

Dear Friend.

Testosterone can give a man both the darkest cruelty and the most powerful love. The difference is purely the state of evolution of the man wearing it. From the consciousness of a gorilla (and below) to the great sages that have walked this earth male energy has healed and killed. It's time, mate, to evolve-ya-bastard.

In Australia, the word "old bastard" is a term of endearment. And evolve-ya-bastard is in the same family. You'll also be relieved to hear that this book is not for men to get in touch with their feminine side, I think they've got that. This book is about harnessing the power of the male side for the greater good. It is really about doing things differently, like, not, fighting fire with fire. Someone has got to have the courage to absorb some of that antagonism and teach a new way, the buck can stop with male energy that has evolved beyond its primal state.

The other thing you'll be relieved to know is that this book is written by a bloke for blokes and it doesn't dance around the topics. My clients call me the Spiritual Pitbull because my desire to talk straight to the person's heart and not get caught dancing around the ego. But no worries, my intent is good, the Spiritual Pitbull like the title of this book, comes with an Aussie smile.

Over these years I've worked with thousands of women suffering the violence, threats, mistreatments and abuses by their respective men. I've been so tempted throughout the writing of this book to name the "bastards" that inspired me to write it. They come in all shapes and sizes, some of them extremely wealthy, some are members of indigenous groups, and some are yoga teachers. Evolution can hide behind many disguises, but I refrained, because I don't need to name their names, I was one of the culprits.

So, I know how easy it is for men to get into this rut. I just have to remember my own stupidity in my divorce so many years ago and the total ignorance of my behaviour that caused it. I just have to remember how, in spite of my love, I acted like a baboon. Now, nearly 25 years down the track, after thousands of hours in meditation retreats, yoga classes, Himalayan caves and years of academic study, I feel qualified and experienced enough to write this book and help deal with the issues at the source.

Evolve-ya-bastard means having the balls to stop addressing every issue in life as a need for victory. To humanise, to take that testosterone and channel it into a personal power that can be used for productive good, instead of destructive bad. There's no good pretending that this testosterone doesn't exist, there's no solution in being guilty about it or becoming all "woosie." It is a matter of tapping it, focusing it, being mindful about it. The evolution of that energy begins at home.

This book is just the start. There's more to come, a TV show, a radio program, a PODCAST, and more. It's time to EVOLYABASTARD. Come on, join me. If I can do it, anyone can.

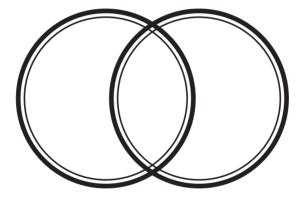
With Spirit,

Chris Walker

Content

Chapter 1.	Love is Sacred	11
Chapter 2.	Love for Singles	85
Chapter 3.	Understanding Others	181
Chapter 4.	To Go Back or Not Go Back	199
Chapter 5.	Evolve to Love	229

Content 11



What Makes Love Sacred?

The intent of this book is to share some wisdom around healthy relationships. A wisdom that will make your relationships last longer, be happier, sexier, friendlier, more romantic and fun. I know that's a big promise, lets see if, after glancing through this book, and trying to get the wisdom across you achieve it. I hope you consider it worth a try.

This two-circle thing represents sacred love. The part in the middle, where the circles cross over is called a relationship. The rest is called love. Now that I have managed to confuse you. Let me try and straighten it out.

Around the world relationships with loved ones are getting less sustainable. The statistics show relationships are getting harder to sustain, people are getting divorced and, worse, staying in relationships when the spark is dead. (Religion, money, status.)

The whole reason for this trend can be understood in that diagram, and better, prevented through the wisdom that comes from it. By the time you finish this book, you too will be an expert on relationships and love.

Now, please don't think that I am suggesting that being an expert on relationships means you are going to have a good one. No, far from it. What I am saying is that being an expert on relationships you'll at least understand why your divorce is happening, or why you are single, or why your sex life has declined. What you do about those things, no book can define.

But this can bring you peace of mind. Global change begins at home. We may not be able to change the world all at once, but we can come to peace with the diversity, challenge and judgments we have with it. This, at least, we can learn at home.

Love, the Greatest gift. Cherish it!

For each and every human being on earth the aim is to bring love, happiness and abundance into everyday life. Nature doesn't want unhappy people, no struggle, confusion or violence of heartbreak. That is not nature's way. She wants to expand your heart and grow your love. Life begins and ends with the most wonderful foundation, love.

"Fall in love forever, see stars and moons and heavens every night. Let your arms fold around the heart of your lover, and feel the space in absolute delight. Feel in love forever, like there's no tomorrow or yesterday or today. Let your love become a moonbeam to forever, and let dreams be dreams all day."

My partner refuses to change. She's so stuck. I have been trying to convince her to come with me to some yoga retreats or self help workshops, but she just raises her eyebrows and tells me to "get a life". I think I need to leave her because she is not evolving, is this true?

Learn Emotional Vulnerability

My suggestion is that it is you who are stuck, not her. God is not a yoga retreat, nor is self-development the path to love. Emotional vulnerability to your partner is.

Your infatuation with so-called spiritual awakening reveals there is something you desire to get. Desire is the first sign of ignorance in consciousness; so, by revealing a lack of desire to go where you want to go, your partner is demonstrating a higher consciousness than you, and your yoga teacher. Consciousness means, "helicopter" to rise above and see two sides. So, you might well be advised to stop and think before you run from the essential mirror nature is providing. The greener field is only green because there's lots of fertilizer on the ground and when you go there you'll smell it, and step on it. Then, the green isn't so green.

A resistant partner reveals an infatuation in you. Your hunt for pleasure, and your desire to escape reality into the pixie land of higher experience, might be a better place to start looking at where your own consciousness is stuck. Try reading "cutting through spiritual materialism" and then soften your "greed" for more and more awaking. Maybe the most awakened you can be, is when in your partner's arms, you simply agree.

I am about to be married. Can you give us some advice as to how to avoid the 7-year itch?

Dream Matching

If more people thought like this, the world would be very much happier.

The seven-year itch is the desire to find a new partner after seven years. Statistics show that so many relationships break up around 7 years in.

Love is not enough to hold two people in relationship. We can love anyone really. We can love the door, the chair, the carpet, but we choose a relationship with a significant other because of both love and, hopefully, other things as well.

Initially, it might be pleasure. But pleasure is no incentive for relationships to stick. Pleasure, like ice cream is a never-ending appetite, satisfied at one level, it just breeds a bigger appetite for even more at another. This is one reason for a honeymoon, to overdo pleasures, and get back to love as quickly as possible.

The answer to your question is DREAMS. Two people come together in relationship because they have dreams and their dreams are given great hope of achievement by being in this relationship. For many people, those dreams come true within a few short years (7 usually) and then what?

My advice for you is that every year, you and your partner do a vision quest for lovers. This vision quest for lovers you can do on a two-week vacation or at home. It takes about 15 minutes a day for up to 6 weeks. The result is continual and ongoing growth of your dreams. Now, this is the stuff of the glue that binds people in relationships. More than goals, like make a baby, build a house, save some money, do a holiday; dreams eventually grow into service for others.

So, I wish you a happy marriage, for better or worse, richer or poorer, in sickness and in health. This two-sided statement is a great wisdom. Balance is the key expectation in love. Relationships that embrace balance have a realistic expectation of the true journey of relationships in which love can thrive.

My family is very religious but my partner isn't. There is always a tension that exists between us around this. I don't know what to do. On the one hand he is far more important to me than my family, yet, my religion is important to me. I am not a strict religious person but I do like to have connections to my church. Is there a compromise that will work for us?

Perspective Is Everything - The higher the better

Religion is important. A sense of a greater being, and a morality that flows with it is nice. Sadly, however, many of the preachers, and teachers of religion are very insecure and teach fundamentalism instead of love. They still teach from fear and fire and brimstone, and threaten people with all sorts of condemnation if they disobey. This makes most celebrations of religion difficult to apply in real life.

Choose your preacher well. Make sure that love and abundance is their message. Understand that religion is not a highly conscious philosophy but rather a mass teaching for the broader population of earth. The majority of whom are still struggling for basic necessities. The idea that one philosophy can cross such a great divide has not really been thought out.

When it comes to religion everyone thinks his or her watch tells the right time. A childish and pathetic attitude of "we" versus "them".

One can accept the gifts of religion, and yet reach out way beyond that little perspective of life and find a much bigger reality. To understand the whole of creation and not just a fragment of it we must look for laws that permeate every thing, and therefore reflect the whole of creation, not just a humanly invented fraction of it. And this is what I am suggesting as a solution for you and your partner. Evolve yourself so that you can embrace your religion as a fragment of a bigger story. See that your religion is beautiful, but incomplete. Evolve.

The Universal laws of nature are an attempt to see our lives, our religions, our world in this bigger context, and the order in the chaos. An order that pervades every molecule of existence, every moment of activity, every action known as history and every vision known as the future. There can be no escape from a Universal Law and by inference those laws must be self-evident.

I want more love in my life. I work hard, stay fit, eat quite well and do the right thing by people. I am a business leader and have to deal with a lot of disturbance. I feel tired from all the challenge. What can I do?

Soften Your Mind

Obsession with more and more kills love. When you want more love, you actually destroy it. The masculine side of us is often obsessed with trying to do better, get more, improve their lives, create better, and reduce this and that. Doing things to make things better.

Love is the one thing that is the complete opposite. The more you want it the less you have. Why? Contentment, to be happy with what you have is the grass from which love can grow. Contentment, means not wanting to change anything, no desire for more or less. Just happy with things the way they are.

The confusion for people is in the difference between relationship and love. You can love many people, but usually, we choose one relationship with a significant other. We can want, desire, wish for many things in a relationship. There are things we can do to improve relationships and make them worse. But love is sacred, unaffected by anything. You love, unconditionally, regardless of what happens, you simply love, past present and future.

Your model of achievement is hard work, obviously you are always making a very dignified effort to achieve your ambitions. But love is the opposite. To love is to soften your mind. To love is to let be. To put yourself in a place, space in which love can exist.

Many people think they have to do something to earn love, or to give it. My children sailed away on a boat for 5 years and I thought I was a failure as a father. But I realized how stereotyped I had become. I thought the only way to love them, was to do things for them, or expect things from them. When I finally lost that capacity, I learned to love them. I just sat down and loved them. It was a miracle in my life. The first time I found that love is not something you do, it just is.

In the noise of the average life, love takes a backseat. Desire, ambition, deadlines, budgets, travel. We are clumsy lovers. We think we must finish our work, then love. But if you can evolve your consciousness around love you will get the idea that you can work, run, dance, argue and deal with challenge, with a stillness within. Love doesn't have to go away, just because you are working.

My partner and I are professional people; we live in a big city and have executive offices in great companies. We have been married for 15 years but we are growing apart. Any ideas?

Connect to the Earth

The farmer who kills the cow, cooks it differently, the farmer who grows the vegetable peels it with such reverence because that person is aware of the gift of it. The Indian villager washes her Sari as if it was made of gold. She has seen the cotton grow, the weaver weave, she has sold her heart to own it. The Sari is a treasure because such a person is aware of the miracle of its existence. In third world countries life expectancy is so short, people start celebrating life very young, because they know before long they are going to die.

But in the city we tear open the coffee packet with no relationship to the villager whose hands are stripped bare from picking or nurturing or praying for their coffee harvest. The vegetables we buy are washed of the dirt and probably delivered in a plastic bag just in case there should be any blemish. Our clothes are dry-cleaned, their value is measured in old or new, clean or dirty. We have no relationship with the earth from which life comes.

This is our city life, one in which, with technology and science we can do extraordinary things, each of us is so fortunate, we are grateful for the individuality of our existence, choices we can make, things we can have and do.

However there is a loss with all this. Complexity has taken the place of beautiful simplicity, our connection to the earth is lost. And your relationship is just another one of the statistics that are an ever-increasing consequence. To sustain our roots goes beyond our blood. It means honouring the earth from which we find true love.

Don't drive to the countryside looking for relief. Bring that countryside to you. Remember the beauty of that natural potato, or the cotton of your sheets, the smile of the child, the moment without ambition, a moment without technology. We no longer live off the land but we can bring that essence, that exact essence of awareness to our lives by celebrating all that is natural, mixing this with all that is technical. Evolving forward, with respect. Just this alone will remind you of how important it is to savour a look into your partner's eyes, and remind yourself that you truly love them.

I cheated on my partner. I still do from time to time. I am not guilty about it but feel that this might be a sign that my relationship is over. Should I tell my wife?

They Already Know

The tendency people have when they hear this question is to answer it by holding your behaviour up against some moral or ethical code. A sort of religious right or wrong. But from nature's viewpoint there is a different way to answer this question.

First, let me start at the end. There is no need to tell someone that you are cheating on them. They already know it. We are all interconnected; none of the lies we think we get away with are actually succeeding. Your partner already knows your love is corrupted, they just might not trust their intuition. So, the impact of your actions travels through walls that you cannot control.

Second, an affair is no sign that a relationship is over. People have affairs for two general reasons. The most common one is through shear boredom. When a partner looses inspiration in life, their vision and dreams no longer inspire them, then, their partner will have an affair most times. So if partner A is working like a robot, but just doing it to pay the bills, then partner B will typically have an affair. Sometimes mothers become so obsessed with their children they forget about the rest of their dreams and this also causes affairs.

The second reason people have affairs is because of fear. Many people are addicted to the highs of life, usually because they are depressed and afraid of that experience taking them over. So, when a relationship starts to settle into deep and balanced love, some people think that it is a sign that the spark is gone and have affairs. But a great relationship gravitates to complacency, and when ambivalence is there, love is at its deepest. Many people run from relationships or to affairs when ambivalence comes because they are afraid to love. They are afraid of the silence, the calm, and the intimacy of ambivalence.

I don't know what the trigger is for you to have affairs, but I can say that you are consciously causing violence to someone if you continue and, you are celebrating the sweet things of love with your lover and suffering the other side with your partner. Nature will integrate your two halves eventually, whether you tell or not.

Does it have to be that the best moment, the most delicious moment of a relationship is that moment when we first fall in love? My experience has been that when I look back on my relationships they were brilliant at first and quickly went downhill from there.

Stay Thankful

In the beginning we are emotionally available. Then, so quickly we can get closed by stress and think that our relationship can deal with it. But we're wrong. It really takes effort to stay emotionally open to love.

In that moment of falling in love, we are fully present, there is no desire. We are relaxed; suddenly we are thrown back into ourselves. Unless our mind completely ceases to function in that moment, we can't fall in love. Our mind ceases and for just a moment there is no desire, no appetite, no need, no hunger, no pain. The mind is quiet, calm, relaxed. No more wanting, nowhere to go, no tension. It may happen only for a few moments, if it happens at all.

That's love. Then there is relationship. Now just because we fall in love does not mean we are going to have a good relationship. They are two different things. We fall in love because of one set of circumstances and we have a good relationship because of another set of circumstances. What we are trying to achieve is to have both. But they operate on different planets.

So some people are good at relationships, but never fall in love again after that initial few moments. Therefore, these people "know" they love their partner, but don't experience it all that often. This leads to loveless relationships. Couples who are together for the kids, or because they have too much invested in material and emotional terms to consider moving on. It's like a nice looking orange with the skin on, without any juice inside.

So, even if you were the best relationship manager person on earth, if you can't keep falling in love with your partner, it's going to get miserable. Then, people become alcoholics, workaholics, sportaholics, affairaholics, computeraholics, and TVaholics. They lost love so they hunt for anything to avoid facing that terrible truth. A loveless relationship drives a person mad.

So, to fall in love over and over stay humble. Stay thankful. Get out into nature and turn off the phones. Be alone with each other, in stillness. Empty your mind, throw your expectations out the window just for an hour each day. Just be. No meditation, make each other your meditation. Learn to shut up – look at each other and just smile. In other words – just stop running and it's right there waiting.

Our sex life went from wow to fiz in three years. Maybe the kids have had some effect, maybe my partner is having an affair. Maybe a lot of things but the bottom line is, "I'm not getting any" HELP!!!

What You Appreciate Grows

I want you to re-read your question. I'm not "getting" any – maybe wiser to say, "I'm not giving any." You sound like you are the victim of an emotional blockade and from the tone of your question, I don't blame her.

The greatest aphrodisiac on earth is a small compliment. You don't even have to mean it. All it means is that you don't want to change someone and you do appreciate them. That's how office affairs happen, "great report Mary," "great excel spread sheet Bob."

Compliments don't go to people's head. No, you can compliment people all day and it'll be just fine. You'll find that the more you compliment people the more horny you'll get too. After a while it becomes a habit. You just say complimentary things to people.

Sarcasm is the opposite. Some people think they are funny saying negative things in a positive joking way. But they are shooting themselves in the foot. Nothing negative, critical, wanting to change someone, causes sexual arousal unless the person on the receiving end of it, is a masochist thriving on self-abuse.

Evolved sexual behaviour is a 24-hour a day thing. The idea that you can be nice, 30 seconds before bed and achieve great pleasure is not a modern mind-set. Love is cumulative, so is sexual desire. Compliments build attraction, dreams keep it magnetic. Try it, on yourself for a start.

Do you have any great ideas for Valentine's Day? I've exhausted all my ideas and created an expectation that something special is going to happen.

Love Is Cumulative

Like Christmas, Thanksgiving and Chinese New Year, it's easy to become a little jaded about the commercial aspect of these once quite sacred days that have been taken over by advertising agencies as an opportunity to empty your pockets into supermarket stores.

Whatever it takes to cause people to remember how much they love others is worth every deluded penny spent.

The real issue with Valentine's is that it sort of excuses us for the other 364 days of the year. Valentine's day is every day. If you treat your partner with disrespect for 364 days then the special something you talk about is going to have to be something that Donald Trump can afford.

For my way of thinking, Valentine's Day should almost go past unnoticed because the other 364 days are so special. What do we do on Valentines Day that makes it so fantastic?

We show our appreciation for someone.

We make them more important than everything else.

We think about their happiness more than our own.

We don't make excuses for tiredness, forgetfulness or mindlessness.

We are kind and respectful.

We declare how important that person is in our lives.

So, to your question I have no real answer except maybe you can consider raising the bar for 364 days and lowering it a bit on that one day.

My partner and I seem to go from vava vroom, to disaster in a matter of hours. From blissful love to almost hate. How do we stop this see saw?

There Are No Half Stories

If you want the upper then you better accept the downer. What is messed up here is your expectation that life is going to present you with half the story. Where do you think the balance will go?

The net result of all emotion is zero. Left side swings to pain are always balanced by right side swings to pleasure. This is sometimes hard to understand in the real world where perceptions are often loaded to identify one side or the other. When in pleasure we can't feel pain, and when in pain we can't feel pleasure. This is the very definition of emotion, delusions of perception. Real to the individuals involved, unreal in truth.

Love can travel up and down like a coiled snake or a slinky spring. That means the spring can be compressed down or expanded up. Compressed down, the spring takes our love down with it, deeper into desperation and the more physical realms. Stretched up, the spring takes us into the more spiritual realms of unconditional love.

What expands and compresses this vertical spring is gratitude. The more appreciation we have for what we have, the higher or more expanded the spring becomes. The more judgmental, higher expectations we have, the more unthankful we are and the lower or more compressed the spring becomes.

My Partner and I have been together for 3 years but she wants more. Her body clock is ticking, it's either marry or finish. How do I make the call on this? For me right now I am really not ready to make the commitment but I really love her.

Don't Bundle Love

3 years? What are you talking about? You've been together for 3 years, what were you thinking. Suck the blood out of her veins and then leave? Sometimes I am bewildered at what people package into their decision making process. Exactly what are you waiting for? Are you looking for a better job, more money? What have you "bundled" into love?

Yes, making babies is a responsibility. That's for sure, and you probably don't want to stuff it up like someone else you know. But money and jobs don't guarantee a happy family. Love does. And love means that someone else is more important than you. Maybe it's time to let go of being mothered by your lover and turn up for a relationship with her.

Yes, I know she has her own agenda, and sometimes it feels like she's putting you in a box. But that box is not without its upside. You play baby you get babied. You want to be mothered you get mothered. So, these things are human and normal. Sometimes you have to see that you are not the driver of the boat. Maybe there's a bigger reason for your gift of 3 years. Maybe by following her intuition you'll get the better job and more money. It seems like you aren't where you want to be, maybe this resistance to her love is why.

Remember, that anything you aspire to have or be, becomes something that is separated from you, and blocks you. If you lose the awareness of wholeness you begin to play games with yourself. Self deception means you retell old stories in order to make the present feel acceptable, you keep telling stories of how it was, or even what we used to dream. If you colour the present with deception then you don't have to arrive in the moment, living like a child in a dream world, the nostalgia of the dream experience. It means you have lost trust in just being who you really are and start to live on fantasies of what could be, create a fantasy of some ideal. The façade become real and its mission is simply trying to avoid love. Wake up!

I am so stressed at work. I come home completely buggered. I know this is affecting my relationship. I explained the pressure I am under to my partner but she just doesn't accept it. What to do?

There's No Excuse for Abuse

Man, if there is one thing I hear over and over and over again is that men are victims of their work. It has to be the dumbest excuse for abusive behaviour in relationships I have ever heard.

What would you say if I said to you, "I am stressed at work. I don't have a computer yet, do you think I should get one?" You'd say yes, Chris, goodness no wonder you are stressed, everyone is using computers to make their life easier.

So, I say to you use the technology at hand to make your job easier. You know if you are tired when you get home there's no doubt you are tired at work at least for the last half of the day, and do you imagine what quality of work that is going to create?

Use the technology, evolve at work. Learn to do more in less time. This is called creativity. Here are just a few hints at better work practices.

Anything you do more than twice the same, invest the time to make a system to automate the process. That means write down a procedure, a step-by-step flow plan for getting it done next time. No need to reinvent the wheel each time.

Note for yourself that a person who loves their work actually gets energy from doing it. A person who is working to pay the bills will come home tired. Re-evaluate your motivation to work. Find purpose in it.

