for granted*. You can see the similarity in the two words.

Believe usually means *having confidence in the existence of something without proof that you are right*. A synonym for "assumption" is "presumption". Again, it is obvious that the two attitudes go hand-in-hand, based upon belief systems adopted during life.

A belief system then is *what* you have confidence in without requiring proof that it is correct. Every person alive has a belief system. This does not mean that they have a specific religious, political or cultural belief. It simply means that there are opinions and convictions they hold that they have confidence in without requiring proof. These beliefs create assumptions about divine reality.

What is your belief system? Is there an actual system that you have confidence in without requiring proof? Perhaps what you believe in does not equate to a system. It might be a segmented selection of thoughts that you feel serve you. Do they; do your beliefs serve you or do you serve them? What assumptions are you living with though there is no experiential proof of them?

By this I mean, are you *afraid* of not believing what you believe? What would happen if you let go of the opinions and convictions that you hold so dearly? What fear looms up in this asking? How would you see yourself without those beliefs, which lead to your assumptions and convictions?

Ask yourself these questions about any of your beliefs:

1. Where did the belief originate?
2. Why do I believe it? What assumptions does it create?
3. What do I feel when I think about not believing it?
4. Is fear part of this belief? Why do I hold onto this fear?
5. Does the belief serve my sense of inner peace or is it serving someone or something else?

Ask these five questions of all your beliefs . . . everything . . . every single one of them including what you claim to be your spiritual knowing. If you truly follow this exercise to its foregone conclusion, you are going to find that 99.99% of what you have confidence in can be traced to someone's need to be right and/or in control. The subsequent assumptions are governing your sacred life.

Remember ~ your belief system may not be a reflection of your **personal truth**. Do you know what **Your Truth** actually is?

The "Other"

Devote as much time, energy and thoughtfulness to your relationship as you do to the most important aspects of your work and play life expecting nothing of it except what you put into it.

Having an assumption about how your partner "should" be is a one-way street to relationship disaster. Sacred union allows for no assuming of what is supposed to be, rather it is a portal for soul/sole expression of true awareness in unconditional love.

What is it to love *without conditions or requirements*? How do you accomplish this? It is to regard the "other" as you would regard yourself with the same degree of honor, respect and compassion. Unreserved, boundless, conditionless space is given for the "faults", character attributes and expression of the "other".

In truth, there is no "other". What you see is what is within *you* and it calls for you to love it wholeheartedly knowing that the "imperfections" you perceive are simply manifest consciousness experiencing. It is when you look outside for corroboration and are disappointed things didn't fall into place according to your expectations that you stop loving.

Whom do you say you love? What expectations do you have of him/her? What happens when he/she does not "live up" to your demands?

I know you believe it is hard to love in this way. Are you so caught up in the mass consciousness that you believe you are destined (or I could say "doomed") to only love conditionally? How small you are making yourself!

You are God in form. Either All That Is *is* all that is or it is not. Either it is love or it is not. There is no room for excuses here since you incarnated in earth to experience and learn this very real, non-relative truth.

If you understand nothing else in your life except that of love, you will have fulfilled your desire for being here right now. Love *is*. It requires no thing, expects no thing and is always present. You are God in form. You are love. Do you know this?

In your choice to incarnate into this realm, to come to earth, you took up a vehicle of movement and expression. You call this your body and your body came fully equipped with an ego personality, an individuation that senses this world, this realm, allowing it to create and experience through free will. In other words, nothing is *making* you do what you choose to do. There is no thing "out there" that imposes its will upon you so that you no longer have free choice in every matter that concerns you.

Underlying all of this free will choice is a constant nudging that tries to get your attention. It wants to tell you what you *are* without the override of your ego personality and your vehicle though it does not excise or separate you from them. It reminds you that if you were not aligning with the free will choice of your personality and if you were not paying attention to the desires of your vehicle, you would still *be as divinity*. In essence, it wants you to know that you would not only still *be*, you would have the ability to be consciously aware of *more* because within the free will choice come boundaries that are inherent in this set of dimensions.

And yet, the world you live in is so sensitive, so responsive to your every thought, feeling and action, that you literally imprint yourself upon it. It might be more appropriate to say that you imprint yourself *within* it because you are not *outside of it*; you are *within* its electromagnetic frequency. **This is the reason that making assumptions about what union may mean to you focuses your attention outside of your divine awareness.** Divinity does not assume specific traits mean anything significant. Divinity lives as sacred neutrality.

Truth is Free of Assumption

The truth of every situation is free. It is without boundaries. Truth is always free. It doesn't hold a need to be right. There is no price to pay for truth. ***If you***

feel you are paying a price in any situation, relationship or experience, you can assure yourself that you are not being authentic. You are not being *you*. You are *reacting* to what you believe is happening, what is going on in the reality that you have created and can re-create with the power of your free will.

Authenticity carries no price. It simply *is* . . . just like you. You simply *are* and that is all you need be. That is authentic and it is easy, natural and sacredly fulfilling. It erases the sense of separation and completes your awareness of Oneness. Re-member, so long as you create separation between you and anything or anyone else, you cannot know Oneness. You are not *on* a journey to Oneness. You are not *achieving* Oneness. Your *path* is not Oneness. Oneness *is* and that *is* all that truly exists in and out of manifestation. Anything else is an illusion. Separation does not exist. The mind plays a game so that your ego personality can feel important in its opinions and judgments. Your ego personality is always “right” to itself. Surrender to Oneness. You will be surrendering to your Self. Then you are free and free to love with no expectations or assumptions.

Be yourself; don't pretend; let the other person see *all* of you. Even in the most intimate of relationships, people hide certain aspects of themselves from the other person. When least expected the submerged part of the personality will rear its head surprising both people involved. If you let yourself be *seen* by another, warts and all, from the get-go, neither of you will be taken by surprise, which means neither of you will “wish he/she hadn't entered into the relationship”.

A few hints:

Don't expect to change the other person

I believe this is the greatest reason that people do not remain in their personal, divine relating-ships (*relating to each other*). You meet a person with most of the qualities you want in a partner thinking that other aspects “can be changed”. The relationship continues and the changes don't happen. You forget they were not there to begin with, as the person you believe you love doesn't meet the standards you had pre-set for him or her. At the very beginning, look at what you are getting into and either give it a chance or say “no thanks”. *You are not going to change the other person no matter how much you believe you may do so.*

If something comes up between you, talk about it in *that* moment
Remember that what you are feeling is about *you*
Remember that what the other person is feeling is about *them*
Remember that what you are feeling, the other person is also feeling

One of the most destructive habits you can maintain is waiting until you have enough ammunition for a good fight. Sometimes you might believe that not saying what you are feeling will keep the air between the two of you feeling better. **You are only fooling yourself.** What you are feeling, your partner is feeling and he/she is not saying anything either. Let this one go and the next boulder will fall upon the boulder you are laying in the moment. Eventually, enough boulders and you've built a wall. Once the wall is in place, how are the two of you going to tear it down when you can't even see over to the other side?

Your love is a “we-ness”; not a “you” or “me-ness”- it includes All That Is

While you might believe your relationship is “special”, it is not. Every human being is in some type of relating to every other aspect of creation. As you love your partner, you love the man sitting outside the restaurant begging for food. Love *is* – plain and simple. Removing the specialness from the idea about your relationship frees you to love divinely instead of attaching yourself to someone else for your own personal, very special, unique, needy support.

Laugh a lot about everything; laugh about yourself as much as the other person laughs about him/herself

Laughter in the very beginning of a potential crisis stems the tide of an all-out war. It allows you to view your attachment to your feelings from the perspective of humor. Creating a sense of “oh, we’re doing *it* again” is a wonderful response to the habits the two of you have created between you. And, it brings to light how much you trust each other – to be able to laugh over the very humanness of being alive together. It also increases your experience as the neutral divinity you have the opportunity of holding sacred together.

Enjoy what you enjoy and enjoy what the other person enjoys

You don't have to have all of the same interests. Variety opens the door for each of you to learn about fascinating aspects of life you may not have considered before. Share time together and let each of you have space to experience joy in what you like to do individually. You never know what other doors seemingly unrelated experiences may open.

The love you have for each other is All That Is loving Itself within two bodies you use for that purpose

If you live *as* the motto, "*What you see is what you get!*" from the beginning of your relationship, the only surprises you will encounter will be ones of wonder, delight and bliss. The hidden agendas, undercover operations and incompatible energies that often arise because you are afraid to let yourself be seen simply won't exist.

Being in an intimate relationship with another person is one of the most humbling, instructive, expansive experiences you could possibly ask for in this life. Denying yourself and your partner full availability to each other is the demise of the relationship's foundation.

Be on purpose. Let your partner show you yourself through another set of divine, loving eyes. Not only will you begin to love yourself much more honestly, you will realize your reason for being – love – pure, without condition, judgment or restriction. **This is living the life of love!**

When you say you want either a specific type of relationship and that it will make you happy or when you say that accomplishing some pre-conceived idea of how you should act in earth will make you happy . . . you are creating that set of ideas for yourself. So here's the problem: you don't believe you can have that which you will make you happy; you don't believe you are worthy of making such a difference in the world that it could change. It is an eternal longing, wishing, wanting, desiring, hoping . . . that doesn't happen. Why? Because every time something happens that begins to fulfill your wish, you are afraid it won't last, someone will take it away from you; you won't be good at it . . . again, the list is endless and it is all based on your fear of lack or loss, including losing control of

what you have just *acquired*. You have forgotten that you are God in form and that all you might want to experience is possible for you. You have forgotten ~

That is why I am saying that what you want is not what you want. What you do want is to remember what you are. What you do want is to feel the divine love that you are and to experience that yourself . . . within you . . . forever. Nothing is stopping you . . . except you ~ and yet, that is only a fleeting moment as well. The wanting stops. Unhappiness or loneliness is not even a thought.

What Is Love Without Assumption?

What is it to love without conditions, expectations or requirements? How do you accomplish this? It is to regard the "other" as you would regard yourself with the same degree of honor, respect and compassion. Unreserved, boundless, condition-less space is given for expression. There is no other, only divinity in union. It is simply you looking into a projected mirror of yourself. What you see is what is within you and it calls for you to love it wholeheartedly knowing that the "imperfections" you perceive are simply manifested consciousness experiencing. It is when you look outside for corroboration and feel disappointed that things didn't fall into place according to your expectations that you to forget to trust, believe and know. If you believed the outer appearance of things final, there would be no inner development.

You made the commitment and the decision long, long ago to be present at the time of this experience. Much has happened and been experienced by each soul entity and this includes your boyfriend, girlfriend, mother, father, husband, wife, children and all of your friends. They are not separate from this happening simply because they are special to you. The wealth of talents, wisdom and creativity that is present upon the earth now is more than ample to hold the frequency of divine perfection during this intense time/space. Every being coming into incarnation at this time has requested to come into this realm for the specific purpose of experiencing the transformation of earth. This includes some lives that most would conclude are less than comfortable and yet that life carries the exact catalyst necessary to propel the individual into his or her use of the specific divine talents brought into this incarnation. This world has become a mighty stage for a grand transmutation of human consciousness into a Self-Reflective Source Awareness.

Week Two:

Spend the first three days of this week examining your beliefs, expectations and assumptions. Make a list in your journal of what you believe about relationship, what you assume you will receive in the divine union, what you expect and what you believe you are expected to give.

One of the main questions to ask is why you believe, expect or assume what you do believe, expect and assume. Trace your beliefs, expectations and assumptions back to their source.

Example: *I expect my partner to kiss me goodbye every time he/she leaves the house.* When traced back, you may realize that this is because you saw your mother and father kissing before they parted **or** you may discover that you expect it because your mother and father never *did kiss* before they parted.

