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## *Chapter Eight*

# *The Nature of Loving Relationships*

## **What Love is**

Love is the essence, the energetic signature, and the creative expression of the Original Divine Principle, which is often called God. Love's energy fuels all the worlds, creates creation, and manifests whatever it beholds. Love is Pure Spirit and Spirit is Pure Love in its greatest attribute. There would be no life in God's Worlds without the all-encompassing power of love.

## **Why Love is the essence of this universe's existence**

Love is the greatest power, in purity and strength, ever giving and never taking. Love cares only for its full expression. Love is creating and sustaining and never destructive. The universe is creational, intentional, directional, increasing, and in balance, in order for its continual expansion and continued existence. Love is the reason, the season, and the pleasing principle, which all life knows, desires, and needs for its survival.

## **Why universal Love, as a force emanating from Sugmad, also known as God, is the most important aspect of humanity's creativity**

It is vital for humans to remember that the love pouring through their bodies is universal in origin and intention. As stated above, love from God is never directed at only one or a limited number of destinations. God's unconditional love

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is essential to all life, exists within all living beings as well as rocks, fire, and all inanimate objects. Love flows from its source, which is God, through all of creation, and is intended for its free expression to rain its sweet waters for all to behold. Universal Love, not personal love, emanates from Sugmad/ God, for the creation and nourishment of all and is the foundational and most important aspect of humanity's creativity. Soul knows this without question. People feel this without argument. When there is an absence of love, all manner of imbalance and degradation begin to grow and fester. In order for souls to heal from the effects of their choices and actions, which result in turning away from love, they must return to love. Humans are innately creative, as individual reflections of the Creator. Any creation that is not full of love takes something from all around it. When you feel something missing, something sucking the life out of you, something draining or fear producing, consider the source and how much love comes from within it. Fear is the absence of love. Hell is the complete absence of love. Power without complete and free love for all, with only unidirectional intention, such as favoring one side over another, is imbalanced, not of God, and devoid of love. In order for humanity to return to its original state of creativity and generativity, people must let go of fear, anger, hate, and any other focus on emotions or actions devoid of love. Each soul must change the vortex and direction of its own heart, and return to the creative outflow of its true heart, which is creativity and love. At this juncture in world history, souls must do this vital work individually and collectively.

## **How Love relates to Free Will**

As the greatest power, love cares only for its full expression; any truncation of love results in pain. Love, like life, must be free to grow and expand, in order to thrive. Love cannot be contained, being the vital essence of God in its true and full nature. Any restriction or attempt at restriction only serves to limit its expression. Just as any living organism must be free to pursue its innate nature or render its growth distorted, so the Living Spirit of God, which is love, must be given Free Will and reign to do God's intention and work. Who can tell God how much sun and rain and nutrients a plant needs to survive and thrive? For any soul to limit and restrain another is to begin the death process. Love must be free and souls must give each other the same freedom God gives, in order for the life essence, which is love, to grow and not stagnate and die. Scientists have discovered that some animals will not mate in captivity; even in the animal kingdom, Free Will is vital to survival. Infants will die without love and without loving human touch. Children and adults become twisted and distorted without enough love, like a plant without water. On all realms in God's grand creation, freedom for love to do God's Will in God's ways go hand in hand.

## **How the different spiritual hierarchies in the Inner Worlds regulate love universally throughout the levels of life and consciousness**

Many vortices of power exist in all regions of all the Worlds and these vortices must be continually created, maintained, and eventually removed. Spiritual hierarchies in the Inner Worlds regulate all manner of spiritual vortices of universally directed unconditional love in order to sustain the growth of creation in inanimate objects as well as animate and sentient beings. Souls without proper training know nothing of how to do this. To not sustain the tremendous energy flows and power of love would cause the destruction of the balance needed to hold all the forces of energy in check and would force existence itself to come to a quick and painful end. It takes much training from the existing hierarchy to the aspiring student to learn the ways and methods of regulating these vortices of power, which is far beyond the ken of this written material. This training happens in the Inner Worlds but souls in training must practice in the Physical Plane as well in order to fully master the principles and disciplines involved. Much of the work is done through the Open Selfless Heart of the student and the practitioner who seek together to fulfill of God's Best-Laid Plans in order to reach all life forms on all levels and states of consciousness. Since Sugmad is energetic conscious love, and Its essence sustains all life, many souls are needed to do this work. The spiritual hierarchies are in constant need of aspirants to assist in this huge endeavor, especially now that

so many souls live upon the Earth and earthly civilization is perched so precariously in peril.

