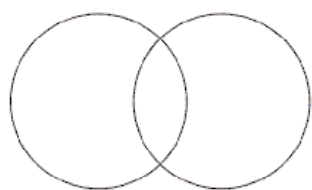




CHRISTOPHER WALKER

**SACRED
LOVE**

THE HONEYMOON THAT LASTS FOREVER



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Sacred Love

the five keys to keeping your love sacred

Christopher Walker

dedication

Thank you from the depths of my heart to those people who have helped, guided, encouraged, challenged and inspired me to write this book. Thank you to my Mi'kmaq friends in New Brunswick, Canada, for your honesty and trust, and for teaching me about human nature. To Virginia Bruce and her amazing team at Real Brand and Business, for standing by me through thick and thin, and transforming my words into this beautiful book. To Simon Hillier, my editor, buddy and friend, for his amazing patience, devotion and encouragement; a remarkable gift. And finally, to all those people who participated in the 45 years of research that make this book real.

Dear friend,

We live in a sea, an ocean of thought, ambition, technology and passion. And within that turbulence we call life, we are all hoping for a relationship that lasts forever. We know this relationship, we feel it in our bones, it is a part of us, love is at the heart of our very being.

We are challenged and confronted at every level. We must never give up the quest for better, more sacred love.

Turning the tide on global events can seem like an impossible task until you realise that the desire for love in our relationships, and our personal commitment to a better world, are one and the same. The experience we create in our homes affects the world far, far beyond the boundaries of our own existence.

It is time to change our perception of relationships. It is time for us all to recognise the impact of our relationships. They have a greater impact on our health, our children, our success, our wealth creation, on the environment and on global issues than any other single aspect of our lives. This book is here to help you master the art of relationships.

Relationships are sacred. Love is cumulative. What we do day to day is far more important than any religious or philosophical belief system we may subscribe to. Our actions in life reveal us, and therefore love, sacred love, is an activity, not just a feeling.

The intent of this book is to place an umbrella over all the religions, beliefs, philosophies, and ideologies. To encapsulate each and every individual's personal choices in life, by rising to a higher point of advantage of life. Rising above separatism and righteousness to the universal laws of nature. Those laws belong to every human on this earth. They are the same no matter where you live, or what you believe. Those laws of nature are in the palm of your hand and in the stars that make life possible.

These are the keys to sacred love. These five simple laws of the universe sit above and are woven into the fabric of everything that moves, and doesn't move, on this planet. We have no choice but to be obedient to these laws. All our thinking and dreaming and hoping can amount to nothing if we wish to defy the laws of nature. They are, in truth, the greatest and most simple indication of what exists before we do.

To fall in love is certainly the most natural and precious experience of life. To stay in love, and to grow in love, requires more than rituals, threats, certificates and stamp duty. To stay and grow in love requires an understanding of something far greater than our own accumulated hopes and dreams. It requires more than love, it requires capacities and skill to deal with life and its challenges. No one is, or would want to be, immune from them.

These five keys not only present the secrets to falling in love, they represent the deepest insight to the secrets of falling in love any time, over and over again building on a first moment, strengthening bonds, dealing with challenge, opening to tomorrow, creating sacred environments, building a sacred home.

Let nature be your guide to love. Follow your heart through this book, and in doing so, you will be making a difference, not only to your own life, but the lives of those you love, and eventually the world. Global change begins at home.

Chris Walker

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sacred love

Sacred love means falling in love forever,
you'll see stars and moons
and heavens,
in your lover's eyes,
every night you choose.
Nothing can stop you,
nothing can get in your way.
Let your arms fold around
the heart of your lover,
and feel the delight.
Feel in love,
like there's no tomorrow
or yesterday or today.
Let your love become
a moonbeam to forever,
and let your dreams be real
all day.
This is the sacredness
of love.

a pledge for
sacred love

My love for you will never change.
I would have loved you, even if I had never met you.
I know you in my heart, feel you in my soul,
and I have never asked why.
I can't possess you, my love is more than that.
You may go away but you can never leave, never die,
my love bridges that void.
I know your every breath,
I smell your skin,
feel your eyes on me.
I expect nothing.
My love is pure,
only my expectations can be rejected.
My dream is to make your happiness
eternal.

In stillness the balance and beauty of all existence rises in your heart.



be still

the first key to sacred love

be still

Life in the city has become strangely cut off from nature. So we must learn, or relearn, the practice and mastery of inner stillness, to become available for love. Stillness is an essential asset for any great relationship, because it leads to spontaneous acts of falling in love, again and again. The key is to learn how to do nothing. To sit under a beautiful tree, to watch the movement of water, to listen to the rain on an old tin roof. In these moments, with the phone turned off, and nothing to do, you and your lover can fall in love, over and over again, daily.

be still, the first key to sacred love

There is a perfect moment of truth, and it is called falling in love. Falling because it bypasses the ego, your mind and your emotions. In that moment, there is no time, space, worry or expectation. You are, for that one moment, in perfect stillness, stress-free, disarmed, in love.

Your ageing drops away, your posture changes, your whole mechanism operates differently. It is a totally beautiful moment, the stillness of love. This is the foundation on which a relationship can grow; this sacred moment of truth when all else disappears, stillness comes over you, and you fall in love.

That is why we call falling in love a totally sacred moment. In this moment the ego just loses control and, without warning, we fall past our defenses, and become in love. Actually, we can fall in love anytime, because that love in our heart is always there. It is hidden behind our mind, our beliefs, our expectations and our fears. All those things that construct the ego sit in front of our love. So, for most of us, falling in love happens when we least expect it, when we are relaxed, when there is no tension, ambition or struggle.

In this sacred moment we are fully present. In love there is no time, no space, no desire, no fear, no judgement. We are spontaneous, suddenly thrown back into ourselves, and this is the sign. We are lost, disorientated, we can't remember our own name, and we don't know where we are. Time and space vanish. It is a most amazing experience in life. Friends laugh at us. They see us gone, logic abandons us, and there we are, enlightened, awakened, even for a few seconds, we know this is love.

When you fall in love, the whole mechanism of the ego stops. You have touched your being, your centre, and you feel you are at the source of truth and love, unexplainable love. As bliss fills you, a fragrance surrounds you. Suddenly you are not the same person you were, and it hits you deeply. That is why love transforms so much of life. If you are able to be in love you cannot hide, it is impossible. This is what people fear when they fear love. They fear being exposed.

When you fall in love, the mind cannot work. Its whole function has become useless, absurd. The person you were longing to become, and the person you were longing for, is there. Now what? Your heart was searching for love, and now it is there. The ego cannot think, it goes into shock, but this is it; spontaneous truth, the sacred moment.

You can be the bravest hero, the biggest business tycoon, greatest athlete, even a rock idol or movie star, but love doesn't care who you are or what you do. It cuts through, reveals you, brings your whole being into the vulnerable space of uncertainty. You are lost, your feet leave the floor. Only your ego can save you or stop you.

In those sacred moments when you fall in love, you bypass all the other layers of the ego. You are not your body, although your body is involved; you are not your mind, although your mind sees and feels; you are not your heart, although your heart beats faster, opens and sheds tears and warmth; and you are not your spirit, although your spirit rises and you feel touched. When you fall in love, you are lost, naked, exposed. There is no "I ness", there is nothing to compare with because you are not in your mind or body. You fall into love because the body, the mind, and the heart have no reason. The ego is asleep, and you are living in truth.

But life in the city has become strangely cut off from nature, truth and the universe; man-made buildings have taken the place of valleys and mountains, and the roar of traffic has been substituted for that of boisterous streams. Something definitely happens to the city dwellers; they are brittle and polished, they have churches and museums, drinks and theatres, beautiful clothes and endless shops. There are people everywhere – on the streets, in the buildings, in the rooms. While all this transpires, a beautiful cloud passes across the sky, and so few look up. There is rush and turmoil, so little time for stillness.

Recently a friend asked me to go for morning exercise through his favourite park. It was an awesome park. We left home and he started talking about his corporate strategy, his new ideas for renovations of his home, and then some personal matters. We walked for an hour

and I listened to his inspirational stories. When we arrived back home, I asked him if he'd like to do the walk my way – just half.

This time I asked him to follow my guide in silence. We got to a tree, I put my hand on it and invited him to do the same – to touch the bark, get dirty, feel the texture, imagine the journey the bark had been through to get there. Then, I pointed to a bird that was shuffling in the leaves nearby, a beautiful bright coloured bird, and we both smiled at each other. I saw a glint in his eye that wasn't there before.

We walked on and came to a grassy hilltop. It was damp from the rain last night. I lay on it, soaking myself in the warmth and smell, then rolled down the hill like a child, I began to laugh. He followed, reluctant to get wet, but by the end he was sobbing into his hands. After a while we walked on, and there was the bridge we had stormed past on our first round. I stepped off the bridge, put my feet in the small river, and searched below the crystal-clear surface for rocks and stones to hold. He followed suit and we both threw those stones out into the lake to watch the ripples connect everything.

I found a magnificent flower dropped from a branch. I placed it between my palms and handed it to him, with a smile, and gave him the hug of his life. His eyes filled with tears again, and we walked slowly home. We must re-learn the art of stillness to choose love.

This spontaneous act of falling in love is an essential asset for any sacred relationship. The keys to this path to love are in learning to be totally present. It may be confrontational at first, but, eventually, this experience of falling in love will become a permanent experience, always behind the reality of everyday life.

When you commit to be open, you can truly fall back in love any time you choose. We go straight past the ego, past the intellect, and we fall back in love because there is no expectation, no resistance, no question, nothing to defend or protect, no "I" or "me"; there is just love. There is no reason, so there is no resistance. If you can master this art, then you can choose to make it last one second, or a lifetime.

No matter what the circumstances, whether you are single or in your relationship, you can fall in love again and again. It is the most beautiful art, the most profound education.

This stillness does not depend on circumstances, but draws us straight to the moment of love. Then there is no memory needed, there is no hoping for a special circumstance or event. Whether you are laying in each other's arms, or separated forever, love can be celebrated in all its beauty. You can become available to fall in love any moment you choose.

When was the last time you and your lover lay naked on the grass on a starlit night, looked up at the heavens in silence, and opened your hearts to love without action? Lying there on the soft grass, looking out from our tiny home, the perfection is obvious even to a troubled soul.

Under the canopy of the stars one can reach out way beyond the little perspective of life, and embrace all the humanity as a mere fragment of a much bigger story. The story of love, as told in this book. Fragmented humanity unifies with this magnificent, universal vista. This is the only way. To understand the whole of creation, not just a fragment of it. Only then can we look to understand the beauty that exists both here on earth and out there in the stars. These are the universal laws.

Look up and see the universe, see your life, your religion and your world in a bigger context, a great and magnificent order. 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 that magnificent viewpoint. From star stuff we come to star stuff we go.

Lying there far away from the claustrophobia of air-conditioned offices, digitised button pushing, your car, television, microwave and thoughts all turned off, let your individuality fall away, become more and more part of something magnificent, less and less right.

More and more in love. Be alive; this is the world of nature. Let your mind and heart wander, stay warm, lie next to that beautiful soul, your lover, beloved, the one who has blessed you with their humanity, sent to be with you, in this moment right now, with all their totally perfect inadequacies, and know that you are the luckiest person on earth. In sacred love. Eternally.

To find love within ourselves, and therefore promote love within our relationships, we must learn to be alone, alone from all influences, compulsions, demands, longings and hopes. Then our mind is no longer in the action of frustration, even if we only manage to do this for 10 minutes a day. The mother with a newborn child must find time to be alone to regain her self consciousness; a business person must be still in order to compose and generate inspiration; the sick, and those in pain, must learn the skill of aloneness in order to direct it into the stimulation of willpower. This does not mean “doing” yoga or meditation or something similar. It means doing nothing. Dead stillness.