During the last four days of the week, take each of your beliefs, expectations and assumptions and shift them into a neutral stance. In other words, if your beliefs, expectations or assumption were not true what does that mean and how would you respond? Do you still desire the relationship if your beliefs, expectations and assumptions are not valid?

A neutral energetic position within a belief, expectation or assumption means that it doesn't make any difference whether it is true or not. You realize you have created the belief or assumption and are willing to dissolve it if it isn't working for you.

Take your time with this exercise. It is the foundation for all of the work ahead.



Week Three: Nothing Is Personal

Although a relationship appears to be very personal, it is actually the interplay of two beings of spirit coming into sacred union and it is neutral. This may seem like an odd thought to be having when you believe you are going to find the person you want to love “personally” for the rest of your life.

Your idea of love, that which was given to you by your parents, teachers, religion, social networks and peer groups has so many connotations attached to it that the actualization of spiritual union has little room to move. What you are yearning for in a partner is someone who resonates with your realization of your Self as Source in form. While religions would have you believe that Source has very strict judgments about what is right and wrong, that is not true. Source is neutral in its expression and, therefore, is the ultimate expression of love.

When you stop taking personally the expression (or lack) of love that your partner demonstrates toward you, you will begin to realize that he or she is simply responding to the daily situation from his or her natural tendencies. Certainly, it is possible that these traits will change as time goes by, yet they will not be transformed because you want them to change. The only way lasting shifts are made by any person is when the change is desired more than remaining the same.

This allows you to step away from a personal attachment to whatever is going on in the moment and make way for the natural occurrence of whatever event is happening within divinity. Remember, though you might believe that each of you is giving exactly *one-half* into the relationship, what is much more

desirable is that you give **100%** of yourself. You cannot give all that you *are* if you believe the other person won't do the same. This type of judgment will always create a block or wall between what you believe you want, what is truly present and how it is being perceived through your personality filters.

One of the greatest tools to use in releasing your personal take on any situation is absolution. The difference between forgiveness and absolution is this:

Forgiveness – *you have done something to hurt me; I forgive you because I want to be a nice person.*

Absolution – *there is no wrongdoing; we have had an experience together and I absolve each of us of any sense of wrongdoing.*

The beauty of absolution is the realization that a person does something only because it feels like a benefit for him or her. This is a basic law of nature. Everything created, divine humans included, only act or respond because of a perceived benefit.

Sometimes it may not look like that to you. You might ask yourself how someone could possibly find benefit in *this* or *that*. This is because it is not of benefit to **you** or so you believe. It is of benefit to them or at least they perceive it that way.

Nothing is personal. It is not right or wrong. The two of you had an experience together and now you can decide to absolve the idea of right or wrong and let it go.

This does not condone situations in which you may be experiencing psychological or physical harm. If you are feeling that you are definitely being harmed in some way, ***seek professional help immediately and remove yourself from the situation.***

It is still an experience for the two of you, yet it is not one to continue having. You can still absolve the idea of judging the other person as being “bad” while you remove yourself out of harm's way.

Absolve to Dissolve in Order to Resolve

The words “absolve”, “dissolve” and “resolve” have one thing in common: the word “solve”. While the common English definition of *solve* is ***to find the***

answer or to clear up, the etymology of the word is from the Latin *solvere* meaning **to free**. When you *solve* an issue, you *free* it.

Let's delve then into how this extends itself into *absolution*, *dissolution* and *resolution*.

Absolve = to set free or release

Dissolve = to undo, dismiss, disappear gradually

Resolve = to determine

Remembering that all is divine energy (whether in form or not), we can extrapolate from these definitions that *absolution sets free* in order to *undo* resulting in a *new determination of outcome*. It *solves* the situation . . . and, it is all sacred energy in form.

Living Within Union

You are constantly in a state of transferring divine energy throughout your physical system, mind, emotional nature and environment. As such, you are the center point of a constant energy interchange among interactions with other people, thought patterns within yourself, the output of physical energy and the decision making capabilities of the conscious and the subconscious playing out through your spiritual and emotional bodies. Within this flow, you are *releasing* or *holding*, *creating* or *destroying* and each result determines the outcome of your day-to-day experience.

Stress, worry, disappointment, anxiety and all of their cousins cause imbalance of the energy within your holy body. Rather than the capacity of release, there is the experience of holding. Rather than the ability to dismiss, there is a steady perception and concentration upon what *isn't working* within people and situations. Nearly, if not all, of these feelings and emotions are caused by your perception of life in relation to others. As you begin to absolve the people or situations in your life your whole world changes.

So long as you are holding onto a memory or refusing to come to *solution* (*loosening or gradually disappearing*) your energy stream feels stagnant, unacceptable to healthy energy states and confused i.e., a sense of separation.

When you absolve, your mind begins to perceive a change in your body and releases its hold on the illusion of separation.

You are Source. Your ego personality as your individuated self is Source. Whatever you believe original Source to be, from whatever you originally came or emanated, you must be all of It. It is a direct "reflection" of the creative principle in action. *It was, is and always will be* – as are you.

Within Source Creation, there is no ability to be stuck. All is in solution, dissolved and flowing. When absolution is present within the framework of your life, you are expressing freely as the Source. When you make the determination that something or someone has hurt you or caused you to experience anything that is not “in flow”, you are mentally (and physically) attempting to create a separation between you and an aspect of the Source. While this is inherently impossible, your mind would like to believe it is real so it changes your perception and maintains an aspect of separateness for you.

Remember, if you hold yourself separate from anyone or anything, your perception severs you from an aspect of the Source. It is not possible to say that Source encompasses *all* and then act as if a person or an experience is outside of Source, i.e. evil, to blame, at fault. In absolution, you release the energy of this "blame game" back into the Great Universal Recycling Center to be re-used as energy for new creations. And, most importantly, you free yourself from any sense of restriction ~ you are flow in divine form and you experience yourself as such.

Union Knows No Separation

One would wonder, if all of this is so, how does your ego maintain its position? What causes you to struggle to perceive the light (your true nature) only to find it buried?

The split lies in the judgment of one by another as unworthy of love, capable of hurt and possibly the cause of fear. It is all built upon **personal** expectations and assumptions. When you judge, you see yourself as separate from the one being judged. The illusion of this world is the product of fear-ridden, judgment-focused mass mind consciousness. Without judgment, the ego personality feels lost because it is depending upon the idea of separation, which gives it a cause to be right or as some say “on top”.

How can you judge and hold no fear about life in any way? How can you look upon yourself, judge what you do honestly and declare yourself perfect as Source Consciousness? You are fearless because you are divine and you are eternal. Your ego personality lives in the expanse of time, believing that it is mortal and you will die. Yet, it will not be death awaiting you, yet infinite living – fearless as I AM.

Much of the mind's *attachment* is based upon its definition of life and fear. Those who do not agree are separate from it. By not agreeing with the personality's beliefs, the "other" does not give it the recognition, the feeling of being right and confirming that being's existence. When people talk about their "dark side" this is usually the place to which they refer. It is easy to judge those who do not give you recognition and consider them separate from you. This is the basis for all fights and disagreements within any relationship. One is right, the other wrong. The need to be right is felt by both.

Experientially your greatest fear is not the death of the ego personality, but the responsibility that comes with awakening to love with no conditions, judgments, expectations or assumptions. You will awaken to your own call and, once awake, will only recognize your newly awakened divine state by sharing it with the "other(s)". This sharing, in an enlightened mind, puts you in touch with Source and it is this remembering that frightens you. Desiring divine union can only remain a personal desire if you live within this fearful state.

The memory of Source Consciousness instantly restores you to your proper place and perspective. Your mind hides this place from you. Fear of judgment is constant so the ego personality wants to get there first. The ego personality does not understand love with no condition, which means that all love is equal and no relationship more special than another is or could be. It is not personal, which means it feels left out.

If you let go of the mind's tight hold over your consciousness, if you consciously take a step to dispel the fear and unrest you feel, there is only one place to go – straight to Creative Source. Though you appear caught in this double standard and appear to have no safe way out, you do have a trump card. ***Deeper than your belief system and infinitely more present is your natural divine love for the Source of your beingness and Its love for you. You are one and the same, infinitely.***

Your brain/mind complex uses this burning love, which it can feel, and which fills it with dread to create your overwhelming fear and anxiety. It promotes a feeling of helplessness, a feeling of unworthiness strewn with the garbage of a past littered with thoughts of separation and actions so strong and so profound that your immediate response is to run and seek a safe place away from union with the Source of Love. It is this fear that divine union surmounts and dissolves . . . if you will let it do so.

Your Creation is Not Personal

Why would you fear or attempt to destroy the world you have created? Of course you would not; neither would I AM destroy the world you create because you are One and the same, always and infinitely in divine union. Realize that you and the emanation within I AM you call *Creator* are one and the same. You create as It creates through you. You exist and live within the divine love that is your safe and secure foundation even though it is difficult for your mind to believe. When you realize that your very existence is love, you can move from the illusion of how it *should be* lived. In truth, you are more afraid of your Divine Nature than of your ego personality's concepts so you hold back Source's unifying love and pretend that it is somewhere "out there".

How do you put the problem to rest? You must openly look upon your personal illusions, beliefs and concepts without hiding them. Your illusions have no foundation. They are indeed "built on sand". They appear self-sustained, but that perception relies on concealment. Bring the illusionary concepts to the light and watch the foundations crumble. ***Nothing is personal.***

Beneath all this illusion is the desire to be loved. It is an unquestionable yearning in answer to Source's awareness of you. In your hidden, inner self is the will and desire to re-member home. You will find the truth as you see it in the "other" who wishes to recognize it, as well. This urge changes your perception and then truth can indeed be seen. Nothing can keep you from your divine awareness. Only the true love that is your actual condition will satisfy your endless yearning and it is impersonal, infinite.

No one is exempt. If one person is excluded in the far-reaching scope of Divine Love within your heart, then the personal ego has won again and the feeling and experience is not one of pure, unconditional love but rather the disappointment

fostered by the ego personality to create judgment. The experience and resonance with love must be as complete as the fear of its presence or it is not real. You will want to call your sacred union *special*. Sometimes it will feel worthy of you and other times it will not feel so. When you love all as Source, loving with *no condition* is not an alternative. **It is the only love.**

Love Gives All

Separation demands everything and gives nothing. Love gives all and asks for nothing. But if you demand to live in fear, constantly believing you are separated from the spark that gives life, then that love has no place to go but to *appear to* withdraw to the Source from which it came. Thus, you believe you sever your connection with Source at the same time you yearn for it more than you long for your next breath.

You are lonely because you have created a view of life that installs you as a creature alone, so you believe. You were not brought into manifestation alone. Separation, by its nature, defies Oneness. Here lays a dichotomy because separation must be a part of Oneness or Oneness is not. You contain the power of creation and even though this power is often used to create pain and suffering, it is still yours to do with as you see fit as the divine. Within is the seed of re-membering, the reference point against which to view illusions and so see them for what they are in themselves. Your inborn love will lead you to this re-membering.

You are "made for" awareness of your own divinity as love

The usual chain of events camouflaging the source of fear is the creating of a personal relationship to which it can belong. *No divine relationship can be founded on fear.* All relationships that include fear are used to avoid it. Real relationships are Divine and cannot be used for fear. If you attempt to use relationships for this purpose, the ego personality takes control and the relationship cannot lead its normal course to recognition of Self. Any personal relationship the

brain/mind complex constructs for itself is not real and leads nowhere. The ego's relating to others is always about itself – how it sees itself within the relating-ship, how it performs, how it is accepted and how important it is within the scope of that particular relationship. It is based upon expectation and assumption.

Any union that you create in fear creates blame or guilt projected out on the "other". The blame and guilt is perceived because you have created it yourself. It is your personal tool for separation. It is inevitable that those who suffer this fear will attempt to displace it because it is real to them. Displacement always appears preferable to the real solution, which is to go within and let it go, absolve it. Love is not apparent until it is perceived within divinity.