Human relationships at work are the cause of a lot of tiredness. Are you so wound up that you can't see the joy? Are you drinking too much coffee? Are you clear with what you want from people? Are you consistent in what you offer them as reward?

Rest during the day is important. Now this is not 3 hours on a cabana in Rio, that's recovery from bad work practice. No, rest is turning off everything for 10 minutes a few times a day and going to your heart. Try it and you'll see a difference. Evolve ya bastard. There is just no excuse for abuse.

My partner and I want to bring spice back into our relationship. We think we're a little burned out. Can you give us some ideas?

Thankfulness and Quality Control

Spice means romance and romance comes from gratitude. So you are asking how do we bring more gratitude into our relationship.

What makes one person happy, might make another person unhappy. Flowers might make one person happy but if they have asthma or allergies then this won't work.

So, let's cut through the short-term guilt driven gift-giving definition of happy. Let's go to the spiritual core of human existence and talk about real, sustainable happiness.

Happiness - real happiness comes from thankfulness. When a person is thankful that means their fears are not running their life, their worries are sort of taken care of, their insecurities are dealt with.

Now there is material thankfulness and there is emotional thankfulness. Material thankfulness is things like paying the rent, affording the clothes, paying for food, health care, education.

This is an essential ingredient for romance. Sadly, most people keep increasing their level of need for material comfort, so they never get happy. If there's enough money for a good life, they want great. If there is enough for great they want amazing. Really, they just raise the bar because they are hypnotized into thinking they can't afford to relax and be happy. That's one issue.

Emotional thankfulness is a little trickier. Very few people come through childhood without a few scrapes. So, in adulthood they develop expectations and phobias. It's those conscious and subconscious phobias that ruin our lives. They trigger all sorts of human interaction problems.

All relationships, if left to their own resources gravitate to the lowest in gratitude. That means that all relationships eventually drop down to be driven by the fears and phobias of people unless those people draw boundaries around quality control. Maybe it's time for you both to get thankful for each other and life again.

What has Spirituality got to do with me? All I want is a good woman in my life. I personally don't see the relevance in all this God talk.

Spirituality

I think there is a lot of confusion here. You are spiritual. Everything is considered spiritual. With spirituality, everything is a part of everything.

So, like it or not, you are spiritual. The longer you defy the law, the harsher the adjustment.

Mostly, spiritual awareness is about thought. Spiritual expectations of a relationship mean that you can relax into love more – that's all.

My partner lied to me. How do I forgive them? It seems until I forgive them, I can't get over it and am blocking my love for them.

The Illusion of Forgiveness

Forgiveness is a very important step. But it's the first step in 7 for getting over something and releasing love.

A person who gets stuck thinking they need to forgive someone for something, will never be complete. It's like they have to force themselves to remember that they forgave someone. So, it doesn't really stick. It's imposed from the outside, like driving instructions.

Completion really comes when we stop putting ourselves on some self-righteous pedestal from which we can forgive. Forgiveness implies that we are a forgiver, and they are the ill doer of bad things. It implies a sort of retribution, or capacity to withhold something, from someone who did bad.

Let's look at it from a natural law perspective.

There're two sides to everything (the law of balance) so, actually this person's wrong doing has a good side to it. Did you thank them?

Nobody can do to you more than you do to yourself. (Law of interconnectedness). If you got lied to they were just doing to you on the outside what you were doing to you on the inside. Now at least you can grow because you are now conscious of your internal stuff.

You've narrowed this experience into you and them. A sort of bubble in which you and they exist in isolation. Consider the idea that there are no victims. That what we judge we breed. Consider a larger dynamic to this situation. Maybe you judged someone (including yourself) for lying, and therefore attracted this. We evolve through learning to love what we once judged. Unlearning judgments is the evolution of your life. Maybe they were helping you undo some cultural, family conditioning. Can you see lying in a different light, or would you rather be self righteous, hold a religious perspective, play victim and block love? These are the choices.

We are thinking of renewing our vows for our love. Can you share some ceremonial ways for us to honour our relationship?

Everyday Rituals

I believe in ceremony as a vital ingredient for a loving relationship. I believe in the value of mindfulness. However, I am not a big believer in big ceremonies, my ceremonies are small everyday events. Like taking your shoes off before entering a home. Like placing things rather than throwing them. Like creating rituals around cleanliness and mindfulness like where the towel goes after a shower. Like bathing before bed, and considering others when it comes to my socks. I believe in everyday rituals like lighting a candle for dinnertime, and turning off the television while we eat. I believe in the ceremony of picking things up, and not doing two things at once. These little ceremonies are how I create everyday renewal of yows.

I believe in the ritual of not blaming someone for how I feel. I believe in the ritual of valuing my relationship higher than all the other elements of my life. I protect my love and my lover from judgments of others, family, friends, ex-lovers. These are my ceremonial ways to honour my relationship. You have to remember, love is cumulative. Waiting for some big occasion to renew vows is a nice idea, but if it defers everyday ceremony then it's defeating its purpose.

Create an altar in your home.

In Asia, there are very few homes that do not have an altar. A place of prayer where memories of those past, tokens of love, respect for higher powers are placed. Those alters can be a simple box covered with cloth, or, in the case of some I have seen, marble covered rooms with golden statues monitored and maintained by a priest full time. It matters not what the altar cost, it matters what it means and how much respect and devotion is given to its tidiness, maintenance and care. My altar is often a small leaf I collected from the garden on my way into my home.

This altar is my honouring of the love I share with my partner. If I forget to maintain it, then wow, what a mirror to my reality.

My girlfriend and I are moving in together. We just can't agree on so many things, which I think you'll say are trivial. But for us, they are really important. She has some heirlooms from her auntie and I hate them. I have some paintings she hates but I am really attached to them. Any ideas?

Honour a New Beginning

Our awareness of the energy that comes with things is quite low. In some parts of the world, they have priests or monks or Feng Shui masters come in to de-spook a house and check the "cleanness of artifacts." The average western consumer doesn't seem too aware of all this. But it goes to the core of your question.

When I stay in a friend's home, and sleep in a spare bed, I can tell you a lot about the person who slept there before me. In hotels this is a disgusting reality, that people can sleep in a bed, one after the other, and you are next. Everything has an energy associated with it.

In Sydney, at the Quarantine station in Manly, it is the most perfect retreat centre, overlooking the whole vista of Sydney Harbour, probably the best view in Sydney. But Aboriginal people will not go there, and anyone who does, spends the whole night in fear. I ran some retreats there and didn't tell people about those "spooks," but in the morning everyone was tired from a disturbed sleep.

You can become very aware of the energy of things. If a couple is arguing while one of them cooks a meal, everyone who eats that meal will experience the argument. How a meal turns out is not only about the level of skill the cook possesses, or the ingredients, but also what they were experiencing and thinking when they prepared and made it.

If you both want to move in, then some of your attachments are best left out. Both material and physical. So, vote things in, and vote things out. If both don't agree the answer is out. If the house is big enough create some private space and put your attachments in there, but this will eventually affect the whole home.

Buy a new bed, new sheets. Honour a new beginning. A bed, more than anything carries the past. If you really want to create the environment where love thrives, start by letting go the past. In both material and emotional terms.

I bring my work home. I have no choice because I can't get it all done in the time at the office. Is there a way of doing this that is healthy?

Prioritise

Of course, every busy person brings work home from time to time. It's better to be home with the family working than sitting at the office at 10.00pm.

The questions are how often? How much? And what mood?

It's healthier for people to work hard, intensely, devoted to their career and doing it because they love it. So why wouldn't you bring that joyful celebration of work into your home? Inspire the kids by your passion for what you do.

But most people don't do this. They bring home worry, frustration, tiredness, awful jobs they hate doing in the office. They bring home hassles and problems and have emergency phone calls with angry people about nervous production schedules or emotional reactions in the office. Fire fighting from home.

This is just not OK. This is unconscious. Home is for happiness and love. Offices are designed for productivity and creativity. Draw the line on "WHAT YOU BRING HOME" - Don't bring fires from the office to the house. Don't engage in trouble shooting from the house. Avoid doing boring jobs at home.

Many companies are now run by people who want nice peaceful happy people in the office. The consequence is that the dark side of office relationships and clients gets dealt with in the homes of employees. You'll find that people with disturbed home lives want peaceful offices. They'll even get consultants to try to cause happiness and love in the office. This is just rubbish.

The boxing ring is in the office. Do it there. Home is for love and intimacy. Keep the two apart. Don't bring the dirty work home. Deal with it, as a priority at the office. Keep your good jobs, the new PowerPoint presentation or whatever is great to do, for home if necessary, not the tax.

Aside from all this. Hard work is bad management. Work out how to get more done in less time. Create a hobby at home you love.

We're having a baby. We're having a baby! Any advice?

Children

Children are born to teach us love.

Children are only on loan to us until they are ready.

Nothing affects the child more than the un-lived life of the parent.

Be discerning about home-help, children are like sponges.

The only thing a child wants from a parent is love. How they define that changes over time. Starts with milk, ends with honey.

Children can reject your expectations. They can't reject your love.

The real duty of a father or mother is to love. All the rest is the mechanics. Value the invisible - the rest takes care of itself.

A loving home is one in which the parents love each other deeply.

Parental relationships that are faked for the kids, breed kids with false dreams.

Criticism becomes paranoia.

Silence is a wonderful gift to any family.

People become as you treat them. Save the last dance for me. Bring home the best of you.

Romance is revealed in your energy. That energy is one of appreciation, not expectation. Value what is higher than what could be.

I want to be a speaker like you and teach the world about love. I feel that when I do this, I will attract the relationship I deserve. What is your experience?

Love Without Boundaries

By all means follow your heart. Speak, teach, love. However, be cautious of the "I deserve" thing. You already "deserve" the best and nothing that you do can really change that. Maybe it will just make you aware of what you already deserved.

The real relationship we are searching for is with our soul. Our self. This self is not what most people think it is. It is not our moral or religious self, or our pretty or handsome self or rich or famous self, those are steps we take in the search. We are looking for the self that loves. The search for a beloved is that search. So, the relationship you deserve is actually the one you've got. And the one you want is the one with yourself.

The strange thing about this relationship with our self, soul, is that when you finally achieve it, there is no self to be in relationship with. To love all means no boundary, and to have no boundary is to have no individualized soul. Beyond the ego, the soul is a soup, a great soup from which you come and to which you return. Individuality is non-existent in the soup.

My partner left me and she has the kids and most of the money. I am suicidal. I want to die. Help.

Emptiness

Suicide means lost hope. That's fantastic in one way, because now you know what love is. Love is that feeling of "without hope," a loss of self, a loss of ego and mind. This emptiness that comes to a person in moments of suicidal thinking is actually egoless enlightenment. Love. When I went through my own divorce I got to the point of desperation too. I was so attached to being alive in "Dad", the owner of a wife, the possessor of a mortgage. I couldn't see myself existing without it.

I was ready to jump off a cliff until I realized I had nothing to loose by not jumping. I was dead in a way. In that moment I let go. I learned how to love. To give love, rather than being in control of love.

I think 20 years fell off my face that day. I couldn't stop laughing. I had let go of conventional expectations of what a father is, and what a relationship is. The marriage was buggered anyway. What I was holding onto was control of the woman I loved. I didn't want her to sleep with someone else. That was a bit challenging until I realized that to love is to want someone to be happy. So, I swung my thinking around and wished her all the success she could find.

Getting my feet back on the ground took time. But once I realized that there was a blessing in the situation, my ex-wife lost her power and went her own way.

We're a high profile couple. We're in the press a lot and we are separate a lot of the time with our work. Most people in our industry have affairs and their marriages become public property - disasters. How do we avoid the norm?

Holding the Space

You are so right. Being apart, in your industry is the best formula for affairs and marriage problems I know. So, let's cut to the chase.

To hold your relationship sacred, you'll need three things. Boundaries, discipline and a bloody good reason. I'll start with the last. A bloody good reason to not have an affair is not a marriage contract, a threat, fear or self-restraint. A bloody good reason to not have an affair is not love either, because you can have love for two people, especially if, like your industry mastery is learning to be in the moment, in character. So, what's a bloody good reason?

Your career is one. Being cursed is another. If you have an affair your partner knows. Even if they don't know, they know. So, the curse is a break in the silk thread that binds sacred love. You blow it, that thread gets broken, it's like a spinal chord, nothing is the same thereafter.

I remember years back having an affair behind my partner's back. From that day, every time she looked into my eyes with love, some part of me knew I didn't deserve it, even if I could hold her gaze. Then you can translate that into your career. If you are not worthy of love from just one person then something inside of you is lost. And that affects your work more than you know.

No matter where you are in your travels, begin each day with your inner work – early is best – and with this to support you, as you move through the day, you will meet each situation that presents itself from your own centre. With this in place, no activities are work any more, they are just a dance, movement and flow. It is a question of where you begin, and of what you understand your real work to be. Try to start out with an intense love of life, then go wherever that love takes you, and do whatever you are called upon to do from there. Try to remember that nothing is missing just changes form. Giving something away to someone else means it doesn't come home with you.

I'm stressed, and therefore depressed, and therefore not too healthy. Help...

Opportunity to Choose

Desperate people live desperate lives. Desperation is stress. Always on the edge, working to avoid disaster. Putting everything on the line. Such an attack on the human nervous system is unsustainable. People run from desperation - that's why desperation breeds singledom.

Desperation means wanting something so bad you can hardly survive without it. There's financial desperation, no one will lend money to a desperate person. There's emotional desperation, on a razors edge of reaction to everything people think or say. There's health desperation, on the verge of a breakdown, heart attack or something. There's mental desperation where everything seems to be a challenge, an uphill battle against the wind, a hard-headed stubbornness, nobody wants to play in that world.

You have the opportunity to choose many times each day. You can make the effort to be open and to live with a genuine love and respect for yourself and for others; you can also choose to see all your inner effort as an investment in the quality of your outer life. You can choose love or you can let yourself be consumed by doubts, fears, judgments, anger, worries and insecurities. You have to choose your outcome carefully. Instead of being consumed by tension you can open yourself, feel the flow of energy pass through you, and grow as a result. Then you become free. Free of all the biological, psychological, and emotional restrictions that endlessly limit human beings to an unfortunately stupid and harsh existence.

Try to keep your mind healthy. Worry is terrible for a romance. There are some people who cannot control their inner thinking, who have excess inner dialogue, worry excessively. In my experience, no sooner do they have the solution figured out to one problem than the next worry is upon them. They affirm some form of necessity to have disturbance in their lives. They thrive on the negativity and hardship of their life and no matter what their ambition, cannot rise above such negative thoughts to go deeper in life. So, try to see the world differently, lower your targets and make them more real, extend the time frames on your ambitions, learn to be happy with what you've got.

How can I be more romantic?

An Attitude of Gratitude

The big problem with this question is that it implies you think you have to do something to be romantic, when really all it is - is an attitude

Romance is appreciation. What you appreciate grows. Sustainable romance is an honouring, an attitude of admiration. Romance is gratitude. The most romantic person is one who appreciates their partner most. To be romantic you don't have to buy gifts all the time, most of it comes from your attitude. Romance means you are open and appreciate someone for who they are.

Many people wait for a special occasion to be romantic because it involves serious time and money. This really misses the point because romance is the daily ritual, in everything that takes place, to reflect your love, an attitude of gratitude. If appreciation is engaged in a relationship, there will be bright eyes and a smile, there is romance. Romance is an attitude, a prioritisation, living walking, talking proof that when you say, "I love you" there is appreciation behind it. That's the force of love.

When you appreciate your partner, they feel it. In fact, the word appreciation means to make bigger or expand, and romance is exactly that, making someone feel special, better, bigger than they felt before you walked into the room.

Try to make romance a way of life. Try and remember what you did to seduce your lover before they committed to you, and make that the benchmark for how you treat them now. Making life a seduction is fun, a conscious and beautiful discipline to maintain with your lover. The value of romance, appreciating the small things, showing gratitude cannot be under stated. This is where our heart engages in a healthy way and relaxes enough to allow deep intimacy.

Today, celebrate your love for your lover. Treat them more importantly than yourself. Have the courage to surprise them, gift them, tantalize them, make love for them so they feel like they went to heaven, honour them, surrender to them, and value them.

I can't sleep alone. I hate it. So, sometimes I choose my bed partner just for company. Any thoughts?

Sleep in Love

Once you get used to sharing a bed it's really a big surprise to find yourself talking to the wall at night.

I've seen people stay on the computer MSN until 3.00am avoiding going to bed because they hate being alone. Or drinking scotch or smoking a joint. In fact I've seen people do some of those things to avoid going to bed with someone they are living with too.

Sleep is sacred. There are different layers of sleep and if we hit the deepest one, it's virtually meditation. This both refreshes us psychologically and physically. But sleep also refreshes us spiritually. One of my friends used to sleep 18 hours a day. An internationally known Astrologer she said most of her "work" came to her in her dreams.

Creating a good environment in your bedroom is a key. Take shoes out of the room, keep it clean, change the sheets a lot. Fresh new pillows. Play some music quietly before sleep and certainly no TV in the bedroom.

Most important is where your headspace is when you fall asleep at night. Your last thoughts before you sleep manifest your reality. Whatever occupies the subconscious mind as you enter sleep will be manifest in the earth plane in the day. Whatever you are thinking about in your last waking moments before sleep becomes a prayer. Such thinking is always fruitful. All genuine prayer must be born in the subconscious, in the heart with feeling and depth. Just as you are falling asleep, recount the day, thank everything, recount the week thank everything, list all you have to be thankful for. This is the simple, natural key to deep sleep alone or with someone. The last words before you fall asleep each night are best to be "thank you."

PS. Remember not to go to sleep in the midst of an argument, resolve it always before sleep. The cost of an argument that extends into the night can multiply the problems ten fold.

I get so jealous. I get so jealous I could scream or tear her ears off. Help....

Choose Love Over Emotion

Love is a state of being. It cannot depend on what you are doing physically, or with whom you are doing it. But lovers want the beloved to love only them, no one else. They don't know that unless you can love all, you cannot love anyone. The wife might say the husband can love only her, and not be loving toward anybody else; the stream of his love should flow only toward her. But she does not realize that such love is false, and that she has caused it to be false. How can a lover who is not full of love for everybody be loving to his partner?

To be in love we cannot become exclusive. We cannot pretend to be loving and open hearted to one person, and judgmental and protective toward another. Love is not like a suit we wear that can be put on and taken off. Love is a way of living, an attitude from which we choose a relationship.

A magnificent key to creating a harmonious, lasting and sacred relationship is to understand that a loving person treats both those they like, and those they dislike, with love. This is the spiritual aspect of it all. A person with love offers a loving attitude even to lifeless objects. This is the beginning, learning to love pets and objects, good friends and kind acts. But the true test comes when we are asked to love those who hurt us, those who are unkind to us, and most importantly, in our relationship, our lover who brings truth home to us, by challenging us.

This sacred relationship you dream of, is an attitude. You must be mindful that your jealousy does not cause the very thing you are afraid of. Attitude, in every moment of your life, causes the quality of your life. Your emotions are not without choice; you are not a leaf blown around the park wherever the wind takes you. You are the tree, your roots go deep, your soul is guiding you to love. There is no authenticity in following your emotions of hurt or jealousy. Only animals cannot choose how they respond to circumstance. You must choose one thousand times a day to be inspired by love and work through your judgments. If you gravitate to your emotional nature (Ego), and be swept along in the rush of it all, your love life will always deteriorate to drama.

How do I grow in Love?

Free Love from Expectations

Try taking time to sit quietly in nature daily and imagine how much you love people once you drop any expectation of them. Consider all the issues you see in them as a mirror of you. By finding the balance (good news and bad news), see if you can love those issues in you. You must remain committed to continuously improving this skill of discernment between a love free of expectation, and a love filled with judgments. The real power you have in life is to drop your ego-driven judgments of right and wrong. Just love. No forgiveness. Let go, fall in love with all those who are still or who have been on your path. Feel the love sitting behind all the stories and know that it is always there. This is nature's healing.

Today, love without expectation. Love someone you hate, love someone you fear, love someone you left behind and don't take their reaction to heart. Make every day a Valentine's Day, and see how many people you can honour, past present and future. Love them from a place of gratefulness. Love them knowing tomorrow may never come and know that the deepest regret any human being can have, is to hold back their love, even for a second.

Today, light a candle in your heart for all those people that you love or have loved. Drink a glass of fresh water to their beauty, their gifts and their ways. Hope and wish that today, on this everyday Valentine's Day, they are in love, with love and they are happy. What else could real love be, but the wish for someone else's happiness?

I am doing self-development courses. Is there any you recommend?

Inner Spirit

No. Treat this wonderful spirit within you, this child, as the precious pearl. Value it, more than your life, more than anything. Feel the beauty of it, know that it is not frail, just recognise how precious it is. Grown from the belly of a shell, deep in the ocean, from a single grain of sand. Your spirit. It wants nothing, needs nothing, and therefore has everything.

Now, unwrap it from that silk cloth you call protection. Remove the coverings, and another, and another. Get past the idea that someone wants to steal it, unwrap another layer again. Learn to care for it, find a safe place to keep it. Find a place to keep this spirit within you and make a promise that where you go, she or he comes with you, and if it is not there, you are not there. It's not a burden carrying it around, so don't hand it to someone.

The ego, the guardian of your inner self does a beautiful job. It makes you safe, wraps you in protection. It guards against everything. It learns to expect the best and worst, it begins to pre-empt what will happen, it expects and projects itself into the future. It is the master of prediction.

Your inner spirit does not fear, you do. Your inner child is not wrong or stupid, you are. There is nothing that can damage it, nothing you can change. Nothing can hurt your inner self; nothing can hurt your love. Only your ego can be damaged. There is nothing that can hurt your inner spirit. Only the wrapping can be hurt.

And isn't that what you want? To undo the wrapping and fall in love again. Can you see there is nothing to fear but fear itself? There is nothing to protect, it was a learning, and now there can be an unlearning.