## **How the path of our beliefs directly impacts the love we receive and how we give it to others**

The mind is the gateway of Soul and Spirit into the worlds of manifestation and into the Physical Plane. Beliefs are ingrained thought patterns, sometimes unrecognized by the consciousness mind, but nonetheless the captain at the helm if soul is not awakened and in charge. The path of our beliefs directly impacts the amount and frequency of love we receive and how we transform it through our beingness and give it to others. If we believe we are worthy of love, are a vehicle for God's love, and own our mission to be part of a team of souls who channel God's love into the Worlds, then it will be so. On the contrary, if we think we are not worthy, if we believe we need to remain angry, depressed, or fearful of something outside or inside ourselves because this is how we have always been, we will not be able to maintain an open flow of love in and out. Our beliefs are like rudders that steer the ship of our dreams. Believe you are a loving soul who surrenders to God's love, be in the vibration of the highest consciousness, energize this part of reality with all your heart, feel the truth of it, and it will manifest. One way or another, we each birth into this World the fruits of our beliefs.

## **What love is between man and woman and how this love becomes a manifestation of God's love for all life**

Love between man and woman is and was created to be a sacred expression of divine unconditional love between equal souls united in the presence of the larger Creator God. An intimate relationship is often the most passionate and exuberant of any love. Since unconditional love spans all realms and worlds, the energy can be tremendous, but inexperienced and untrained souls may not have the ability to hold these great energies, which leads to distortion of their expression and too often lead to betrayal and murder. The sacred bond created, intended, and built into the DNA of the animal kingdom is not just for procreation; it is for the reunion of opposites, for the giving and receiving, for the blending and balancing of energies and consciousness in service to the Greater Good. When the union of man and woman is consciously devoted to God and in service to each other and the greater whole, then Heaven and Earth will move to see that this love is allowed to create and give its gifts to all within its sphere. In this way, the couple's love becomes a manifestation of God's love for all life.

## **Why love between man and woman must come from a state of balanced "giving and receiving"**

When two souls decide to unite and express their love for one another, it must come from a state of balanced giving and receiving. Love is not about taking or ownership. The



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union of a man and woman is about the experience of the love of God bringing two polarities together in a loving way. Balance is required in all things in the worlds of manifestation. If balance is not created and maintained, then all things fall apart. This is one of the fixed spiritual laws in this universe. With balance, a sacred and harmonious union of a man and a woman can be sustained for a lifetime and beyond. Unconditional and passionate love between man and woman must come from a state of balanced giving and receiving, in order to maintain a harmonious equilibrium, a centrifugal force field of energy within a self-sustaining vortex of multileveled energy, in order to keep the fires burning on all levels of their union. Only by the Free Will and energetic presentation of both partners can this be achieved. Within this state, a gateway into their created vortex is opened for the non-power of God to come rushing in for both man and woman to experience and partake, to continue to rise into ever increasing levels and realms of energy and consciousness. Herein lies the true ecstasy that mystics have long whispered: union with God through the individual and divine union of male and female.

**"Love's success is dependent on receiving what we cannot provide for ourselves." Why we should ask in the beginning of potential love relationships, "What can you provide for me that I do not already have?"**

Love's success is dependent on receiving what we cannot provide for ourselves in order to achieve new levels of

wholeness and joy. If we could provide it, we would not need and desire the other and would soon tire of and stray from that union. Then the union would dissolve. Many make the mistake of giving or taking too much and throwing off the balance in their loving relationships. We must be willing to receive as well as give in order for our partner to be able to give of their gifts, in order for the vortex described above to be opened and for love to multiply. We would prosper if we would only ask in the beginning of love relationships, "What can you provide for me that I do not already have?" If the person is unable to say, then ask God or the Inner Master to show you the answer to this question. If your potential partner has no awareness of their Inner workings and what they have to give to you, then you might re-consider if this is the best partnership for you. Certainly all people can learn to go deeper into the God Realms to retrieve a truer answer; some may have exactly what you are looking for, but be unable to articulate it. Let your Heart ask and listen for the true answer from an Inner soul-to-soul connection. Then before making a life commitment let the person demonstrate in the coming months what they truly have to give.