Change Yourself

So how are you to dissolve the past habits and replace them with new ones? When you maintain that you are guilty or unworthy, fearful or lonely, yet contend the source of it all lies in the past, you are not looking inward. The past is not in you. All is held within your beingness in the present moment. ***Only this moment exists.*** What then can be done to change this perception of fear? How can you find the core of divinity within you?

First, you must determine to be different than you are presently experiencing yourself. You must resolve to use no relationship to hold yourself in the past; ***live each day in present time.*** It takes only one breath, one moment's decision to free yourself from your past and give over to loving. The path to freedom lies within and as you facilitate yourself to find that place and space within yourself to connect with your own Self, you will free yourself and everyone else from any and all fear. The desire to believe in fear and live in separation disappears. The illusion of fear has no place to rest within your holy love.

The time is now for you to accept the responsibility to re-member what you truly are in all dimensions. You may believe that you are lost in fear, alone in a world where fear is pressing in from every side within mass consciousness. When you stop, look within and connect with your Self you re-member love. The ego's personal demands will appear incredibly crazy. You need to be released to look upon the lovely truth within. Look through the cloud of fear that dims your vision to look past the mind to see the light that is you.

Your Story

The reason that you take things personally is because you have a story that you believe (personally) is true. If you lost a parent as a young child, you might feel that the parent “left” you. In your relationships, you might often attempt to make sure that the partner in the relationship doesn’t leave you without committing to coming back at a certain time. The story plays out in many different ways.

One of the first places you will find your personal story playing out is when you believe you have been hurt by someone. This is the reason that I had added absolution to this section of the course on union because it enables you to dissolve your belief about the story, which eventually resolves the issue. ***So long as you stay attached to any aspect of your concepts about your past storyline, you will find it creeping up in your relationship issues.***

Often, this can be the cause for arguments, especially if the belief you have feels threatening to your sense of survival. In the example in the first paragraph of this section, the idea that your parent abandoned you can lead to a feeling of being less than safe in this world. This experience can then lead to feeling that your partner is responsible for making you secure. If he or she fails in that expectation, you take it very personally because after all, it is a duty, isn’t it? Here is where you really want to look closely at the stories you project onto another to see what is up for absolution in order to resolve this area of your life.

If you feel that absolution will assist you where you are in your life right now, visit <http://www.sacredspaceswa.com/absolution.htm> and practice the absolution ritual in video, audio or text format depending upon what works best for you.

Week Three:

Pay attention each day this week at the situations coming up that you take personally and how they affect you. These experiences may feel positive or negative. It doesn't make any difference for the purposes of this exercise.

Each evening write down in your journal at least one experience you had during the day that you took personally as though it happened *to you because of you*.

Once you have named one item for the day. Rewrite it as though it were happening to someone else without any personal interaction from you at all.

Example: My partner left for work without saying goodbye. I felt as though he/she was ignoring me and that I don't matter.

Rewrite: I notice that John/Mary left for work in a hurry this morning. He/she must have been running a little late or been distracted by a work issue.

Toward the end of the week, if you feel like you've gotten the hang of this storyline projection, see if you are willing to ask the person you are interacting with why they did whatever you took personally. It is always a great eye-opener.



Week Four: Allowing What Is

Have you heard yourself talking internally about how much you wish your husband/wife/boyfriend/girlfriend/significant other . . . you can fill in the blank here . . . was as devoted to spiritual practice as you either are or want to be? Are you disappointed that the mate you chose or are choosing doesn't feel driven to understand him or herself as you're sure you're doing?

This distraction, this attachment to what the other person is doing, being or experiencing is what I call being "blindsided by your relationship" and it is based upon judgment. So, let's look at how this happens:

Let's say you have an intense intention set that you will draw to yourself the perfect mate and live the rest of your life both physically and spiritually surrounded by this bliss of perfect, divine union. And the person shows up or at least you believe he or she has . . . and you are very excited, you make the connection, and off the two of you go into life with spirit and divine happiness.

But then something happens. It's been a few years now and there have been a few signs that you're both achieving your, hopefully, mutual spiritual goals. Sometimes it even feels like the strength of your union is increasing, solidifying in its presence.

And then things begin to change, especially within **you (because you're the only one you can really talk about truthfully)**. You begin to see things in a different way. The little character attributes that exist between the two of you that

used to only ruffle you slightly are becoming bigger. You might even feel yourself experiencing actual anger.

So you try harder. You attempt to be more spiritual and you make sure your partner knows how hard you're trying. After all, you *have* come to earth to express all of the heavenly gifts that you know you have and while they're not always appreciated by the masses, at least *this person* has appreciated all you are; he or she must see how pure you are becoming in your intent.

Right here . . . right in **this** moment when you are feeling *that, you are blindsided within the relationship through judgment and expectation*. The definition of **blind side** is that part of your field of vision where you are unable to see or the side opposite that toward which you are looking. In other words, what you are experiencing is that which you are not looking at . . . what to do?

The first inclination is to bolt, to run away or to fight. It is the typical fight or flight mechanism kicking in. It is set up so that you may continue to survive *within the relationship* in the way you construe it to be. That is the human side of your personality telling you that your expectations have not been met, you probably made a wrong decision somewhere back there and you must get away if you are going to continue to grow. You are judging your partner and the relationship.

My question is this: Could it be possible that the person you chose as the perfect mate is being just that? Could it be that he or she is simply being who and what they are, as authentic as they find it possible to be, and are subtly, by their frequency, asking you to be as well? Could it be that this is a sacred invitation to step up to the plate, to look in the direction that you have not been looking (define that as "*more deeply into yourself*") and express the authenticity of your present feelings?

My answer to these questions is *yes, yes and yes*. You are being given an opportunity to look at your preconceived beliefs about how your spiritual life is to present itself; how you are supposed to experience that set of beliefs and how those in your life are *supposed* to respond to your preconceived idea of your own growth. That takes courage . . . and it takes humility, allowance and acceptance that the direction in which you are not looking is the direction that is saying (in so many words) *look at me, look this way . . . how about this* (whatever that may be) . . . and it is always your blessed choice . . . without judgment or expectation.

So long as you hold on to the idea about how your “spiritual life” is going to show up, to that degree are you blindsided. You do not have to be;

remove the blinders that cover your authentic feelings, speak from your heart and let your divine partner, mate, etc., know that you are observing these learnings within yourself. Talk about how you are feeling, always remembering that *this is about you*. Open yourself up to authentic dialogue with your partner. Remain humble, observant and loving. As you do so, and as he/she responds, you both have a chance, mutually and individually to watch your sacred union grow stronger, truer and emptied of illusionary expectation.

Attachment

When a situation appears that sends you into an inharmonic feeling what usually happens is your mind starts to think a thought that will bring resolution to the experience. In this case, your mind is actually its own worst enemy because the instant it begins to look for a solution, it stops itself and begins to remember what happened the last time something like this occurred. Then come up the feelings of failure, disappointment, loss of love, "I'm not enough", "no one cares" and all of the other thought forms that say, "Here we go again and I can't do anything about this". Your mind doesn't even get up a good head of steam in its problem-solving mode before you have already de-railed yourself.

This is where attachment comes in. In week one you learned, “**Attachment** is the ego personality's best friend followed quite closely by its other friend, **control**. It has all of these ideas, opinions, beliefs, judgments and knowledge that it is absolutely positive are the truth and it is going to hold on to them, be attached to them, as long as it possibly can. Then when something comes up to challenge these beliefs and opinions, it gets on its high horse to prove that it is right. And that is when you begin to lose because in the needing to be right, to be attached and connected to what you believe is true you are left with absolutely no room to learn. The door is closed, locked and heavily guarded.” This type of attachment can prove very difficult within any relating-ship and you are the keeper of the keys.

Consider how it might be if - you decide every time you began to feel this fear, need to be right or to feel hurt or put upon or whatever it is that makes your ego personality feel like it is separate from what is "out there", you immediately step into the situation openly.

For example, let's say you are in a relationship with someone who puts you down in one way or another. When you are with this person, he or she often says

something to "make" you feel small or "at fault". In fact, you find yourself attempting to avoid conversations where this may occur.

Here is the invitation you may extend to you: The next time an opportunity to be in conversation with this person arises, don't practice what you are going to say. Don't think about all of the times that have gone before, that are in the past. Simply make yourself a promise that you will be authentic when you are in the presence of this person.

Then when the person says something that you feel is a slight to you, open your heart (place your attention on your heart, not your head). Then simply ask this person why he or she said what he or she said. That is all; simply ask – without any confrontation or desire for a particular outcome or judgment. Listen to his or her answer and take it from there. *Stay in the question.* If you are given a reason, ask why that reason is true for that person. *Stay in the question. Don't think or believe that you know the answer.* It is very simple. It is clean . . . and it works. You will most likely find out that what you thought was happening was not happening that way at all.

People Tell Us We Are Good For Each Other. . . therefore ~

This phrase is often expressed when a person is talking about a couple in relationship or partnership. It is a reflection of what the person stating it believes is missing in one person or the other within the relationship.

And, again, we go back to projection. You only see in another that which is already within you, otherwise you would simply see the individuals and the partnership in a neutral light. The impact that a couple may have on another person is based upon the resonance of the couple and the individual in their presence. ***If there is a sense of lack, loss, loneliness or separation within the person making the statement, the words are a mirror of those aspects within him or herself.***

When he or she is in the energetic environment of two or more individuals who are *in* harmony, the lack felt within is projected on one or more of the partnership and then cast as, "*you are good for each other.*" This implies there is a fix-it-fixation taking place within the relationship that makes each party to the partnership able to fix the other or others. **No one needs to be fixed and no one is good or better for anyone else.**

You can take the proverbial horse to water, yet the horse makes the decision whether it will drink or not. Each person may be told about aspects of their personality that another person might wish to see changed, yet the individual makes the change within his or herself. No one can fix another; therefore, no one can be good or bad for another. It is an individual experience.

What all of this boils down to is this:

No person, place or thing needs to be healed

No person, place or thing contains positive or negative energy isolated from the significance placed upon it by another

No person or persons are good or bad for each other

All simply is

Each action has an opposite and equal reaction

Finding Rather Than Seeking

The spiritual seeking, yearning you feel is within the One. It is impossible to separate the supernal life from the physical life. All is creative action within the Source as the *Nameless*. While human thoughts, belief systems and concepts are part of this creation, they are just that – humanity's attempt to find a way to contact what cannot be known through thoughts, belief systems and concepts. The One is beyond and yet within all of those activities while the activities themselves are not capable of knowing the Nameless. The desire to experience union within the Nameless can only be found in neutrality.

Fear is the usual overriding attribute creating the attachment to the old habits, structures, dependencies and beliefs. The Nameless knows no fear and while the fear is contained within that which is Source since it is All, it does not embrace it as such. What unfolds within the creation of the One Source is allowed to expand and express with no opinion from within Itself. There is no need for approval or resistance, acceptance or surrender. ***It is a state of allowance.***

It is as though you live in a dream believing it is reality and within that dream state, you believe it is impossible to know divine union. Believing the dream to be true aligns you with the various structures within the dream and from there you promote your future reality. To become aware, it is imperative that fear

is released and every belief is questioned until there is nothing left except that which is Nameless, neutrality, which does not attempt to use the mind to understand it. **Even naming it in this writing is a step away from *It* because *It* cannot be named nor is *It* positive or negative though both.**

Realizing the Oneness within divine union is dropping the idea of spiritual/non-spiritual, mystical/non-mystical and all of the other dualistic ideas you have come to believe are real. Within this truth is contained everything and nothing. The All is the magnificent sunset, the putrefied garbage dump, the darling baby, the radical political leader and nothing . . . AND your relationship.