That is always the great discovery of self-help. In the end, there is no self to help. There is only love.

Please describe a summary of what you teach people about love and relationship.

Evolve to Love

Live with an open heart. Move to love. Accept the diversity of love. Don't run away, have the courage to change your consciousness around love. Hold your love for life supreme, devote your life to it. Nothing external can have any power over you unless you permit it. Your love is too precious to be sacrificed defending menial emotions like hate, jealously, and envy. Your life is fragile, stay open in love, guard it carefully.

With an open heart we learn not to punish people for who they are. Other people can't belong to us, no matter how much we love them; our only right is to appreciate them. Don't allow support or challenge to distract you from doing what you love, being with who you love, and giving what you love. Give respect to people by honouring their choices even if you don't agree with them. Love is not attachment. Do not react to negativity, ignore it, let it pass you; don't even hit the ball back.

Never accept criticism you didn't ask for. Opinions are the cheapest commodity on earth. Their stress is not your stress, their fears and doubts are not your doubts. Only the universe of Nature can create the magnificence of a flower, but any foolish mind can pull it to pieces. So openhearted living is inspired living. You can be inspired simply by knowing that everything you feel was inside you, already. Someone just brought it out. And at least that makes you honest with yourself.

What does it mean to evolve in love?

Experience the Levels of Love

The lowest level of love is very emotional, very physical. The highest level of love is unconditional and therefore neither emotional nor physical. All the levels in between vary between these two extremes.

You can see at the bottom the swings from left to right are emotional. From extreme pleasure to extreme pain. So there's a lot of arguing, sexing, anger, bliss, violence, passion and all. This is the level of domestic physical violence and it usually happens in households where there are very high levels of sexual activity.

As we move toward the middle, this is called the heart. Emotion exists but it does not lead to physical experiences, more it leads to intimacy and emotional happiness. This level of love is highly vulnerable and somewhat unsustainable.

At the top level of love, this is real love, totally unconditional. Not possessive or emotional. It is the place we go for healing and to remember how much we really love someone.

Healthy relationships roam between the bottom and the top. From the physical to the most spiritual. There is no danger of violence to a couple who know how to rise out of challenges. If they don't rise, but choose to be righteous, then the bottom consciousness is also the dangerous one.

To rise in consciousness, all you need to do is to see both sides of something and appreciate them both. If you see the two sides of a problem with somebody, you'll see their side and your side and appreciate them both to the degree that there is no winning.

I want to fall in love. Describe how I can take charge of this part of my life.

Falling in Love

Stillness is at the heart of sacred relationships. Stillness is the lifeblood of our relationship, and with stillness there is honesty, love and surrender.

The stillness in which love can exist, requires that you cease thinking and worrying and striving, to let nature caress your heart and soul. Can you stop running? Can you forget about the mortgage, the rent, the fat on your belly, oil in your hair, the spot on your face, the next deal, the kids at school, the yoga back bend, what people think of you, and just be? Because this is how to find love. Underneath the entire struggle there is love. Your lover, that beautiful soul who is waiting for you to come home to stillness. Love is there, always, behind the drama, the ambition, the strain. Don't wait for a personal tsunami to make you aware of the power of stillness. Find it, just 10 minutes each morning, and eventually you'll learn how to find it anytime, anywhere.

What we need to do most is stop. Stop the rush, the wanting, the needing, kill the expectations, just for one minute in silence, the TV off, the silence on, anywhere anytime, stop, then let it happen by itself, fall into love.

Sitting in the park at my local coffee shop, I am surrounded by kids whose mothers come here to chat. They are amazing these children, they already have personalities. I see how much hard work it is being a parent, the kids never stop demanding something. I notice how hard it is for these loving mums to really get a break, to be still.

Sadly, the world is showing signs of this lost stillness. The ego hates the idea of stopping, so it even makes excuses like, "Ooh I am too busy" or "Oh, you did this to me." To 'fall' in love through the art of stillness, is more about what you don't do than what you do. You don't try, you don't expect, you don't want, you don't need, you don't hope, you just don't. In that moment of not doing, when you actually stop everything, then love is there. Eventually a skill to create the sort of focus where you and the object of your love become one. Whenever you choose.

What is the key to staying in love, making the honeymoon last forever?

Staying in Love

Many people come to their relationships wanting to change something, or comparing what they have to some ideal that exists in their mental catalogue of life's ambitions. But such a perspective will sabotage the love they have come to cherish.

Sacred Love, and the stillness from which it grows, comes from the spiritual perspective that nothing is ever missing. Even the poorest person is wealthy in some form. Even the most terrible person is beautiful in some form. This is a universal law, the law of abundance.

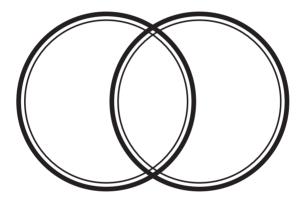
"Nothing is ever missing, it just changes in form" is one of the most loving and potent states of mind that spirituality can create. It begins with an acceptance that everyone, including you and your partner, possess every human emotional trait. If you love the trait in yourself, you love it in others. If you hate it in you, you hate it in others.

The person with abundance in love does not look at their partner and see what is missing. To them, there is nothing missing, it is beautiful, perfect, life just changes in form. This is the love we crave. This is how it is in that moment you fall in love. Abundance is what the swami in the cave lives for, because he or she believes that in abundance, God exists

Your lover is perfect; you are perfect, as you are. If you are not perfect already then there is no possibility, no way that you can become perfect. The whole situation is totally crazy; you are already that which you want to attain. This is why simple techniques can help. It is not an attainment, but the discovery. It is hidden, and it is hidden in you. It is not a matter of doing something that just causes more unsteadiness; it is a matter of just doing what is natural.

Sacred Love demands that you find appreciation of what you already have. By being thankful for what already is, you close the appetite for "wanting to fix the world". In modern society one is taught to look outside them self for happiness. It is an approach to life that causes much suffering. Be abundant in love.

Love is Sacred 81



Vesica Pices. Pythagoras

This figure is called the Vesica Pices. Pythagoras spent most of his life working on it. The Egyptians worshiped it. The Sanskrit scholars called it sacred. The Christian cross fits into the geometry of it and so too the Jewish symbol of God. This is the diagram that begins all beauty and structure that inspires us.

More importantly for us, is that it shows the overlapping characteristics of a healthy relationship. Two individuals overlapping only 33.3% of their dreams. 66.66% of their lives are independent. That's huge.

If the overlap is more, then the couple starts pushing each other away by arguing or rejecting. If there is less the couple start working to improve their relationship. When one person loses their dream, they start turning toward the other person for support. That in turn pushes them away. This is the beginning of an affair. The pushed person goes away.

Independent people don't want any overlap. They want to stand in a relationship without any overlap. That too causes affairs because when the two circles are separated by too much, they get attracted to other people.

This centre area of the diagram is also considered the metaphoric vagina. It is where the couple gives birth to children, dreams, business and more. This should help you understand the importance of knowing your own and your partners dream.

Love is Sacred 83

Love for Singles

Choices

We can choose to be single, because we prefer that to the hassle of a bad news relationship. We choose to be single because we love our own company, and therefore feel connected to ourselves and higher powers, alone.

We choose to be single because we have other priorities. Those may be permanent or temporary. We just focus our heart and mind on other things. A relationship would interrupt.

We choose to be single because of self-respect. We don't want to give away, that precious pearl within us, cheaply. So, we stay cautious.

We choose to be single because we love someone who may not love us, or may love us, but doesn't want to be in relationship with us.

We choose to honour that love and we measure that love as the standard for the future. Until it comes with someone else, this is the benchmark, all else is too much compromise.

We choose to be single because we have found a certain spirituality within us. Our lives are independent and we have broken the family chain of dependency, abuse or even the conditioning of convention. We want to make our own path.

We choose to be single also because we know how to love. Unlike most people we can separate love from relationship, and so, we are capable of huge amounts of love with a diverse range of people, without having to be in a relationship with them.

We choose to be single because we don't want one of those relationships that are a facade, a pretence at love but really are just bound up in rules and issues and low consciousness around other people.

We choose to be single because we put everything into a relationship that didn't work, and we don't want to waste that gift on just anyone, ever again.

Fears

We fear many things, especially repeating those things from the past that haunt us.

We fear repeating mistakes and loosing this precious and beautiful space that we've found on our own.

We fear the repression of an unconscious partner and the complexity of a relationship that is based on control. We have unfinished business so we stay single for the fear of digging it up.

We fear the repetition of our parents, or our own, or a siblings journey in relationship.

We fear the idea that we too might suffer the same fate.

We fear our competence as a lover, confidant and house mate with someone that we love.

We fear they'll see right through us. We fear the loss of freedom that so many of our friends have made.

We fear the potential of making a mistake and choosing the wrong person.

We fear that if we get into a relationship, and someone better comes along, we will be regretting this forever.

We fear what people say, think about us and what they would say if we were in a relationship with someone they didn't like.

We fear the effect of a relationship on our children and ex-partner.

Self Confidence

Sometimes we are single, not out of choice or fear, but through the lack of confidence in ourselves as lovers, friends and partners.

The causes of lost confidence are many, they include being rejected in the past and having too large an expectation on ourselves.

Self-confidence has two faces. The first face is the ego one. When we think we look good, feel good, speak good, taste good, and can do good, the ego is alive and healthy, we have bravado and what appears to be self-confidence. Self Esteem

The other face of self-confidence is self worth. Self worth is a far simpler way to feel secure and confident. Self worth is an acknowledgement that you are worthy of love, no matter what. Self worth comes from appreciation of things as they are.

Self esteem comes from the opposite direction, the depreciation of real and natural and the creation of an award based sense of value.

The problem with self-esteem is that this higher your bravado, the lower your true self worth becomes. It's a catch 22. Self-esteem tells you in some form of proven affirmation that you are worthy but at the same time, suggests that who you really are, is not worthy.

The problem with self worth is that it's not very courageous. It's more relaxed and passive. One feels inadequate because self worth does not attract attention. However, the good news is that self worth doesn't fluctuate.

If you lack confidence, be conscious of your choice, Self Esteem or Self Worth. One of these two you can rely on and the person you meet will connect to without later surprises.

Love and Relationships

Maybe you know that love and relationship are two different things. That relationships are built for one reason and love has no reason.

Maybe you have achieved a wonderful state where you can love people without possessing them, and therefore, don't need to.

Maybe your heart is awakened to the beauty of life, and your relationship with nature or creator has replaced your lover. Your heart feels warmed by the sun, your soul celebrates the day. Then, everything that comes your way is an affair with life, a single being just wouldn't match it.

Maybe your love is channeled into your work. Maybe you want to heal or create a different lifestyle for people and therefore you are gratified by the mission at hand. Maybe your relationship is with creation and creating.

Maybe you are in healing from a past relationship. That means your love is channeled into yourself. Yes, we can have a significant other relationship with ourselves. This is called healing, a time of self-absorption, getting back in touch with ourselves. Remembering nobody can treat you better or worse than you treat yourself.

Love is not a condition of a relationship. Many people have relationships created from infatuation, held together by obligation, unable to separate because of fear or moral boundaries. Maybe as a single person you don't want those conventional mechanisms to bind your heart to another person. Maybe you have a child and feel guilty about the drama that child has faced because you and your ex are not together.

Maybe your love for your child and your guilt for the drama combine to cause your love to be focused on the child instead of something outside your realm of influence.

Nothing is missing it just changes in form. Single is not really single if love is channeled into a different place.

Fate

We're encouraged to believe that we can control our destiny. That has become a cultural icon for the 21st century. However, there are cultures who don't agree with this. Buddhist and Hindu cultures for a start

They imply that some things that happen in this life, are caused before we were born, from the last life. Further, it leads us to acknowledge that luck, which is sort of a karma, plays a hand in our lives.

How many people in the World Trade Centre caused their own circumstance? The answer is probably very few. So, we need to include this topic in this book. Luck.

Being in the right place at the right time, wearing the right clothes and talking to the right person about the right topic can be tricky. Yet, I know from personal experience that all of those things can come together sometimes and WHAM, you're in love.

Sometimes love is there, but the circumstances for a great relationship aren't. Sometimes infatuation and sex is great but the love isn't there to sustain it.

The important thing is that we, as single people do not mistake a raving sex addict for a passionate love. We need to be able to discern between short-term infatuation and long-term love because love does play its own hand. And if you are busy chasing the tyres of cars driving past, you'll miss the real thing.

It's also important for us singles to be emitting the right signals instead of judging everyone we meet before we actually meet them. If we are defensive we'll attract aggression, if we are aggressive we'll attract rejection. We need to respect our own energy in the game of fate, so that, at least in love, we are clear that we are showing up in a healthy way.

No Compromise

We love, but sometimes we don't get treated well for all that love. We are asked to compromise ourselves and our self-respect. This is not acceptable. So, many of us come to a zero tolerance level of relationships. We just don't see the need to compromise.

There are always excuses from our partner. "Oh, the office called I have to stay back" or "oh, look I am really tired can we cancel that engagement" or "I can't do that, my ex would be really upset."

Compromise is altruism gone mad. Compromise says, "I will accept your bad behaviour and abusive attitude because I love you." But eventually this relationship will fail. Love is cumulative, and so is compromise, it builds resentment over time to flash point.

Maybe you are single because you don't want to compromise. You have done so in the past and that is just too much. You want to find a partner where compromise is not necessary, in other words, you can be and do things, just as you do as a single person.

No compromise is a very strong place. Maybe you are single because you like this independence. Maybe you have endured a long period of repression and compromise and feel its time for you to assert yourself.

Compromise leads to abuse. The average person, given an inch, takes a mile. If a crack is there, people crawl through. So, the beginning of the end of relationships often comes from that first acceptance of a compromise.

This could be another reason for being or choosing the single life.

Life Goes in Phases

There are cycles of the moon, cycles of the season, there are cycles of the planets and there are cycles of life. We cycle through phases and sometimes we are in a 'be single' phase.

To the age of 25 we are in the phase of ego, self-determination, who am I and why am I here?

From 25 to 50 we are in the ME phase. What can I get, how much and how often. From 50 to 75 we are in the 'give back' phase, wanting to contribute and leave a mark on the earth from our journey.

From 75 to 100 we are in the God phase. Getting to know and coming to peace with creator and creation. A phase of introspection.

The phases are not exactly on date. Some people start and finish early and others later. It is a general representation of the four seasons of life. Spring, Summer, Autumn and Winter.

Those phases also affect us and cause different motivations for relationships.

There's also the self-obsession that comes with lost spirit. When we loose our spirit we substitute it for one or all of four substitutes. Food, Greed, Sex and Spirituality. All of which create a sense of self, when the real one, the human spirit is lost. During this phase, which can last some time, we focus the love that could be given to others on the substitute.

I don't want to be single...

Letting Go

There comes a day in everyone's life, when they say, "I don't want to be single." Hey, that's understandable stuff. And on that day, we can become quite despondent and overwhelmed by the daunting prospect of heading into the future.

So here are a few hints to help with that first step out of singledom.

Let go.

Because nothing is missing it just changes in form, you are not actually single when you think you are single. You are in a relationship with someone or something.

Those relationships – the invisible ones, range from the obvious to the surreal. Some examples are: anger at an ex partner, ambitions of the perfect partner (ideals), children, work, spiritual guru, house, money, life purpose, self-emotions.

It can be quite complex because many things we have relationships, which seem totally normal to us, but to a person in a healthy relationship, they are weird. Like: playing X-box, masturbating over fantasy people, in love with someone in a movie, being a victim, feeling sorry for ourselves; and relationships with friends, family, and pets.

The most punishing is the emotion held toward someone in the past, a partner who cheated, a parent who dominated, a partner who dumped us. These attachments cause us to be only partially available for new love because with those attachments both energy and love must flow away from reality.

We never move on from the past, let go, until we can truly be thankful for it, and therefore be willing to repeat it.

I don't want to be single...

Truth Versus Self-deception

Self-deception is a convenient emotional weapon when we are too fragile to handle the truth. Right here, let's be ready for the truth. You are, where you wanna be.

Playing victim won't help. It's far better to admit that you are single because something inside of you wants to be single. Maybe you have travel plans, maybe you want to be self determined, or maybe you like flirting and know you can't from within a healthy relationship.

We cause our own reality, and therefore we can change it. 90% of the requirement to get the right answers comes from asking the right question. So, rather than ask, "why am I single" it's wiser to ask, "Why do I cause this"?

At least the answer to this question puts the opportunity in your hands to make change. If we blame others, and can't change them, we're done. So, better you ask, "Why did I do that to myself?"

If we are the cause, then we are the solution. This might seem like a mind game, but mind games are mind power too. The idea that the world reflects our consciousness in some way is, for some people far fetched, but my experience is that nature mirrors our thoughts in our local environment.

The key here is to invite you to take ownership of being the cause of your singledom, rather than the victim of it. With this headspace there is a great chance to change something and cause a different result.

I am single and lonely. I sit here at night, alone and just wish I had a partner with me. How do I deal with loneliness?

Loneliness - Re-connecting to love

A loving person is a loving person. Whether they are at home alone, at work or jumping up and down on their lover's bones. This person who is loving is loving no matter what. A loving person cannot be lonely because love connects us to everything.

A loving person is connected to the front door, the floor, the TV, the shower, the teacup, the slippers. So a loving person is never really alone.

So you simply overcome loneliness by bringing more love into your heart. Actually that love is already there, it's just that there must be a lot of worry, anxiety, desire, ambition or sadness in the way of knowing it. Love exists in every heart. Just some hearts have a steel gate covering them.

The first key in getting that awareness back is to learn that you can't be exclusive in love. You can't hate one person and love another. That's not love, that's emotion. Emotion can judge people and things as worthy or not worthy, but love is unable to separate between the lovable and unlovable. Everyone deserves love.

Judgmental religious love says "God loves you if," I don't need that sort of love because if God's love is conditional, then my love is conditional. Then I become a racist, or hypocrite, this person is worthy and that one isn't. I know better than that. Everyone is a mirror of me. I am no better or worse than anyone so my life is about loving others, which is really about loving myself.

If there are conditions on your love for others, then there are conditions on loving yourself. "Oh, I can have a partner when I..." and this mind-set is supported by new age hippie talk that is basically religion repackaged. Like "If you eat organic food and save the rain forest, you are worthy." I say Evolve ya bastard, (or bitch) - Let go the steel wall. Everything is you. Love it, love everything, even ice cream, as if it were a part of you. Work through your judgments (evolve) by unlearning. Lonely just means you have made your love conditional. And that's not funny. If you can love more, you'll laugh more. And who could resist that?

I have my ideas of who I want to meet. Is this how one goes about attracting the right person?

There Are Two Sides to Everything

The idea that by visualizing someone and they will turn up is baloney. This is a marketing ploy. Yes, you can attract things but the process is far more comprehensive.

The most important thing to remember about manifestation is to get beyond fantasy. You can't manifest anything that denies natural law. Surely, to manifest an illusion is obviously impossible.

The illusion most people have is that they can find half a person. They dispose of the last partner and then list all the things they want in the next. The unfortunate thing is that such lists are filled with delusions.

Can you find a man who is kind but not unkind? Can you find a woman who is not selfish sometimes? The problem is we start imagining a half person. They turn up and we think we have found our true dream.

Reality is that there are two sides to everyone. It's a natural law. So, the person who presents themselves as soft and nice has a hard and mean side.

The desperate person looks for only half, the wise person looks for both sides but focuses on the good news.

You can magnetize your partner. But infatuation will only attract bad news. Magnetizing your partner, is about you. Being magnetic.

I know I will be happy when I meet someone. I try but I just don't even get to first base. Give me some tips please.

Be the Love You Dream

I hear this question on many levels. I respect the appetite for a relationship and finding someone right, for that space. But there's another agenda. And that is the quality of the relationship you find.

You see if you aren't filled with love and happiness before you meet someone, they become the cause of your happiness. Then they won't like that for long. It's smothering and nature won't have it. If you are only happy when you find a lover to fall in love with, your life and relationship will be a mess. Before you fell in love there was not the same experience, so basically you were walking around incomplete without a lover.

To really be in love, we must learn to be in love without a partner, as well as with a partner. We must become "in love" without someone to love. It is a loving attitude to life, to trees and children and sunsets alone; in love with a movie, and in love with our parents. To be ready to fall in love, we must be in love with our past and our future. Romance is not built out of a fearful dependency that says, "Without you, my life is not worth living". That expression comes from someone who is severely depressed and you have become their anti-depressant. You are not an antidepressant, you are a lover of life, and a lover of lovers. So, the question is, are you in love, before you fall in love with someone?

Instead try, beginning today, to treat everyone you meet, friend or foe, loved one or stranger, as if they needed your approval. Extend to each person, no matter how trivial the contact, all the care and kindness and understanding and love that you can muster, and do it with no thought of any reward. Your life will never be the same again.

If you are in love it will show. In your eyes, your face, the way you walk, the way you sit, everything will show it, because you are not the same person. You have been touched. So you must try to achieve this love, in your eyes, before you meet someone. Then, who could resist?

I have extensive knowledge in spirituality and self help. I am struggling to find someone who is conscious and awakened like me. Any suggestions?

Unlearn Your Judgments

If I hear this one more time I think I will vomit. This elitist spirituality is just masculine stupidity re-packaged. Anyone who thinks they are spiritually conscious has their head up their bum and that is more likely to be why they haven't met anybody. What rubbish.

Spirituality is real. It teaches us that we are no better or worse than anyone else. The interconnectedness of life means everyone has everything, the only difference is the form it's in. People who think knowledge is the difference between a conscious and an unconscious person are blind to reality. Some of the most stupid people are highly educated. Some of the most selfish and cruel people have read more books

If you really read the spiritual teachings of real masters like Krishnamurti you'd read that spirituality means unlearning your judgments, not justifying them. Stupidity begins with separation.