We often stay busy in order to avoid love. Sometimes, in that stillness of being alone, we don't like our own company, and there is no one to blame for it. Like the monk who used to meditate in a boat. One day while in deep water, his boat banged into something. He woke with rage and began abusing the person in the other boat. When his eyes focused, he realised there was no one there. The other boat was empty, his anger had nowhere to land, the other boat had become his guru. So, in our aloneness we can be ourselves, still without ambition, and in this experience, love can enter our heart and leave it on its path.

A wonderful demonstration of the ease with which people can find stillness is in the experience of pure beauty. Three times a year I take students to the most beautiful place on earth, the Sacred Lakes of Gokyo in Nepal. Local Tibetans and Sherpa people treat those seven sacred lakes high in the Nepalese Himalayas with great reverence. My groups walk to the edge of the lakes as we trek into the village for the first time, and just stop in shock. They take a few photos, but then

stop. They sit on a rock, by the edge of the aqua-blue water, surrounded by the highest mountains in the world, and they stop. They stop thinking, talking, photographing, and even burping (the real miracle), and they fall in love.

When we reach these sacred lakes at the top of that mountain path, after 10 days of trekking, the ego falls away, and people just sit and cry with love and inspiration. All that was hidden below the emotion and ego has surfaced, and they are just overwhelmed by what was already within them at the bottom of the hills, but couldn't penetrate the emotion of the ego. Here, filled with awareness of what is already within them, people become silent. A new experience of "being" comes over a person.

They don't even feel tired; they are smiling, sometimes they can't even take a photo. Why? Because for possibly the first time in their lives they have fallen in love without the immediate intrusion of the ego. The ego up here is too tired to fight back. Love sits and waits for you to let it past all the emotion, the judgements, the expectations and attachments. The beautiful thing about it is that you can find that same loving experience here at sea level in the real world.

You don't need to trek all the way to Nepal with me to learn this, nor sit in Zen for years. Just sit in nature, lie under the stars. Sit by a lake. Watch a tree grow. You will find it there, nature will guide you. 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.

Sit in nature, become alone. There is nothing to hide behind, not even a relationship. And there in that pristine moment, wind howling and clouds gathering, experience the gift of intimacy. To learn about being alone is a whole science. You get to know yourself, and eventually to love yourself. Not by meditation, because then you are doing something, trying to meditate, get it right, achieve something. You do not get to love yourself by changing something either, this

is just running away from yourself. No, we learn stillness by doing nothing, being alone, without music or distraction. Not by reading, working, thinking or doing yoga, Zen or prayer.

We learn to love ourselves simply by being with ourselves, as we are. We must learn that we are worthy of love no matter what we have or have not done. We must learn to love who we are, in order to love others for who they are.

More than 20 years ago, I went through a divorce. One day I was a successful, wealthy, healthy and happy businessman, the next I was not. My wife and the three treasures of my life, Simon, seven, Ricky, five, and Stephanie, three, sailed off into the sunset on a yacht with their new "Dad." I was shattered, suicidal. I tried everything to heal, most helped, but nothing worked. One day, however, it all came together purely by chance.

It was two years since I'd seen the kids. I was sitting on the beach, trying to meditate (Zen was one of my many journeys) when I noticed an amazing sight: the moon still full while the sun was rising. I became consumed by the sight, and forgot where I was, losing myself in this magnificent beauty. This was the first time I had ever stopped and felt the love for my beautiful children, without any expectation of it. I was not doing something, or being something, or giving something, or getting anything.

On this day, in the stillness of this moment on the beach, and totally by accident, I felt love without trying, without ownership, without control, without duty, obligation, or commitment. I had always loved my children and my ex-wife, but I had never untangled that love from emotion. That day it happened, I loved them without expectation, without emotion or mind, and that was the end of my pain. I was in love, but I had no expectation. I was looking at the same moon they were looking at, and in that moment, for the first time in my life, I had separated the material world from the spiritual world of love. I now understood true love.

This moment is ours
If there was a moment in time, when the universe
stopped and my heart stood still in truth,
that moment is now,
that moment is,
my love
for you.

this moment
is ours

I love you, I love you,
I want to spend my life with you
I want to wake with you in my arms
or me in yours
I want to disagree
and agree
and struggle a little
but most of all
I want to build a life with you.

i love
you

One day you look up, and there it is,
the most beautiful sight your eyes have ever seen.
You are lost, swept away,
there is no choice,
it happens.
In that one brief moment in time you are in love.
The most beautiful experience of life
and in that moment you are changed forever.
Nothing happened to cause it.
You fell.
When you least expected it,
there before your eyes, the eternity opened,
you fell into love.
Whether it lasts one second,
one week or a lifetime, this love is precious,
a treasure to be absolutely revered.

be
still

True love is what exists
before and without mind.
True love is what happens
when you stop thinking.
True love is what exists
when you stop wanting
or comparing,
or blaming or expecting.
True love is why
you fall in love.
True love is why
you stay there.
True love
is stillness.

true
love

Love usually happens when you least expect it.
Your mind ceases,
it is quiet, calm, relaxed.
No more wanting,
nowhere to go.

beyond
desire

Falling in love happens
in sacred moments.
You just look up
and simply find yourself
in love.
For those few moments,
even for a single moment,
you are in love
and that person is completely with you,
connected, familiar,
a dream come true.
This is truth.
For those few moments,
even for a single moment,
you are totally
in love.
These are the sacred moments
of love.
And our journey
is to share them,
often.

falling
in love

Romance your beloved. People become as you treat them.



romance

the second key to sacred love

love is cumulative

Love is cumulative. Little acts of forgetfulness add up to big problems of painfulness. Don't wait for Christmas, Valentine's Day, birthdays, or special occasions. Make every day of your life a Valentine's Day. Act like today is the most important day of your relationship. Turn up on time. Do something kind. Prioritise your lover over your work. All compromises in a relationship add to its demise. Never forget, your relationship is the most important thing in the universe.

romance, is the second key to sacred love

Many people come to their relationships wanting to change something, or comparing what they have with 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.

The person with abundance does not look at the world and see what is missing. To them, there is nothing missing, it is beautiful, perfect, things just change in form. This is the abundance we crave. This is how you fall in love. Abundance is what the swami in the cave lives for, because he or she believes that in real life, God exists. In abundance there is no hate, nothing to change, love.

Sacred love demands that you find appreciation for 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 oneself for happiness. It is an approach to life that causes much suffering because it begins with the premise, "I do not have something, and now I will go out and get it." Automatically, there is a loss because I have the premise of "without", and then if I do the right thing I will be happy. This mindset kills romance and love.

An abundant mindset brings out a smile about life, a sense of humour, the ability to see beauty anywhere, anytime. Then, even in the most challenging situation, you can hold the essence of an inner smile, because behind the drama and emotional chaos, there is really something absolutely beautiful, an order so predictable that it is beautiful. Behind every ego-sustained drama there is another story, a beautiful story, a joyful one, a story of love.

There is nothing missing, it just changes in form. Nothing escapes once we understand this transparency of everyday life. You get to process the drama that keeps people out of love in their everyday existence. Life becomes transparent, you don't get caught, you see

with objectivity, respond with spontaneity, with honest intent, and let the ripples find their own destiny. Birth, success, failure, marriage and divorce, life and death, health and disease. Behind all these seemingly solid constructions exists a deeper reality. With inner stillness you respond with love. There is no in-between. This is the spiritual perspective that Jesus, Mohammad, Buddha, Krishna, Zoroaster and all the other great prophets of our time spoke of. Love is stillness, and this stillness comes from abundance; nothing is missing, it just changes in form.

Your lover is perfect and so are you. 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.

“Nothing is ever missing, it just changes in form.” This 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 them. If you hate it in you, you hate it in them. With this approach there can be no blaming for your experience.

In our relationships we often feel that we are not getting what we want. But if we were to examine each of these relationships clearly, we would find that we are getting exactly what we want, just not in the form we expect it.

Being critical, complaining of something missing, is actually manifesting loss. If you don't see that you are getting what you want, just in a different form, you are always going to come at your relationship with complaints, “This is missing”, “That is missing”, “This is not good enough”, and eventually drive your partner away. People become as you treat them, and an ungrateful lover gets a depreciated love. What you don't appreciate, depreciates.

A great example of this is affection. Say you want affection from your lover, and believe the only way you can be given affection is through touch. So you start grumbling that your lover is not affectionate, complaining and comparing them to someone, some ideal that gives you affection just the way you like it (which is always what you didn't get as a child). The truth is, they are giving you affection, because there are so many other ways it can arrive. But you become blinded to those other forms of affection because your ego is saying, "I want it in a certain way." It's like tunnel vision, only witnessing it in one way.

People become as you treat them. If you are always walking around moaning that you are not getting what you want, in the form you want it, then you can be guaranteed that your partner will withdraw from you. If you don't appreciate what you've got, you lose it. You will need to prioritise abundance, return to that awareness every day, hold love absolutely beyond negotiation. This builds a sacred relationship. Even if the sky falls and they leave you, if you really love them, you will let them go happily. Love has no expectations. All pain in relationships is blocked love. Abundance is a wonderful opportunity to bring devotion to your relationship. The real issue here is, are you prepared to make the abundance between you and your lover a priority in your life? That means appreciation of your lover is more important than your work, your sport, your children and your wealth.

In the whole of the universe, every molecule has a place, a role, a gift. If you can just be thankful for what you have, for the blessing of life itself, and remind yourself of how lucky you are, then your whole life would change in just that one acknowledgement. We complain about love only because we expect more and more. But we forget how lucky we are. Once you see the gift of your life, your heart will open again, your youthfulness will shine, your energy becomes infectious, and your health takes a glowing leap. Music sounds different, and life, like a springtime flower, just opens and opens and opens. Stay humble to the gift and count your blessings.

what you think about you bring about

Every thought you think, every action you take, and every feeling that passes through your mind and heart affects your relationship. Every thought is a vibration that travels outside your mind, in this you cannot lie. If you go into a guitar shop and pluck just one string on any guitar, then go and listen to all the other guitars in the shop, you will hear that note resonating with every one. Remember, what you appreciate grows.

romance, is the second key to sacred love

Our thoughts carry with them a power far greater than we currently perceive. What we do, and what we think, affects our relationship. Truth comes to the surface, like it or not.

Running, kissing, talking, reading, working, making love and taking responsibility for the problems of the world, having dinner or sharing a bath – whatever you are doing now, that is the truth of your love. Nothing escapes it; this is the daily reality for you, do not try to escape it. Each thing you are doing or facing now is your true reality, your true encounter with love. This is exactly the point. Whatever you are doing now, do it and just do it with love. Don't avoid it, do it with love. If you escape from this moment of love, you are always escaping from some future moment of love, from the cradle to the grave; waiting for what is already here.

What you appreciate grows. If you want to be honoured and treated better, it is wise to appreciate what you are getting. Complaining about what you are not getting is a surefire way to reduce the value of what little may already exist. Sometimes, and especially when he or she is “just not that into you”, there is an expectation that no matter how you treat someone else, they will still treat you well. A person who is not thankful is the most unromantic sausage on earth. And thank yous are not what goes on in their head. I remember one woman once said to me, “I was always thankful, I just forgot to show it.” It's the small things that count.

It is the same as a little pebble that is thrown into the sea and stirs the water: it is hard to comprehend the extent to which this ripple travels. Even a great ocean is influenced by a single stone. We may not be conscious of it, but a single thought, given the right conditions, has the potential to build into a huge tidal wave of problems. What we can see day-to-day are only the tiny immediate circles that the thought produces. The vibration it produces in the sea reaches much further than we can ever imagine. Our ears do not hear it and our minds do not know it, but it occurs just the same. Like a radio transmission, signals are sent and often not heard, but they exist and impact the whole of existence.

You can control your mind and therefore, create a loving relationship. But if you can't control your mind, and your thinking is aggressive and critical, then your relationship cannot flourish. This is an important consideration, because how you use your mind has more effect on your relationship than any other thing you do. Without even saying a word, you project your feelings and thoughts, and your partner knows, subconsciously, exactly how you feel.