Union within Oneness is found only within the silence of the human mind. It will not be discovered in thinking, perceiving, seeing or experiencing "out there/in here". It is not found through "seeking". As the Nameless originally created within the silence of Itself, all communication with it is interior silence. While this may be a revolutionary idea to the questing mind, the sacred heart understands it perfectly. It is the deeper energies magnified within this divine union that is the calling from the heart.

Despite all that humanity has erected and established, the moments of silent allowance become something to avoid for fear projections may vanish. The heart's invitation is to venture into the unknown, the void of the unknowable, unseen and not experienced until the Nameless Itself overtakes the heart in its silence revealing Itself in all forms and formlessness. This is the union surpassing all understanding.

Here is the land of sacred space. It is far beyond the realm of the mind outreaching the human condition and perception. Within this most sacred landscape lays a completely new way of being, expressing and perceiving – even to the point of releasing the viewer from perception at all. Within the expression of the One is the unfolding, flowing recognition of It without personal, spiritual or physical identification. It is here that the holy union you so yearn for exists.

No earthly relating-ship will deliver what awareness of Divine Oneness only can answer

The noise within the human mind drives against the quiet moments of sanctified silence. The gateway to the interior world of soundlessness resonates within the heart and the mind pushes against its recognition. Past this entry is your Essence and the sacred, profound Presence of it as *The Nameless, the One, the All*. The conditioning that is part and parcel of your daily life is no challenge to this enduring, infinite union. Your Essence is the totality of you as *The Nameless*.

Becoming aware of yourself as Divine is not something you can reach *out* or *in* to seize rather it is a condition revealing itself to you when you stop attempting to create it or make it happen. The One Union is not a *thing* hence you cannot hold it, look for it or own it. When you believe you are searching for *something*, you must first have an idea about what you are looking for – *something* for which to search. It must be a concept that means something to you either from a notion you have accepted from reading books, listening to speakers, talking with friends or an idea that is the opposite of all of those, yet **is something**.

When you release yourself from your habits, belief systems and all of the fabrications you have built to fortify your sense of completeness as human, you may begin to believe you *sense* the Nameless, the One Union for which you truly yearn. Yet that belief is another structure waiting to be disassembled to open the consciousness to a glimmer of your emergence within the infinitely united Source.

All human beings have thoughts. That is not the issue. It is the attachment to the thought or belief creating the boundary wall around human nature. ***Beliefs create a great emotional attachment within the human mind because they create a false sense of security.*** "I believe" therefore "I am safe." This is the citadel of the ego personality's fortress, drawbridge tightly drawn up and a full moat of emotional attachment surrounding the belief. It is the mask presented to the world. When you realize that nothing you believe true is, you may experience the tiniest hint the fortress may not be necessary at all. Then, Divine Union becomes possible.

The aspect that is seeking is the mask of the ego personality setting out on a quest to make it right and secure. Venturing into the silence demands that the mind forfeit its spiritual journey. The momentum contained within the sacred silence allows no distraction as realization arises that there is only consciousness within the stillness. It releases you from the virtual world masking the Truth and slowly moves you into the current of the flowing Nameless as you begin to sense your utter divinity. It is here your earthly relationship is foundationed.

Becoming aware of the All requires letting loose of your hold upon your world and all you believe you are in its present state. The world of form has no room for the concept of that which is without embodiment, ideas, stories or beliefs. There are no handholds within the utter silence of the aware, divine mind. There are no words, no thoughts, no thing to be said, done or expressed. When you release your grasp on the world, as you know it, you are left with that which is the All. Your sacred union is born within All That Is.

The sacred silence allowing the opening of the doorway to union within divinity is your primary key. When it is all that is important to you, you will know It, yet the importance must be without attachment to it. In that moment, you will realize that divine union does not make you special or different. You hold no claim upon it. It is all that you are and in that you are All . . . and it is not important.

Remember that everyone is feeling and experiencing the same yearning to know and recognize their divine nature.

Divine Union does not make you special or different. It is All that you Are.

Allowing the Oneness

The transforming state of divine union often ushers in immense fear within the mind's concrete structures. The unfamiliar change being experienced is the most natural state of being yet the individuation knows it not in this form. The mind begins to fear that it will lose itself without boundaries encompassing its perceptions. Yet, when you let loose of the river's bank and allow the divine current to take over your flow, union becomes all of which you are aware highlighting past belief as an *old* story. It is a courageous act that you request of yourself. *Courage* comes from *coeur*, the French word for *heart*, and it is within the silence of the heart that you will find your perfect balance.

The newfound, uniting resonance releases the idea of "I". The concept of a separate "I" or "me" outside of the divine union becomes a limiting assumption. The borders of the "I" no longer "fit" because **now you are without boundaries within your divine Oneness.**

The arrival of this awareness is inexplicable. You cannot predict its advent; cannot foresee how you might bring it about for yourself. The fledging spirituality your mind believes its mainstay employs no arena for this understanding. One moment you believe in searching for union and the next moment you *know* you are divinely united. All else has disappeared. (Some people call this “falling in love”.)

This holy union may require all of you, it responds in like kind relieving you of the apprehension that you must struggle, strive or seek. It holds up its divine mirror reflecting you to you and in that reflector, you quickly recognize the costume you are wearing. As the part you are playing on the stage of the world increases in visibility, *you become aware that you are now conscious of the part you are playing.* Yes, you will continue to act out the words, actions and story of your script, yet now you do so ***consciously aware that is only a role in an infinite play that being in union is mirroring for you.***

The stage upon which you perform your story begins to shift and change. Yet, it is not the setting changing; it is you. The years of desiring, the endless searching, the continual debates and attempted beliefs are now all behind you. The enlivened silence of your heart is all that you are aware of in the newly emerging recognition radiating as you. The yearning, the longing that constantly shifted and changed within your mind has disappeared.

The awareness of unconditional, divine love is without fear, confusion or chaos. While your bodies may tremble at the thought of it right now, when It comes all shaking ceases in the firmness of Its awareness. No longer are you among the "walking dead" for you are more alive than you have ever been, yet without attachment or need of that aliveness.

This divine love exists within the moment. There is no past and no future. There is only the present and even that is without conscious effort. Attempting to name the moment of the awareness is a trap of the mind. Do not set foot in that snare that awaits you. Engulf yourself in the vitality of the heart's silent union – that and only that.

The union of divine love is priceless and it exacts no price from you. There is no payment required except the release of your beliefs about yourself. When you drop your judgments, perceptions and opinions, you are now naked within Its holy embrace.

Within this state of being, you have no need for what you believe is true. It is unimportant because it brings you no peace, no harmony, no joy. While you may not have considered this, now you will embrace it. Your life is no longer what you believed it was; it is so much more. Liberation is yours. You have been consumed by the One Love and you are aware of your infinity. Now you encompass the absolute and the relative. You are impersonal love and you are personal love. You are birth and you are death. You are wisdom and you are unknowing. You are the One and your life is living as that – **your life as All Love.**

Allowing Mutual Reality

"Reality" is created through imagination. While most people believe that imagination is "make believe" and reality is *real*, they stem from the same capacity. Both imagination and reality contain potential. The **reality** is that you are able to imagine and with your mind, you manifest that which you call *your life*. All creation is composed of *destruction* and *construction*. With each breath, you are destroying something and creating something else. **What that "something" is will be determined by your imagination.**

Sit somewhere comfortable. Close your eyes; breathe deeply and relax. Feel yourself not only as a body, also as a radiating force of energy, light and information. Your radiance fills the space in which you sit and flows out into all of your surroundings. **This is your Essence**, the spirit of you with which you inhabit earth.

Feel this radiating throughout your whole body. Experience the feeling of it as *You* flowing out into the city, state, country, world, solar system, universe and beyond. This is your natural state of being. It is the "body" of the One radiating through you. It is in divine union with all of creation, which means that no matter the relationship, you are in union with the All.

Now there is no distinction between what you imagine is you and what Is you throughout All That Is. There are no boundaries. There is only You flowing

as the Nameless while allowing your imagination to create this reality for and with you.

Embracing your image screen in this way dissolves the patterning of your preconceived perceptions of reality. It reconfigures your mind's balance point within this world. **Now Divine Love is real.** The only reality is the one you create. **You are Divine Love.**

Week Four:

This week's exercise is going to be a daily experience. Each day, pick out one aspect of your life that you feel "has" to be experienced in a certain way.

For instance, you may feel that you "have to" wash the breakfast dishes right after you finish eating rather than enjoying a second cup of coffee or tea with your partner. For our purposes this week, you are going to let those dishes sit and relish some quality time with another being. Write down in the spaces below what you have allowed and how it felt. If you like, you can share this list and experience with your partner.

Day 1 experience and feeling

Day 2 experience and feeling

Day 3 experience and feeling

Day 4 experience and feeling

Day 5 experience and feeling

Day 6 experience and feeling

Day 7 experience and feeling



Week Five: Learning to Trust

How can you even begin to experience the authenticity of an intimate, loving connection with another unless you are open to trusting him or her completely? You might answer this question with your time-honored reservation about what you have experienced in the past. This is your first hint that you are holding on to the human mind's conditioning that what has happened once will happen again. As divine spirit, you manifest what you want to experience once you realize that you *are* Source in form. Until that moment, you are trapped in the mass consensus of what is supposed to be true . . . whether it is or not!

It is also very important to remember that you cannot trust another person *until you fully trust yourself*. Much like the adage that you cannot give what you do not have, you cannot have confidence in someone else unless you already have confidence in yourself.

Ask yourself how much you trust yourself. Until you have absolute trust and faith in your feelings, thoughts, words and decisions, it is impossible to place that level of trust in another. That being said, question within *where* and *how* you do or do not trust yourself. The answer to those questions will also furnish the answers to why you may not trust another.

You view the world through your filtered perception of what you believe is real. This is true of every experience. If you have had a less-than-trustworthy experience with another human when you were in relationship with that person,

your mind wants to remember the pain. As God, you know it is only one experience within your infinity. The only significance that is placed upon it is through your belief that it means something detrimental to your personal well-being. And since your sense of harmony is based upon your personal concepts, it is relative to what you believe well-being and harmony mean to you.

So many times, it is easier to believe that the “bad people” in your life were teaching you to be careful. Are you open to considering that those human beings (God in form) were not “bad”? Each one took upon him or herself an agreement with you to play a certain role in life for a specific reason. That reason may not be crystal clear to you right now, yet eventually it will be. Trusting that, as Source, you chose to experience that occurrence with another aspect of yourself is all that is needed to begin the absolution that dissolves the fear arriving at resolution of the matter within your heart.

Trusting that you are love manifesting as physicality might be a big jump for you, yet it is inherently alive within your bones. Taking the leap to believe (and then live) *as* love asks you to trust yourself first and opens the door to trusting the other that you desire to resonate with in this intimate journey.

One of the beliefs you may be harboring that keeps you from easily relying on others (and yourself) is how much you play a role rather than allowing yourself to trust that what you are is enough. How often do you put on a mask, a persona that covers up the real you? When you feel that it isn't safe to be you? Why would you not allow yourself to be seen in a certain situation? Each of these questions is going to show you when you do not trust your own self-worth. If you don't trust your own value, you will not be able to trust the value of another.

Taking trust to the level that it is one of the foundational blocks within your relationship brings you into the heart of divine union. Nothing says “sacred” as much as the true comfort of trusting yourself to love completely and knowing that you are receiving the same in return. This is only possible when you release the ties you have placed upon your heart and let it fly free . . . without fear that you or the relationship is going to fail.

Remember, the Principle of Resonance is based upon what you are feeling. If you are afraid to trust the strength of your bond, the lack of resonance within that bonding will show itself. You are a divine creator and have the power and ability to manifest the strength of trust within your life and therefore, in your divine union with another aspect of God in form.