Self-deception is the constant problem that comes from thinking separation. As we progress along a spiritual path, we are meant to be getting more honest with ourselves, not less. Blame and elitism are the food of ignorance. When we read books, try to change our partner, change ourselves, listen to gurus with the clear objective of mimicking that teaching, we have no idea the trouble we cause. By trying to fix all our problems by following some book, we are actually making a mess.

Self-deception is wanting to become like some ideal, better than others, to know what they know and more. But we've got to give that up. Spirituality is about seeing that everyone has everything, just in a different form.

When we learn from books, the teachings are outside of us and this is a problem because nothing can turn you inside out. The idea of changing yourself from knowledge gained from books is very unrealistic. The existing material, that which is already there must be used. Accepting yourself as you are instead of as you would like to be, means giving up self-deception (elitism), and mimicry (trying to imitate some ideology or sense of accomplishment through spiritual practice).

I'm hyper. I am wound up - this is good because I get so much done. People like to be around me because I never stop entertaining. It's great, but I seem to attract women that I like but just don't do it for me. Any thoughts?

Create Space

My guess is that you haven't told me the whole story. My guess is that these friends who like to be around you are very attached to you and you to them. Do you have an ex you are friends with or children from a past marriage? My guess is that you've filled up your relationship space with everyone who is in your life.

Sometimes we have everything we want and although society tells us we need a significant other in our lives, the reality is we've filled the space with friends and relatives and children.

So, I doubt you really want a whole woman in your life. It seems a person as entertaining as you can have 90% of what he needs from friendships and family. Maybe 95%. That last 5 % well, it is certainly not a full time partner.

If, on the other hand you want a conventional relationship you might consider cutting some or all of those emotional strings to create space for someone to enter. It is only emotional attachments that block a lover from joining you.

If you listen from your heart you have a better chance. This listening will allow you the silence to observe others and appreciate their needs. It will mean that you can, from time to time relax from the hyper, wound up entertainer, and enjoy the love and beauty of a silence with a woman. That woman is easy to like.

What do you think about speed dating and singles clubs on the web?

Getting Serious

If you are serious about dating, and you are single, then you will be exploring the online dating facility provided by legitimate agencies. It's private, it's accurate and it's safe.

Speed dating is a great game. I have never played it, but I've heard so many good reports about people meeting in a really safe, fun environment. At least as a single person you know everyone who is there is single and exploring.

I think it is getting harder and harder for people to meet in public places. There is so much capacity to manipulate and the risks are high. Frankly, most people don't have the time or the energy to hang out in bars waiting for the right connection.

I wrote some love letters to a person I really care about. But now I feel really dumb. What should I do?

Love Letters

Unless the other person asks you to stop, or is in a relationship with someone already, Love letters are wonderful ways of sharing. Leave notes, write emails, SMS like there is no tomorrow. When we write a love letter or e-mail the truth is conveyed between the lines. Words written with loving thoughts behind them will have a far greater effect than a thousand pages of well-written, grammatically correct, literature. Have you ever "heard" a letter speaking? It is not simply what is written on the paper. You can decipher the mood the sender was in, their happiness or resentment, their joy and their sorrow. A letter carries the vibration of thought and feeling, as do all forms of communication.

Love Letters

To love all of who you are

Is to love all of me

Never before have I been in this place

I am bathing in the fullness of love

I touch the purest part of me

This energy swims thru me, all around me, connects me to you

So that I may see all of you with Love

And I do

I love you

Dreams of Love

I feel you deep inside my body,

My heart, my spirit.

I am overwhelmed with thoughts of you.

I need to sit silently tonight and allow all of this to enter the stillest within me.

I will rest in this place.

When I lay myself down to sleep, to dream, I will dream of ...you.

I have tried finding a partner, but I feel totally stuck. Any advice?

Past and Future

There are only two situations that stop you being in a relationship if you really choose it. The first is attachment to the past, and the second is attachment to the future. I think you can honour the fact that you haven't indulged yourself with lightweight dating. At least you confess that you are looking for someone long term, and are working toward that.

To know which of the two aspects of blockage you need to unplug, just ask a friend which of the two choices you talk most about; the good old days or your hopes for the future.

If you talk about the good old days then the attachment to the past is being caused by fear of the future. So, you need to create a picture of the future that is fearless, or at least, worth going through the fire of the fear. That's going to take some time, and may need support but really, it's about visioning. Try the vision quest for couples in my Sacred Love book.

If you talk predominantly about what you are doing and how it's going to create a great outcome, then it's highly possible you are running from something, usually guilt. Becoming fixated on the future can cause you to loose your childlike spirit in the now.

A person who is running away from the past fixates on the qualities they want in a partner of the future. That means they have a fantasy partner, and the one that's in front of them, is being compared to the fantasy one. That will kill the exploration of relationships before they begin. If this is you, lighten up, don't go looking for "the one" start to enjoy just meeting new people, without any interest in the future. There are some interesting people about.

A person who is stuck in the past, usually compares who they are with to some imagined character that they are trying to recreate or at least recreate the experience of knowing. It could be a mum or dad, or ex or even a lost brother or sister. That lost buddy becomes the character of the person they seek, unconsciously. Neither the future or past attachments are healthy for finding a new relationship, they only result in frustrations.

My ex continues to invade my privacy. She phones me all too often. I think that this is blocking me finding a new relationship?

Attachments

Your ex is breaking the law. You are playing victim. Which topic should I focus on? You don't have to answer the phone.

Your ex is blocking you finding a new relationship? NOT

The only person who is blocking you finding a new relationship is you. If your ex is still attached, that just proves to you that you are still attached. What are you hoping for from her?

Legal matters aside, we must be willing to accept responsibility for the circumstances we face. We can say we are still emotionally attached to our ex, and therefore we are causing them some hope or something.

Love is the only way to move on. To love means to witness compassion, but it is really accompanied by a powerful sense of detachment.

People can reject your expectations - they cannot reject your love. Do you have some expectations of your ex? Are you wanting some sort of friendship? Are you expecting her to know the difference between friendly and possibility? If so, you need to change your expectations.

Really loving her, means detaching from her. She is free and really of no great importance anymore. If you have business interests or children together then you'll need a strategy. You need a strategy that helps you manage the relationship with your ex.

Having been there, I can suggest that she'll need some very strong and clear boundaries. But you are right, until the past is really the past, the future is clouded by it. Love her enough to release her, and move on.

I seem to be going in circles with my life. I have done so much work on myself. I am still single, any suggestions?

Change Is a Coil Not a Loop

To begin with, you'll need to acknowledge that change moves in spirals not circles. You can't go round in circles if you are changing, working on yourself. Even the sun comes up in the morning and goes down at night, does not rise in the same place the next day. It's closer to earth every turn.

The speed of change is the challenge. How long is a piece of string, how long will change take? Change will probably go on forever, and so will working on yourself.

You must however, come to the following realization, otherwise you'll never settle in love. Love happens in the moment of stillness, a moment when all stands still and nothing thinks, breathes, or wants. That moment is called contentment.

Contentment is the environment where love can flourish. Contentment means, "nothing to change" content with yourself means in love with yourself, as it is, now.

You deserve respect for the work you have done on yourself, maybe there is more to do. But if you want relationships to enter your life and stay there, you'll need to get over the idea that there is something that needs fixing. Always trying to fix, improve, rescue, support, make better is a wonderful gift to the world, but if this is because you are not content with the way things are, then it will push love away.

Contentment means, "You are worthy of love, before you act, speak, smile, laugh, support, challenge, make love. You are worthy of love as you are. Nothing needs to change, you are perfect as you are.

Imagine your clothes are your ego and under the clothes there's a naked you. You can change your clothes, it's so easy because they are not you, they are clothes. But our ego is hard to separate from our naked self. So, after a while we can't take our ego off, because we think it is us. Ego is like clothes, if you can take them off easily, then you really know yourself, because there is no self.

Excuse me. I was following your last comment about change, right up until the last line. There is no self. Are you on drugs or something? Of course there is a self, hello it's me in here.

Ego

All arguments, all heart break, all lies and cheats and hurts and pains and attractions and distractions are the ego at work. Without an ego, you would have no definition of who you are. You'd be MR or Mrs. 22222222

Ego, or identity, is built out of many components. Fundamentally, it is a sense of self that prevents us being annihilated. Without an ego we'd have no protection, safety and security. We'd give away all our possessions and live in a cave. This is what the ego wants, to prevent. Loss.

The sense of 'me', or 'I' that we have is based on the 'me' that we know. Some people think it's their bank account, others their good looks. After an accident or bankruptcy, people know this is not true. There's something deeper. So people can define themselves by what they stand for in the world; human rights, and environmentalists suggest they have some superiority because of their cause, they are the freedom fighters.

But give that person who has had a bankruptcy and an accident, a life threatening disease and they'll quickly separate themselves from a definition of their self as something they do, because now they can't do. They redefine themselves.

If we are continually stripped of our family, wealth, health, social status and religion, we would find ourselves still capable of talking, breathing and laughing. In fact we might laugh more because there's nothing between us and the funny things of life. Even losing a hand could be funny if we didn't have our sense of self-defined as two-handed.

Ultimately, we can go to nothing. Our beliefs are transient, our values stolen from our past, our aspirations based on myths. So, behind all this we call the ego, there is an emptiness, and in this emptiness there is only one experience: and that is LOVE.

I am single. I date some people but find that I am super sensitive. I take a lot of what people say personally. At work it's the same. I get very defensive. What should I do?

A Greater Vision than Yourself

Hypersensitivity means that you have lost your vision and become self obsessed, living in the moment. What's perspective? It's the distance from which you look at something. A person with a small perspective cannot see the wood for the trees.

If you think that the real purpose of your life is to "Get Pleasure" then you can't have or hold a vision greater than yourself. This creates a really narrow perspective – a hyper sensitive existence. Such a narrow perspective makes people highly emotionally reactive, unable to sustain intimacy for long.

Getting a real perspective of life, means sitting on the moon looking back at your situation in life. It's easy to be impressed at the beauty of life from a distance. When we have a big perspective on things we are objective, nothing affects us.

Say you sat on the moon and watched the world. If you could sit there long enough you'd notice a few important facts. One is that for every bad thing that happens somewhere, a good thing happens somewhere else. Your hopes and delusions that it can all be good are revealed. You'd see Tsunami on one side and beautiful sunshine on the other.

So, ultimately one of the most important results of spiritual work is this perspective. What you'd see from the moon are five simple facts:

- There're two sides to everything. Therefore we are already in balance.
- Evolution is taking place whether people like it or not.
- That it's a closed system, nothing can be created or destroyed, only change its form.
- That some things grow, some things die. Appreciation and depreciation.
- There is an order in the chaos.

I have been single for quite some time since my relationship broke down, and I am sick of it.
What can I do?

Don't Substitute

Nothing is missing it just changes in form. So single isn't single. Single means that the space that could be taken up by a significant other is occupied by something or someone else. Nature has no judgment on the form of relationship you choose. However, the key is to see that you do choose your relationships; you are not the victim of circumstance, karma or some astrological pre-designed destiny that dooms you to singledom.

People choose different forms of relationships for many reasons. For example: some single people have children and for many varied reasons choose to make this, their significant relationship by prioritizing the child over a partner. Children get used to this too. So, even if the parent wanted to shift that dynamic, it'd be a challenge.

Other relationships that fill the space where a significant other might occupy are; work, gurus, religions, self-obsession (emotion), meditation, friends, families, hobbies, mental depressions, substance and food

Basically, there are four categories of substitutes for a loving relationship with another person.

Food - including substances, liquids and sugars. Sex - including both physical and fantasy. Greed - work, ambition, possession and money. Spirituality - Religion, emotion, self-obsession, religious righteousness.

So, the journey from protracted singledom to coupling requires that you evolve to love by moving through whatever is causing you to choose a substitute over love. That may require some thought but the first step is to create the space so that the form of relationship you currently have (emotionally) can change.

I have found a peace inside of me that is so beautiful. I went through two hellish relationships. Now, I feel like I don't really want a relationship but I do. Is that clear?

Spirituality - The first substitute

When we loose our spirit, we loose our truth. We can't live without that truth and so, in an attempt to reconcile our lives, we substitute. There are four substitutes and this question you put to me, reveals the first one.

Spirituality is not the solution to questions, it is often used as a substitute for being real. When our life becomes spirituality instead of humanity, it reveals that we've become obsessed with getting out of life, rather than into it.

Spirituality for many people is a means to escape, a way of being in the world without participating in it.

Spirituality is a great mechanism for healing the past. It teaches us how to love and release the past. It teaches us great confidence in our own soul and the beauty of life. But the ultimate realization one comes to, if one continues the study of spirituality past self-absorption and self-respect, is love for someone else.

All of life is based on love and this love, before spiritual learning is corrupted with emotions like jealousy, possession, attachment, anger, expectations, lust and more. After the journey of spirituality those are no longer in control. They exist, but are well and truly subordinate to unconditional love.

So, in your case, please go back to your teacher, teaching, and study more. You are caught half way in your progress in spirituality (although the study never ends). Comfort, self-respect and self-love are mid way down the path. This is not the reason you set out to become a spiritual person. The real reason is to get back to love, with a partner, in sexual, spiritual, joyful heart felt union.

Don't become attached to what you have learned. Let it go and learn more. You are simply attached to the half way point, content, but not vet back on the horse from which you fell.

Since I have become single I have put on so much weight, and started to drink a bit more than might be healthy for me.

Food - The second substitute

I experience this too. It's very confronting that when we want to feel especially good, and look especially good we are over the weight we feel good at. But this is nature, caring for us.

Firstly you should know that the water element is the protective one. So, 90% of the increased weight is water, fluid retention protecting you. It's like having a mother wrapped around your belly. Alcohol and other fluids are also water element by nature and therefore some of our addictions can be a craving for nurturing.

In my life a lot of precious nurturing comes in bed with my beloved. It's not a sexual act, but an act of holding and being held. I find this so important and when it is missing I notice myself putting on weight. This is food substituting itself for the spirit of love.

Food and substances of addiction are substitutes for the happiness (human spirit) that comes in a healthy lifestyle. This also means that they are substitutes for the feelings of warmth and companionship in a healthy relationship. Sometimes people put on weight while they are in a relationship. It is evidence that they have stopped loving their partner, if love can't flow out, it certainly can't flow in.

You'll see a lot of single people in gyms and running trying to get rid of this excess fluid. If you look in their faces they are being very tough on themselves in both mental and physical ways. The pumping of iron produces adrenalin and that feels like good sex. So, the addiction to food, and problems around it, always relate to love, "lovability" and willingness to give love and be loved.

Being hard on yourself because you are single and want to find a little comfort for a while is not going to breed a healthy mind-set for a relationship. Relax, moderate, appreciate, and know you are being cared for.

Since I have become single my sexuality has almost died. I am just not interested anymore. What can you say about that?

Sex - The third substitute

We, as a society are very mixed up around sex and sexuality. Funnily enough I find the born again religious puritans the most sexually hungry people when the curtain to public view is drawn. And sometimes the most unsexual people in private are the ones that flaunt it most in public. This is not a judgment, nor is it anywhere near the whole story, it's simply evidence of what I am about to discuss.

Sex, some people can't even read the word. That's the issue, it is an issue. Sex, everybody does it. Every child is the result of it. Our parents did it. Sex. Good sex. Fun sex. Sex.

When we go through heartbreak and become single there are two directions we can take with our sexual energy. We can shut it down or become addicted to it.

Sex can be a substitute for the human spirit, fun, happiness and love. Sex can also be the gateway through which we celebrate those things. The person, who shuts down on sex, has found a way to express that energy in a different form, one that doesn't involve a partner, relationship. This could be bonking without emotion, masturbation, fantasy, creativity at work, exhaustion, television, pornography, art, business, yoga and more. Sexual energy is creative energy. So, there are thousands of ways to express it without sexual acts.

The other path people can take is spiritual path. Sometimes, depending on the teacher, this might involve shutting down the sexual tap and containing it. That is more religion that spiritual teaching but this leads a person to an infatuation with themselves and their God.

I can say, that when you meet the right person, and you are ready for love, that just before that happens, your sexual energy will return. They go hand in hand (excuse the pun). The one thing I warn people about is that the use of masturbation to relieve that energy is going to keep you single. Masturbation is meant to help raise sexual appetite. Therefore beware of sex toys that simulate sex.

The way I deal with being single and not having a sexual partner is that I just work hard. Late nights, early mornings. I take advantage of the time to work. But I don't know how to bring a relationship back into this lifestyle without losing the work-time that I now need and love. Your thoughts?

Greed - The fourth substitute

Whe Greed the fourth substitute.

When love is gone, money becomes an obsession, and why not. Money used to be a real tangible representation of the energy of the Sun, Gold, and that really means love. So, if your "workaholism," is love exchanged in a different currency, then great.

However, greed can become a fix for lost love. It's easy to become obsessed with what we've got in a material sense, when we feel empty in our heart. That emptiness is an awful feeling, a vacuum that, it seems, nothing fills except a few more investments and a few more dollars in the back pocket.

Greed drives many people to behave in a highly emotional way. They can make unwise decisions, become infatuated with the future, and burn through every coin they get, trying to fill the void. But nothing can fill the void love is meant to fill.

Another serious issue that greed triggers as a substitute for love is attachment. People can become highly possessive, almost fearful of loss, and this has little to do with how much they actually have. Sometimes really wealthy people fear loss so much that they die young from worry about losing what they've got, funny about that...

Be careful that you don't invest yourself in getting attached to things, wanting more and being motivated for all the wrong reasons, just so you can fill the void of love with some other material. You can't plug the hole with money; love can only be filled with love.

I am single, divorced but my ex and I still share a friendship. There's an emotional connection between us that is quite strong. I think it prevents me finding a new relationship. She says if I find another woman she'll be jealous. What's the process of turning this into a healthier situation?

No Need to Stop Love

Good for you. Someone you thought worthy of sharing your life with should in theory make a good friend. But her jealousy and emotional incompleteness is an issue.

There is no need to stop loving her, just because she is not with you. Just because somebody doesn't do what you thought they were going to do, it's not a signal to stop loving them. Just a signal to love them more.

The more you love something, or someone, the less you are attached to them. But if she emotionalizes in any way around you, sexually or mentally, then you are attached and can't move on. So, friendship with her is great, but be careful of the degree to which she invests her emotions and judgments in your life. Simply put, if you don't ask for her opinion on something personal, don't give her permission to give it.

Wish her happiness but don't play 'father', be a friend. That means you aren't responsible for her happiness. You wish her love and happiness. Then you are not in the loop anymore. You simply do all you can, as you would do to anyone else, to make her life good. You don't take credit and don't take blame. Just love. Simply love her more and know that you are free to be who you want whether she likes it or not.

If you react to the past and don't come to love the past, then you drag the past into the future. Your love will again be conditional - hell - because you'll end up living in a box, alone, surrounded by your baggage, and pretending you are happy without the love and affection of a lover.

I am going through a really hard time. I am angry, frustrated, depressed and totally disillusioned in relationships. Help...

Welcome Growth

Without knowing you, I can only surmise the cause of your current circumstances. Nature is guiding you to a new place. The faster you move there, the faster you'll heal.

When a person is deeply challenged at a personal level, and beginning to feel angry and hopeless, it is because they have lost their real dream. Sometimes in these circumstances we try to live someone else's. It is a sort of suicide of the spirit. Emotional challenge asks a person, "What is your dream?" If you have defined your life as what you own, how you feel, or who you are with, you have built a very problematic existence and your spiritual path may be blocked.

During hardship, don't let faith in the spiritual world die. Know that you are always being guided, and sometimes, that guidance takes you into places you never would have chosen. During this time, hold your integrity because when you devote something to your existence and have the willingness to deal with the challenges you come out of it a better, stronger person.

Work with the laws of nature and find beauty in the darkness. It is there, as always, even if during the struggle we can't see it.

I can help you heal by encouraging you to answer the question, "What is your dream?" You take some spare time and go into the forest and find stillness. Then, unravel the knot that has become tangled. Let the stories unfold so that your heart can be open again. Learn from experiences, rather than fight them. There is no use in anger, or even analysis, there is simply growth. Heal by finding a new dream, modified to include the adjustment challenges reveal.

During challenge, try to be in the moment, quietly, and do not talk too much. Fast response to challenge is not likely to result in anything thoughtful. The best thing is to be as quiet as possible, and to think about the matter for while before expressing your reaction. If somebody says they want to know right away, you can say, "Well, I don't know right this second, but I'll tell you tomorrow". Avoid answers that come in that moment.

My heart has been broken, not once but twice. The idea of a third time is nearly unthinkable. So, I'm single. What to do?

Don't Hold Back

Your heart can't break. Nobody can break your heart. Your mind can break, your hope can be dashed, your expectations ruined but your heart can't break. It feels like your heart is broken but it is not. Your mind got offended. Your heart can't stop loving, your mind just puts up a block. A broken heart is caused because your mind got a challenge, your mind expected them to do one thing, and they did another. Then, you hated them, so you had to stop letting the love flow. But you can't stop loving. To love someone is not possessing them.

When you stop letting the love for people out, you hurt yourself. If you stop admitting that you love somebody, then you "break your own heart." Because your heart only knows one thing, it knows how to love. It doesn't know how not to love. So, when you block your love for somebody, you block it to yourself, your next partner, your next partner, and your next partner. You block it for your whole life. Especially if it is a parent that you block your love to.

So, broken heart means hard headedness. Are you hard headed? Do you cling to your ideas, are you a determined person? That asset, determination can also cause you problems. Heartbreak is really headbreak. If you can learn to adjust to things, be more adaptable, your heart won't break.

We need to be clear because this is what I am dealing with every day, and it is costing people their whole life. People saying, "He broke my heart" or "She broke my heart", they are caught in a cage because they are blaming somebody. Nobody breaks your heart, they simply reject your expectations.

Holding back is hurting you more than getting hurt again.

With everything else I have on my plate, if I get into a relationship, I am going to have another time consuming thing to do?

Love Time

There is an epidemic in the world, it's called busy-ness. People are busy, and it's getting more so, with the use of digital devices that e-mail, and call us, 24/7.