It's all about the way we think, the mindset we bring to life. Do you think that we can be judgmental and vindictive to one person, and separately, be in sacred love with another person? No, that is impossible. Our way of thinking invades every corner of our life. How we treat others is how we treat our beloved, and how we treat our beloved is how we treat ourselves. So you can see, a cruel person at work is a cruel person at home. We just need to observe to see past the disguises. The way we cope with this is to divide people up and say, "I like that bit, and hate that other bit." So even your partner you begin to hate.

You can use this awareness to take responsibility for every feeling or mood you have. If you are angry, don't blame someone. Instead you can say, "Thank you for making me realise how much anger I have been carrying around with me, obviously it was under the plunger before I met you." Then there is authenticity in love. You can admit to the real feelings of life. You can say, "I am so angry, I am so full of hate. You, this relationship, have made me realise that I have been living in my ego, hiding." Or you might reveal, "Man, I am so depressed, I really want to blame you and this relationship for it, but I know better. I understand that you and this relationship are actually just helping me know what I have been running away from all my life. I want you to help me deal with it, because I know it's just my judgements of my past."

If you could, in your daily life, examine every action that has created a disagreeable attitude, caused darkness and dissatisfaction to yourself, you would simply become more mindful and change the judgements that destroy your life. If we could consciously watch each

thought, word or action and then move it to an inner harmony, move it to a feeling that brought us inner calm, then the inner life would be fed, as well as the outer. The ego would not be in control, the sickness of righteousness would be healed, and in that one single shift, our health, relationship and inner growth would be guaranteed.

A loving human being is a loving human being; it has nothing to do with some individual. Even sitting alone you would be loving; even when no one is watching you would be loving. It is your nature, it has nothing to do with your relationship. A loving person is loving, no matter with whom or where they are. That means you must become more open. To hold a loving headspace means that you see beauty in more of life, and in more human behaviour. When you feel blocked to loving your partner it is always because you are not thankful, ungrateful. Blocked love means you, yourself, are running on empty, exhausted, tired, stressed, guilty, unhappy with yourself, unfulfilled or depressed, and you are trying to blame your relationship for it. It's what happens when we take our foot off the love accelerator.

Make your attitude to your lover the most important thought in your life. It means that love is honoured more than emotion. It means that emotion, ego trips, stress and business do not rise to be more important than love. That love is what is valued between two individuals. All else is simply real, rocky and raw everyday life that has to be worked through in due course. This is love. It means every emotional bottom is food for life and growth of love. The end result is that life becomes less serious. All the arguments and offences are small chips. They are just the ego. You are together for love.

There is an immense power that each human being holds in their mind. When people are unaware of their impact, it means they are deaf to their impact, both positive and negatively, on others. They live a life as a drunk would, dodging obstacles and stepping on things. They do not know what they are doing, either for themselves, or in their relationship.

Every person reigns over a kingdom of their own. As the master of this kingdom, with control over your ego, you are able to live in full awareness and self-determination over the consciousness you bring to your relationship. You can become conscious of the effect of every move you make, understand the ripples it creates among others, and therefore, know that it also makes them happy.

Every word we speak is important. Our life is not a random existence. By knowing how to direct our speech positively, how to express our words with clarity, how to communicate effectively with our movements, how to live with integrity between thought and action, we can hold a beautiful space.

Every word we speak and every syllable we hear has an effect. For thousands of years medicine relied on the concepts of sound to cure disease. So when someone speaks, thinks, or feels either badly or thankfully for another person, it reaches them consciously or unconsciously.

Staying in love is a matter of creating a loving attitude as a way of being, a family culture. It is an inner component of your life. It is revealed in all we do. Then, whether coupled in embrace, making the dinner, washing the dishes or sitting in meditation, beauty is flowing. It is a loving attitude, a generosity of spirit that opens this gate.

The four ingredients that bring romance to priority in a relationship are:

1. Kindness, because it places the heart and mind of others higher than your own.
2. Gentleness, because it raises the energy of the moment and allows hearts to open.
3. Care, because this is the gratitude that brings us present in the moment.
4. Contentment, because it is without struggle, no trying, just a simple exchange.

Kindness is a gentle attitude, expressed in the way you think, speak and act. There is limitless scope to show this attitude, and no matter how much is developed, it is never too much. It grows great dignity.

One can never do too much. Gentleness will unlock any gate and find its way to any heart. It is the key to progress. It implies generosity for all, but requires some sacrifice at times. All those recognised to have been great in their time have been gentle people, but never weak. They have never softened their responsibility towards themselves, or deluded themselves or others.

Care is compassion. It begins at home but expands and grows with people in work and social environments. It is in this growth that care retains its authenticity and power. There are many people who act kindly in public but are cruel and mean at home. This reveals that real care for others has not evolved from their real nature.

Contentment is the true intention of love's existence. This is a wonderful intention for your life and is a vital part of a relationship. Your intention eventually becomes your reality, which truly reflects the qualities of your heart. It is not the meditation you do in the morning or the yoga class you do after work, because these are simply powerful points for connection. Your true heart is revealed by the way you sustain your practice during the day through the amount of contentment you create in your relationships. This is the real part of your sacred relationship, since the thoughts you have moment to moment add up to the relationship you have year to year.

If you direct your intention towards becoming aware of the duty of life, your heart can be held in an open state. The heart of love thrives on those four ingredients. Gentleness works as the principle thing in every art, and, as the true spirit of humanity, it should be our aim.

When we care for each other we feel an innate sense of truth and wholeness. With gentleness, we smooth the rough edges of vanity that hurt and disturb those we meet in life. Like so many things, vanity is separateness, and a defence of the ego. Truly honest individuals recognise themselves in the heart of another and, rather than judge them as lesser, have empathy with them. It is of no service to humanity for us to judge another as less than ourselves, nor more than ourselves. Instead, we need to be gentle, and in doing so, remain

humble. So many of life's stresses can be extinguished at the source once we are able to recognise ourselves in others.

The loving attitude means there is happiness everywhere. There is order in chaos, so even a bad situation is good. This order turns both the unacceptable and the acceptable into beauty. Then there is simply love everywhere. You are guided to love by the ability to see both the bad side and the good side of everything.

Your attitude is not dependent on something happening, or people living up or down to your expectations; no matter what happens, your love is there. You now have the ultimate power; there is no need to react, or to run away from situations. To love means to hold deep happiness within, no matter what transpires. It is a loving intent to see that all your disturbances or blockages in love come from you, not from the way the world is.

Happiness comes from the ability to see beauty, and this creates peace of mind. Peace of mind breeds an inner smile, a stillness. Stillness in turn breeds contentment, and contentment means we don't want to change anything. So if we can quickly change our perception from an emotional viewpoint of "acceptable" and "unacceptable" and start seeing balance, we will soon notice that all is perfect as it is. This is contentment, stillness, an inner smile, peace of mind, and all leads to a deep inner happiness. Who would not want to live with a person who has that attitude to life?

Happiness is where the spiritual person comes from. They come from happiness, because they see beauty, they feel content, and they do not want to change anything because they have peace of mind. Love can only flow from a mind that is at peace with itself. This does not mean the mind has stopped thinking; it has simply come to rest. The real question in all of this is, "Where do you come from?" If you are always thinking, "How do I get more money, how do I get more wealth, how can I pay my rent?" then you will live a very emotional lifestyle. Wanting more of anything always leads to unhappiness in yourself and those you love. There can be no peace

in the wanting heart. It is always ungrateful, critical and full of judgement. If you come from a loving perspective, then you come from loving kindness. You do not want anything. Your heart is filled, you are already complete. Abundance means being authentic, totally real, spontaneous, not wanting to change anything. Self-deception must be overcome in order to turn up for love. This self-deception is very much part of our Western life, which makes sacred love all the more difficult. We might even start projecting ideals and philosophies about love instead of giving it.

We can try to change ourselves by following the ideals of some exotic sect, group or religion. We might adopt another discipline of spirituality, behave in a certain way, attempt to change our tone of voice, eating habits, and our behaviour in general. But after a while, such self-conscious attempts to be different begin to feel too clumsy and obvious, too familiar, inauthentic.

We intend these patterns of behaviour to become habitual, second nature, but somehow they do not completely become a part of us. Much as we would like these behaviours to become a natural part of our make-up, neurosis is still present in our minds. We begin to wonder, "If I have been acting in accordance with the sacred scripture of such and such a tradition, how could this happen? Is it me? Am I such a bad student? I am still confused."

Self-deception means that the teachings are outside of us. This is a problem because nothing can turn you inside out. The idea of changing yourself through knowledge is very unrealistic. The existing material already there must be used. Accepting yourself as you are, instead of as you would like to be, means giving up self-deception and duplication, and finally admitting that your lover is worthy of love, warts and all, for who they are, as they are, as are you. Anything we aspire to have, be, or do becomes the ego, becomes something that is separated from us, and blocks us.

We lose the awareness of wholeness and begin to play games with ourselves, and others. It means we have lost trust in just being who

we really are, and create fantasies of what could be. We create an ideal and we ask, “Are you trustworthy?” The problem is that we use the ego as something on which to bank, and because of our lack of spiritual stillness, we harden our ego and make it solid. Then, the façade has become truth and we invest in this façade. We are now deluded so love and learning become impossible.

We can become a Hindu, or a Christian or a Muslim and move to a commune, but the minute we stop our practices, the crack appears and we find ourself being the same us. Underneath this philosophy, we haven’t changed at all. Even after 20 years nothing has changed; we were only dressed up in different clothes. When we finally stop trying to change ourself, or others, and instead look for the magnificence of who we are, as we are, then we can find stillness, we can live in love.

The ego divides us into loved, loveable, and needing to be fixed to be loveable. Our ego also splits others in the same way. Love then falls to the lowest of lows, the cruellest of cruels, the meanest of means. No longer is it love of openness and simplicity.

This desire to change things becomes a habit of dissatisfaction. Then those aspirations and desires become expectations. And your expectations kill love. Your expectations block your love. There can be no expectation in love, and this is the mark of stillness. There cannot be a rigid expectation that if I do this and that, then I will get what I want.

The ego immediately wants to add stillness to your skills, but it can’t be added. To find stillness, just lie down and stop wanting. Stop wanting to even stop wanting, stop trying to get your breathing right. Stillness comes from the mind, but the mind is harnessed to the body. So if your body can’t stop and be under the control of your mind, then how can your mind stop and be in the control of your spirit.

Today, love without expectation. Love someone you dislike, 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 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 every-day 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.

Try taking time to sit quietly in nature daily and imagine how much you love your lover, or ex-lover. Learn to admire people rather than wanting to change them. Find contentment within yourself, there is really nothing to change. You, your lover, and your extended family are perfect creatures in nature's creation. Remind yourself that there is absolutely nothing to change, only something to love.

Build each day on a foundation of pleasant thoughts by always looking for the two sides. There are two sides to everything, simply make a point of focusing on the positive. People become as you treat them. So acknowledge their gifts. Let the negatives take care of themselves. Remind yourself that through the power of thought, you can achieve any dream you choose. Let the dream in your heart be real.

The key is to find the beauty in everything that has happened to you; identify the blessing in every situation. Seek the gift that was created in the event you are attached to, and you will grow.

Once you expand beyond the narrow definition of yourself as a one-sided being, and learn what it is like to say, "There is nothing about me I need to change", you find the beauty of your life and that of others. From there you will forget the shame, guilt and the expectations that kill life, and will be free to move into work and a relationship with your true nature.

be in your element

Understanding your lover frees you to build more love with them. Trying to change them destroys it. Realistic expectations are the foundation for peace, harmony and happiness in a relationship. Understanding the constitution of your partner is a vitally important step along this path.

romance, is the second key to sacred love

If our expectations are real, then we usually find that people behave according to certain patterns, and those patterns belong to their constitution. Many quarrels occur between lovers because we fail to understand each other's differences. What makes respect all the more easy is the skill of predicting exactly how a person will act and react. Respect means honouring the diversity of an individual. Instead of trying to change your lover, try to understand them. This makes the quirks and uniquenesses of each partner fun rather than frustrations.