The Integrity of Trust

Trusting is the act of relying on the integrity and strength of a person, place or thing – perhaps even an event. Integrity bases itself in honesty. How do you know when a person is being honest? Or how do you know there is integrity (read that *honesty*) *inherent* in an object, place or event? You don't and here begins the loss of trust in the person or situation.

"What?" you say. "Of course I do. I know when something is true; I have a set of morals telling me what is true and what is false. So, yes, I do know."

Well, here is the crux of the matter. Your ideals, your beliefs, all of the attachments that you hold on to so dearly are just that – *attachments* – and you hold on to them because they give you some sense of security, albeit false, that the world you believe is real is, well, **really real**.

What happens when one of these truths becomes *not true*? Now, I know that has happened to you many times. You suddenly find out that, lo and behold, that truth upon which you were relying has simply disappeared. You lose your trust, first in yourself because you didn't see it coming and then in the "truth" of the experience. You begin to doubt you and all else surrounding that particular subject. If this happens within your desire for a relationship, it pulls the grout out of the foundational walls of your partnership and then it all tumbles down.

Perhaps it was the promise your company gave you about the longevity of your position or job and then came the economic downturn and, voila – job gone. Or, perhaps it was a relationship in which you promised to love until death did you part. Then worse than death came along – betrayal – or at least, what poses as betrayal and, again, the truth disappears.

Actually these types of "truths" are much more *expectations* than truths. The trust in truth that I am talking about is the trust you place in your beliefs, hence *creating your reality from those beliefs*. Most of these ideals revolve around what **you are**, how you will allow yourself to be seen and more often than not, what you are doing in earth. And they produce judgment, which destroys trust. Again, that destruction begins within you because it creates a signal that says you cannot trust your decisions to be right for you.

Every trust you hold as a foundation of your life is the *keystone* to the unraveling of your reality. The emphasis you place upon what you are certain is true is your attachment to something that allows you to feel safe. This false sense

of trustworthiness is fraught with expectations and assumptions. When you begin to realize that, you are easily on your way to transforming the slippery slope into a much more stable creation.

So, what can you trust? Only one aspect of yourself is worthy of that attribute – your feelings as they arise from your heart as the voice of your soul – and then ***only when you are not attached to the outcome of those feelings***. To the degree you are attached to what you are going to experience, **to that degree** you will create the slanted perspective giving you proof of your trust – until it dissolves and you are left with the illusion.

You might wonder how you can be “unattached” to being in a relationship. Remember that it is a “relating-to” rather than an ownership that you desire. The less attached you are to how this shows up, what happens next within it and the more fluid you allow yourself to be, the easier the going will unfold.

Many people ask me how they can “go deeper”. The answer is, “Let go of every attachment you have to every person, place, object and event in your life.” Deepening your *Self*-awareness comes only through the release of that which *appears* as **not** that *Self*. Since every truth you believe is true is only your own perspective of your self-created reality, none of it is true. Think about it.

How much attachment do you have to what I have just said? Are you willing to let it all go? To the degree you say, “No,” to that degree are you bounded by your form in this dimension. How deep down the rabbit hole are you willing to go? *How important is it to you to know your Self? How willing are you to release your desire to judge? How willing are you to live in total union?*

Abandoning Abandonment to Experience Trust

Every human being experiences a sense of *abandonment*. Call it “part of the earth game.” From the moment the physical body slides out of the birth canal, the very first physiological impression is . . . loss.

Impression number two is *survival* through alerting everyone in the room that loss and abandonment are being experienced. *It will never feel the same*. Security will not be as secure, safety as safe. The womb’s protective fluid shell is gone . . . never to return.

In its place is the possibility of freedom – at least once you get the hang of having a body to use to play the liberation game. *You chose it*. You said, “*Give*

me a human body and I'll go to earth and create magnificent experiences.” And here you are in earth!

Around the age of two, you really began to understand: **I AM Me! *You are You!*** Never the twain shall meet. So with this new energy bombarding you, you began to learn that whatever you wished to give power to through your thought form would become real virtually instantaneously and you would feel the energetic effect of it.

All limitations were off and your little feet began the grand exploration. Forgotten was the sense of abandonment in the delight and glory of discovering this world. You saw yourself standing tall in your divinity, in complete perfection, living life in complete delight, embracing, expecting the desires of life to be in your reality . . . and they *were . . . until . . .*

You got to be about six and began going to school . . . the place of many rules, peer group pressure, right and wrong (in a very *difficult* way), proving yourself as capable as the next child, bringing home good grades . . . on and on it went. The separation between you and the “other” became very distinct and, unless you measured up, you were an outcast and you believed it was true. You lost trust in yourself *because you had given it away*. So now, here you are – mature, grown up and “living life” or so it seems. But the abandonment is back because all of the years between when you had forgotten loss and *this moment* are now filled with a magnification of “*not enough*”, “*not good enough*” and “*unable to live up to expectations.*”

What is missing in your life is the ability to trust yourself . . . *the same trust you had when you were two and letting each new distraction attract you.* Now, always, there is an authority. Always, there is someone to *become like*, something to *change*, something to *control*, and always, there is the comparative mind, the mind that says, “*This is better than that; this is preferable to that*”.

In a word, there is *judgment*. It prevents the possibility of being comfortable in your own skin. It stops you from feeling connected to others. It creates adversity, polarity and the world of black and white. Judgment, fear, lack of trust – these are the fibers that weave the veil together. There is judgment about *presence*, judgment about *absence*, judgment about the *seen and unseen* and, of course, there is the wish to become *something other* than what you are.

Beneath all is this belief: *I'm not Ok as I am. You're not Ok as you are.* Nothing is ever loved, just rejected. This is what perpetuates the self-help machine.

This is what creates the combativeness and the conflict, both within and without, and religion and spirituality have become part of this machine. They have crippled love. They are maintaining separation, hence *the veil*.

The idea of God, saints and sinners, believers and non-believers, enlightened and unenlightened, awake and asleep have crippled the free mind. There is superiority and inferiority. There is chosen and not chosen. There is God loves you, *but...* God loves you, *if...* or God loves you, *when....* Never is it simply - *enough*.

Lifting the veil, *abandoning abandonment*, is simply replacing judgment, fear and lack of trust with no need to judge, no need to fear and absolute trust in you. Remember, back at the beginning when you decided to come to earth and enjoy it all. With the removal of the veil of forgetting, you remember why you came. *You remember yourself*.

How to Abandon Abandonment:

Ask your heart as the voice of your soul if what you are doing moment to moment is what you really wish to be doing:

1. **If your heart says**, “No,” ask your divine self why, as the Source, you wish to continue doing what you are doing that *separates you from you*;
2. **Imagine** clearly what you would prefer to be doing with the moment and begin again to remember why you came to earth;
3. **Take** one small step toward *being* the divinity you know you are capable of being, your sacredness.

Trust and Safety Go Hand-in-Hand

You will not feel safe or secure within any relationship unless you are able to live within it with trust. The credence you give to this concept will be the foundation for all that you experience as you develop the divine union you so desire.

This idea can easily persuade you that it is not possible to have a lasting, committed partnership with another because you have such severe cellular memory of loss, abandonment or betrayal. Once you begin to realize that each of those agonizing moments brought you your greatest gift, you will use each one as the sacred tool it truly can be. There are two sides to every coin. Whatever has demonstrated itself as less than safe in your life points in the direction of what you have the strength, power and wisdom to change.

Let us say, for example, that you feel betrayed by the divorce of your parents. One of them left the family home. You were not able to have the safe, secure two-parent household that many of your friends lived with. This created a sense that relationships do not maintain their connection so you don't let yourself fully trust any union you begin with another person. This is the memory of the experience.

Your divine tool: You already know that it is possible for two people to decide to part. Be up front about this with your intended partner. Let him or her know that you have had this experience and that it is "on your radar". Once you let the other person see your insecurity, each of you can address your doubt as it arises. The more you see that your fears are groundless, the less hold your attachment to the memory has on you. Eventually, it will become unimportant.

The basis of trust is always being mask-less. The foundation of every relationship is feeling as though the other person "has your back". The only way to create, sustain and reinforce this certainty is by being fully truthful, honest and open as divinity in form.

Week Five:

Day 1: Where do you experience lack of trust in your divine Self?

Day 2: Watch for the places in your day where you don't trust yourself and ask why?

Day 3: Close your eyes and image yourself trusting yourself in one of the above-described activities. Then do something today to reverse your sense of insecurity and watch what happens.

Day 4: Pay attention today to what concepts create safety for you and how attached you are to it.

Day 5: Purposefully detach from one of your attachment beliefs. Write down how that feels.

Days 6 and 7: Before you begin each day, close your eyes and mentally walk through how you see your day unfolding. Every time you feel a sense of distrust in this "inner video", replace it with a powerful exhibition of your holy, divine self-trust. How did that feel to your sacred heart?



Week Six: Being Honest

You must first be honest with yourself before you are honest with the person you wish to come into relationship with in your life. How honest are you in your day-to-day dealings with you? Honesty and trust have much in common within your divine unions.

I know that you will most likely say you are truthful with yourself. And you probably believe that is true. Yet, I would ask you to look a bit deeper and closer at how you experience your self-talk.

Do you praise yourself regularly so that your self-worth is in alignment with your spirit? Remember, you are Source in physical form so every feeling, thought, word and action is experienced within Source consciousness. ***Self-worth is not ever an issue within Source.***

The inner conversations you have with yourself will give you plenty of clues as to how honest you are about what you experience as your life. Do you let yourself be seen or do you hear yourself saying within, “I have to pretend to be this or that?” Wearing a mask is the anathema in any relationship. Anything that is not in harmony with your true, holy expression of yourself as Source is going to create an opening to desiring someone else to furnish this support to and for you.

Here will lay the opportunity to begin a relationship that eventually will disappoint you because no one can give you the support and strength that only you can give to yourself. You are your own critic and appraiser. How you criticize or

value yourself will demonstrate itself as the person you choose to be in relationship with since you can only call to yourself what is in resonance with you.

First and foremost, you must be your own support system. You have no real choice except to establish a very strong system of self-worth within you so that anyone who comes into your life, no matter the relationship status, will be required to view you with respect and unselfish love.

Once you have established this attribute within yourself, it is much easier for you to be supportive of your relationship partner. You will have drawn a stable, well-balanced person into your life that is able to support him or herself, as well. Then the mutual honesty and support that you give each other comes naturally and with great ease because there is no dependency within your sacred, holy union. You both realize that as Source you are full and complete and complement each other in this divine connection.

Being Seen Through the Eyes of Another

Intimacy ~ ahh, even the word itself stirs you ~ do you feel that electricity running through your body when you hear the word? Say the word with me ~ ***intimacy*** ~ sort of rolls off the tongue, you know ~ and then there can be the slight clinching of the stomach that follows the rolling current ~ ***intimacy*** ~ what does it mean?

It is, “a close, personal relationship with another person; a detailed knowledge of a subject; an expression of familiarity; the quality of being familiar” and then, way down the list is “sexual intercourse”. Yet, driven by the mass media's addiction to sexual connotation in all things visual, intimacy has become a faintly dangerous ally, a place of probable betrayal of control, a potential loss of self.

So, what is it to be intimate; to actually let another person see into you? A play on words uses intimacy as “into me see”, perhaps a much better definition than that furnished by modern dictionaries. What does it mean to let another person see into you?

Truly intimate relating – ships lay bare the person inside of your skin, the person you know you are when you are not pretending to be the person you want people to believe you are. It shows your scars, your scabs, hidden fears, your

worst nightmares as well as the loving, caring, compassionate individual you have been prodded to be.