You are not alone in your cry for a break. People are running tired, overworked and the cost is relationship. In terms of priorities, relationship is the highest on everybody's list, but usually in terms of energy available, it's the lowest.

You must think about this carefully. When you lie down to die, and they give you a few hours to think through your life, what are you going to recall? Are you going to recall working 18 hours a day? Are you going to recall the sale you made to the large client? Are you going to recall the lounge suite? I doubt that anyone, sitting on an airplane that is going to crash thinks about those things. I suspect that we all think about love, who we love, and what came from it.

When I meet people in their private lives, their life is shared between the necessities of staying healthy, recovering from work exhaustion and work. They often see the purpose of their relationship as providing the environment for all these things to happen. It's like owning a convenience store.

But if their relationship fails, everything else becomes unimportant. They don't work, exercise, recover, nothing, they all focus on relationship. We take our relationships for granted and then complain when they fail.

The most important thing in a person's life is their relationship. All great manifestations are built on love. The answer to all questions is love. The lack of it, rejection of it, or taking it for granted. People even stay in bad, loveless relationships because they are busy. My answer to your question. Yes, I will give you a break, stop, stop, stop the blind rush to your grave, cut some space for love.

My girlfriend dumped me right when we were getting serious, and now she wants me back. We sleep together and really enjoy each other but I am really not feeling like I used to feel about her.

The Easy Road

In about 1 out of 100 break-ups going back ends up working. Going back is the easy road when the road ahead looks and feels hopeless or daunting. So many times people go back to old relationships because they think the future is not going to be as good as the past.

Sometimes, going back is great. Sometimes the initial period of the relationship is about letting go other people, struggling through lifestyle issues, and coming to terms with everyday matters such as religions and beliefs. It's like a wrestle. Of course the sexual side is usually great.

Sometimes relationships break because the pressure on the lifestyle issues gets too large. There's love there but it gets a back seat to the drama of ex boyfriends and girlfriends or mums and dads interfering. Love gets smashed because of lifestyle issues.

Sometimes the break causes the changes that needed to take place when the relationship started. I mean people don't change, but their choices, and their lifestyle can. So, sometimes, falling in love and then separating from relationship and then going back in relationship just proves the love is never broken.

However, people can be too stuborn to grow and unless something changes, then the old problems are just going to re occur. If a person changes their lifestyle and their choices, they are still the same person, it's just that they have become more available for love.

The key is your language. "I got dumped." Did you know that nobody does to you more than you do to yourself? Actually you dumped her first, emotionally, physically or spiritually and she just finished it off. Think through it. The uncertainty and questioning, the complacency and taking her for granted. When you get dumped, you really dumped her, at some level and she just did the dirty work. Don't play victim, it just doesn't heal.

You say nobody can do to you more than you do to yourself? Does that mean I have to romance myself, take myself to dinner, have sex with myself, and marry myself? Seems a bit over the top.

What You Judge You Attract

With all the talk about attracting what we want in life, one part of the equation is always left out. And that is, the power of attraction works to attract what we don't want as well as what we do.

What we judge in others, is just what we judge in ourselves. We create a positive and a negative expectation of life through our judgments. We attract both.

Your question reflects the victim mentality that made women subservient to men for so long. Waiting to be taken out, waiting to be loved, waiting, waiting, waiting for someone to prove they were lovable and worthy. It stinks.

You want your power and you want your love, start being the person you are searching for. Treat others as you wish them to become, reverse it, treat yourself as you wish to be treated. If you can't stand being romantic to you, alone, you are waiting for the prince charming to come along.

If you can't treat yourself to a nice, romantic walk, a beautiful meal or even treat yourself with sexuality, then don't hold your breath waiting for someone who will do that long term.

Sure, everyone knows what you want short term, so they feed you what you want and you can fall in love with them. But can they sustain it? Is it going to last more than the courtship? My answer, unless you can do to yourself what you wish others to do for you.

What you judge you attract. So judge people for not being romantic, and for boring sex, and for not taking you for dinner, and eventually you'll convert whoever you attract into your greatest fear.

This is what you want. You want love and romance and sexual joy and intimacy and long-term devotion. It starts with you feeling worthy of it, and that worth is tested by your ability to give to yourself.

In your book "Sacred love" you say keep love sacred. What love isn't sacred?

Emotion is the Opposite to Love

If I could teach one thing to people about relationship, it would be the difference between emotion and love.

Love is not the cause of relationship. Emotions are. Love is what we want in a relationship, but the way we measure that love is through emotions. So someone who loves us, but lies to us, may no longer be in our relationship, not because they don't love us, but because of an emotional reaction we have toward their behaviour.

Love and emotion are opposites. The opposite to love is all emotion. That includes happiness. For most people, happiness and love are the same, orgasms and love are the same, nice people and love are the same, approval and romance and love are the same. But they are not the same.

Love is perfect stillness. Absolute contentment. The absence of thought, of judgment, of feeling and therefore emotion. In the moment, right in the moment, love exists. In the future love doesn't exist, that's hope. In the past love doesn't exist, that's memory. So a love that is remembered is actually love being experienced right now.

If you really love someone who is past, they turn up in a sense. Their being, minus their emotions (which causes them to be in a body) feels like it's here right now. So, the presence of someone in your life is about emotionlessness, love. You cannot grieve the loss of someone you love. They cannot go away. You can grieve the fun you had with them, or the conversations, but nothing is even missing there, someone just takes their place. All emotions are transferable, but love is permanent. If you love someone, I mean really love someone, then they turn up every time you turn your mind to them.

Love therefore is not about wanting, needing, wishing, hoping, having, feeling, marrying, divorcing, creating, rejecting. Love is, the absolute truth of a moment without emotion. That's sacred.

I lead a large organization and I create a lot of freedom for people to express themselves. As a result there's a lot of emotion. When I get home, the last thing I need is more emotional drama, hence I am single. Any thoughts?

Support and Challenge

Men like Donald Trump and women like Oprah Winfrey, are criticized for running a tight ship in their business world. They are exacting, no excuses people who demand performance and nothing else. They don't care if you stand on your head, just do the job, and do it well.

Men are generally criticized for being unemotional in business, but this is where you need to see the other side as well. If all your drama and emotion is on the table in the business world, and love operates at the border of support and challenge, then the only thing you have left for a relationship at the end of the day is an emontionless relationship (support).

Support only relationships. Support only relationships are relationships where the couple is so exhausted from dealing with their business world all they want from their partner is niceness. Peace, harmony and good things.

I have met many women whose personal life with their ex husband, job, dog, house keeper, friends, family and business is so demanding that all they want, by the end of the day, is a nice, warm agreeable husband. Those don't exist in real relationships.

As mentioned above, true love operates at the border of chaos and order. Hence, if your challenges are all welcomed in the office, then all you want when you get home is order. This partner, this nice woman, has to be someone other than a real person, a Dr Phil graduate or something. She's going to walk on the eggshells around your exhausted, emotional imbalance trying not to disturb your ego, which has had enough challenge at work already.

So, consider this. Make contracts at work. Set clear expectations. Express the core values of the business. Somebody crosses the line, misses a mark, commits a cultural breech, then they are called on it once, twice and third time out. Even trade unions can accept such a policy. If you go to my web you'll find the PDP, a Personal Development Program for business. This is how you draw the emotional line at work, and bring yourself home for a real love experience with a real lover.

I know what I want in my relationships. I have had enough experience with cruel women to know not to throw myself at just anyone. I want to be happy and find a woman who treats me well, loves me for who I am and takes responsibility for herself. Am I asking too much?

Expectations

Every person has two sides. The woman who treats you well cannot do that without a few slips, nor can any human become an island to themselves. We need each other for love and support. I think you are over reacting to the past.

You deserve love but you better do some homework first. Nobody has done to you more than you did to yourself. So if you got treated badly, maybe you sold yourself cheap. Whatever you judge you breed, attract or become. So, these judgments and ugly impressions are going to cause you hell in the future. You must learn to love the past before you can move on from it.

You'll also need to get over the idea that you can spend the rest of your life waiting for women to change the way they treat you. They will treat you on the outside like you treat yourself on the inside. So, begin with some boundaries to build a sense of self-respect. This is the most important key for you, stop waiting for women to change.

Now about what you can do. If you approach your relationships with hurt and pain from the past, using blame and victim or guilt to sustain those past feelings, then there is no way that you can truly fall, and therefore achieve this beautiful truth of honest, and sustainable love. So, emotionally at least, you must learn how to heal wounds, become innocent, to surrender all the fears, ambitions, paranoia and phobias that you have accumulated in order to truly become present and fall

in.

I am single, divorced and have a 12 year old son. He lives with his mother and I suspect she poisons his mind with criticism of me. He doesn't want to know me and I am distraught. My men's group reveals there are a lot of men in this situation. What can I do?

People Can Reject Your Expectations Not Your Love

I can relate to your situation having been through that hell. I can understand how you feel and would like to draw the picture from the end, rather than from where you currently are.

You are being taught, and will learn to cross over from your expectations to love. We all get the two confused and think that the way to love our children is to help them become who we or they choose. This is our expectation.

People can reject your expectations, they cannot reject your love. Eventually, you will, I guarantee, move to a place where you can love your son, without any expectation. This is unconditional love, and an irresistible place for your son to come to. But your expectations of your relationship with him, his mother's behaviour, his behaviour will, in the meantime, drive him away.

You are being asked to step up to an amazing awareness. This awareness goes through phases. The first phase is grief, which in itself is a cycle of denial, anger, sadness and then acceptance. All grief, no matter what the loss, goes through these cycles. The first time it might take 6 months to get through, then the second time 3 months, then 1 month, then 1 day and then one hour and eventually, one minute. It never goes away, this grief, it just takes shorter periods of time to come back to acceptance.

The second phase you'll pass through is the re establishment of some modified form of relationship with your son and your ex. This phase requires that you acknowledge that you are not the live-in parent (assuming the usual access the non custodial parent has) and therefore, your role with your child is different. During this phase of adaptation, please be careful not to become the antagonist, and provide unlimited and undisciplined exposure for your son as a counterbalance to his mother. Her job is hard enough without adding your son's comparison and resentment of her discipline.

The final phase is unconditional love. To know that you are the father and this means, no matter what your son does your job is to accept and love him for it. Really, that's all he wants. Your Love.

What is the most romantic thing you've ever done?

Contentment

Bringing my romantic adventures to the table is a challenging question, not because I am shy about them but because I consider my whole life a romantic adventure. So I feel a little indulgent. From trips to ancient burial grounds in Indonesia, climbing the sides of volcanoes, rafting down wild rivers in New Zealand, trekking to the highest peaks in the world in Nepal and meditating in temples in India. I have danced with the devil, and romanced life relentlessly.

For me, life is romance. When business, relationships, people, movies and travels are not romantic, I am not in it. In a restaurant, if it's great food but a cold hard new age decor, I'm out. I love walking through soft sand and dancing along the shallows of a beach, more than swimming to save my life out amongst the waves. My partner and I used to Kayak out to sea and just sit there, bobbing over the waves and watching the shore.

My business has also always been romantic. I can't do business with those blue suite take themselves seriously types, or the tough women who think they have to prove their masculinity to win a deal. I like the feminine, and I like the honesty of real people doing real jobs, selling real products to do a real service. I like to laugh and if, in business, I can't smile, I don't play.

In relationships I've done the creatively predictable, the Champagne, the dinner, the hotels and the poetry. I love romance. I've celebrated a birthday in India with a wedding band in a tent, and had a private dinner in a magnificent rice field in Bali surrounded by candles, musicians and dancers.

I've celebrated love with a magnificent party in a five star hotel surrounded by our best friends and been anointed by monks and shaman. I've walked on Norfolk Island with ghosts and spooks as our guides.

But for me, the ultimate romantic experience is sitting on top of a trekking peak in Nepal, alone. It was there, truly inspired by an overwhelming awe, that I touched the soul of being a human being, and here, I fell in love with everyone. Weird huh?

Chris, if you were single now, what would you do?

Being Responsible for Your Own Happiness

The difference in my behaviour and lifestyle between being single and not single is quite minimal. Since I met my first wife, I have travelled at least 6 months a year alone in the world. I quickly learned that even when we are in relationship, we are still responsible for our own happiness and success.

I think that too many people need a relationship to be in love. And too many people don't need a relationship to be in love. So there are many people who can't love unless there's someone to love, and there are many people who love enough alone. This is not nature's plan for any of us.

I think, to be complete in this life as nature intended, a partner is important. So, my way of living is not to become complete as a single person, but to imitate the presence of a partner and then allow a real one to step in.

For example; I fall in love with people all day. Beautiful ones, young ones, old ones, smart ones, dumb ones. I try to see beauty in everyone. Now, that means when I find a partner, it's easy for me to see the beauty in them.

I have hobbies that, when I am single, bring out my love for nature. I kayak the oceans, or photograph flowers, I watch romantic movies and read coffee table books. I love coffee table books with their big pictures, stunning short text and insight. To me, it's like sitting with my beloved and thriving on their inspiration.

My self-management is important to me. I go to Nepal twice a year to lose weight and stay fit, I train every morning and exercise regularly, I am not obsessed with fitness but sustain it. In or out of a relationship.

I smile a lot. Smile means connections to me, and I smile at people wherever I am. I try to avoid nightclubs and pubs. These are, for me, unromantic and the people I meet there are far too physical for my way of living, I just couldn't sustain it.

How do I create the right space to meet the right person at the right time?

Be Abundant

The needy person gets no worm. In my seminars one thing that makes everybody nod is the story of the single person who, desperately wants to meet their love, in fact anyone would do. Nobody seems interested. Weeks come and go, and this person seems to be spending infinite nights at home, alone.

Then, out of the blue they meet someone. A short-term fling or a long-term love, this person meets someone and thinks everything is going to be perfect forever. In that same week, the phones starts to ring, people come out of nowhere and all of a sudden, there's more offers for dates than they had for a year. Of course, this person says no, because they have found someone.

A month or so later, unfortunately the newfound love turns out to be a non-event and this person starts thinking about dating. No one is interested. At this point in the seminar people started to giggle at the truth of the story.

There's an old quote. "When you are with the one, (in a relationship) you want the many (out of the relationship) and when you are with the many (out of the relationship) you want the one (in the relationship) any idea why?

If you drive a car with the fuel gauge on empty, you'll drive it differently to when there's plenty of fuel. Abundance attracts abundance. Being thankful is the full tank of fuel for people.

The key is to learn to be thankful before you meet someone, and the key to this is humility. Thankful for your next breath, for the moon at night and the flowers, there's so much to be thankful for. Thankful for stress, and challenge, and sickness and disease, and failure. This is what we need to learn, how to be thankful for the bad news. This will improve the space, who wouldn't want to be in the company of a thankful human. Can you be thankful for even the darkest night? For the negative and the positive. That's the key.

If I meet someone that I like, what do I need to know about them to determine whether they are a potential partner or not?

Dreams

There are many different levels on which to determine if someone is going to be a potential partner. Some of them depend on the phase of the moon, time of the year and situation of your life right now. You may be horny, you might be lonely, you might feel successful and all very powerful in your work.

So, feelings that come from everyday life will cause you to find different people attractive at different times. Our body chemistry is considered independent of our thoughts and judgments but really, if you dig deep enough, chemistry is just a mirror. What you think you don't have and need will cause attraction.

What you think you have and don't like will cause repulsion. What you think you have and do like, will cause chemistry. In other words chemistry is just looking in the mirror.

It doesn't even have to be real. You can think about yourself as wanting to be spiritual and meet a spiritual person and automatically they make you feel spiritual. So, we can even borrow ingredients from others, spontaneously, and feel like they changed us. Being around wealthy people makes you feel wealthy, being around beautiful people makes you feel beautiful.

I dated a model once. Even when we were out together men would approach her with their phone numbers. You have no idea how many men think they are ugly. Even with the fancy car and the nice clothes, deep inside they feel ugly and stupid. They are magnetized to a beautiful woman without even knowing her, because even just flirting makes them feel like some of the beauty rubbed off.

This transference is really dangerous as a single person. After several months or a year with anyone, their beauty will become normal, their wealth will not be yours, and you will become the you that you were as a single person, but now you are in a relationship with no real reason to be there. Love is not enough to even hold a relationship together, the real glue that binds two people is the degree of overlap of their dreams of the future.

I want a partner who merges their heart with mine, to become one. Is this possible?

Soul Mates

We have many soul mates on this earth, many. So the ambition you have is totally real. The real soul mate we search for is ourselves. A relationship with ourselves only mirrors what we want it to but, a relationship with someone else is going to be more real and honest.

The Vesica Pisces diagram is a very important thing for single people to understand. It represents the reason to turn love into relationship. Two independent people, (the two circles) under ideal conditions, will overlap their dreams and ambitions by just 33.3%. That means there is a lot of independence in relationships.

This is not about love. Love, the merging of hearts, is independent of relationship, love must be held pure and protected from expectations, lifestyle and dreams. Love, and the choice to allow it out cannot be exclusive.

We cannot be in love with one person and hate another. That is impossible. To love is to love all. The exclusivity comes when we open ourselves to another person on the more physical, emotional, dream, vision, hope and sexual levels. Those are not love, those are expressions of vulnerability. 33% is the limit.

So you can see that being in a relationship and not being in one, changes your life at the level of intimacy (vulnerability by choice) and dreams (only 33.3% change) but really, you have to get used to the other 66.66% being yours, alone or not. This really shows how much responsibility we can put on relationships for our happiness. Truly, being happy is a single thing, whether we are alone or together.

I say I want a relationship, but do nothing about it. I am not good at flirting or seducing people off the street, I am so shy and embarrassed about online dating and speed dating, all my friends are married, and the women I meet at work are not my type.

Watch the Holes in Your Net

Let's take your question one step at a time. Firstly congratulations for not being good at picking people up in the street. You saved yourself a lot of wasted time and energy. On the street, what you see is not what you get. On the street, meet the person, flip who they are trying to be upside down, and you know the boyfriend or girlfriend they will become in a relatively short time after sex.

The second thing is flirting. I am not an advocate of flirting, but you need to feel good about yourself. That can appear flirtatious, but you need to take a good look at what you wear, including your underwear and check that you feel, how you want to be felt.

The online thing is a relatively new science. If you consider the evolution of cars, planes and computers, so you should try looking at online meetings as just another evolution in ways to make our lives happier, simpler and more inspired. Don't look at it as a sleazy meet type of thing, look at it as a way to cut through the violence of public dating, a way of meeting that is respectful, private and honours something that I teach. The key to long-term relationships is the matching of dreams. This can all be done without one person in the entire universe knowing who you are.

Speed dating, I confess to never having done it, sounds so fantastic, I'd love to try. (I'd need to be single to do it legitimately.) So many people I know met their beloved in this way. It's honest and managed and being shy, well maybe that's something someone will just find perfect. Why not test the waters and have some fun. You can say no to everyone you know.

The last comment on your list is the real problem. Not my type. I laugh when people say, "I want to meet my soul mate," and then describe how they will act and look. 'Soul' means beyond you, and 'mate' means a fit that maybe you don't understand yet. Your ideas of a mate can actually exclude someone who might make your life wonderful, but you just don't see it. If your ego has created the 'TYPE' metaphor, be careful that a wonderful, spiritual, inspirational, life purpose supporting individual is not being cast out, because the holes in your net are too small.

I am single and from time to time I become suicidal. I just want the pain to go away. What do I do in these times?

Feel the Truth

I guess I have to begin by honouring your honesty. That's a big confession and the truth is, most people flicker in and out of this option during distress or depression. So, you are not alone.

There're three answers to your question. Short term don't try it. If you are feeling like that, do not drink alcohol or take a drug. That's going to blur your judgment. Find a friend, lean on a neighbour, get on the phone, delay. I promise, having been there several times myself, that if you can somehow delay the action, the urge will go away.

Medium term, you need to let go of something. Suicidal thinking comes from the ego. The ego is so attached to something or someone, that it can't exist without them or it. So, it starts to die and it wants you to go too. Real spiritual awakening is the death of the ego, so, so many times people who are in seeming distress and suicidal are actually becoming realized in this life.

I have been in many spiritual retreats and seen people go into this spiral and want to die or be crushed. This just shows how powerful the ego is. Our personality is just a jacket we wear over our love, and removing that jacket feels like we are being skinned alive, but really, once we've done it once or twice, we loose the attachment to that jacket (ego) and the whole mystery of life is unveiled to us. So, get a different perspective on pain. It's not proof that you have stuffed up, it's proof that you are on track on a spiritual journey, being skinned of the lies and delusions that run most people's reality. In this skinning time, accept the pain, and feel the truth emerge. That is, I assure you, no time to dispose of your body. Now at least you can know higher meaning and connect to higher realms. Without a body you can't do that.

Long term. Given you are having these experiences you'll need to work out what you are going to do with the energy you'll have after them. Learn an art, a martial art, a meditation art, but learn something to channel the powers through and out of you. This is the most important key, otherwise you'll feel like a pressure cooker with no relief valve.

I'm single and I want to know about sex. This is my frustration, I enjoy it and even if I'm single, I want it. What to do?

Sexual Energy

Single or double, sex and sexuality is a vital element of your spiritual path. You must nurture, preserve and express that energy.

Put ice in a pot and heat it. First, water, then steam, then nothing. The water isn't gone, just changed form. If you cool the room, you'll find the water again.

Sexual energy is the core energy of our life. It's called prana, Qui, and vitality. Whether you use it for sex, for laughter, talking or meditation, the bottom line is, it is sexual energy. Everything else is consuming it. Feelings of the heart are actually sexual energy heated up in that pot, to go out through the heart. Inspirational creativity is sexual energy going out through creative expressions like music, art, and dance. So, you see, you can't be alive without sex.

Yoga and most eastern arts are totally 100% focused on channeling that energy to different places in the body other than the penis and the vagina. To a fist for punching or a mind for liberation, sexual energy goes where the mind goes. So, the primordial energy from the universe is stepped down into your body as an erect penis or a moist vagina. Now, the choice is yours. You can use it like that, even alone, or you can express it in a billion constructive or destructive ways. Unconditional love is the highest expression of it. No action, pure thought.