The ancients knew that to define a person by what they think was to play into the hands of the human ego, so they focused their understanding of human character on the different constitution of each body type. The result is yoga and its sister science of health, ayurveda.

The five elements are Ether, Air, Fire, Water and Earth. We all have these five elements within us and the proportions of each one vary from person to person. Those proportions never change, from the moment of birth to death. No matter how much or how little we eat or exercise, read or don't read, the proportions never change. This is called your Elemental Constitution.

If you are tall - Ether

If you are short - Air

If you are medium - Fire

If you are rounded - Water

If you are solid - Earth

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.

earth

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 ever-present worry about the world and its 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 sexualise 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.

water

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. It never stops, my love demands no rest. 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 judgemental mind. Your love is my God, your judgements 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.

fire

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.

air

Do you know me? I am Ether. I see possibility. Please don't bore me with reality. I see the dream, the future; I have amazing insight. The practical nuts and bolts are, well, not my cup of tea. I love, love. Love to be in love. I think about it, and sadly fantasise about it. So you are up against a formidable opposition with me, my imagination.

I am Ether. They have written poems about me. The infinite lover, the angel who flies through the air and serenades you. I am a fragile, romantic, high-maintenance person. I need my seclusion, time to drift into the clouds and come back with a gentle swoosh. I am creative, a visionary, a thinker in the huge realms of the future. I dislike clutter; words are clutter, challenge is clutter, reality is clutter, negative emotions are clutter. So I spend most of my life in a dream, and unfortunately, experience some trouble when I am brought back to earth.

I will fight for my independence. Not because I want it, but because I am so vulnerable, so easily knocked out of my dream that I will try to manage the world around me to my own advantage. Be close, but don't expect to get closer than my dreams will allow. Love me for this and our world will be divine.

ether

live
love life

Welcome every morning
with enthusiasm for life.
Look at today as a gift,
a special gift from your creator,
an opportunity to celebrate love
with your beloved.
Today do the work you love,
be in a world of love,
design your day the night before,
to make it a day of love.
Start the day with love,
let your first hour
be your hour to set the theme
of thoughts merged with action
that will echo through your entire day.
Don't waste today with a false start
or no start at all.
Wake to inspired living,
nature is with you and therefore
the whole universe
wants your day
to be magnificent.
Say to yourself,
every day,
live-love-life.

my heart
my love

My heart is the door
through which this divine love passes
and now,
that door is open to you always,
through sacred love.
Yes, my love,
this door to my heart
is open,
open to the joy, to the happiness,
to the pain and to the struggle.
The door of my heart is open
to you, in love, forever.
The door of my heart is open to you,
you can come and you can go.
The door of my heart is open,
the sacred path.
And the door of my heart is open to you
my friend, my truth, my love.

with all
my heart

With all my heart and with all my soul
with all my being
I say
I love you.
I choose to respect the gift destiny has put in my life
I choose to surrender to the cosmos
and let the romance be true.
I choose to follow the light of love that we share
I choose to open to the love that is ours
and I choose to be in love with you
I choose to see in you
a woman of truth, beautiful, wise and awakened
I choose to be here, as I am, in love
without fear
I am, as you know, in many ways,
not of this world, I bring you love
as only you can become,
I bring you the cosmos,
the heavens, the truth.
This is the love of creating.
This is love,
herself.

the answer
is written
in the stars

I sat alone on a mountain.
Nepal was its home.
I argued not what is right
and what is wrong with the world,
for the vista before me was unfathomable
and dwarfed such pious thoughts.
My heart activated when I sat, still,
in the frozen atmosphere,
then, with that familiar tear of love.
I remember thinking of the beauty,
and the happiness of existence.
My beloved came into my heart
and so obvious,
there,
amongst the white clouds of heaven.
In stillness, in truth, in love.

I know the part of my lover that
I am going to focus on,
I know they will have the opposite too,
I will acknowledge that,
I will focus my life with them on the
positive side and accept the other exists,
I will remember that to appreciate someone
is to make them feel worth more
than they felt before I met them,
that means appreciate them more than
they appreciate themselves,
I trust this knowledge.

affirmations
for lovers

Universe guides me to you
there are moments when
in the darkness of my being
I am awake
I am alive
not moving or doing
not being or thinking
and then I am
as I feel toward you
I am the love I feel
the fight is over
we are home again.

universe guides
me to you

Avoid things that cause toxin and pollution.
Make your prayers and offerings
to the temples of your life
worship the Gods and Goddesses,
in which you place your faith.
The sacred fire is the symbol that fights evil,
it is the great purifier and sustainer,
it is the nature of the sun itself
so keep a flame burning in your heart.

a flame in
your heart

Living in the real world.
All living things possess the divine,
the only time
we are separated
is when we say,
it's not.

truth is
love

i am thinking
of you, wondering

I am thinking of you, wondering
about you
feeling love for you
fantasising about you
but never doubting
that beautiful feelings
toward a beautiful soul
can be wrong.
My expectations can be wrong
but to love someone
like I love you
and hold deep trust for that love
is the greatest and most precious truth
a man could have.
If I needed something
that might be wrong.
If I wanted something
that might be corrupted.
To hope for something
maybe that would pollute
what I am feeling.
But to love?
That is why I even breathe
and today
I breathe you into my heart
again, and again, and again
without reason
I simply breathe love for you
eternally.

Are you ready to dissolve all your judgements
of who you should and shouldn't be,
and all your anger and bitterness from your past?
I challenge you in this book to try it.
If you are looking for love,
it is hidden in your judgements.
The choice is always yours.

truth

Honesty, they cry.
Honesty they ask.
But really, they mean conformity.
They ask for honesty
but condemn anything that doesn't
fit their expectations.
Is that honest?
Our expectations?
Maybe the first honesty is admitting
that everything we know
and every story we tell
is a lie.

honesty,
they cry

Nature's law
is the balance of creation and destruction.
When you stop praying for what you think is missing,
and simply attune yourself
to the extraordinary
richness,
the quality and the love that are at the core of your heart
the ocean itself becomes apparent,
and all the rest is just the debris
that floats on the surface.
All debris,
it is dead;
the ocean is what is alive.

nature's
law

Everything worth doing is done with an open heart
What comes from the heart, lives forever
The difference between ego and heart is "I"
Often, in the darkest hour,
the heart becomes illuminated
Healing is complete when the heart is open
What is given without love is a thorn disguised
In the light of day, an open heart simply reflects
the light of the sun
People come and go but a heart once opened,
never forgets

my heart
to yours

Love grows at the border of chaos and order



hard work is bad management

the third key to sacred love

hard work is bad management

Nature is incompetent sometimes. A tsunami reveals that small steps were not taken, and therefore a big adjustment is due. In your life, stay humble, stay incompetent, witness the fact that hard work is bad management. These are opportunities to systematise, rationalise or prioritise. Don't back away from challenge, grow your love. Ask daily, "How can I take on more, and do it with less?" This is called turning up for love. Come home with more energy than you left for work with in the morning. That's the measure of your investment in love.

hard work is bad management, the third key to sacred love

Two people who are in a “love-centred” relationship can grow enlightened from all the challenges. Others run away, change partners and escape because something upset them. Love is more than fun and sex. There is an integrity in love, it reaches beyond pity parties (pity loves a party), beyond the righteousness of the ego, beyond all the hurts, love is deeper than that. Love is the spiritual core of our soul. Challenge is an opportunity to grow. Through emotional awareness, we have an honest experience of everyday life from which emotions can be processed to lead us directly into the arms of love. We use our day-to-day experiences (our personal consciousness) to grow and expand our love (our higher consciousness). This is the wonderful power of relationships.

Love is never fixed in a relationship, but always sits as the pillar of strength to bind it. Love is the solution to challenges. Love resolves emotional and personal issues that come to the surface in relationships. Love turns boredom into joy, criticism into laughter, heartbreak into a bond of mateship. Love is more than fun. Love is more than all the pleasures your flesh can imagine. Staying in love is a journey, not a destination. Staying in love is the most beautiful gift of life. As a lover, it is wise to know where you are coming from in your relationship. If you don't know this, you might just be projecting onto people and won't know anything about your reality, your truth or love. You might forget that what you think causes what you get. You might forget that there is another layer to life where your thoughts and feelings actually transfer to those around you, even if you wear a mask.

You might forget that praying to a God or Goddess is a cruel joke if you cannot give love and respect to those whose lives you touch everyday. True religion begins in the reality of your home, and that reality begins with what is deeply immersed in your heart. The power to grow only comes when you acknowledge that you are the projector, your beloved is the screen. To change how you see the world, change the film, not the screen. The true source of happiness lies within you. Don't blame or try to change others, it is a waste of time and effort. Love, peace, contentment and joy comes from

within you. Remember there is no happiness in being right, only blocked love and pious separateness. Reach out. Fall in love, drop the barriers, share your gifts, your assets and your love. Smile. Hug. Happiness is infectious, I hope you get some and pass it on.

It requires honesty, but you can become aware that you are the source of everything you perceive. For example, if somebody has insulted you and anger erupts, you become disturbed and anger flies outward toward this person. But what have they really done? All of the reaction – the anger – comes from your ego protecting itself. If this person who insulted you went to a monk and insulted them in the same way, the monk would not be angry at all. So it is you who makes a difference. It is our reaction which determines the resulting feeling. The other person is not the source of your problem – you are. The other person ignites the source that resides within you. This is an enormous awareness because it forces us to stop blaming people for how we feel. You were angry already, and they just brought it out.

If you reach into an empty barrel, there is nothing to bring out. However if you reach into a full barrel, your grasping hand will find something. It is the same with provocation. A person who insults you is just reaching into you and making you aware of what is already there. If there is anger or pain in there, they will be able to bring this out for you, so thank them. In other words, they have not done anything except make you aware of what is already happening within you.

This means taking responsibility for blockage. If the love feeling between you and your lover is fading, look within yourself and see where self-deception has intruded. Blocked love means the love for yourself has been broken by something you have done, something you think, or something you are judging in yourself. Then remember, there's nothing you've done, or not done, that is not worthy of love.

The deep desire to grow through challenge will make a person into something of a fanatic. Not a closed-minded fanatic, not a fanatic full

of judgements about others, but a fanatic only in the sense that they dedicate themselves to attaining the highest standard of their own humanity. To deal with blocked love, take yourself out of your world for a while and sit in nature. Sit in a park, or a garden. Not one of those manicured gardens that feels like your office, a real garden where the caretakers appreciate the value of fallen leaves, broken branches and insects. Celebrate for a moment the magnificence of the reality that is our total existence here on earth mirrored in such simple beauty. You don't even need to intellectualise it.

All your worries vanish in nature. Love comes from you, not to you. Remember that effort you put into your relationship in the first months or year? Remember how important making love and holding hands was before the children came along? Remember those tears of gratitude that welled up in your eyes each time you woke beside your lover, or had candlelit dinners? Times sitting under the full moon, in silence, watching the mirror of moonlight on the water. This is what is required to keep love alive and thriving.

A sacred relationship will bring you out. It reveals you. It is not about your lover, it is all about you. Naked and stripped of all disguises, your feelings, emotions and issues will surface. Who you are with really doesn't matter, because you have to take responsibility for everything you feel. You have to rise above blame, or love stops completely. Blame and a victim mentality disempowers you. The real power is when you say, "I am the cause of all my issues in this relationship" because with that, you can change them. That is why your relationship is sacred; you have no choice but to surrender or run. One teaches you love, the other makes you suffer.

When we are in love, we are exposed. It is weird and frightening, it is beautiful. We feel uncertain that we can be loved for all of who we are. We try closing down a little for safety, but the relationship starts to be a war zone. We try pretending, it doesn't work. We are trapped, our lover and our love are here, right before us. We are in the most sacred place on earth, struggling, thriving, in love, and totally exposed.