No stone is left unturned when vetting your truth vs. the truth of the other with whom you are being intimate. This is the close, personal relationship, which was referred to earlier. Yet, there is a totally different aspect of intimacy that I would like to look at here. It is the ability to let yourself *be seen*, not as the person you *believe* you are and not as the person you *want* the other person to know deeply, it is the ability to enjoy the experience of letting another person see you as *they* see you. ***Therein lays the vulnerability of true intimacy because, in truth, you cannot change another person's perspective of you.*** You can either allow it or resist it; you cannot change it.

And why do I believe this is important, so important, in fact, that it is impossible to be intimate with another unless you *do* let the other person see you exactly as they *do* see you? The significance of this concept lies in the mirror that you are for every person you meet. Whether the encounter is fleeting or one that will last for years, how another person experiences you is totally dependent upon **them**. They look through their eyes into the energy space that is called "you" and see exactly what their personal beliefs, filters and truths tell them you are to them.

When you attempt to change what you are to become something you believe they believe you are, and I stress the word *believe* here, you become **incoherent**. ***The energy that comprises your frequency, your wavelength, your aura, your vibes, call it what you will, becomes confused because you are attempting to align yourself with another person's idea of you not the being you know yourself to be.***

Well, you might say, how about if I don't like the person I am? What if I wish I *were* different? I wish I were the way I believe that person sees me, what then?

Well, that's the easiest question to answer and the hardest to follow up on - at least for the person asking the question. If you wish you were like the person you believe that person sees, if you truly do wish that, then you must *be* it. Yet, the catch is that you cannot *be* it so the other person will see more of it. You will never be able to hold on to that personality because it will not be you. You must be as you wish to be for you and for you alone; you must be it as though that person didn't even exist. It is only – and all – for you - and you alone.

Or, let us suppose that you do like yourself exactly as you are, yet it is obvious that another person sees you differently. Here is the test of intimacy. Can you simply be yourself, exactly as you are, really feel the vulnerability without attempting to make it different? Can you "not care" how the other person sees you because you know that you cannot change it? This is the test. How much do you allow yourself to be seen by those close to you and those whom you first meet as the divine being you are?

Intimacy is the foundation and the forerunner to knowing yourself. It literally forces you to be authentically either who you are or allow even the idea of being intimate to simply slip away. You cannot *pretend* to be intimate. You cannot masquerade as intimacy.

Intimacy is **your** Holy Presence now, in this moment, exactly as you are. Now that can make you catch your breath and that is a good thing because in catching your breath, you give yourself a moment to be yourself rather than your masquerade. You show you to you in that moment. This is intimacy. This allows closeness, personal knowledge of yourself and another. Then it doesn't matter how the other person sees you. You know yourself and can revel in the part you play in another person's life.

So, unclench your stomach, take a very deep breath and look out your own eyes at another person remembering **they** are only what **they** represent to **you**. *They are your mirror*. If you want to change the face in the mirror, you have to change your own face first. Then the mirror reflects what it is seeing. Actually, there is nothing more intimate than that.

Disagreeing

Don't be afraid to disagree within your divine honesty. When you use a sense of humor to argue rather than bringing out the swinging swords, you will find it is much easier to find common ground. Settle "issues" as they arise. Don't leave them on the stove to simmer.

If you can't find anything similar within your belief around a particular subject, you can certainly *agree to disagree* knowing that everything is in a constant state of change. Remember, nothing is cast in bronze, including your need to be right about any subject under the microscope of your relationship.

Check into how much you want to be in control when something comes up that appears as a disagreement. It takes two to argue and only one to open his or her heart enough that the “other” wishes to do so, as well.

Making Changes for Another

I am going to insert the I AM response to this question from my book, [*Divining Truth, Straight Talk From Source \(the story\)*](#) here because it responds to this concept so well:

Why do you wish support from others? Are you not sufficient unto yourself? Yes, I understand that you believe you cannot stand alone and yet I AM. Within the context of ME, no support is necessary rather the establishment of a firm foundation within yourself sustaining you as ME.

The connotation of your question suggests you are creating a change to please another person and you want that person to believe it is possible. It is not possible to alter yourself to please another. It will not last and you will inevitably, begin to revert to that which you naturally express within ME.

If you re-frame your transformational idea to discount your desire to make another person happy with you and consider only what you are satisfied being, do you still want to change? Perhaps the shift is something that is hard for you and the constant urging of another has stimulated you to consider it. Or it may be that you wish to make this alteration yet haven't felt courageous enough to take it upon yourself and now you want to base it upon another's request.

The reason I make a point of why you wish to alter your present configuration is because the impetus to do so will become the strength with which it occurs within you. If you have a strong desire to change a habit, a lifestyle, a belief or any of the many attributes you consider part of your life, you will do so with or without the support of another. If you are asking the question because another has asked you to make changes you don't necessarily want to make, then no amount of support will assist you in doing so. It is always and in all ways up to you and you will only transform yourself into a pattern of your own desire not that of another person, no matter who they may be within ME.

If you are being asked to shift a habit pattern in your life because a family member, friend, co-worker or associate finds you to be abrasive, controlling,

abusive or detrimental to the relationship, it is their viewpoint they are speaking from about you. It does not mean they are incorrect. It is simply their way of experiencing you and because they do not like the behavior, they are asking you to change.

Now that the request has been made, you are considering the value of the relationship, noting that if you don't make the changes your mutual communion may dissolve. Since you don't want to lose this person in your life, your mind decides to attempt some shift of your habits. Note I said "your mind" rather than "you". This has very little to do with your true expression and all to do with what you "think" you "should" be doing under the circumstances.

Since your decision to release your attachment to some of the conditions within your life stems from the request of another who feels impacted by your life's expression, it does not belong to "you". It belongs to your mind through your ego-personality's desire to conform to another's wishes. While it may secretly be an underlying desire of your own, it has not been strong enough to create the shift without the impetus of the other person. Therefore, it is not foundationed with enough energetic input to maintain itself. This is the reason why you are looking for the support identified within your question.

Your comment that they don't believe you will change stems from having watched you live as you say you desire to live. The person's request that you make changes for their benefit, even if they say it is for you, carries with it an energy signature stating that you are not capable of doing so. A frequency within them resonates with your own inner knowing that this is not entirely your desire.

Now if you have made a decision to make changes in your life that has nothing to do with anyone else, you will find all of the support you desire within you. This resonate frequency will call to you those who will be responsive to you desiring to offer their assistance in many ways.

The difference between making a free will choice to transform and doing it at the insistence of someone else is due to it being your life that is changing. You make alterations in your personality as you see fit rather than to please or conform to another. Not only does it make a difference why you decide to change, it also shapes the ultimate result.

If it is not your sole choice to re-create the patterns of your life, you will not remain in the transformative position you initially manifest. It may remain for a while, yet eventually you will return to what is most natural for you within ME.

Perhaps that is what you are experiencing in the lack of support from others whom you say do not believe you will change. If you are surrendering to their persuasion, they already know why you are doing so. Even in their attempt to convert you to their way of thinking, they inherently know it is for them and not for you. That is always true.

If you have made a conscious decision to live life differently, why do you believe you need the support of those you are presuming to impress? Is not the change sufficient reason to resonate with it? If your answer to that question is “no”, then you are attempting to make shifts that will not last. They will come; they will go because they are not imbued with the energetic power to maintain their structure.

Look at why you want to become a different person. See if it is a choice of re-modeling yourself in your eyes or within the eyes of another. Only one may exist within ME.

Honesty is the Keystone

Nothing will demolish a relationship faster than finding out your divine partner has lied to you. It really doesn't matter what the reason may be for the lie. Though many people believe that half-truths are safer (especially when they deal with the past), eventually you will find that you've laid a boulder down between the two of you and that boulder is beginning to crush the life out of what began as fun, exciting and loving. Lay down enough boulders and eventually you will build a wall.

The other aspect of non-truth is that it *hides one person from the other*. You might want to think of it as a mask that sets the stage for a person to begin to play a part that is not real within his or her Holy Essence. Much like watching an actor on the stage or in a movie, it doesn't make any difference how good the acting is it remains just that – acting. And while you can always leave the theater or turn off the video, acting a part that is not truthful in your divine relationship begins the tsunami of deception that leads to certain extinction. Don't fool yourself into believing that you can get away with white lies. The color of the lie only masks its true nature. It keeps you from being seen, so how can you trust love that does not know the real, sacred you?

Of course, you may be reflecting on all of the aspects of you that you don't want another to know about. Perhaps you have done things in your life that you are ashamed about and don't want anyone to know. Or maybe you are afraid that if a person really knew what you don't know or how much you pretend that they would no longer love you.

These thoughts, together with any others that might crop up, are disabling your ability to be real and sacred. And, make no mistake about it everyone has "secrets" that they wish to hide. You are only one of over 7 billion people with a bit of "darkness" (as you would put it) lurking in your history.

The first step to take within intimate, divine honesty is to love *you* so much that you are able to absolve yourself of any wrongdoing. ***If you could have done better, you would have.*** You did the best you could under the circumstances. Keep in mind that you are Source in form having experiences and all of these memories that you are hiding are part of these experiences. They do not need to be hidden, only reframed as *experience*.

Choose a time and place that is quiet and let your partner know that you need to do some unveiling of yourself. Enter this holy space with a wide-open heart and ask him or her to hold an open heart, as well. Then tell the truth about yourself without making it any more dramatic than necessary. You are the one holding the significant energy around this experience. Release it. Let it go free. Feel the honesty up well within you. This is inner, sacred intimacy.

Week Six:

Day 1: Write down at least one part of your sacred story that is dishonest

Day 2: Write down why you want to keep this hidden; be honest with yourself

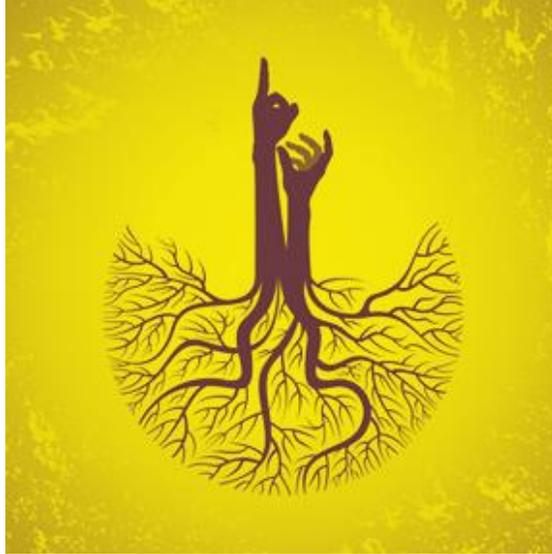
Day 3: What do you believe will happen if people know this about you?

Day 4: How does it make you feel to keep this “secret”?

Day 5: Is this hidden aspect of you based upon a belief you were programmed with as you grew up? Are you ready to change this belief within your sacredness?

Day 6: Does another person reflect a different way of seeing you that allows you to be more honest with yourself? How does this affect the awareness of your divinity?

Day 7: How can you bring more of this honesty into your sacred life?



Week Seven: Listening

Active listening means you are not thinking about something else when you are listening to your partner speak. How often do you drift away during a conversation rather than being present with the words and their many meanings?

At the same time, it is very important that you are also available to talk openly with your partner about what you want out of your divine life, out of the sacred relationship and how you are experiencing your divine reality. Be open. Be honest. Don't wear a mask. Let him/her see you exactly as you are and if you appear to be seen through filters, let them be. Every person sees you differently and each one will experience you from within his/her own reality. Don't attempt to change that; rather, ***let it be what it is*** so you are both revealing your inner depths rather than the casual acquaintance type of conversation that devolves into nothing.