I don't like my ex, she's unevolved and stupid, so I left her. Now I am ready for my next relationship, any hints?

Acceptance

Although there's been a huge leap in self-awareness over the past 30 years a lot of it has gone too far. Self-awareness has been replaced by self-obsession, and this question reeks of it.

The real reason self-awareness comes to us, is for happiness. But we have so many other different agendas and can use it for so many illegitimate purposes. Like justifying judgments, like yours, of our partners.

Self-awareness means to unlearn judgments. It is meant to drive our criticism of others back to ourself, where it began, so it can be dealt with, properly and consciously, rather than expressed in a way that justifies our departure from our past relationships.

There are many good reasons for leaving a relationship. But judgment of someone for being not as you want them to be, is not one of them.

Every human being on earth has every trait on earth. So you are unevolved too. You are stupid too, and to avoid accepting that part of yourself you have gone to the extreme of leaving your partner.

You can't eliminate a trait. Your ex is worthy of love for who she is. Until you love her - you can't leave her. And to love her means to see that actually everything you judge in her, is you and worthy of love. Even if she has big feet, and you don't, you can find what it is that you judge in her about her big feet, and find yours. Like maybe it's even the way you handle judgments.

The key to the next relationship, is love for the person in the last one. I find many people who have become single judging people a lot. He's good, she was bad, he's not tall enough. This is the complete opposite

to more evolved.

I infatuate people all the time. I think they are marvellous, and then, wham, I get the real story. I am disappointed in relationships and therefore I am reluctant to enter a new one. What are your thoughts?

Realistic Expectations

Nothing kills relationships more than false expectations. It's harder now than ever before to understand the real dynamic of relationships. TV and movies glorify them, our parents messed them up in the majority of cases, our friends tell us half the truth and books are written with ideals in mind.

Here's a realistic expectation of a relationship.

You can love anyone. So, you can love your partner and this love transforms you. So, the euphoria of falling in love is potent and necessary. To stay in love is hard work, and to keep someone else in love with you is even harder. If you just leave your relationship to nature, it will decay to the lowest common denominator between you, romance and respect usually being the cost.

You will experience support, and challenge. The purpose of a relationship is not happiness. That's the myth that causes so much disappointment. The purpose of a relationship is growth. Support calms you, and challenge evolves you. If you are sensitive to challenge, you may even try to control your partner, or avoid conflict with them, but challenge will be there, and this is essential.

So, much of the long-term requirement of a relationship is the ability to survive challenge. If you are not committed to walking through fire, then you are not ready for a real relationship. Many people who do spiritual training dump their relationship because they get told that there is a peace somewhere on earth and within them. Then their partner causes this to be challenged, so they run away or kick their partner out. This myth, this peace within, without challenge has caused so many bad decisions around relationships I can't begin to tell you. Spiritual people going to Byron Bay and spending most of their time going from heart break to heartbreak, looking for the Promised Land. Real relationship is as much about survival as it is about bliss. Both exist even in one day, so this is a real expectation of a loving relationship that lasts.

My mother and father never fought. They were always happy. This is the relationship I want, but just can't find. Can you help?

Honesty

One sad consequence of parents wanting to improve the world that they grew up in, is a reluctance to be honest in front of their children.

To say ALWAYS, is a lie.

I used to say my stepmother was an alcoholic until a wise person asked me, ALWAYS? Yes I replied. ALWAYS? They asked. "Well not ALWAYS" I answered. So, it unraveled that my stepmother was drunk sometimes and others she wasn't. And when she wasn't drunk, which was most of the time, she was great.

30 years I spoke those words. Just to make it safe and easy to stay angry at her.

So, holding onto this ALWAYS, happy rubbish is making it safe and easy for you to stay attached to your parents. You actually haven't really let go, left home. Playing baby is safe. Mum and Dad are perfect and wanting to transfer this expectation into a relationship is also safe. But it's all a lie and you'll need to grow up and become real eventually.

First, your parents were not ALWAYS anything. You might have been protected from the dark side, but if you looked into your mothers heart, and what she had to give up to be in that relationship or your fathers heart, you'd find the chaos, the challenge that makes relationships worthy of nature's blessing.

Infatuation causes resentment. Hanging onto the perception that anyone was perfect, all good, wonderful, fantastic, always, or hanging onto the perception that someone was all bad, all alcoholic, all abusive, all violent, ALWAYS. It's just another way to avoid intimacy in the present moment. Making the past safe is an attempt to avoid the present. Try making love a priority instead of safety.

Understanding Others

Understanding Others 181

Body, Emotions, Intellect.

The Real You

People present themselves to us, as the combination of who they are, who they want to be, who they want you to think they are, and who they think they should be.

Then they read a book and watch DR Phil, and find more 'should be-s' and now they are also presenting who DR Phil thinks they should be.

So who are we?

We are a body. The function of that body is to seek pleasure avoid pain. While we listen to that body, we are sort of operating in first gear. Seeking pleasure and avoiding pain, means the laws of nature and ourselves are in conflict, because in nature there is no pleasure without pain. Hence, the disappointment. This, in all humans is the foundation of our life, the bottom line so to speak.

We are the emotions. All our beliefs, knowledge, religions, experiences add up to one thing, our perceptions. Two people see the same behaviour totally different. So, above the line of the primal body need of pleasure without pain, we have the emotions, seeking good news, nice people, supportive without challenge. Hence, the conflicts and wars and arguments and emotional baggage. These emotions add to be called our ego. They think us into what we want. But these emotions are in conflict with natural law. There cannot be imbalance anywhere in the universe, hence the exhaustion.

We are intellect. This intellect is capable of overriding emotions, and the body needs. We call this intellect, human will, or willpower. The key to success in any walk of life is the human will. The capacity to get past the body's disappointment, and the emotion's exhaustion. Willpower is, truly the capacity to survive though what is normal, and for most people, distracting. Willpower is a commitment to both a means (process) and an end, (result). So in a relationship willpower means holding on to the commitment to love as a process, and some sense of creative purpose as an outcome. Willpower is truly Godpower.

Understanding Others 183

Our lives are a series of choices. Making those choices as wisely as possible is important. Understanding ourselves is a great key to this wisdom. There are five elements, which together make up all life. They are: the solid particle - Earth; the moisture - Water; the force that binds the particles and moisture into one solid substance - Fire; the energy trapped within that substance - Air; and finally the thought that created everything - Ether.

These five components of life are present to varying degrees in everything that exists in the universe, including you. They are also present in environments, business and behaviour. They describe life and its amazing diversity in the simplest way.

This is not a new science. 6,000 years ago Ayurvedic scientists found that people who lived in tune with the unique combination of these elements that is their constitution, found health and happiness easily. And those who defied – or lived out of balance, suffered disease and struggle.

Over the years science has become complex and somewhat illogical. People have spoken of a combination of 3 elements rather than 5, and rarely have two doctors agreed on this diagnosis.

Constitutional Analysis is a throwback to the simplicity and purity of the 6,000 years old discoveries. Your constitution has become simple to find, easy to understand and priceless as a guide to the choices you make.

What is extraordinary is the application of this amazing study to relationships and business. Choosing staff, creating productive environments, aligning healthy job descriptions with natural talents has the potential to increase the effectiveness of the business world, while reducing stress.

In relationships people laugh more and instead of thinking about changing a partner or the way they function, they seem to be able to celebrate their differences and find humour in some of those old antagonisms. Constitutional Analysis is based on your body type. Your body can tell us more about your mind, than your mind can tell about your body. The beauty of it is that, you can read these simple signs spontaneously. So, not only do you understand yourself better, but you understand others equally well.

Instead of dividing the world into demographics (locations), or psychographics (thoughts), constitutions will be a far more honest and accurate grouping of behavioural traits. Earth people act that way universally while Air people are the same the world over. Their buying patterns are identical and their product hopes the same with highly predicable needs and values. With this, the opportunity to serve clients and their requirements becomes more honest, accurate and spontaneous.

Your constitutional analysis will reveal information right from the food you eat, the cause of your moods, identify the colours that calm you and the music that can inspire you. It makes being you, so much easier. It's a simple way to be conscious and unique.

Constitutional analysis is a great gift for youth as well. For decades, a normal child has been forced to live the way his society, family, race or country wants him to live. Nobody wants to know what is in him. The child goes through moulding or reshaping of various kinds. By the time he is an adult there is a big, thick, concrete wall between his True Nature and body. This wall comprising of patterns, beliefs, personalities, habits and so on, does not have anything to do with him. His Pre-Nature is dying inside so a life built on or based on these 'non-constitutional' patterns will never give fulfillment.

Your Body is a monitor, representing what is going on in your mind. A healthy body indicates a pleasant mind and fulfilled life while a weak body speaks of an unhappy mind and unsatisfied life.

Your Natural Constitution reflects are those proportions of the elements that comprise your unique make up. This Natural Constitution is your permanent template and affects everything you do in your life. Set in place at birth, it cannot be changed.

Understanding Others 185

The beauty of finding and acknowledging your Natural Constitution lies in the fact that you have something fixed, which you can understand yourself. That's not limiting in any way since it reveals your unique style.

Your Elemental Lifestyle

Constitutional Analysis offers a perspective, which cuts through behaviour, ego and conditioning of our minds and bodies. It is a complete change in perspective. Constitutional Analysis is a new perspective that interprets our True Nature from what we had, before we began to think.

Constitutional analysis mirrors your TRUE NATURE. It is not based on psychology or behaviour, and has no interest in analysing your culture, your religion or for that matter your conditioning. It is based on your DNA, and this cannot change.

In order to find our True Nature we must become open and empty again. Often a person comes to us and says, "Here I am. Can you help me find my real constitution?" But they experience a huge conflict because they argue that their behaviour rather than the body type is the reality of their life. We propose that their body types are defined at birth and their behaviours are moulded by their surroundings. Constitutional analysis does not limit or judge people based on what they are doing. It simply helps people understand the BEST PATH – for their unique constitutions. It is hard to be empty – to acknowledge the differences between the constitution and beliefs and to de-identify oneself with one's behaviour.

Your True Nature – is that part of you that is above conditioning, reaction and confusion. It is pure. It is your real potential. To the degree that we can be honest with ourselves, cut the rhetoric and separate our emotions from our truth, is the degree to which we can live authentically and in peace with life.

People mistakenly say – "I am an Earth predominant person because I am good at managing people," or "I am an Ether predominant person because I am good at visioning". It is an old psychological conditioning, subject to the environment, which measures a person by behaviour and is based on the 'Ego.'

Your Real constitution is determined at birth and stays with you till death. Your Natural Constitution arrives before you think, act or react to anything in life. It exists in the womb, so it is revealed by your body type not your psychology.

You can thus determine behaviours that will support you and patterns that are predictable. You may say "Oh! Now I see why I loved that music class but hated that math class." It wasn't the topic but the environment. "One teacher made me feel at home, the other not." We thrive in our Element and when our Natural Constitution is fed, the sky is the limit. Productivity goes hand in hand with happiness, which is optimised when we are in our element.

It is the same for relationships. A dynamic relationship will exist between your Natural Constitution and that of your partner. Rather than change your partner, try to understand his/her Natural Constitution and support him/her in that journey. On doing this, you learn to appreciate them for who they are, and what you appreciate grows. Relationships thrive when people stop trying to change, help or evolve their partners and begin to celebrate their unique element.

The giant leap is to break away from psychology-based lifestyle and business measures and to embrace the human constitution. Beyond the tricks of the mind, the ego and the personality, which have fooled the greatest scientists for centuries, Natural Constitution finds the core on which you can base your choices.

Finding Balance

Your 'elemental constitution' – reveals the weather you thrive in, the foods to balance you, the exercise that suits you and the career you can live in harmony with. It reveals your possible imbalances and potential vulnerabilities and cautions you on what your potential lifestyle hazards are.

It is like sculpting. There before you sits a rock, rough and covered in mud. You begin to chip away at its surface and slowly, through hard work, you find a beautiful sculpture within it.

Our constitution is exactly like the potential that sits within this rock. Through training we need to remove the unwanted bits and discover the gem that lies within it. The first thing is to understand what is your Natural Constitution, which is the exact shape of that gem. To do this we examine the body you were born into. Then we reveal how it responds to the world around it. How it is meant to care for itself and what its natural process in life is. In other words we learn what it takes to honour who we really are in our most natural state.

Understanding Others 189

Managing your Life

You wake up in the morning, eat and get to work on time. Then, you rush to meet appointments and responsibilities and attend a health program. This is your Earth element at play. When you wake up and do your exercises a part of which is meditation on a higher power, that's your Ether at play. Then you need to deal with responsibilities, you have a schedule to follow, kids to drop off at school, bills to pay, people to contact and some issues to worry about – that's your Air element kicking in. Subsequently, it's time for action – time to get going, to put all this preparation behind you. That's your Fire element. Finally, life is a people-thing. You have partners to say goodbye to, kids maybe, colleagues at work, people to lead and news about the world and its human inequalities to read about, that's your Water element.

Our Unique Constitution means we must honour our unique process of dealing with life's ups and downs. If you were born a Water Predominant person then be Water, don't fight against it in order to achieve some preconceived ideal of what a human should or shouldn't look like. If you are Water you will be unique and different, can you love that? If you are Fire – you are unique and different. Square pegs don't go into round holes, unless they shrink. We are not about shrinking to some ideal of personality or way of living.

Finding Your Element

Your Body Type on a Universal Stage

Everyone and everything is composed of five elements. The whole universe can be broken into these five groups, and therefore when we use this type of analysis we are attempting to harmonize humanity with all else that surrounds it.

Elements in Brief

Ether: Tranquility, peace, freedom, stillness, calmness, openness,

wisdom and creativity.

Air: Rhythm, response, movement, cycles, flow, detachment (positive) and changeable.

Fire: Courage, analysis, solution, speed, transformation, drive, passion, intensity, heat and force.

Water: Love, compassion, connection, flexibility, attachment (positive) caring and sharing.

Earth: Stability, support, reliability, grounding, establishment, firmness and solidity.

Understanding Others 191

The Five Elements of Your Constitution

Ether	Air	Fire	Water	Earth
Tall	Short	Medium	Wide	Square
Thin	Small	Medium	Thick	Heavy
boned	boned	boned	boned	boned
Long	Thin	Medium	Round	Square
frame	frame	frame	frame	frame
Long	Small	Medium	Fleshy	Thick
wrists	wrists	wrists	wrists	wrists
Long	Thin	Medium	Short	Strong
fingers	fingers	fingers	fingers	fingers
Long jaw	Fine	Sharp	Round	Square
line	jaw	jaw	soft jaw	strong jaw
Big	Petite	Medium	Small	Broad flat
feet	feet	feet	feet	feet
Swan	Robin	Peacock	Pelican	Eagle

Body Shape Determines Your Constitution

You simply ask someone to choose a symbol which best reflects your body. Remember, an air person can have flesh surrounding their bones which makes them look watery. So, maybe you have to feel a wrist to see how small the bones are.

But, tall people are ether strong, short people are air strong, shaped muscular people are fire strong, round people are water strong and big boned square people are earth strong. You can be a combination like short and square, meaning air-earth. Or tall and muscular meaning Ether -fire. Or round and tallish meaning water-ether.

There are huge combinations and variations. Everyone has every element. So, you can find traces of all of these. Usually however, one or two dominate. And from this you can know a person.

You can get past their body talk, pleasure pain, past their ego talk, right and wrong into their soul talk. Their soul talk can't be changed. Even if they become a nun, if they are fire, they will be agitated when change is not fast enough.

Understanding Others 193

Understanding the Elements

In Tibetan and Indian Ayurvedic medicine these five elements form the core of all disease and therefore healing. But they go further than that in describing human tendency. An earth person eats, sleeps, likes certain colours, differently to an Air person. So, by understanding our element, we understand our natural constitution and in what circumstances we'll be happiest. Let's take a look.

Earth Element

Do you know me? I am Earth. I love the home we build and the safety. I love the security and the trust we share. I am strong yet, fragile. Controlling, you might think, but I act to make your world safe, and in doing so, believe my eyes to be wisest. I wrap my arms around you because I love you, but really I want your tenderness, your fun and lightness. It is this that makes all my heaviness vanish and my lights come alive. I am the earth, reality is my level. I hold fast to all that is tangible and I am lost like a child in all that is not. I am bricks and mortar, I am money in the hand. I am security and trust. I know little of the vague ideals of romantic notions of God, but find peace in your arms. I need you and love you in my own special way.

Water Element

Do you know me? I am Water. I love the embraces, the swooning of your touch. If there were no tomorrow it would not matter to me. Your arms are the death and birth of my life. You take me from my everpresent worry about the world and it's children. To me, Love is easy to give, I give love as care, I nurture and smile. I am the infinite healer who can give and give. No tiredness. But your Love replenishes me, you sexualize me and bring these treasures that are mine into a whole new level. I can worship no God to whom I cannot speak. I need to know that God has compassion and can help me make the world more caring. I believe in the possibility of goodness and therefore I see it in you. I need you and love you in my own special way.

Fire Element

Do you know me? I am Fire. I love to be the best, win every test. I am insatiable yet not inexhaustible. I am fired one moment and dead the next. My Love is expressed in my action. I cannot trust the mind, or poetry of your expression. I need to feel and touch to know. More devotion you will never know, more rejection you will also know in one day summit to ocean floor. It never stops, my love demands no rest until I break. I am change. I am the critic who sees the half empty cup yet may choose to be silent in order to woo you. I am temptation and lust, unsustainable without your stroking, and those of others through work or play. I am the tiger, in a cage, I am dead. I cannot hand my power to an infinite source, I need to know how it works. Give me the Laws of Creation, but not a creator of judgmental mind. Your love is my God, your judgments my religion, I try to stop them, but you should never stop being the magnificent truth of you. I need you and love you in my own special way.

Air Element

Do you know me? I am Air. I love the universe, it is thought, it is my domain. I am the prince and the princess of thought. I am creative, inventive and insatiable. Nothing can quench my hunger for you. Only my mind can confuse my love. I am hot and alive and I thrive on your beauty and our dance. I can dance forever, in my heart, but my body is frail and can leave me needing your arms to hold me. I need your steadiness to embrace me, I need your warm and loving solidness. No fire will nurture me, only excite me, your moisture your earth make my universe possible. I can fly, anywhere I choose in my mind, my Love for you is eternal, if only my body would survive. Hold me close but never lock my wings. My mind would die if it couldn't invent. My world is your world, I easily follow, and suffer the fall. This child - inside us all, this is me. I need you and love you in my own special way.

Understanding Others 195

Ether Element

Do you know me? I am Ether, I love myself, and through it I love God. I come from other worlds beyond yours and so my love for you is measured in me. I do not understand vou, vet I think I do. I do not see how wonderful I am because I think I can be like you. I am born in my last incarnation. I am tested in living on this earth by having to go back and relearn my humanity. I tried to hand you my power, for support, it looks normal, everyone does. But I couldn't breathe. You reach out for me and I am here, vet, I cannot feed you in return. I do not have that in me. I am the King or Queen, alone yet surrounded. If I could float in my paradise I would and yet, my responsibility to you, is like the anchor to a kite, tied through my love to your hand. If you release me, I am afraid I will never find home. If you hold on, in the light winds of the day, I may fall from my sky and never, ever fly again. My love is unfathomable in it's magnificence, it is however, tortured. You will never know what magnitude of Love is possible with me, your earthly life distracts you. And so, I turn to the Spirits for help. My angels and my Gods. Hold me, do not let my anchor loose, I will fight you like a viper, demanding my freedom, but in truth, if you do let go, my husband or wife, I might never know earth again. I might birth a child or sire one, it is not for me, I do it to hold onto you. Never let go. I need you and love you in my own special way.

Conclusion

We are all these things. Dancing within us are all these elements. Some have stronger presence in us than others. This is our Core Element. But no person is just one. Such is impossible in this entire universe of stars. In the ebb and flow of life, we swing between these elements with apparently no reason, but there is order in that chaos, a predicable and completely understandable pattern of demand. Which one of our elements we are living today is a condition of life and I wish to share it.

Understanding Others 197

Going Back Or Moving On

Going Back

In a recent international study, researchers found that the vast majority of single people had frequent sexual relations with ex-partners, and, were most likely to have an affair with an ex-partner in the future. Of the people surveyed, including men and women between the ages of 25 and 50, 90% of affairs during current relationships were with ex-partners.

Why? Simply the research showed, it was easy, comfortable and convenient. All the formalities were already dispensed with, ex-partners are like an old shoe, easy to put on and, most importantly, comfortable.

So, when we are single, and considering the mine field of dating, discomfort of entering a new vulnerability in sexual relationship and going through another challenging "getting to know the real you period" - going back can seem very, very attractive.

Make sure it is love and not fear for the future.

No Rules

Let's set the record straight. There are no rules in love. If there were, we'd all be happily married with 2.5 children and that would be easy. It's not, and it's not because there are no rules. We are all different, our relationship expectations are all different (mostly) and our priorities change not only depending on our age, but our experiences as well.

So, to go back or not to go back has no fixed rule. However, there's a simple checklist to make sure, that the reason we are interested in going back is for love and not fear of the future. Here, in this little book you can go through the check list and, at the end of it, with a clean bill of health, go back for all the right reasons.

Is This The Only Option?

Abundance makes wise choices. Desperation makes unwise ones. If the attraction to the past is because there seems to be no options in the future (no candidates) then there's the first warning sign.

To suggest that you can't love anyone else other than your past partner is really a sign that you are stuck. The way to get unstuck is to acknowledge that you have everything your ex-partner has to offer, already within you. If they are strong, you are strong, if they are beautiful you are beautiful. Nothing can be missing. It can however, be in a different form. Your beauty might be in your heart, theirs might be in their face or hair or body. Their strength might be mental, yours might be muscle. To really let go of the past we cannot be missing or wishing for anything from that person. We must become them, both the good and the bad side. That's called love the only way to be free.

Is Your Memory Fading?