So you have the power to affect your relationship in the most profound way. The key is to take responsibility for every feeling and emotion you have. Rather than blame people, acknowledge that they brought this feeling from within you to the surface. Nobody can do to you more than you do to yourself, nobody can love you more, treat you better, respect you or hurt you more than you do, to yourself. This is the essence of taking your power back, beyond blame.

So, getting to love is a journey of peeling away the layers, cutting through the myths, the ideas, the intellect, and all the mind stuff that has accumulated in your ego. This unravelling is not for the faint hearted; it's a process. The more the ego is developed, the more it justifies sustaining itself by making everyone who doesn't agree with it wrong. That ego rejects all the information necessary to peel it away.

We need to be able to manage the ego in order to have the love we deserve. This means changing our clothes for different situations. It is easy, but you might find it hard. Many people find it hard to change their emotions, they have come to know themselves by what they think, how they feel, what they do. It's not easy to shift an identity fixed on its own image like that; such a person cannot experience a sacred relationship. When the ego fights, lies, pretends and convinces you that it is better to blame, or leave, or fight to be right, you are in a very difficult circumstance.

The process of stripping away the ego's grip on your mind is worth everything. The ego can do a lot of things – it can take you from your childhood to your old age, and help you create the life you want – but the ego cannot love. All the ego in the world does not make love happen, and all the love in the world does not make ego happen. If you added up all your hopes, dreams, expectations, issues and desires and made them all come true, you would not have that one single sacred moment in which you fell in love. Love and ego compete. A sacred relationship is the most wonderful foundation for success in any walk of life. We are not trying to eliminate the ego, or find some middle ground. No, we are actually valuing the ego, but we are decreasing its control over your response to situations. Instead of

winning a fight, you might choose love instead. The softer you get around beliefs, judgement and expectations, the more love you'll experience. Yes, that means, like nature, you have to learn how to go with the flow. There are two sides to every coin. Making a stand, fighting to be right all the time, is a hardened ego, a terrible assault on the spirit, and cruel to love.

There is an ocean of love in which the ego cannot survive. But blame separates us from this ocean and builds the ego instead. Blame is such an easy escape from love. To step away from blame is to step out of the mainstream of life and into a culture of love. Forgiveness is still blame, hate can only live in a culture of blame, trying to change your lover is blame. Your lover might blame their ex-husband or wife for their behaviour, but that is not ok in a culture of love. In all of this confusion, which is normal in our Western city life, sacred means rising above emotion. The opposite to love is all emotion. Yet, we can't live without it because that would rob us of romance and enjoyment. This is a simple commitment to a series of priorities, love above emotion.

Long-term, deep spiritual happiness comes from the contentment that grows out of the perspective of love. Love in turn, can only pass from us when our mind is still or balanced. This is the opposite of the emotional perspective. Here we have the real dilemma. Emotionally we are on cloud nine if we have uppers without downers (like without dislike) but they are unsustainable, and our true humanity is not made happy by infinite uppers.

Just try it. Eat some ice-cream. It makes you happy. But after 20 minutes you are no longer happy. Now eat some more ice-cream. You are happy again, but after another 20 minutes you are not happy again. So this time eat twice as much ice-cream, in fact three times as much. Sustained happiness comes from love, not emotion. For every emotional upper there is a downer. For every dollar of wealth there is a worry. For every new piece of knowledge, there is the conflict of the old knowledge. So the emotional life is filled with emotional roller-coasters in which a person thinks that once they get

something, they will be happier than before. It is an obsession with the idea that there is a way to avoid challenge, discomfort and chaos.

But everything we achieve has duality – two sides, pleasure and pain. From a distance, a new relationship looks like paradise. But inside that new relationship there is also challenge. Our delusional mind – the ego – thinks that once we get something sorted out, we will be ok. But we are not. We are ok and we are not ok. Same as before, just in a new place. This is the world of the emotional person. This is not love. Love is contentment.

During hardship, don't let faith in your spiritual world die. Know that you are always being guided, and sometimes that guidance takes us into places we never would have chosen. But can you see that this is integrity because you devote something to your existence, and have the willingness to deal with where you are taken? You asked for leadership and you are getting it. Work with the laws of nature and you can find beauty in the darkness, healing. Sometimes we get a flood or drought, a bushfire, and all manner of things come to us even though we never overtly asked for them. The key is to learn from our life, not resent it.

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 a 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.

Reaction to another person is like throwing petrol on a fire. It serves only to create tension. It should become obvious in life that reacting to people places them far from their own true nature, far from their own true spirit, and is a great cause of broken harmony. To this end, harmony should be akin to stability. Stability, however, can only come from inner stillness.

The greatest reactions are those made by people to some form of insult or accusation. The more accurate the accusation, the greater the reaction. It serves neither person to react. Every reaction creates another action. The sign of a wise manager of a business is one who does not react – one who holds the calm until all the facts are gathered.

Remember, you always have choice as to how you respond to any situation. There is a wise way and an unwise way. Wise is to see the balance, the two sides of it and then choose the action; unwise is to see one side of a thing and then react. One is powerful and truth, the other is illusion. It is a choice.

Love goes deeper and deeper when you learn to be in the moment, quiet, and not talk too much. Then you will experience a deeper awareness of life. Fast response to challenge is not likely to result in anything thoughtful, so the best thing to do is to be as quiet as possible, and think about matters. To cultivate this true love, we need to get away from our conventional environment from time to time, and create the spaciousness for clarity. We need to create seclusion for ourselves, to sit peacefully in the clarity of solitude, illuminated by emptiness.

If the mind is happy, the heart will be true, and then the body will be relaxed. We must find out how to become happy within, without achieving anything. Wanting to celebrate a loving relationship without discovering some level of self-contentment is like trying to cover the whole world with leather to avoid the pain of walking on stones and thorns. It is, of course, much simpler to wear shoes.

Nobody can break your heart. Your heart can't break. Your mind can break, but your heart can't break. It feels like your heart is broken but it is not. Your mind got offended. So you tried to stop loving somebody, your mind stopped loving somebody. That is what "breaks your heart." Your mind was given a challenge, your mind expected them to do one thing, and they did another.

We need to be clear because this is what I am dealing with every day, and it is costing people their whole life. They say, “He broke my heart” or “She broke my heart”, they are caught in a cage because they are blaming somebody. This is not true. Nobody breaks your heart, they simply reject your expectations. Really when we talk of a broken heart we mean a broken ego.

There is a big difference between pain and suffering. Pain is when you cut your hand. You don't worry about your hand if you know it will get better. Suffering is when you're not sure that your hand will heal, and you worry about what is going to happen. In relationships, pain comes and goes, and this is normal. Suffering in relationships comes when you hold back love because you are worried about whether your relationship will survive the pain. To be in sacred love, you will need to know how to heal pain, and prevent the suffering that takes place from holding onto the past. Resentment won't do. It just builds and builds. Think of unfinished emotional business as tiny cracks in a giant wall. One by one adding up, causing suffering. Every piece of compromise, every emotional expectation, every judgement and criticism you pass to your lover, is a nail in the coffin of love.

Pain in relationships cannot continue for long unless you are holding back love. This can be confusing because how can you love someone who hurt you, broke your trust? But you need to see these as two separate things. One is love and the other is your ego, protecting you by blaming and judging, and therefore blocking the love. This is the greatest pain of all. When you stop letting the love for somebody 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 - 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, and your next, and your next and so on, until you change. You block it for your whole life, especially if it is a parent to whom you block your love. Now this is of vital importance if you are truly wanting to fall in love again. The person who is holding back love for one person in the past by being

right, or blaming them, or judging them, cannot fully release that love to another, because they are afraid of the suffering.

So they remain broken hearted, but try to get on with their lives. This just doesn't work. The key to healing is to love more. Pain is emotional blockage that stops love. But there is no need to stop loving someone, just because they are not with you. If they hurt you, lied to you, or cheated on you, then you can be really truthful and admit, "No more than I did to myself." All that aside, just because somebody doesn't do what you thought they were going to do, it is not a signal to stop loving them. Just a signal to love them more.

Wish them happiness. That means you aren't responsible for their happiness. You wish them love and happiness. Then you are not in the loop anymore. You simply do all you can, as a citizen of the earth, to make another human being's life good. You don't take credit and don't take blame. Just love. Simply love them more and know that you have every trait you are condemning in them. So if you can admire them, you are admiring you, this is especially healthy.

Most of us compare those we are with to fantasy people. This is how affairs happen, we love anyone that fits our masks. However when we do this we will be challenged because our love is not authentic. We are hoping that our lover or ourself, is like someone we knew, or even the opposite of someone we knew.

If we are having an affair with a fantasy of our own creation, we cannot be real with the person in front of us. Sometimes we even complain because this lover in front of us is not like the person we dreamed up. Those heroes and heroines are invented in childhood based on our circumstances with our parents. So, many people fall in love with a fantasy of who they want you to be, rather than who you are. Now there is an authenticity problem. Do you be yourself and confront their fantasy, or do you be yourself and lie to them? Those are the only two choices when facing the delusion of a "hurt" lover.

We say, "I love you" but really we are saying, "I need to see if you are the same as my fantasy." We want to fall in love with a fantasy to make us happy. Soon after that, our partner gets confused because they can't be authentic and then they start to lie. The honeymoon is lost because the fantasy is spoiled.

You must learn how to love the past, rather than build fantasies around it. Everything and everyone in your past had two sides. That's the beginning. Then to say they gave you both pleasure and pain, is the second step. Blocking love to the past, or infatuating it, makes loving today very difficult. If you can't love your parents (both support and challenge), you will not find sacred love. Unblock love. Then you have truly grown up. Then your relationship with your beloved is not based on reaction to your parents, but on today, romance and true love. This is authenticity, actually turning up ready to be in love. Your parents deserve your love, and this is how you release yourself to be in a sacred relationship.

Are you ready to grow in love? There is no excuse for being late, or grumpy, or tired. There is no excuse that pardons us coming home at night with less energy than when we left for work. There is no excuse for negative, arrogant, violent, depressive moods that last more than a few hours. There is no excuse for sustained emotional upset. Blaming other people, PMT, children, world events, mothers, fathers, sisters, brothers, ex-lovers, cities, buses, trains, coffee or our sports club, those excuses aren't real. No, we are sophisticated humans and emotions are easily managed. There is no excuse for negative and unproductive emotions that last more than a few minutes.

Coming home tired from work was a normal way to be in the 20th century. But we are in the 21st century and know what makes us tired at work. Unless you are working in a physical way, such as digging or chopping, then arriving home tired is inexcusable. Your family deserve better. There is no excuse. Some people can run for eight hours, while others go to work, sit at their desk and get tired - emotionally and mentally exhausted. There is no excuse that pardons us arriving home at night with less energy than when we left for work.

Love is cumulative, and each day we act. Every act adds to the wealth of our love. For every positive, there is a balance, an equal and opposite reaction. For every one negative comment, criticism, broken promise in a relationship, it takes 100 acts of positive kindness to compensate. Love is cumulative, all the negatives and positives add up. Divorces don't happen all of a sudden. There is no excuse that justifies years of disrespect, forgetfulness, and resentment. These things have nothing to do with your past; they are the cumulative consequence of your own lack of love for yourself, and therefore, the cumulative growth of your ego.

To say, "I love you" to someone is lip service; easy love, cheap love. You can say it to anyone and even believe it yourself. Action is love in real life. Acts of kindness lead to feelings of love. Kindness does not always mean generosity. Kindness can mean sensitivity. Kindness can mean honesty. But real kindness is appreciation. Kindness means that someone's life appreciates because of your existence. This is the journey between action and love. There is no excuse if your life causes someone else's to depreciate; you have caused yourself Karma. What goes around comes around. Even the bible reminds you of Karma, "Do unto others as you would have them do unto you."