No place is this more important than in your holy sex life. Whatever you have experienced sexually, however you view your intimate, sexual connection, be frank about it. If you do not, you will eventually realize that nothing is turning out the way you wish it would and there is no one to blame except you since you didn't honestly state your feelings, wants and desires to your partner. Remember that you are both Source in a physical body and one reason for occupying that body is to revel in how good it allows you to feel. Don't forfeit a harmonious sex life for fear of being seen as different, weird or restrictive. Be truthful!

Being Human is Finite

Being human carries within it a basic premise – **it is finite**. Being human is a *limited* experience; it includes an end to using the form you call your body. Underlying this fact is another – you don't know when the end of this form will occur. Your prognostications about the future, what will be created, how your world will ultimately be if you do *this, that* or *another thing* is a flimsy dream – at best, a hopeful thought.

Having acknowledged this (and if you didn't, one day **you will**), the questions then remain. What are you running from? Toward what are you running? With whom are you running? Why? Where are your beliefs leading you? How open are you to discussing your divine desires with your partner?

As you ponder these questions, know this: The answers you are offering to yourself are based upon your present system of beliefs – a set of “facts” you consider either “givens” or the opinions you have adopted from others who have adopted them from someone else. ***If you are answering the questions from your heart, you are laughing right now and nodding in agreement.*** Listening to another gives you a great entrance into his or her reality. How can you know what another person is experiencing unless you truly listen with divine ears?

Your present reality is based upon fear – the need to please, the desire to make sure others are taken care of, family and religious norms, cultural regulations – the basic controlling mechanisms that allow you to pretend you feel safe, secure and successful. Yet, what is happening within your mind is an attempt to measure up to the consensus reality – what all human beings believe is true – yet, that is not the *consensus of humanity*, it is only a relative belief sustained by a few in the circle you call your “environment”.

If enough people believed the sky was pink, it would be pink. Yet, what is “pink”? My “pink” is definitely different from *your* “pink”, so *consensus* is also relative or non-existent. All thoughts, ideas, beliefs and judgments are relative. There is no *truth* known as the *one* truth. This is a relative dimension of experience. Once you get *that*, you will begin to realize how limiting your idea of “belief” is and how you are constrained within it. ***Ask yourself right now how restricted your world feels. How limited are you every day? How well do you listen to others? How well do you listen to your divine partner?***

Wherever you hear, think, feel or say “should” or “should not”, you know you are living by another person’s limited reality and belief. This can cause an enormous amount of anxiety if you are attached to this restrictive thought pattern. The anxiety then suggests that you “try harder” so you end up tightening the noose around your own neck and calling it someone else’s blunder or fault. **Only your reality is causing the distress.** *You are the only one who can create a new life-sustaining living system for yourself.*

Pay Attention to Tone

Since you desire to create a divine, unified relationship with another, the only way to understand what that person believes is true is to listen to tones and words. The syntax of a conversation can be revealing. The tone of the message truly tells you what you are hearing from him or her. *Inflection in conversation is missed when you are not actively listening for it.* If you are thinking about something else, you will miss the heart of the message.

Focus on developing new forms of communication detaching you from the controlling aspects of life. These new *formations* create a synthesis within this dimension and other frequency realms deriving their existence from the Whole. *This is an integral part of the human development, the human awakening.* It is a giant step away from consensus reality and into a less limiting edition of what is possible. *It is truly experiencing the multi-dimensions within divinity.*

When you are looking for something to hold onto, when you are looking for an idea or an image *you already have an image of it in your mind.* Since it is an **idea**, it isn’t real. When you release your need to *know*, when you release your need for opinions and judgments, then it becomes real. When you emotionally, mentally or in any way attach to what you believe is true, your ego personality is thriving on the belief that you have to cultivate or defend something, that it has a great value in defining *you*.

Your mind believes it knows. It believes life and the living of life has to be accomplished in a certain way. It can even believe that releasing of beliefs is so paramount that it becomes attached to releasing beliefs, which becomes the new *conviction*. It always has an attachment to the idea of what truth *is* as a tsunami of energy that overwhelms those who call themselves “seekers”. Eventually, you will

realize that as you dismantle all of the pieces you profess are real for you that you are left with absolutely **nothing**. *It becomes the new tone for you as the divine.*

You have created a world for yourself and projected it “out there”. There is no “out there” that your world exists within. You must let go of all of the aspects that you are holding onto. Holding on, not letting go, believing that you know, thinking that you’ve got it figured out, all of it is useless. It has absolutely *no use* except to lead you to **letting go**. There is no place to go. When you take these words into your being, you will find new reference points where you have *nothing* to hold onto. You will find the information flowing into you has not ever been accessed before. It releases you from opinion and leaves you existing as only the Presence of Your Essence, Source sourcing Itself. You will hear Essence within the tones of your divine partner.

Quiet Your Mind

Are you available to your Self? Do you allow time to be with You in ways that create feelings of harmony, peace and grace for yourself without anyone else in mind? You may say "Yes" to these questions and then, again, you might say "No" or at least "Not often". Most likely, you place yourself last in the scheme of things and feel that it is your "service", as some so quaintly put it, so as to make themselves feel better about . . . well, *themselves*.

Being available to your Divine Self, aligns you with the frequencies that allow you to truly feel you are not living through the filter of yesterday's memories or tapes. Some of those recordings living within your soul are like heavy hammers dealing blows of recognition every time the thought pops up that reminds you of the past (be it this life or in another). These recollections have a specific energy signature causing a distinct significance to arise within you. Stored within your cellular memory and soul record, they continually raise their voices to be heard while you attempt to ignore them.

If you are lost in the tapes of your childhood or musing about your future anticipations, it is not possible for you to receive the information that is flowing into you within each moment. You must be silent, clear and alert to hear the transmissions unconsciously resonating with your present frequency.

What undermines you in this undertaking is your belief that you are "doomed" to live as you live and hence, submerge these feelings underneath your

"real, spiritual, proper" experiences. *How can you possibly listen and bring the spirit of life into your physical comprehension when all of this clamoring is going on in your mind?* In addition, the pandemonium is supported by everyone else who is living in the same state of confusion. It is the basis for much of the separation consciousness within this sacred earth and the division within holy relationships.

This is where the Essence of your authenticity comes in . . . plain and simple. The actual view you have of your Self knows that there have been experiences written into your soul record that have not been balanced. (*No, this is not about karma. Karma is relative to good and bad and they don't exist.*) The state of imbalance causes a rift in your coherent frequency bringing to your attention something that needs to be addressed. Often this awareness will come to you during dreamtime when your subconscious begins to trust that your awakened consciousness will handle the situation. If you will quiet yourself with your partner, you will see into that sacred mirror and the alignment will become much easier. You both live as the Nameless One in form.

If you are lost in the false self of the ego personality, you do not have the limitless, eternal frame of reference for information access. You believe that a particular manner of living life, based upon your presumptions, is the source of your authenticity and this is the opposite of the truth. No thing you have lived within your past will give you access to this Present Moment. Only your attention upon this moment can do so. Silence within your mind is the open doorway to the flow of divine and the expression of it in all of your relationships.

Why is this inducement so important? Because you are becoming acquainted with you and that aspect of your personality has a lot to say to you. It is showing you how little you know about yourself and, ultimately, is the pathway to your divine introduction to your Self, your Essence, your Divinity. It doesn't take special knowledge or particular tools. It does take courage, willingness and *time*. Be patient with yourself and be excited. You must know yourself and yourSelf well if you wish to relish your holy relationship. You are taking a magnificent voyage from which you will not ever return since the destination is to **know your Self as Home**. Within Home is infinite information existent within the Nameless All.

Here is where listening comes in. The Cosmic Mind is in absolute and complete communication with you and your heart, in turn, is sending waves and waves of energetic transmissions to your brain/mind stimulating chemistry in your physical body.

Until you allow yourself to legitimately experience the authenticity of what you hear (and that “hearing” can be through feelings, sound, or taste), you will constantly sense yourself slightly at odds within your soul's Essence. This is not a judgment upon your competency to establish a meaningful relationship with the Cosmic Mind. The honesty of your self-expression, the soul-motivated, spirit-enhanced life you say you desire to live does not exist in the same realm as discord and disruption. Hence, all that is not in harmony with your intentioned, self-directed spiritual awareness has no choice but to be *lovingly* sent on its way so that true resonance in holy union may become apparent.

I emphasize *lovingly* because if you don't relish loving all aspects of yourself those elements will cunningly *appear* to disappear only to be found hiding out in the secret corners of your mind waiting for a moment in which to grab your attention once again. I iterate - **the aspects of you that you don't want to address want you to love them from the depth of your Holy Essence.** Come into balance in order to be in alignment with Cosmic Consciousness consciously. From out of the depths, your innermost silence is calling. Roll out the red carpet and say to these aspects, *"Welcome home. I've been waiting for you. You are an aspect of my Essence."*

Honesty within Silence leads to Holy Union

Learn to Listen in the Silence

Sitting quietly in silence reveals how much of your conditioned thinking comes up, comes up, comes up. As you observe it and as you begin to understand the creation of that which you are, the awakening *to* that which you are, the reality of that which you are integrates into your personal view of things, you lose your particular conviction – your personal view of how it is. You open to all of the possibilities that exist within All That Is, **that which you are.** *Ask yourself how open you are to every possibility. Do you believe you know how your life “should” unfold? How limited is your belief?*

Let go – completely, absolutely and totally. Now infinite information has an opportunity to flow into you. Divine relationship has an opportunity to come your way. You no longer worship your judgments, your opinions and your beliefs. It all falls away. Freedom, realization of the infinite presence of you, the capability you have to bring into fruition all that is comes into being **as you**. It is simply the release of your belief that you *know anything*.

Now you have opened wide the door to all aspects of You, the sacred and divine. You cannot send or receive information through energy already carrying information. All transmissions rely on carrier waves that are devoid of imprint enabling the information (in – inform) to travel within it. It *has* to be free. It **must** be empty. **It requires that it is valueless to you** so that the value of the information can flow within it. Focus upon this fact. Place your attention upon being an empty conveyor. Learn to listen *in* the holy silence.

Your ego personality and your brain/mind is rising up shouting, “No, no, no”. Your soul, your heart quietly says, “Yes, yes, yes”. Your mind wants you to look outside yourself for help, guidance and words of wisdom. **It absolutely, positively does not want you to believe you are completely capable of knowing unlimited living.**

This is what you are being invited **to experience, to be, to do** in this moment. Until you commit to the **yes**, you will endlessly revolve round and round in a world filled with confusion as one belief is replaced by another. Once you render all present thoughts valueless and make a commitment to release the knots tying you to them, your heart (as the voice of your soul) takes over and leads the way. This alignment creates divine coherency, which leads to holy relationship.

If you will take this into your image screen (your imagination), if you will look at the reality of it, you will no longer be caught up within the images that appear in your inner vision and replace them with the infinite expanse of all that is possible. Then you will begin to realize that the illusory world you have built for yourself can no longer be a reality. The reality of that world does not exist. **It only exists within your mind and your mind is clueless.**

Let the divine, open heart that sings the song of your Higher Self be your only guiding light. Let the tune you carry be Holy Union.

Week Seven:

1. Spend this seven days paying attention to the chatter in your mind, especially when someone else is talking with you.
2. Schedule a date night when you and your partner can sit and talk without restraint. Set an alarm clock for ten or fifteen minutes in which each of you has the floor. The other person cannot interject or ask questions during the ten or fifteen minutes. Then trade. You are quiet while your partner talks for ten or fifteen minutes.

Once you have done this portion of the exercise, share with each other what areas you found it hard to “hear”. Tell your partner when you were “drifting off” in your mind and when you were really listening.

When the two of you become practiced at listening to each other, you can laughingly signal when one of you has “gone away” from the conversation. ***You will notice that being seen as you do so increases your sacred union.***



Week Eight: Enjoying Each Other

The biggest part of remaining in an ongoing, divine relationship is making the decision that it is something you want to do. Does this sound overly simplistic? It is not.