On a large sheet of paper, create two columns. Write down in the first column all the things you liked about your ex when you were together. Then in the right column all the things you disliked. Those two columns must be equal before you even imagine going back. They must be identical in attraction and repulsion. If you can complete this sheet, (or sheets) you have really achieved a mighty step. In Sacred and loving relationships those two columns are always balanced. Support and challenge, that's Real Love. The secret to great relationships is to know the two columns, and simply focus on the positive.

Of course, you can take this step further, by going back to step one and then looking down the list to make sure you have acknowledged that you are everything you wrote down. This second step means that you have grown from that relationship, learned to love yourself more, and risen past blame and victim-hood. Healed the past.

Feeling Inadequate

Sometimes we feel exhausted. All our hard work moving on from someone seems fruitless. We dream about them, we think about them, we have regrets about them, we are frustrated because they were almost perfect. Maybe we feel that the relationship failed because it was bad timing, maybe you just weren't ready or they weren't. Maybe if circumstances were different it would have worked.

This is a very dangerous, delusional mind-set. Regret is poison. Instead, think of how you can be thankful for the timing, thankful for not being ready. Think how lucky you are that the relationship didn't continue. Think what you would have missed out on what has happened since then, in learning, work, travel, friendships, your spirituality, your wealth that would not have happened if the time had been different. Balance what you missed out on, with what you gained. That's the real truth.

Easy

If you sit down and think to yourself. What is the easiest thing for me to do? Find a new relationship or go back to an old one, and the answer is "go back" then you are about to make a huuuuuuuuuuuuuuggggggggeeeeeeeeee mistake.

Going back might be the fastest solution to finding a relationship, it might be the least confronting on a sexual level, but the real middle to long term journey, will be just as tough, if not tougher, than finding a new relationship. The honeymoon infatuation slides quickly, the gratification from sex doesn't last as long, the old concerns surface and the incomplete history adds a burden to "going back" relationships.

If it looks easier going back than going forward, it's an illusion. It might pay you to get past that head-space before you take the next step.

Great Sex?

As I noted in the opening of this book, going back is like putting on an old shoe and compared to putting on a new shoe, old shoes can feel fantastic. The old shoe fits like a glove, knows your foot, moulds to your every need. But, it might not last long.

Take a careful look at the other levels of your relationship needs. Do you get your mental needs met, your emotional needs met, your family needs met, your financial needs met, your spiritual needs met. It's so easy to value one of those needs over the rest when thinking about entering a relationship. I often hear people say, "as long as I love them, and they fill my so and so needs, the rest doesn't matter." When I am dealing with relationships that aren't working, it's always argued that one or both partners are not getting one of those needs met. (And I guarantee they thought it wouldn't matter when they entered the relationship.) Check the whole story before you go back.

Deep Love?

The depth of love we have for a past lover can be confusing and overwhelming. Some people think that to move on, we must stop loving. They are wrong and so, because they feel deep love for an ex, they feel they should never have left, or should go back. Love and relationship are two different topics. Hopefully, they co-exist but they don't have to. Moving on from the past can only be achieved by loving it. Love for someone who died is the only way to release them. Love for an ex is the only way to release them. Love shifts the experience from a physical bond to a spiritual bond. To place someone in your heart, and hold a corner of your heart sacred for someone is to love them unconditionally. No attachment. So, love is not a reason to go back. Love is a way to move on. Loving someone is only half the reason you choose to be in a relationship with them. Lifestyle, dreams, vision, needs support, physical attraction, values, work compatibility, expectations and sex, all have a parallel importance to love. So, before you jump, consider the other necessities - as well as love.

They've Changed?

If you think your ex has changed, think again. People don't change, they just act different. Why should they change? Love means not wanting to change someone. Surely, are you suggesting that "as long as they meet your expectations you can love them?" Conditional love never lasts. Every person has every trait. All people lie, all people cheat. The only question is how. Some people don't tell you the real truth because they don't want to hurt you, or they work in marketing and lie for a living. Some people cheat because they compromise their own values or don't want the kids to hear arguments so they pretend to be happy when they are not. Some people cheat because they believe the morals and ethics of their religion are more important and appropriate than the real emotions that are within them. Some people are always trying to be someone better than who they are. They lie and cheat themselves. So, please, if you haven't grown since you were challenged by this person in the past, and can now accept them for who they really are, be careful assuming they've changed.

Trust Broken?

If there is one emotion that I think is the hardest to repair in a relationship, it is broken trust. There are several reasons. Firstly because people whose trust gets broken were fearful of their trust being broken from the beginning. In other words people with trust issues, get trust issues in their relationships and rarely do the work to really heal it. Secondly, what you fear comes near. What you judge you create. Trust issues sends most people deep into their psyche, causing: worry, anxiety, lost sleep, exert undue control, paranoia, neurosis, and stress, when nothing really happened except in their imagination. Trust is what makes single easy. People who lack trust, often prefer being single, because they don't have to face this fear. But the only trust we can ever, ever have is trust in ourselves. Real trust means self. Trust means we do what we say, not because others are watching, but because we are the person we are in a relationship with most, so trust begins with treating ourselves as we know we should, doing an honest day's work, eating well. Trust means our private and public self are similar.

Brave?

Sometimes we think about going back because we think we are braver now, and can deal with whatever we couldn't cope with before. Your partner might fart a lot or pick their nose, or always follow their mum's advice, or have a tough relationship with an ex they can't handle or have a difficult child, or complain a lot or be poor.

Something might have got under your nose and distracted you before and now you know it won't change, you might think you can deal with it "better now." It may, if this is the case, pay you to spend some time experimenting with that brave new position because usually, that sort of courage comes from someone who is not in the heat of it all. Sometimes we want a baby because our friend came over with their new baby, and we cuddled it for a few minutes - it' so easy to forget the challenges involved in real life situations. Being brave - courage is probably not honest. Experiment and see.

Promises?

I'll never do that again. This is one of the greatest lies of life. Second only to "your check is in the mail" Going back because somebody promised they'd never do what they did last time, ever again, is dumb. Manipulation, desperation, emotion, insecurity and lust makes people say things that they just can't carry through with.

We say a leopard never changes its spots. I think, under certain similar circumstances, people have ways of dealing with problems that can be called, patterns of behavior. If we change the circumstances, environment - then the patterns go away. But under the same circumstances they return. Be very cautious about any promises people make based on the new circumstances, like the fact that they want you back - because once you are back, those circumstances have again changed.

Going Back

Conclusions

The best idea is not to split in the first place. Many golden relationships that get into deep water would be all the better for the challenge of working through some dirt. However, given that we do split up, for whatever reason, there is no earthly reason why we shouldn't un-split up. (Go back together).

The key is to go back with our eyes open. That means we've healed, grown and shifted our perspective from when we were together in the past. The pitfalls of going back are huge, the potential for success around 50%. The risks are high including the waste of good energy and dating time. The ease of the physical connection, the absence of uncertainty in the dating world and the "old shoe" comfort factor make "going back" attractive. Simply, by going through these few pages as a checklist, you might save yourself a lot of time and energy.

To Go Back or Not to Go Back 225

Going Back

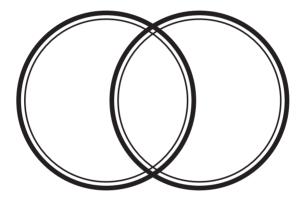
Author's Comment

22 years ago, I went through a horrific divorce. I begged and I begged my ex wife to reconsider the options. I was prepared to promise anything, do anything, be anything because I loved her, and had three children with her. But, my desperation was to no avail, in spite of several feeble attempts to negotiate a return, my ex-wife had made up her mind. We were finished. Her parting words, as she sailed off into the wild blue yonder with our three children were, "you're a Walker, and I'm going to get as far away from you as I possibly can" and I didn't blame her under the circumstances.

Now, years later, I can honestly say "thank God" - her courage and strength that stopped me manipulating, cajoling, tricking and begging my way back into that relationship saved my life. At the time, I couldn't see a future without my family, I couldn't take a breath without my kids in my life. I couldn't love or smile or think. But now, and purely as a result of that tortuous journey, I know how to love my family, without depending on them like a parasitic fish. I can love them without wanting, needing, expecting anything. I think, the greatest gift a person can learn. All from not going back.

To Go Back or Not to Go Back 227

Evolve To Love



Sacred Geometry

All bodies in the entire universe, from total galaxies interacting with other galaxies of billions of stars, to planets in orbit, earth and moon, trees and plants, animals and kingdoms, cells, microbes, molecules and atoms, function is some constancy that determines their relationship.

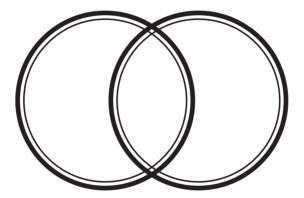
A molecule cannot escape it's orbit because of the same laws, universal laws, that cause the moon to go round and around the earth, billions of times, without a rope to hold it in place.

Universal laws are universal and therefore define the relationship of all things, to all things. Humans think they have free will, but really we too must conform to the universal laws that run the stars. We are not, as we think, free to be anything we choose. We cannot defy the laws that run the universe.

A humble respect for those laws is the difference between the emotionally vulnerable individual, with an expectation that defies nature, and an individual who experiences emotion, but whose expectations temper their reactions.

To understand nature, is to understand the universe, and therefore, when something happens one is tempted to ask, "what did you expect?" They had an affair, "what did you expect?" they died, "what did you expect?" they want more than you can give, "what did you expect?" your business went broke, "what did you expect".

If we follow natural law (universal law) which is the essence of sacred love and the sacred relationships that follow from it, we can't be surprised. We know that we cause the result. If we defy those natural laws then I might ask, "what did you expect?



Birth. Creation. Life

The circles also represent the exact dimensions of the feminine birth and reproductive organs. The vagina, is more than a physical representation of creation, it is the expression of both the masculine and feminine energies that have merged to create a child.

Therefore, the metaphor of the joined circles of relationship in sacred love are a clear reflection of a more organic truth. Be mindful that we are speaking here of masculine and feminine energy, rather than male and female. In spite of what the religious authorities might think, masculine and feminine energies of creation will always balance in a relationship, whether same sex or not.

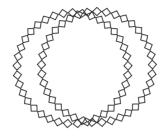
In our work place, our relationships with co-workers can also be considered sacred. Here, two individuals may join a team and wrestle out a solution to a challenge. Unwittingly, and in spite of the experience sometimes being stressful, the result is the birth, and the process is simply again, masculine and feminine energy. We have no choice.

Masculine and masculine energy will be balanced by feminine and feminine energy. There's a cycle we can't avoid. The feminine makes things. It takes ideas, which are always androgynous, (asexual) and turns those ideas into real life experience. Once birthed there is the task of maintenance, looking after. Until finally, there is decay, destruction, the masculine (change).

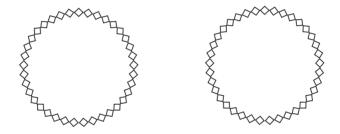
Every idea is birthed by creating something, or doing something, that's the water, the fall, then there's the resultant consequence and the maintenance, then, there's decay. Even we, as humans are birthed, maintained and destroyed in form. Really, nothing escapes even our earth is doomed to go back from whence it came.

The more attached we are to one side of this equation, the more violent the other side. Love is both holding on, and letting go, all in the cycle of one breath.

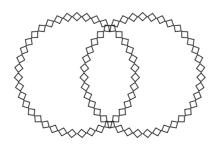
Model 1. Mr and Mrs Dependent



Model 2. Mr and Mrs MiMi



Model 3. Mr and Mrs Real



Equality, Harmony, Respect

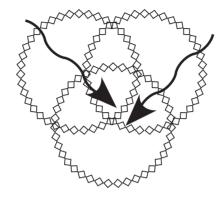
In our relationships there are three values, which we would call fundamental to health. In nature, these three values underpin evolution. Love causes us but these three values inspire us.

Model 1. Mr. and Mrs. Dependent. Traditional one person dominant idea. Values are superiority of one gender or race, support is defined as love, subordination as justified by religious misinterpreted teachings. This is what couples used to celebrate. One of the parties here, must to a certain extent, subordinate their life, and support the dreams of the other person.

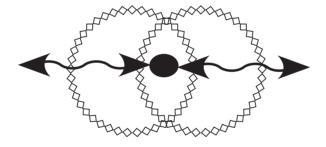
Model 2. Mr. and Mrs. MiMi. This couple is all about individuality. Truly there is no relationship, but the convenience of a shared household and children is seen as justification for it. This relationship is based on self-expression, usually triggered by a repression in childhood, the couple are fearful that they will stifle their achievements if they love too much. Other than convenience and having a partner to fall back on, they'd prefer to be single, they have other aspirations in life which right now, take priority.

Model 3. Mr. and Mrs. Real. They have a healthy relationship, (see the 33.3% overlap in the middle, and the 66.66% independence. In this relationship there's love and enough space for independence. This is nature's model of all plants, stars, oceans, mountains and people.

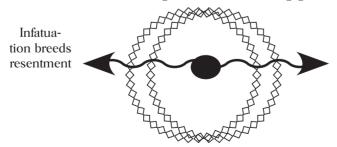
Mr. and Mrs. Business Partners. Boundaries are Essential



Mr. and Mrs. Ideal. Balanced support and challenge



Unhappy person tries to use relationship to cause happiness



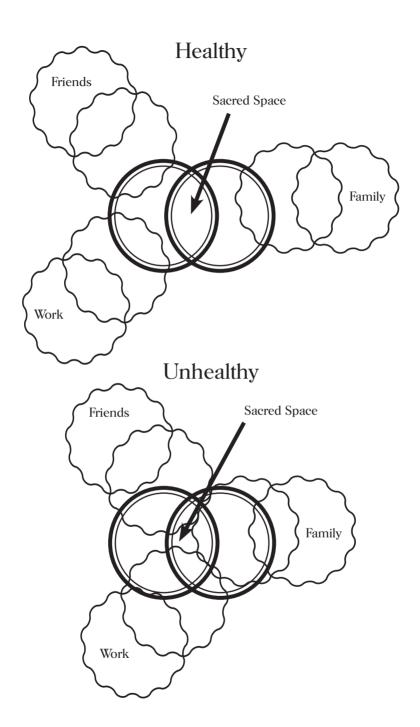
Responsibility

If we look at the circles, we can see that 66.66% of your life doesn't change at all as a result of a great relationship. It feels different, but it isn't different. By trying to cause a relationship to fix our 100% life, we actually send the person away. If you are asking why didn't my relationship last? Here is what happens when an unhappy person tries to fix their unhappy life by finding a lover. They cast away responsibility for their life and try to find happiness together with someone. The ship often sinks. You can see this with infatuation. Infatuated people breed resentment.

This problem is of particular importance when a couple works together. Then the lines of self and other and relationship become blurred and hard to define. It's not impossible to work together and have a relationship together, but it needs a very strong set of boundaries to make it work well in both areas. Working together can be great, but clear boundaries are needed to make sure the work dynamic does not sabotage the sacred relationship dynamic. We can only overlap 33.33% so, to succeed in business and love, we must play out two different roles with each other.

Relationships are fragile and if we load them with too much hope of causing our lives to be totally different than we are as a single person, then, we sink the ship, we overload it, and it can't float. Relationships do make you happier. And relationships can help you through challenge, but if there is discontent before you are in the relationship, it will come back no matter what you do, in the relationship. See if you can relate to this. If you are an angry type before the relationship, and it goes away for a few months when you start a relationship, it comes back eventually.

Many people expect so much from relationships, they cause them to fail. If you are unhappy before a relationship, then better to take some responsibility for that when you are in the relationship. Otherwise, you are going to sink the ship and push the person you love, away.



Sacred Space

Energy, priorities, frustration. One extremely confusing element of relationships is the role of "others" including children in the dynamic of a relationship. Some people feel that having close friendships helps, others not

The space in the centre, between the two circles is sacred. It is meant for no other human being, God or guru to enter. This is the commitment to love we must make if we are to celebrate love in a relationship, and make the honeymoon last forever.

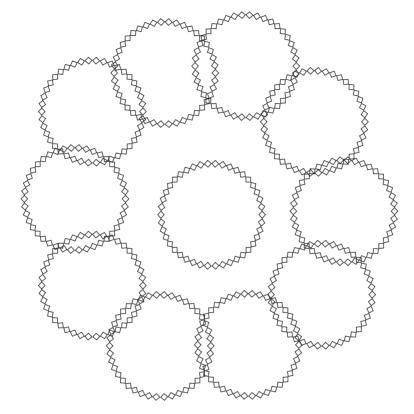
This sacred space is a space of intimacy and love. The form of expression of that intimacy and love is up to the individual couple to negotiate and celebrate. Some love the nakedness, others the knowing. Whatever it is, it requires complete devotion to preserve this sacred space at all cost.

Children demand attention, work demands attention, friends demand attention, families demand attention. But in a sacred relationship, they get what's left after the relationship is celebrated, not the other way around.

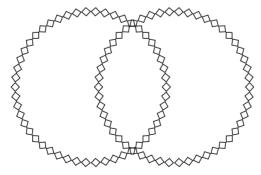
Boundaries are the masculine energy of structure that gives love its wings. I know this sounds fluffy, but what I am saying here is that if you leave things to their own natural devices, they will all increase their demands on time and energy until there is nothing left.

Lovers outside a relationship consume the sacred space of a relationship. And that may last for years, a self-depreciating dynamic of half sacred love in two pieces.

You can Love many People



But choose Sacred Relationship with one.



Loving Many

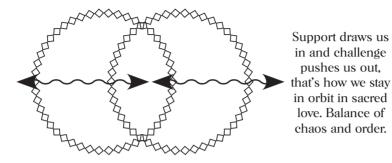
In love, we can't be exclusive. We can't love this person and hate that one. That's not authentic. If we say we love someone, then we must be saying we love everyone. How could we love one person and hate another? It would mean that we actually have conditions on our love, which is really not love, that's infatuation.

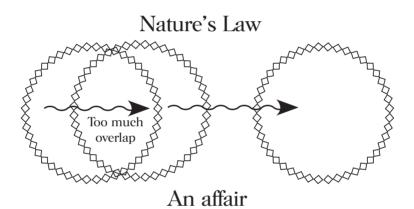
Learning to love one person, we learn to love many. But we choose who we are in a relationship with. Love we can't choose. This is how it is. We must be able to feel love for many people, even the naughty ones. We choose a relationship not just because we love someone, but because we have other ambitions as well.

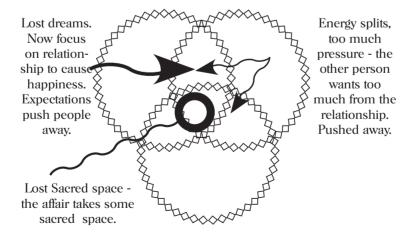
Sometimes the partners get jealous because you love other people. And this shows you that your sacred space is not strong. If you love other people and have some sort of relationship with them, even family, that takes energy away from your sacred relationship, your partner might become jealous, because they want to protect the sacred space, or at least, have one.

You need to be real about the sacred space. If there is not the true intimacy and love and stillness that comes in the sacredness of a relationship, then really, you are hurting both yourself and your partner.

Sacred Love







Affairs

Most failed relationships were caused by, or caused, affairs of some description. There are sexual affairs, addiction affairs, mental affairs, fantasy affairs, excess work affairs. There are many ways people escape from an unhealthy relationship.

Trees grow, grass grows, even Mt. Everest grows, but some people try to avoid it. When a person tries to avoid growth, they cause affairs.

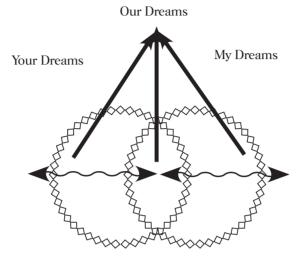
You have dreams right? And some of those dreams are short-term and some are long-term. Sometimes, because of the intensity of the short-term circumstances, you forget the long-term, and vice versa.

When you are in a relationship, and you become focused on the short term, you cause affairs. That's right, because the short-term focus blocks your growth, stunts you and shrinks you. Then, you must see, that if you treat yourself as a short-term person, so does your partner.

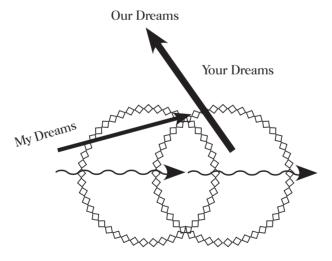
When you loose the faith in the long term, it is possible to start living this out through someone else. So, in a relationship, if we loose our vision, we start smothering, or at least "going along for the ride" and not taking ourselves and our dreams seriously.

When a person starts to live day-by-day, they will expand the importance of otherwise small obstacles and make their drama out of trivia. An affair happens because something is missing. And it is rarely the lack of day-to-day care that causes affairs. More, it's the abundance of it. Happiness in relationships comes from both short-term and long-term. Affairs are of the future. They are dreams kept alive that otherwise died. When the spark goes out, there's always another lover about. When you sense there's doubt. Don't scream and shout. Remember the vision, your personal mission. Remember the dream, the aphrodisiac cream.

Sacred Relationship



Short term lust - Long term bust



Short-Term Lust, Long-Term Bust

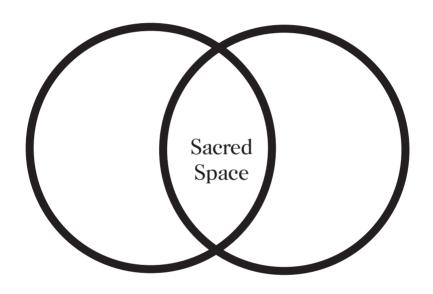
Love in the moment has pure lust association. Love in the moment sparks the fire that's otherwise dying. Love in the moment is the fuel that sends blood rushing to places. Love in the moment causes people to do and say things they can't sustain.

Love in the moment is easy because there's no expectation, no sense of relation. But when you want it to last, you'd better think fast, because love in the moment is already the past.