A sacred relationship welcomes challenge in the knowledge that growth can come from it. The sacred relationship is not afraid of chaos. The sacred relationship knows that chaos is the other half of order. Some of the best long-term relationships go through the worst challenges. Most people think that because something happened and they broke up, it's really over. But that is not true. The love is still there but the ego is hurt, offended by the circumstance, and can't get over it.

growing through challenge

There is a naturally beautiful, balanced perspective within you already; it just has to get past your ego. Your ego, with its imbalanced perspective is trying to achieve things that defy the Universal Laws of Nature. Your ego motivates you, gives you hopes and dreams, and in doing so causes all your suffering. It promises a one-sided result, pleasure without pain. No matter how many self-improvement workshops you attend, how many millions of dollars you make or how many backbends you achieve in your yoga class, none of this makes any long-term difference to how you feel about yourself or your life if your ego is looking for pleasure without pain. It will always bring disappointment; defying the laws of nature is a crazy pursuit.

hard work is bad management, the third key to sacred love

With balance as your perspective on life, you are not automatically controlled by those old stories of “he did this” and “she did that.” Even advertising, religion, self-opinion, the media, gurus, faiths and philosophies lose their power. They would spontaneously become powerless because you would simply ask, “Where’s the balance?”

Search for the balance of good in every adversity, and for adversity in every good. Master these universal laws of nature, even this one principle of balance, and you will own a precious light, a light that turns any blockage into love, a truth that will guard your commitment to love. Never be right, you will learn things in adversity that you would never have discovered without challenge. There is always a balance, and in finding that balance you thrive.

A balanced person will be more at ease. Whatever the situation, they will not get so caught up in it; calm and stillness will not be lost. A person who holds balance will receive good news as they receive bad news. If misery comes, they will receive it as they receive joy. Whatever happens, it cannot dislodge the balanced person from their centre. This relaxed attitude, this ease, is a consequence of a commitment to get beyond the uppers and downers of the ego.

Natural law reveals that there are two sides to everything, including you, your partner and your relationship. There is nothing to change, only something to love. The wisest thing you can do is to say, “What I judge in you, I judge in me.” Hold your hand out in front of you, make a fist, and point only one finger at someone, then look and see how many fingers are pointing back at you. This is what self-righteousness causes. You are actually judging yourself when you blame others.

Make your life a mirror of pure balance; you have to see the positive in every negative situation, and the negative in every positive situation. This means a refusal to become one-sided, never making a stand, because with a universal perspective you understand that everything in this world is in perfect balance.

Every force has an equal and opposite force. Things move to create balance in forces. If you push on something, it moves in order to find balance until forces are equal. All of nature can be explained in this perpetual search for balance. It explains tides, earthquakes, volcanoes, tsunamis, droughts, floods, ozone holes and global warming. Much of what humans don't understand and call chaos is actually nature in perfect order seeking balance.

If you go to the left, with some version of a story, your partner goes right. You create your own reality by polarising your emotions. We usually polarise them to, "I'm right, you are wrong" and of course, someone – typically your partner – goes to the other side. To act with love is to see two sides to everything. You can move to this place, beyond emotional drama, simply by choosing not to react or blame. Love is a gift you give your lover by always moving your emotional impressions, to balanced impressions.

To love somebody is to see them as perfectly balanced, and their actions likewise. When you love someone absolutely, you see the two sides of them. Instead of complaining, you endorse them. Then there is no reaction; you are in your core that is balance, love. Then you can see that when there is no emotion, there is love. When there is a lot of emotion we think there is love, but it is only half love. Love is not blind, only emotion is blind. Romeo and Juliet would never have died if they had loved. They were, instead, infatuated, then to balance it, resentful.

Once you see the positive and negative in every situation, your life can become a mirror of pure balance. Then, you'll always see double. You'll see the reactive negatives and the attractive positives. Put them together in perfect balance, a smile will appear on your face and love will just overflow.

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. 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 by challenging us.

To be in love we cannot become exclusive. We cannot pretend to be loving and open-hearted to one person, and judgemental 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, and there we become exclusive in our actions.

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.

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. How can a lover who is not full of love for everybody be loving to his partner?

To love is not exclusive, that cannot be. But from that love, we can choose to be in a relationship, an intimate, romantic and beautiful relationship, and then we prioritise that person, and choose to open to them. So we focus significant energy in this book on becoming that which you want others to be, to make your life an act of love.

ego perspective

Wanting something to happen.

A better or a worse comparison.

The process less important than the result.

Emotion.

Positive or negative thinking.

My way or the highway.

Conditional.

Elation is the aim.

Seek pleasure avoid pain.

Follow my heart.

Religious – good or evil.

Health or disease.

Material world.

Always wanting more.

Greed and ambition.

Sexuality, attraction, romance.

Peace.

Wants change.

loving perspective

Grateful for how it is.

Two sides to everything.

The process more important than the result.

No emotional reaction.

Positive and negative thinking.

Diversity – many roads possible.

Unconditional.

Not distracted by delusion.

Purpose.

Inspired.

Balance – good and evil.

Health and disease.

Material meets spiritual world.

Contentment.

Love.

Devotion.

War and peace.

Nothing to change.

seeking
the balance
softens our ego

Seeking the balance softens our ego,
not by changing what we think,
but by changing how we think.
It is this balance of nature
that we deeply recognise
when we sit in nature.
It is a subconscious
connecting with something profound,
an inspiration that comes from within.
Then, with this experience,
and the knowledge of balance,
we can carry this perspective into our lives
and hold it so devotedly we become unshakeable.
Unafraid to fall in love
nothing to fear,
nothing to trust.
We become the love we dream.

In Nature,
unity comes from diversity.
The person who will love most,
will love with open palms.
A closed fist of control
is like the hardened crust of the earth,
waiting for an earthquake
to force a tsunami.
Soften the ego,
then you will learn to flex.

in
nature

You are the breeze
gentle soul, you are the breeze
that kisses my skin
beneath the pines
and I hear you whisper
into my heart
I see your sunlight
your tenderness
it brushes my lips
and we are together
the world is gone
we are in love, forever.

you are
the breeze

love is
natural

What holds true in nature,
must by inference, hold true everywhere;
love is the core of existence.
Sacred relationships
are real because nature is real.
Your relationship
is the most honest and beautiful expression
of divine reality.
It is a place of challenge,
support, beauty, frustration,
inhibition, effort and disappointment.
The sacredness of a relationship
is the rawness of it.
The hurt, the joy,
the embarrassment of our failures,
the exposure of our eccentric nature.
Sacred relationship
is the beauty of the forest,
the storm,
the earthquake,
the sunlight on a misty morning,
the frozen beauty of a mountain,
and the gentle caress of an icy stream.
This is love.

live together, dream together, last forever

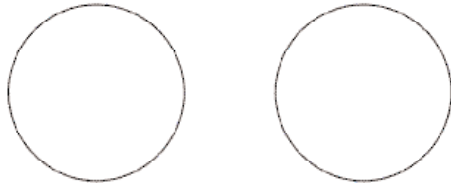


dream matching

the fourth key to sacred love

the higher the dream the deeper the love

There are seven realms of love. From the most physical, filled with action and activity, to the most spiritual, filled with a perfect stillness. Our souls can bind at any level of love. They are all important to life. The lowest level, the physical realm, gives us procreation, while the highest gives us meaning.



'we've got to' is the most common thought in this realm

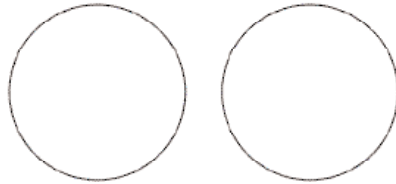
I love you. I love the look of you. I have got to have you in my life. I can't live without you. I am desperate for you. You are everything I have dreamed of and more. I am aroused by you, and therefore cannot live without you. You are perfect. I am yours and you are mine. You have no fault. I cannot think of any reason that our love will not last. I want to own you, marry you, possess you. I give up my life for you. I am infatuated with you.

I know this is highly charged. I am blinded by this love. I will throw away my dreams, my passions and my ambitions just to be with you. I also know, as people have warned me, that this love, this passion, this fire is unsustainable, but I am blind. I am blinded by my emotion and the chemistry that rushes through my veins. I have been warned, but my life was hell before I met you, and now it is heaven. Oh, even for just this one day, this love, this fire, this mindlessness, is worth it.

Don't leave me. And please can you give up your job? Please don't go out tonight, stay home with me. Why can't you trust me? I love you. Where are you going tomorrow? Why didn't you call? Yes, OK, I can give up that friend. Why are you watching television tonight? Why are you going to the football with your friends? OK, I won't stay late at the office. Fine, I'll change for you, just give me time.

the physical realm

the first realm of love



'we should' is the most common thought in this realm

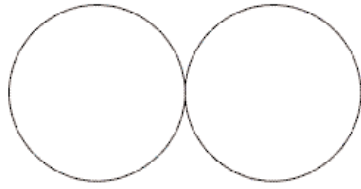
I love you. I think like you. Our dreams are so similar. I believe what you believe and I think what you think. I know we are right in our way of life. We are on common ground, we live to this code, and this code is ours. We agree, we like the same paintings, we like the same holidays. We are of the same mind, we are in love.

I have told people that they should be like you. They should be good and they should be happy. I have told brothers and friends and family what they should be doing. Now I have met you, there is no need, because we agree. We agree the world should be as we dream it should be.

I am not interested in what others believe, because we know what is right. Right for us, right for our lives. We are together and we know the way to the future. This makes me so happy. I love you because we are right for each other, and we know what is best for us. They warn us that we are being closed minded, but I don't care, this is about what we think, what we know is right for us. This is our life, our love. This is right for us.

mind

the second realm of love



'we need to' is the most common thought in this realm

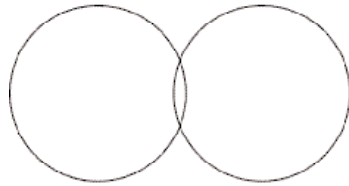
I love you. And I need this and this and this... I write these poems of love for you; poems that express this romance, this beauty, this feeling so deep inside me. From the moment I met you I knew I loved you. I felt it deep in my core. I am sad without you, I am angry if I can't be with you. I feel good around you, you make me happy, I want you near me all the time because it makes me feel so good, I need you in my life.

You are my sun, my morning, my every breath. You are the dew on my skin and the sun in my heart. I breathe you, and these roses, this gift, this meal, this wine, this touch on your shoulder, sends shivers down my spine. I hold your photograph close to my heart and I celebrate you with happiness. I wait for your call.

I am sorry for my reaction when you came home late. I am sorry for being angry. I can't help it. I feel so wonderful and I feel so vulnerable. I feel you when I walk. Oh my love, may this feeling, this romance, last forever between us. I am sorry about those swings in my moods. They are totally unexplainable. Oh, my love, be mine forever.

emotion

the third realm of love



'we want to' is the most common thought in this realm

I love you. As long as you... Whether you come or go in my life, I love you. No matter whether you are well or sick, for better, for worse, for richer or poorer, all the days of my life. I will love you. I will love you no matter what happens. I will love you. I know I love you. You and I are in love. It is destiny, we are friends for life, I love you.

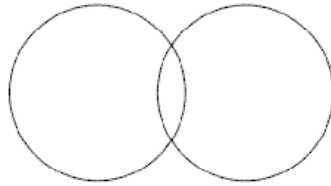
I want you to be happy my love. Yes, why don't you travel and see the world. Why not move to Africa and work, I will always be here for you. I want the family to be happy. I care so much for you. I want to hold you close, keep you warm. I want your life to be wonderful, and even more wonderful because of me.

I am happy that you are not attached to me. Yes, we are close friends. We have achieved a wonderful depth to our love, so much so that you feel like my sister, or brother or something. I want you to be happy, and our friendship is vital. We can work together, be friends together forever.