## **How technology is robbing our children of their innocence**

Technology robs children of their innocence in many overt and covert ways. In primitive societies, children learn from natural cycles of life. They watch adults manifest food from the ground, observe how usable goods are fashioned from

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raw materials, and watch how other provisions are made for basic needs and enjoyment. They listen to stories at mealtime and ceremonial gatherings, which are told by elders who care about maintaining standards for the survival of their community. Children who watch cartoons and other programs on television, and who play video games become enamored with fast paced, highly stimulating, sexualized, and violent material. If parents and caregivers reinforce the notion, children may come to understand on an intellectual level that such forms of entertainment are not reality but merely fantasy. However, on a much more influential emotional level, children do not comprehend this difference. They become physically and chemically addicted to excitement and the hormones coursing through their brains and bodies; they develop no realistic grasp on the threat of danger. Repeatedly exposed to unnatural levels of stimulation created by someone else, children lose or never develop their own natural motivation and ability to create, explore their personal and unique Inner Worlds, listen to the still soft voice within, and surrender to a larger world of spiritual mystery. Life for them becomes a quest for external stimulation, instant gratification, entertainment, and sensual fulfillment, and the more the better. Since few can creatively compete with highly paid teams of geniuses that thrive on corporate greed, children may unconsciously believe they are not talented, can never compete, and are not good enough. Cartoons, movies, sports, and news programs expose young minds to so much violence, out-of-context sex, and a general lack of compassion. Winning for thrills, conquering, and annihilating become the coveted goal and

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grand prize. Hypnotized by mass media, children learn to get one over on the next guy, to win at the expense of all else, to conform to a projected image, to consume, to manipulate, or retreat into their own shells. Through technology, children are given an acceptable way to avoid contact with others, further denying needed interactions that would teach everyone involved how to handle their emotions and energy, refine their communication skills, and generally manage their energy. In the confines of their own little high-tech worlds, safely buffeted from bothering mom and dad, children are now being seen and told they are good and well behaved for appearing docile and compliant. Thus their social and coping skills are diminished.

This loss of innocence, imagination, and skills lead to a fragmentary understanding of love between man and woman. Since people are attracted to others of parallel consciousness and frequency, high tech children are drawn to similar fragmented beings who have never developed an understanding of who they are. Two half beings do not unite to make a whole being. They just know they need something they do not have and want to get it by any shortcut method at their disposal. Their "love" is in reality only an addiction, a need for gratification from an external source. Without self-awareness, discipline, and skills, a man and woman will not be able to live harmoniously together in their full aliveness. Witness how so many couples begin with romance and passionate love, similar to an enjoyable movie, but after a few months, end up taking so much from the other or taking their partner for granted. They are not acting out of

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love anymore, but out of personal egotistic gratification. Love gives. Taking sucks the vitality out of a relationship. Unconditional love must be the foundation and the building blocks of daily living within any relationship or it will disintegrate.

### **How a parent, friend or lover can give of themselves to others to compensate for the love they have not yet received**

Everyone needs love. No matter what our role in life, we can nourish others by the simple act of giving love from the heart, without expectations, without strings attached, but just pure love. Like a flower withering in a draught, a person who has not known enough love will feel simple acts of blessing without words: a smile, a sincere friendly touch or hug, a kind word. No matter what a person has suffered, love will open the heart. You may not be able to see it, but trust this and you will feel the effects all around. Simple acts of compassion and caring, kindness and joy, harmony and acceptance will compensate for many slights and traumas known and unknown. Love heals and can be very simply given.

### **How participation in premature sex in the development of a loving relationship clouds the perception of compatibility**

When searching for a mate, much clarity needs to be maintained over a substantial period of time in order for the

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myriad of factors needed for compatibility to be clearly known. In the development of a loving relationship, engaging in premature sex overpowers the physical and emotional senses and sets up a false sense of Inner connection and compatibility. This strong energetic exuberance is too often misinterpreted as the true deep spiritual love each person seeks in a life partner. The intoxicating after effects of sex clouds the perception of even an experienced man or woman. How could one understand areas of compatibility that require subtle observation and maturity when one is inundated with hormones that strive to be repeatedly experienced? Infatuation feels like abiding love to the immature and vulnerable. This is definitely not enough for a loving relationship to survive the tests of daily life. The drive for procreation is so strong a survival mechanism that the proliferation of neurotransmitters and other chemicals produced by sexual contact completely overrides the heart and mind's ability to discriminate and make mature and wise decisions. Many a couple has rushed prematurely into a sexual relationship and thought this would bring eternal joy, only to awaken a few months later to the reality that this is not so. Too often commitments have been forged that take years and lifetimes to dismantle.