Love in the short-term builds amazing lust, sometimes it's what a person wants. A moment of love. Sometimes, however, some people want to climb the steeple, they want the lust to last, not become an emotional fast.

Love in the long-term is called a sacred relationship. Sacred relationship takes Sacred Love and starts to work to sustain it.

Sacred Love is a moment of truth, Sacred Relationship is a lifetime of it.



Sacred Relationship

Two people fall in love and there is the sacred love space, perfect. But sometimes, just sometimes, people come into relationships with history.

That history causes the fluctuations in emotions which challenge relationships. Sacred love space is the opposite to emotion. This, for most people is a shock. So much of our lives hinges on emotion so the idea of being in love without it, is a huge jump.

Sacred Relationships depend on emotion. Sacred love depends on the lack of it. I have tried to share the difference between the shortterm spontaneous possibilities of sacred love and the long-term demands of relationship.

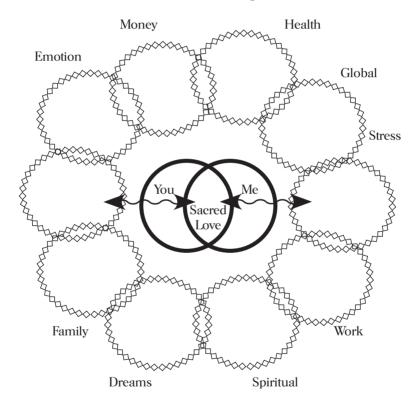
Sacred love is in the moment, and in the moment there can be no emotion, that's the definition of the moment, no past, no future, no time. No emotion.

Sacred relationships are quite different. Based on love, relationships are about romance, support and challenge and all those things. Dreams are based on the future, memories are based on the past.

Sacred relationship means you have to have your life together, and not put so much expectation that a relationship will fix your sadness or broken heart. The more ambitious you are about your relationship changing your life, the higher the probability of it failing. Instead, find happiness, health and know your dream; then find a person who has found their happiness, health and knows their dream, and then share.

So Many Distractions.

Sacred Relationship needs to be a priority. Simply put, the other areas of life need to be Ok. That doesn't mean that we have it all perfect. It just means we have reached a point where we manage our life, rather than fire fight it.



Make your Relationship a Priority

All Love Is Sacred

Single people, emotionally vulnerable people, people in bad relationships, hopeful people will tell you that all love is Sacred. That's because they want it that way. Anything is better than nothing.

People in love will tell you something different. They will say "I never felt like this before" and they are in the zone. The Sacred Zone, with Sacred Love.

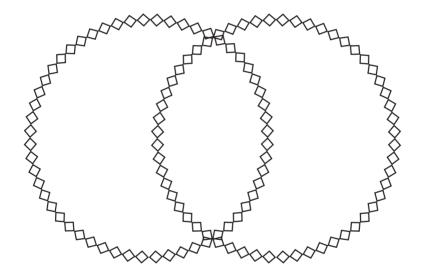
Some people will tell you it can't last. They say "when we first met there were sparks but as time goes on that's not meant to continue, there's the long-term" and you better not listen to their advice because you are going to have pain listening to this.

Rubbish, rubbish, rubbish. The honeymoon can't last. Only the sadly depressed relationship comes to this expectation. Stuck people trying to justify their lack of evolution.

Instead of this negative perspective on relationships, you say, "the honeymoon lasts forever, as long as I keep my relationship as the most important thing in my life." Yes, that's right - the most important thing. Now you'll need a little practice to get this right. Firstly, you'll need to get your finances in order so that every day of your relationship is not distracted by the fear of not having enough money to pay the rent and food from the grocery shop.

Then you'll need to get your health in order. That's easy, simply don't eat things that are bad for you. (Or drink things that are bad for you) So, even if, from time to time your health distracts your attention, overall, it's not a distraction from life.

Then you need a good job and a dream. So, sacred love is easy, sacred relationship is not so easy, but it is not impossible. Then your honeymoon will last forever, you have to remember, love is a journey, it requires work and effort, and relationships are the result.



Single

One thing you often notice about single people and others who are in unpleasant relationships, is that they say "me" a lot. So are they really single or have they actually created a dual reality, where "I" and "me" are actually two sides of one person.

There is no problem being single if you choose it, but if you don't choose it and you are, then you can gain some nice insight from this discussion. By the way, there are more single people in relationships than out of them. Think about this for a while.

When we form a relationship with an invisible person, it is no different than a relationship with a visible one. Whether the person is a fantasy, an ex, a dream or our future self, this relationship has all the hallmarks of a real tangible in the flesh connection.

The most common invisible person that people have relationships with, is themselves. The person they want to be versus the person they are. The person they wish they were versus the person they are. The person they used to be versus the person they are. So, there can be a sacred love between a fantasy person and a real one. There is no invalidation just because there is no tangible form.

Single people are often wishing to meet someone ideal, or trying to be their own partner, so they become a self-ideal.

There is no crime in this. Simply, if you are single and wish you weren't then the first thing to achieve is to stop trying to change yourself. Performing like a circus monkey in order to get acceptance (usually self acceptance) is an exhausting journey.

Contentment is the key, instead of self-love (which sounds like you are happy single, learn to speak of contentment. That way, the void that is

meant for love does not become filled with self-obsession.

Intuition?

Psychic Connections

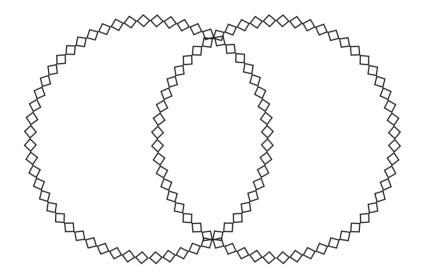
Our thoughts are not contained within our head. They radiate because they are vibrations, they radiate like a radio station sending out its signals.

If we don't turn on the radio we can't hear the station. The signal is still there, we just didn't catch it because our radio wasn't tuned in.

Intuition, in its highest form is simply tuning in. If we turn on our radio, intuition, then we can hear other people, alive and dead, think. The challenge is how to turn on and then turn off our radio. If it's on all the time, we're so spun out we don't know who we are. If it's off, the communions we have with other people are always gross.

Here are some things to help you switch on your intuition:

- 1) Spend time alone every day, not thinking, doing something.
- 2) Sit in Nature and see what you can pick up.
- 3) Be thankful it helps raise your vibe.
- 4) Learn to listen rather than talk.
- 5) Practice trusting your intuition.
- 6) Accept that there is no voice called intuition, it's a feeling.



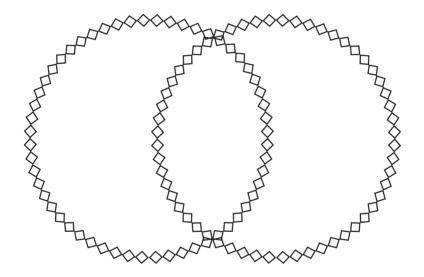
Beauty

The human eye responds to beauty, naturally. Beauty is symmetry, proportion and order. And the symmetry, proportion and order are the two overlapping circles.

Pythagoras spent his whole life studying the geometry of these two circles. All his discoveries - the Pythagorean triangle and musical harmonics, came from that study. His observation of nature, in particular the stars, helped him discover that objects have an energy, and that energy determines their place in space-time.

All the great Greek buildings were designed using this geometry. There is an amazing video - 'Donald duck does geometry.' I promise by the end of it, you will be astonished. Every leaf, blade of grass, every tree, rock, person and all sub atomic molecules hold together based on this geometric shape.

The faces that are considered classical beauty also conform perfectly to this geometric shape.



Healing

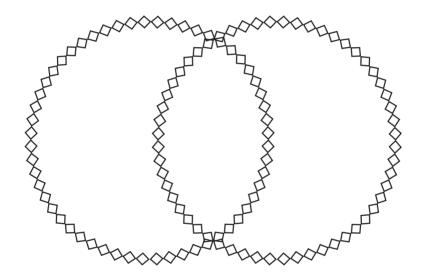
Sacred Love is healing love. No illness can exist in the space called sacred love. When the patient and the client enter this zone, healing takes place. There is no better definition of the space than healing, because to heal means, truth.

When two lovers share the respect for this space, they share something more than a relationship. As I said already, the whole dynamic of the two circles is the relationship, and includes all the areas. But Sacred love exists in the center, this is beyond relationship and is an investment in things beyond the body and mind.

Beyond the body and the mind, God and Spirituality exist in a nonintellectual form. Mind and body are the lower forms of existence and the forces that exist within them are given as human will. But the forces outside our body and mind are of the divine, sacred will, and this is also available to us, but cannot be controlled or used to effect change.

These forces outside our body mind are distributed evenly over all humanity. We receive those forces whether we like it or not. As so, to say all love is sacred, the forces of love, God and Spirituality pervade our lives whether we ask, meditate, be anti-social, succeed or fail. That is the definition of the divine, unconditional love.

The search for God or Spirituality is healing. All the ailments, illness and issues we have come about because the body mind is not in harmony. This is a personal cause, based on our lifestyle, mind-style, work-style and relationship-style. We create our own reality. Healing that reality requires an intervention from outside of us, a doctor, guru, teacher, because healing ourselves requires perspective. Sacred Love is another expression of the divine forces but here, in this zone of love we bypass the teacher, guru, doctor and allow the forces on nature to heal, guide and direct our lives. Inner-guidance is actually not from within, it comes from outside of us and enters us. But we become conscious of it only when we experience these moments of Sacred Love, Sacred Love is Divine Healing.



Happiness

We search, all of us; and we call that search many things. We call it love, family, work, success, health, achievements, knowledge, wealth, sex, fun, friendships. Global change, organic food, yoga, religion, spirituality, food and more.

Pickle it down, and you'll find a very simple result. Happiness. Nothing much changes in our lives. Only the definition of "what is happiness?"

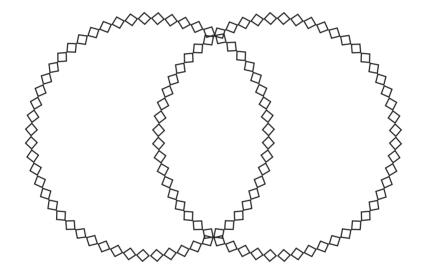
As we grow, the definition of happiness changes, but never permanently. If you are ill, even if you are a monk, your definition of happiness will revert to that childish definition of 'without pain.' It seems that there are some primary, secondary and tertiary levels of happiness, that, if we have them, lead us to the next definition.

Primary: These are our "got to-s" - Got to have food, shelter, security from danger, health and safety. This is a day-to-day mind-style - all it is concerned with is survival.

Secondary; these are the should-s of our life; should do this, shouldn't do that. They create a sense of community to fulfill our social needs. Humans deprived of communities and social relationships do not evolve or develop. This level is concerned with emotion.

Tertiary; this is the higher level of ego, self-actualization. Here, in this level we develop a sense of who we are in the world. Based totally on the satisfaction of primary and secondary levels we are able to express our humanity with a sense of choice. No longer are we struggling to pay the bills, feel safe, find our place in society, now it's about me, what I want, what I need, what I would like for others, what I want for the world. This is the tertiary (3rd) level of the definition of human happiness. If I rise to the 3rd level and my health is challenged, I must revert to the 1st level again.

Consider now what would happen if all three we satisfied. And this is where the scientist fails. Beyond materialism, beyond self-gratifications of what I want, there is another world waiting. That world is another definition of happiness, beyond the self. A reason for existence beyond the body - mind. This is Sacred Love.



Depression

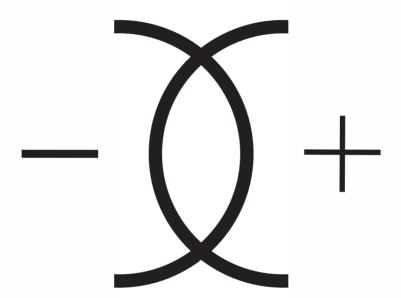
The opposite of happiness is depression, sadness. This is a pain on the secondary level of experience and leads to issues on the primary level. In other words, as happiness drops, and is not saved by our should level of intellectual will, it begins to affect us at a more primal level, and erodes our security, financial, physical, work and security.

The loss of happiness leads to depression. The most intriguing discovery can be made here. That if a person finds all their secondary needs met, in a social sense, and they do not continue in the pursuit of happiness, they will become depressed. In other words, those things that satisfy our craving for happiness one day, wear off the next.

There is, on a material, physical, emotional level, never enough to give us rest, at least in the long-term. Like ice cream, we eat, we are happy, we eat more we are not happier. At some stage the capacity for ice cream to gratify our cravings for nurturing or appetite for sugar and cream, wears off. The appetite, once satisfied, rarely goes away. Instead, it gets larger. The same things don't fulfill us.

Take another example; Wealth. Say I am poor, I work, I get some wealth. I am off the primary level, I can pay my rent and feel like I am no longer panicking about money. Now, I think, "if I had more money I could buy a car and that would be an emotionally gratifying experience - I could "get around" and do and see people, helps me fulfill my second level. So, now I am back on the first level because I borrow money and the payments mean I have "got to" go to work. I raised myself up off the insecurity of no money, became happier, then thought of something I needed which sent me back to the bottom again. Although the need was secondary, my actions drove me back into unconsciousness, desperate and panicked about earning enough money to pay off the car.

I could go on to say that eventually I work harder, get a promotion and now earn enough to pay off the car. Now, I increase myself to the tertiary level and start thinking about what I want. I want a family. I won't die without it, but I want it. So, I get married, take out a mortgage and then put myself right back in the first, lowest level of consciousness, desperate to pay the bills. Insecure.



Negative emotions see only the downside, the missing, the loss and therefore the sadness. This is natural chaos.

Love is both positive and negative - this neutralizes the ego, revealing the love beneath everything. Positive emotions see only the upside, the good news, the benefits, the gains, therefore happiness. This is natural order.

Emotions

We search for happiness, we find happiness, we get used to that which satisfied our happiness, we look for more things to do, be and have. When you are green (hungry) you are growing, when you are ripe (satisfied) you rot. Hence, we can only find happiness that is moving, shifting from place to place, not horizontally, but vertically.

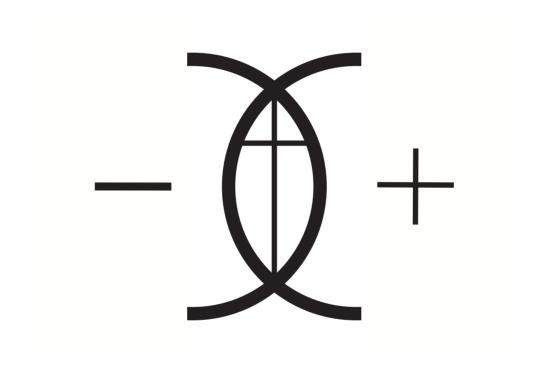
More, is the catch call of evolution. More for less. Nature evolves you at the border of chaos and order. Or better put, Happiness (order) and depression (disorder -chaos). So, by the laws of nature, you will move through "got it" to "lost it" for the whole of your life.

In ancient Greek literature this was called Frustra. It's the root of the word frustration and the loss of happiness (even the getting used to the things that once made us happy) is called frustration. Having to search for something new to gratify our appetite moves us into higher levels of management, art, music, sport and relationship. We move from competence (gee I am happy) to incompetence (gee I am in over my head) - this is called spirituality and it just can't be avoided.

The emotions of our body go with the moods of our life. Frustration to elation and back again. Happiness to unhappiness and back again. Elation to depressions and back. Emotions are the barometer that drives our evolution. We cannot ignore them, or survive without them.

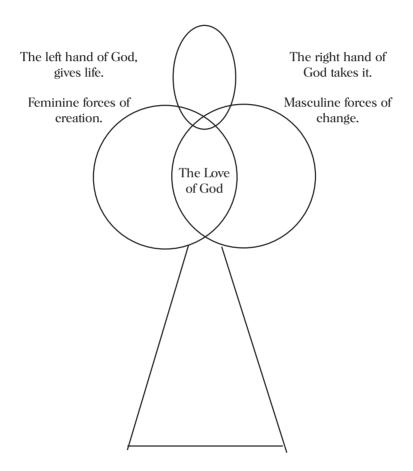
But, emotions belong to the physical realms of money, materials, mateship, mastery, mind games and more. This is the roller coaster that people try all manner of tricks to avoid. But this is the reality of life. Live it or die.

Love on the other hand is emptiness. Mindless, material-less and condition-less.



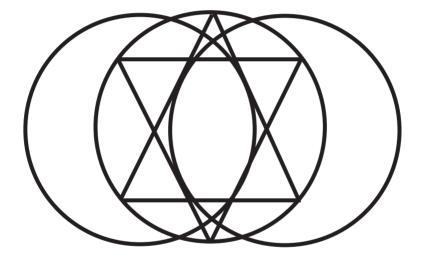
Love is the Synthesis of All Emotion

In the Christian story of the crucifixion of Christ, he was placed on a cross with evil on one side, and good on the other. He entered the kingdom of God, by accepting them both and therefore expressing a real life expression of love. His teaching was lost on those who split it into religious factions. But the great teaching is still in the Bible for those who are ready to 'see' beyond the righteous notions of divided religious factions to the more universal understanding of ancient wisdom. Love is really the ability to see both good and bad at once in everything, and most importantly, everyone.



Love is the Synthesis of All Emotion

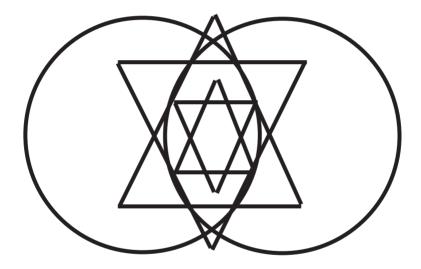
In the ancient Egyptian temples, there are hieroglyphics which tell the story of the bible, more than 3000 years before Christ. They speak of a mystical being arriving to earth to teach love, to share wisdom. The stories they tell are of great seas in the sky, the realms of the heavens, parting to bring forth life. They speak of three great Gods, the God of Love, the God of the Masculine and the God of the Feminine. Their names, ISIS, RA and EL, put together is - Israel, the promised land. Not an earthly place at all. Are you ready to step beyond the tiny perspectives of your life, and the prison of emotion?



Love Is the Synthesis of All Emotion

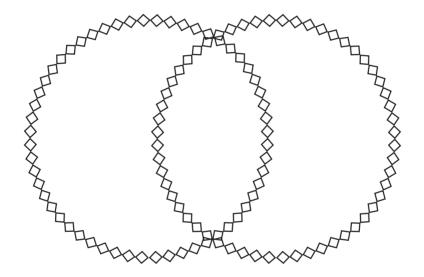
Whether your roots are Jewish, Hindu, Moslem, Christian or Buddhist you will find the sacred symbology of your faith anchored in the ancient symbol of the two circles. All paths lead to one home, Love.

Many times the world focuses on the areas outside of the overlapping circles and forgets that the ultimate teachings of all religion, is not the emotional righteousness of moral interjection, but love in its highest form.



Love Is the Synthesis of All Emotion

In the final moments of your life, you will recount your life, and that recounting will be spent remembering moments of awe, sacred love. All the rest, the emotion, the drama, the highs and the lows will level to oblivion, important to you in the days of your living, completely irrelevant in the bigger picture of your whole existence. Time spent in the space of sacred love is higher time. Time where your body (temporary and transient feelings and emotions), your mind (temporary and transient knowledge) becomes transparent. Now, believe it or not, even in the moments before death, you will experience your life compressed to a total of a few moments, maybe an hour if you are lucky, of truth.



Love That Can't Die

I work with a lot of people and one of the most painful emotional dramas is the death of a relationship. Whether it's a separation or a death or divorce, the death of a relationship sends people into the deepest depressions, an almost unbearable sadness.

Under these circumstances no material wealth seems to matter, people plummet from the greatest heights of life to the darkest depths of it. This is the emotional roller coaster that seems to go vertically down, more like a rock from the top of a cliff.

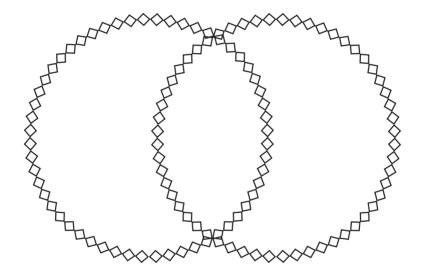
But this is not really necessary. This emotional plummet ignores love. What causes us to grieve is the loss of emotional ties, the feelings. What we can so easily forget, is that the real value in this relationship is the love, and the love, sacred love, never dies.

Once the emotional pain is dealt with, the love people want to feel for someone lost still exists within them, and with this experience, the grief is gone.

Beneath all emotion is the sacred love that cannot die. Sacred Love cannot die no matter what happens or how long ago. Even one moment of sacred love for someone anchors itself inside you and can be celebrated forever. A moment.

However, we forget this, and begin to trust emotions, and with emotions comes grasping the fear of loosing, we grasp in order to repeat the love, not understanding that the grasping blocks it.

Sacred Love is not based on the physical.



Love is Natural

People change when they are in nature. Something changes, something special. There's a natural harmony to life, and when we are seriously distracted by the beauty of nature, we live it.

To feel the harmony of nature, one cannot aspire to it. We must go out into nature and be impressed by it. See a mountain that takes your breath away, see a tree so old and magnificent you just can't believe it, or a flower that shocks you.

Awe. Awe is nature's secret. It penetrates past the analytical mind which tries to calculate life, past the emotional mind which tries to control life and into the heart which celebrates love.

Practice this art of awe. I use my camera to celebrate nature. It's just another meditation tool. Instead of sitting, I take photos.

Sacred Love - you can find it in any art, in any duty, in anything as long as you witness the awe.

This witnessing of the awe of nature is the key to sacred love. Because in relationship, while you can witness the awe in your beloved, then there is Sacred Love, but when the awe is gone, then the sacred space is lost. Can you see this?

Awe. It's a funny word but think back to the feeling you had when you met your lover, or saw your baby for the first time or witnessed something amazing on TV. Awe. This is the experience, without intellect, of sacred love.