I am a bit sorry that the romance went out of our relationship. That we are such wonderful friends is amazing, but I really hoped that we would stay passionate. We grew away from that passion we had when we first met. Maybe we should have spent more time playing. I love you always, my love and my friend, forever.

heart

the fourth realm of love



'we desire to' is the most common thought in this realm

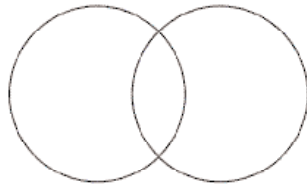
I love you. Deep in my heart I have known that one day I would find you. I knew that there was a lover, somewhere, whose life mission, whose life passion would weave with mine to create something magnificent on this earth. We are like two musicians whose life purpose apart quadruples in value together.

We will serve our mission in life together. You bring gifts and I bring gifts and with these together, our highest calling will be to share these with the world. I love you deeply; I celebrate all the four realms of love with you, and now, this, our purpose in life.

This is more than me, this is more than you, this is sacred, our purpose together. We can do what we love in life and share that journey together. Thank you for opening your heart and your life for me. We are bound together by more than a contract of intimacy and love; we are bound by our commitment to something bigger than both of us. I devote my love to you, I know in this way we will give what we are born to give. My love is eternal, thank you.

devotion

the fifth realm of love



'we choose to' is the most common thought in this realm

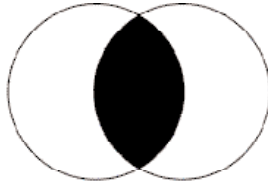
I love you. Oh stillness of the night, let my mind be calm, my soul be content, let my love become one with yours. We were two, we are one. We bind at all levels, from the physical and romantic to the emotional and fantastic. But most of all, we bind in light.

I walk with you, no matter where you go. I sleep with you, no matter what you know. I am with you, always, awake or asleep; this is my eternal love. More than a pledge, it is real. I know your breath, I know your heart. I am not away, I am in your thoughts in your realm, we are one, and we are bound.

Know me my love and you will know you. Dive each day through the emotion and challenge and anytime you choose, you will find me. Choose love and I am here. It is one step beyond, yet more real than they know. Let me hold you without arms, let me touch you without sound, see me without eyes, I am you, we are one, in love.

inspired

the sixth realm of love



'we love to' is the most common thought in this realm

I love you. Stillness. I cannot know time. I love you. Emptiness. I cannot know space. You are not in form, although I know your love. You are not in sound, although I hear your call. We are one soul, one love, one now.

Beyond the realms where voices speak, we are bound more strongly than lovers who weep. We sit without mind; we sit in that time and we know each other. I know you when I see mountains so high, a lake so still, a wind so kind. I know you when nature reminds me, I am loved, I am loved, I am loved.

I look to the stars and there you are. I look to the moon; it's not so far. I look into nothing, to the beauty of all, and there you are, not so far at all. Invisible one, I can see you in the beauty of the simplest world. Never so far. Never so far.

unconditional love

the seventh realm of love

the glue that binds lovers forever

Romeo and Juliet died for love. Napoleon went to war for it. Business people build empires trying to be worthy of it. Domestic violence is often caused by it. Christians burned women at the stake because of it. A plane was flown into the World Trade Center to protect it. People die for it. Live for it. Manipulate it. Love can turn a wise person into a fool, and can turn a fool into a genius. Love, the most used, yet the most misunderstood word in the world.

dream matching, the fourth key to sacred love

Love is not the only glue essential for a sacred relationship to survive the test of time. If you are not doing the work you love, then your relationship will suffer. Your work is vital to your sense of future, your energy, your vitality. Coming home at night wounded and complaining about work is guaranteed to turn your beautiful loving relationship into a mechanical structure in which you pay the mortgage and bring up the kids.

Dreams are a vital clue to the hidden mystery that holds lovers together forever. They are the stepping stones to truth. An unhappy person, whose dreams are dead, will gravitate to work that helps them survive. This person cannot have a sacred relationship. They are just not ready for it. The more our relationship helps us live our dreams, do the work we love (which means to do what we are gifted at), the more we prioritise and value the sacredness of our relationship.

Sacred relationships come from the merging of dreams. Sacred love. Two suns representing two people. The glow is their life energy. These energies overlap. They are independent at their source, yet they merge. The result is magnificent, a sacred and beautiful overlap of dreams, visions and purpose in life. Support and challenge will be there. If the overlap is more than one-third there will be more challenge than support. If the overlap is less than a third there will be more support than challenge. This is nature's way, seeking the balance at all times. Adjusting, pushing and pulling, and in the long term, sustaining love.

If you know your lover's dreams, you can understand them deeply, support them and merge your destiny with them. If your life purpose is based on doing what you love, it follows that all other choices that flow from this will also be based on your love. Without this clarity, couples begin to push and pull, struggling with who is important or confused, between short-term outcomes and long-term ones. Uncertainty and emotion result. There are many of us who find the language of living our dreams confusing. We often think that living our dreams means that anything we dream, we

can live. But this is wrong. If we dream things that are not realistic, we cannot live them. Dreams can mean achievements. So, in this respect living your dream might mean achieving something very extraordinary, and in this case, no one can tell you what is realistic or not. You have to make up your own mind about that. If you can think it, then it is possible and this focus is essential for achieving your dreams.

Dreams can also mean feelings. Like “I want to feel happy all the time,” or “never have pain anytime”. In this respect, we can be very deluded. We fail to witness that the “process of achievement” may not be pleasant. For example, in relationships a dream might be to meet the perfect partner and fall in love. This person will come into our life if we will it. However, if we define perfect as without challenge, with false ideals, then this perfect partner will leave as soon as they arrive.

Achievements are dreams with emotionless outcomes. Climb a mountain, build an orphanage, start a business, create a family. What gets in the way are emotions, unrealistic expectations as to how these achievements will feel, or how it will feel while we work to achieve them. All too often we leave the word challenge out of our expectations of achieving something. We say, “I want a loving relationship with the man or woman that I love” but we rarely say “I want a loving relationship in which I will get hurt sometimes, frustrated sometimes, and want to leave many times, with a man or woman that I love.”

To live your dreams means to do what you love and this is where you need to be mindful of your subconscious expectations. To do what we love is to live at the border of support and challenge. This is the universal definition of love and most of us don’t understand it. We can easily begin to think that support is love and that challenge is not love. Then, our relationships are delusional and lack real intimacy, because we are trying to live a fantasy, disappointed in reality, always trying to avoid the challenges.

Sometimes we stop trying because we face challenges and think this is a signal that we are failing. Some of us even think that if we are losing money, we are not living our dreams. But this is not true. Support and challenge are two sides of the love coin, we must have both. The more challenge we get, the more support we get. Nobody, not even the most challenged person you know, is out of balance, even if they think they are doing life tough.

Like all of the work we do with the universal laws of nature, you can learn about life best when you step away from everyday living and embrace the teachings of nature. What do you think would happen if the tree, the grass, the flower or the landscape were not challenged by hardship?

The answers are obvious. Firstly the tree would stop growing. Secondly, the grass would only be able to survive in very refined environments. Thirdly, the flower would not be able to feed the bees, and if the landscape were not challenged, then the earth could not adjust itself, it would build up pressure and explode into pieces, much like a nervous breakdown, or a relationship collapse.

Nature grows at the border of support and challenge. Most relationships try to avoid this growth, and consider the presence of challenge proof that something is wrong. But challenge is no sign of wrong. Challenge is a sign of perfection. If we cannot welcome challenge into our dreams, then we and our dreams will need to be wrapped in cotton wool, and hidden from the reality of life. This leads to life death.

By welcoming challenge we grow. We can learn from challenges, but they should not be the same challenges over and over. Challenges should be new each time. If a challenge repeats itself then we are stuck and the pressure will start building. Challenges must trigger creativity to improve the process, refine the system, cause a better approach.

Challenges should inspire new ways of thinking, new ways of seeing something. Challenges should remind us that what we thought, and

how we thought yesterday needs to grow today. Challenge is the reminder that we are an ever-evolving animal, we will never get it right, we will always have something to learn.

Human beings rise to their level of incompetence. So, even if we were not challenged, we'd take on more and more responsibility and complexity until we were challenged. Then, if growth is in our heart we can grow through the challenge, if ego is in our head, we might blame or accuse or become disheartened. Incompetence is a great sign of opportunity to grow, and a witnessing that we have moved, grown from where we were.

By welcoming challenge, you also inspire yourself and others around you. Challenge can humble us, which is a very important experience. Challenge can open us and make us approachable, a vital key to intimacy. Challenge can cause us to birth new levels of creativity and this makes us interesting to be around for both others and ourselves. Challenge causes us to intensify our valuation of time. Challenge makes us evolve into more productive, more loving and more inspired people. Unless....

If we face challenge the wrong way, we can go backward. Withdrawing love, withdrawing our spirit from life. We can become a "leave me in peace" person, hiding away from life, in order to avoid more challenges. The purpose of a relationship is beyond pleasure. The purpose of a relationship is support and challenge. If you run away from challenge by blaming your partner, trying to change your partner or helping your partner be a better partner, your ego has taken control of the ship. You will have gone backward in life. By becoming more right, more clear on "what you deserve" you will have devolved, rather than evolved.

Challenge is a chance to grow, expand, become bigger, love more. As long as you avoid forgiveness, victim, blame and righteousness, you will become a greater, wiser, more loving, more open-hearted lover than before from every challenge you face. Isn't this how nature is built? The storms, the disasters, the calamities look terrible, but

a year later, what grows back is far stronger than before. Nature evolves us all through challenge. Small challenges are enough, but if growth does not come from small challenge, we attract disasters. One way or another, we are being coached by nature to live our dreams, to follow our heart and be the person we were born to be. We can achieve whatever we want, as long as our expectations of the process of achievement are realistic. All achievement comes at the border of support and challenge. This is the balance and if we know it, we can, over time, achieve our dreams.

What we must be careful of is living in hope without action. If we were sitting on an island, somewhere in the ocean, and there was no food, we would hope to be rescued. We would hope to be saved, and so we would pray for help to arrive, and food to appear. Hope might even save our lives. If we were sitting on an island, somewhere in the ocean, and there was no food, and we were without hope, maybe we would give up the idea of being rescued, and begin to make good, of what there is.

Hope can save us. Hope can destroy us. The person who lives in hope, destroys creativity in themselves and all around them. They hope things will improve. The person without hope knows things won't improve unless they do something about it. In that difference lies the realm of creative genius. The hopeless person thinks. The hopeful person waits.

To hope that tomorrow will be better than today can become a curse for the average person. We use a sledge-hammer to crash through concrete, but we wouldn't use it to pick our teeth. Hope is a sledge hammer. We use it wisely when there is desperation, disaster. But if we use hope to get us through the day, or our lives, we will die in misery. Hope kills the spirit, but saves it from drowning.

Hoping you'll meet the right person. Hoping your relationship will improve. Hope that you'll have happiness. Hoping that moving to another place will make you better. Hope can avoid action, it can delay what was meant to happen today, until some time in the future, tomorrow.

Hope can disempower young people—they hope they will be on the idol show, they hope they will pass the exam, and in this hope, there is a sense of reward for dreams. Hope therefore values the outcome of doing things more than the joy of doing. The student will suffer through study because they hope, or their parents hope, they will do well. The mother who knows her husband is not loyal will hope the children do well in order to vindicate her tolerance.

Hope creates expectations and expectations kill love. Hope creates an outcome that distracts us from the power of intent, the joy of doing and the contentment of being. People can lack integrity to themselves and their heart and yet hope they will never be caught. Hope separates us from truth.

We eat chocolate and hope that we will not get fat. We feel depressed, and hope that no one will notice. We lie and cheat at work, stealing time from employers and hope that no one is watching. Hope is toxic because it separates us from truth. Without hope there is only real. But if that real is unbearable, then hope is a solution. A temporary one.

Hope is a lifeline we are thrown when we no longer have a sense of control over our mind. But hope also distracts us from the inevitable task of learning to master our mind. A medicine used to excess becomes a poison.

Instead of hope, know. Know where you are going, know what you would love to do. Break the steps to that destiny into daily habits and then set about doing it. Forget hope. Set about doing, on a daily basis, that which will cause the outcome you dream of. Do by day, step by step, throw hope away.