**How the premature spiritual imprint and release of hormones in the sexual intimation of a loving relationship often leaves its participants prisoners to passion rather than achieving the enjoyment of the stability of love**

Lust is one of the most intoxicating of emotions and experiences; there is no drug more powerful on Earth than the sexual hormones released in loving passionate sexual joining. Premature sex, that is sexual intimacy prior to true confirmation of exactly who the other person is, what that person is truly capable of being and doing, and their intentions with you and in the world, leaves an indelible spiritual imprint and releases an indiscriminate flood of hormones which mimic the ecstasy found in spiritual union. Such sexual intimation of a loving relationship often leaves each participant a prisoner to passion because subsequent pursuit of ever more pleasure overrides soul's more refined needs for the enjoyment of the stability of love. The partners become their lower animal natures in the pursuit of more sex rather than more love, which feels the same. Since the initial peak of sexual passion only lasts so long, when it dissipates, the partners may find themselves in bed with strangers with smelly breath and rude habits overlooked in the peak of passion. When the giving of love so coveted and cherished becomes replaced with faultfinding and withdrawal of attention, partners will be left bewildered, wondering what happened to that love they thought they had found at last. In the wake of waking up, partners find themselves reverting

to their old habits. Angry people will become angry and blame the other person. Depressed people will depress themselves once more. Insecure partners will wonder what it is about themselves that failed and become more deeply rooted in their neurosis. If the relationship breaks apart and the partners go in search of another lover and repeat the same patterns, the rut previously experienced becomes more deeply entrenched until a sense of hopelessness overtakes each person or they continue their acting out in more outrageous and hurtful ways. None of these usual responses leads to the stability of love all souls seek.

**A spiritual exercise that will tune the participant to their potential partner's heart and intention**

1. The first part of the exercise is needed to tune a person to their potential partner's heart; the intention is to know and love their own self, to be in tune with their own heart and desires. This should be done first and foremost before attempting this exercise. For some, this first part may involve a retreat from romantic or sexual relationships for a time to reorient to their Inner reality, Soul Awareness, and Life Contract.
2. Once this is accomplished to soul's satisfaction, proceed to tuning into the



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frequency of love in which you wish to live your life.

3. Ask God and the Inner Master to attune you to the correct frequencies of love in alignment with your mission in this life. In the silence of your heart ask a potential partner on the Inner Planes, 'What is your intention with me? What is your heart's true desire?'
4. Get to know the person on the Inner as well as on the Physical Plane.
5. Ask the Inner Master to accompany you repeatedly to the Inner sanctum where you two can meet and converse, with and without words, to ascertain their true vibration and intentions.
6. Ask to be shown clearly and without resistance how to proceed in outward movement toward building or letting go of the relationship.
7. At any time in contemplation or when in the physical presence of the person, you may sing silently *"TU SEE TA SHANTI"* five times. Ask the Oversoul of the person: "Are you here to pay a debt, collect a debt,

or give and receive mutual love and support for our entire lifetime together?"

8. Keep your heart open to the answer and trust in the wisdom and freedom you will receive. This contemplative exercise generally lasts for a minimum of twenty minutes.

**A spiritual exercise that will lead us in our words to convey the needs of our hearts and emotional expectations**

1. You may say the following or rewrite this in your own words, after singing "HU" five times: *"Dearest Beloved God, please send a true message of love straight from your heart into mine and into the one I love and wish to know. If this love is the love that is the best for us both on all levels of our beingness, please let us know with clearest certainty. I wish to be happy, to give and receive love in equal measure, and to serve in your Best-Laid Plans, Dearest God."*
2. Say and feel this with full passion on all levels of your heart, with emotional expectation and intention and sing: "OU A SEN TA TU VAIN" five times and let your heart speak.

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3. Your heart will let you know when to open your eyes and give closure to this contemplative exercise.