Many people feel that they have grown tired of each other because they have stopped enjoying the sacred companionship of the person they committed to years ago. ***Ask yourself what attracted you to the person to begin with*** knowing that those aspects and attributes have not disappeared. They are all still present if you will look for them with an open heart.

Enjoying each other includes being able to express genuine, divine, heart-based love without fear of what the other person may say or do. Perhaps you were not raised to express love openly. Or you may have attempted to do so in the past only to find it was not reciprocated which made you fearful of expressing your love freely.

Being able to say the words, “I love you” plus demonstrating your affection through gifts, playfulness, shared moments of mutual affection and enjoying each other when *nothing else is going on* strengthens the depth of your relationship. This inner value is the very foundation of the path to union you are walking together.

The holy relationship you have built together has a life of its own. It needs nurturing, joyous attention and feeding as much as a person does and the two of you are the only ones who can do this successfully. When you take the time to

realize how much fun the two of you are capable of having when you release the need to serve only your own wants and desires, big changes are possible. The greatest aspect of these changes is that they change both you and the relationship at the same time. The divine union you have created is nourished by your playfulness and laughter.

Love is a natural vibration that is present when you are not in fear. Fear fuels all of the anger, the hesitation, the doubt, the worry and the pain. Love fuels peace of mind, trust, compassion, consciousness and communication. Sometimes it may feel like a big leap to agree to be filled with love for all that is happening and yet if not you, who? It is a Source experience that you are having - no more - no less. The experience will be exactly as you decide it will be, in each moment, in each day. What is your decision today? How do you and your divine partner decide to live daily within your holy union?

This type of loving includes not taking your partner or the relationship for granted. Pay attention. That is the heart of enjoying each other and playing well together. Watch children at play. See how much attention they pay to what they are doing on the playground. This is focus on fun. It is how to enjoy your sacred relationship without having to place emphasis on its spiritual nature. ***All that is physical is also spiritual.*** Place your attention not only on the individual, but also on the union you are creating knowing that ***enjoying the creation is the basis for its existence.***

Your daily life is comprised of the reality you create by your perception. Your perception is created by belief in what your experiences have told you will happen when you act. If you are to be the ones who change the earth, you must go into uncharted territory. You must be willing to go where no one has gone before you. That precludes using your perception (based on the past) to tell you what to do next. ***And, you must be willing to shift individually and together if you really do wish to “change the earth”.***

If you can't use your experience, what can you use? You come equipped with the technology needed to create a new software program for yourself. *It is in your heart. The heart is your connection with the Universe, its pulse and its rhythm.* The heart has its own knowing. It does not depend on the brain within your head to tell it what to do. The heart is your mainstream program developer. You have only to trust its “knowing” to introduce yourself to the next step in life

and therefore, to the next piece that you contribute to the transformation of everything in and around you.

What keeps you from listening to your heart? Lack of practice coupled with a support system in your culture that tells you that you should listen to your head. It is so much easier to go with the crowd, be one of the herd. And yet no leader has ever had that luxury. The surprising fact is that in your present millennium everyone has the capacity to be that leader. All it takes is the willingness to surrender to the voice of the heart and to follow what you know needs to be done rather than what the mass consciousness has pre-decided for you. This is why it is important to embrace your divine alchemy individually and within your holy union. ***You each must be present 100% to emerge 100% within your divine relationship.***

So, what is your decision today? Take a moment to feel how you are experiencing life, this moment, this breath. As you make the changes in yourself, the mirror you become will be the change you see in the world. Then you can base your perception on your experience and begin building a new earth . . . together.

Enjoying Love

That moment of oneness when you first begin to feel that someone else might be connected to you in ways you have dreamed of ~ isn't that what you believe love is all about?

There is something much more tangible than that fleeting feeling. It is recognition that you and this other person are not so much "other"; rather, the two of you combine in so many ways.

You either are contemplating a relationship or are already living within one. If it is the former, notice the tips below. If it is the latter, pay attention to how your ongoing union opens up when you enlist the feelings you experienced during your original meeting.

Here are a few tips to assist you in accessing the first encounter:

1. Do you feel like you could talk with this person forever and you know he or she is really listening? If you don't, stop right now because it is not going to change.

2. *Do you want to hear what the other person is telling you about him or herself and you find it striking instant cords of recognition within you?*

3. *Are you enjoying this person's company? Do you **like** him or her?*

You Are Love ~ You Are Light

The physical and the spiritual are one. Spirit is constantly in-forming the physical bringing into formation all that consciousness experiences. Without specific beliefs, prejudices, judgments and opinions, consciousness flows with ease and grace throughout the energy of this dimension. While a belief system appears to be inherent within the brain/mind complex, ***it is not the ideology that is the constriction; rather the attachment to it.***

The *personality* expresses within this realm either aware of itself as spirit in form or unaware. The spirit is not “looking” for relationship. It is the individuated, divine consciousness that is doing the seeking. As conscious awareness accelerates and expands, recognition of the inner divinity (oneness within the Source) becomes the basis for existence. As consciousness exercises itself within each incarnation, building upon and including all resultant experiences, focus is eventually given to knowing what a state of being *is* – **it is the awareness of enlightenment.**

Becoming aware of conscious enlightenment is an expansive, maturing experience. It is especially sacred when shared within divine union. The courage to accept oneself as the only source of information (since each *is* the Source) and to rely only upon Source-based inner knowing signals the end of dependence upon the *mass consciousness*. It is movement out of *herd mentality* and into the expression of the soul’s personality without the reliance upon “exterior” support. Each member of the holy relationship is strong, authentic and present individually.

Within this self-directed consciousness, one dares to step away from the interpretive “wisdom” of humanity and focuses attention upon the soul’s personal journey. Every human being is capable of making a decision to become consciously aware and to act within that state. ***Releasing the bonds*** of programmed belief systems and the judgments of dual contrast is the absolute focus of freedom and liberation in human form. Once these bonds to beliefs are dissolved, living as the divine in sacred relationship becomes playing in the garden of the gods.

Realization of being the Source in a physical body can create a feeling of reconnection with an *idea* of God. Dissolution of the concept that it is possible to be *disconnected* from that which **is** will be one of the first aspects to experience as light in form.

Sometimes life might feel like a very dark world. Yet, again, that is all based on belief. As the Source in form, there is only light. Each human being is light in form, hence *enlightened*. There is no separation from the light even after leaving this embodiment. As light in form, you and your partner now have the opportunity to merge within your collective light streams.

Within the awareness of enlightenment comes recognition of being the *Christus*, the *anointing*. The experience of time within space will change as the transformative time within this frequency takes on new meaning. Human beings are bringing more divine information into the human system.

The Christus is the light not a religion. The Self has summoned itself into this place, into this incarnation, into this incarnating *within* this world to experience physicality and bring its light into the bio-electric field. This means that every desire, every thought, every idea is actually a focus of the Source Itself. This includes all of the playfulness, humor and joy that the two of you experience within your sacred union. It is Source enjoying the experience of being physical through each of you.

No thought, feeling, emotion or idea is separate from Source. There is no *straying* and **there is no path**. The journey is a symbol in physical form of the light manifesting as the Christus in this dimensional realm. You *are* your journey.

Does this take work? It may seem like it does. Yet rather than seeing it as work or even play, begin to experience it as the journey to create and resonate as a conscious awareness of ***being light in form***. Let your days and nights be spent together in this earthly **playground**.

All that is manifest and unmanifest is *entangled*. All is an experience of the whole. Awareness of being light in form, *in-forms* the whole. It is a mirror mirroring back to the mirror. The transmission and the receiving of the information are simultaneous.

Learning to Play

How playful are you? Do you remind yourself that you are God frolicking in the Garden with your divine partner?

Non-sexual playtime is imperative for your continued enrichment – individually and as sacred partners in union. If the two of you have specific sports, activities or games that you both enjoy, take part in them regularly. And, make time for your personal times apart enjoying the activities you wish to enjoy, individually.

If you select one activity per week (at least) and regularly take part in enjoying your time together *without having to perform specifically in any way*, you will begin to sense an inner richness emerging within your relationship that you might have thought was missing. *Living life is about enjoying life. Living your relationship is about enjoying your relationship.*

Human beings are born to play. Look at children. Unless prompted to view something as work (school), a child will play all day with whatever he or she finds entertaining. It is as natural to humans as it is to animals. Haven't you watched puppies or kittens as they begin to blossom into older versions of themselves rolling around on the floor with their brothers and sisters? They chase each other all over the house and yard. Nothing is work to the animal world. The human mind has constructed work as something necessary precluding playtime. *Playing is much more important to human growth and expansion.*

Learning to be good playmates includes allowing time for each of you to be alone. Perhaps you like quiet time to meditate or read. Perhaps he or she wants alone time to watch a loud movie or listen to raucous music. Examine the desires each of you have during your recreation time and give each other plenty of room to experience what feels needed. You may also find that what you believed you didn't enjoy becomes much more worthy of your attention once you witness how much your partner likes to play in this way.

You dated to begin with and there is no reason why you need to stop dating because you are living together. Schedule date nights, days, weekends or even weeks and get to know yet another side of him or her and, ultimately, yourself when you step out of the day-to-day and re-create. While you might believe that dating is something that has long since gone, the only place it disappeared lives

within your mind. Open up that “black book” and give a call through mutual desire to know each other better and better. Be each other’s divine mirror.

Games People Learn to Play

So what can the two of you do together to play without having it become something that only one of you enjoys?

First, look at your usual hobbies and activities that you each engage in without each other taking part. How might the other one fit in?

Have either of you suggested that it “would be fun to do this” and neither of you have taken the lead to make it happen? You don’t have to make sure certain rules are followed. Often one partner is actually waiting to be invited to do something fun and doesn’t know the other one is thinking the same thing. Issue an invitation and wait for the loving RSVP. All it takes is an enthusiastic, loving, suggestion and then you are off to:

- Cook something delicious together
- Walk somewhere that you haven’t been before, maybe with a picnic
- Go swimming in a natural lake
- Take in a movie that is different from your usual genre
- Check out the local newspaper for the latest doings
- Go to garage sales and buy each other a gift
- Rearrange the house or apartment
- Make breakfast and carry it back to bed
- Give each other a backrub and bless each other’s energy
- Read to each other
- Write each other love letters
- Play hide and go seek
- Lie on your stomach in the grass and watch the ants

You’re beginning to get it, I am sure. It is doing something together that is fun, unusual and playful rather than feeling like it is important. My partner always says, “It’s never too late to have a happy childhood.” So, let’s add, **“go to the park and push each other on the swings to the list”!**

Week Eight: Sharing Your Divinity

Schedule a weekend (or more, if possible) in which you and your divine partner can turn off the computer, telephone and any other communication device.

Set down beforehand (by being very honest with each other) what each of you would like to do together during time scheduled for the two of you only. This can be a sacred ritual or it can be climbing to the local hilltop. All is perfect within your divinity so don't attempt to make it "spiritual" unless that is what calls to you.

Once the two of you have devised a plan regarding what each of you would like to do with this holy time together, acknowledge that you might change your mind in the moment. For instance, if you decide that walking through the local park would be perfect, you may decide halfway through the walk that you want to go get ice cream. Whatever comes up is perfect. Follow your instincts as a child does.

Make this time together lazy and easy. Stay in bed longer than usual. Bring each other coffee, tea or your favorite morning beverage.

If you are tempted to check out the Internet or wonder what is on the news, tell your partner and decide if that is something you want to do together. This is what you did when you were dating. Do it as one now and see how easy it is to fall back into the routine you knew as your sacred union was birthing itself.

Let your imagination be your guide during this playtime. Schedule these times together often. Make it at least once a month. It will become a sacred habit of joyous union and your relationship will flourish in its holy richness.