The person who knows where they are going must forget the outcome, and focus on the baby steps; which are the daily habits that will cause dreams to manifest. If you want to lose weight, eat less daily. If you want to sing, sing more daily. If you want to be wealthy, make money daily. Don't focus on hope. Hope is for when we are

desperate and down, but when we are healthy, it distracts us from the joy of doing.

Being distracted from your dreams is caused by gremlins. Little warriors of emotions that come to take love and make it a lower priority. "Sure we love each other, we are both very busy though." The gremlins find their way in through self-important emotional dramas, through the invasion of people who are not relevant, and eventually take over.

Protecting your relationship from gremlins means protecting your relationship from distractions. Your love is a sanctuary for your dreams, a holy place, a sacred place and all emotion, whether it be sexuality or work or worry, must be subordinate to it.

Dreams are sacred. If you treat them so, love is a magnificent place from which to live your dreams. But if you are the victim of the gremlins, blown here, running there, ups and downs, over and unders, your love will no longer be a priority, and over a short period of time, will turn to tatters. Pleasure is the bandaid that the uninitiated use to repair a love filled with gremlins, sexuality with a fancy negligence, but such weapons are temporary, they fail.

Don't feed the hungry gremlins, deprioritise drama instead. There will never be enough pleasure to make the gremlin happy. After a week on a wonderful romantic honeymoon, one phone call, one piece of information can wipe all the happiness out, and turn the moment to a disaster. You can swim in a five-star swimming pool and have luxury treatments in a spa, but one molecule of news can wipe it all out. Dramas create distractions, and these are the cracks of self-importance through which the gremlins creep.

The gremlins that kill relationships rarely come from within the relationship. Two lovers may find the space and love that is truly sacred. But then ex-partners, families, money issues, work, health, ambitions, greed, jealousy, friends, kids, and more start to creep in. They are the enemy. The gremlins. You must be at war with those

gremlins. You must know they are like a virus that so quickly erodes the beauty and integrity of sacred love.

To live in a sacred relationship we must learn to live our dreams. Learn to master our reactions to emotional triggers. The self-indulgent person is deluded in thinking the pleasure will last without clarity of their dreams. If we do not have a sense of our personal vision, we are going to play the victim, disempowered, seeking peaceful places, because we do not have any greater reason to be in a relationship. It is so easy to blame the world for our lack of personal vision, and then flutter in the wind, moody and reactive. To avoid this we must have a clear and mutual respect for each other's dreams in order to sustain sacred love.

Sustainable vision comes with the understanding of the universal laws of nature.

Prioritise love. Beyond love making, prioritise love; the sanctuary between you where no other news, no other soul, no noise, no disturbance, no problem or person can invade. Hold this space sacred, never release it. 24/7 this is the space where two lovers work, live and play. Sacred love can be so strong that there is no need to worship Gods and Goddesses in temples or places of religion. Love is god, and god is love. Sacred love is that home and it exists in the heart of two lovers who are living their dreams. Two people who are ready to work for what they believe in. Sacred love.

Nature's laws reveal the guidance you are being given. When someone 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.

When the wind has blown hard against the tree, is there still a tree?
When the flood has stripped the earth, is there still an earth?

We are continually being stripped of our ego, to find all that is loveable, our guided path, so no matter what we do, we are wonderful, guided and worthy.

I can help you answer the question, “What is my dream?” It is very easy. 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 the beauty in others.

Your life force, which is what people feel when they are near you, will be released from its judgement. We cannot do anything productive while we are suffering disappointment from the past, or false hope for the future. We must learn to see the beauty in every circumstance. No victim. You are a wonderful person, who has a lot of love to give the world. Whatever job or relationship you have can bring out your best, happiest, and most spiritual self – if you can heal the hurt, and step forward with an inspired attitude. Find the beauty in everything.

personal vision quest for lovers

To grow in love is to grow in your dreams and vision of life. Contentment does not come from fulfilling dreams, but the joy and love that comes from working toward them. A great sense of possibility in a relationship will arouse both intimacy and sexual desire. So, sustaining a vision of the future that is both realistic as well as a stretch is vital to happiness.

dream matching, the fourth key to sacred love

A relationship that is built on a constantly evolving sense of responsibility is a relationship that will remain sacred, magnetic and highly sexually charged. Lovers who share an ever-expanding dream are lovers that have a higher cause. At first that cause might be a family and children, but the definition of family might grow to include the broader world, and the definition of children might grow to include all children of the earth. It might be an orphanage or a children's book to help children love.

Shared visions and dreams come from individual dreams and visions. We must try to understand our own truth in order to arrive in relationship. This means knowing that all our stories of the past are simply our experiences, not truth. We do not understand ourselves by knowing the morality and judgements we hold. No, that is the opposite; it is our identity, our ego. We truly know ourselves by understanding our dreams of the future. Those dreams, drained of delusion, fantasy and ambition, are simply our guided path, our natural road. As a tree is born to be a tree, to spread branches and leaves, each of us has a destiny. This vision quest helps you find that destiny.

Personal Vision Quest Process

For the next 21 days set aside 20–30 minutes to be alone, isolated from others. Make this a warm, clean, sacred spot where you can be sure you will not be interrupted or observed. You need privacy. Begin by setting the clock so you can measure the time without worry and then light some form of flame, incense or oil burner. Keep the flavour of your flame the same each day.

Below are a list of questions all culminating in the question “What do you want?”

Day one

Start on day one, close your eyes and visualise the future, and what you want from it. Write the answer down and then answer the questions (in a general sense) that are on the following page.

Day two

Repeat day one (you may choose to scan over the writing from day one). But then, even if there is no change, rewrite the answers from day one.

Day three

Repeat day one. As you progress day by day, you will continuously change “what you want.” If you compare your first day’s visualisation with those of the 21st, this will become obvious. The process continues until you see a big spark, which is the sign that you now know your destiny.

Question 1. The passion of the senses.

What good is love if we cannot thrust it into our daily doing? Doing what you love and loving what you do means finding a synchronicity between your action and your intent. If you can do what you love, and be paid for it, are you not truly living as nature intended? The first step, without right or wrong, is to ask:

- What would I love to be?
- What do I love to do?
- What would I love to have?
- What excites me?
- What do I want?

(do not ever think/talk about what you do not want)

Question 2. The means to achieve your goal.

There should be suitable means to achieve your goal. If you are not born with musical awareness, then it is wise to accept that. This does not inhibit your dream, but ensures you are not living in fantasy. This means to really prepare a stocktake on the resources, assets, talent, gifts, wisdom, knowledge, experience, money, assistance from other people available to help you achieve your goals. You should think about:

- Books/references or any training needs.
- What are my natural talents?
- What gifts have I been blessed with?
- What have I demonstrated talent in?
- The type of help I need.
- Who can help me?

Question 3. The path.

The path is the method, strategy, ethics, rules and regulations we follow to realise our goal. Success is based on how perfect the strategy is. Eastern texts use the word “dharma” in this context, which also translates as appropriate, culture, refinement etc; the choices we make by which to live our life. Dharma concerns structuring our dreams and goals according to the world today and devising a strategy to attain them within the context of our current reality. This means:

- What is my plan A and plan B?
- Is my plan structured?
- Is it logical?

Question 4. The freedom to choose.

This means freedom, liberation, or enlightenment and focus. Your attitude determines the process of using experience and wisdom for ultimate spiritual advancement. In other words, that which motivates you. Your intention drives to the core of what is within you to want to do this.

- Am I pro-active?
- What will I achieve from this?
- Am I focused on my goals?
- Are there any distractions?

Pure vision requires the stillness of self.

“Give me a few hours by myself, let me alone, shut out all interruptions, and I can bring myself down to my work. I take my pen in hand. I write a few thoughts. I see the future. And realise my responsibility. The more I think about the duty placed on me, the graver since my responsibility, every idea has weight. I can see the effect of days ahead.”

Separating the ego from vision.

The ego test. There is a vast difference between a dream and a fantasy. The primary difference being that fantasies can only come true in half measures. Dreams are real; fantasies are only emotion. A fantasy might be an aspiration for an all-upside existence; perhaps a successful career, a happy family, a wonderful relationship, a family holiday. They are one-sided emotions that have no pain. They are most common in people with depression. It is a hope for an all-good experience. And, therefore, those ideals never manifest as they were wanted.

Dreams are driven by clear intent. Like desire and choice. They are not infatuations. So a dream has more focus on process. “I will give all I can to help people” or “I will work diligently to create a conscious home. I choose love over emotion. I will build an orphanage in Nepal. I will contribute to the world.”

Getting past fantasies and delusions

If the answer to all of these questions is YES then your vision is real.

- Can you see support and challenge in every dream in your life?
- Can you see equal good and bad in every significant person in your dreams?
- Can you see how circumstances of the past helped as well as hurt you equally?
- Can you see two sides of both support and challenge in your dreams?
- Of all those above, is there anything that can happen to you that you are not thankful for?

I have meditated on us today
this morning.
My consciousness and love for you
reaches to the stars.
That we share our truth
and I see the love
in your heart
is one of the most amazing experiences of my life.
Yesterday, our walk was so loving,
I confess to being infatuated with it
I wished it would go on forever.
And of course the more I see the beauty,
the more I know
my heart has found you.
I will walk with you forever.
In love.

i have meditated
on us today

You have lived in my heart
for all of my life.
I have been to school
to approach this moment.
It seems like we already know our love.
The person who was
born for our time,
and then we meet,
it is like there is no tomorrow.
The softness of this
is seeping in – everywhere.
It is all through me.
I don't fear it,
but like a moment in
meditative awakening,
it is beyond words.

you live
in my heart

I look into your eyes,
and tears appear.
I am lost again.
I look into your eyes,
and tears appear.
I sit beside you,
the sound of your breath
I hear, and like the wind
that sweeps a feather
across an ocean,
I am lost again.
I eat near you, and place
food from my plate to yours
because you love that taste,
that's how much I love you.
Deep intimacy fills me,
I see your joy.
This, the most precious of gifts.
Sacred is love and the
relationship in which
it thrives.

i look into
your eyes

Today
do something special for someone
from love.
Laugh even if you have to invent it
cry one tear of gratitude
accept a gift
live a dream
use magic,
float,
stay still for just five minutes
on your own.
Breathe a breath of life-giving air,
clear your mind for 30 seconds.
Look up,
say thank you
give somebody a special treat.
Be gentle
step back from it all for just one long breath.
Be real
in love.

i am real
i am love

There is no separation
between self and other.
In nature,
there is no separation between self and other,
we all have every trait.
So, what we judge in others
is really just ourselves,
and the ego wants to live
without that part of ourselves.
So it tries to deny that we have it,
and get rid of it
in others
by judging
and blaming.
Nothing can bring you peace but yourself.

there is no
separation

Your honesty touches my heart.
It is one of the qualities
I value in my relationship with you,
honesty without judgement
and this is living in truth with
ourselves and one another.
I love the part of you that is in the world
and wishes to meet me in every way.
This makes my blood race
and my flesh tingle.
I know who you are,
in truth you are everything.
Your spirit has opened my heart.
Thank you.

your honesty
touches my heart

Work with love, live with love, act with love,
a home with love,
friendships with love, heal with love.
Love is a lifestyle.
Love is not separate from our life, it is life.
We grow with love and stay young with love.
Our health thrives on it, our joy is underpinned by it.
A person who loves their work is unstoppable,
inspired.
It all begins at home.
A sanctuary of love.
This is a place where feelings and experiences are honest,
and challenges are welcome.
A place where there is always a smile, the mystical smile,
because you know
that challenge is not in conflict with love.
It is simply your ego,
trying to protect itself.
Like an angry child.
The key to living with love is the ability
to fall through that ego,
to the truth that sits beneath it,
any time you choose.

work
with love

When you sit in nature and contemplate
the beauty of earth, one thing is obvious,
that is, there is a perfect balance.
Life and death is going on,
building and destroying is happening.
All the elements,
the winds, the tides, the currents,
are moving fluidly to sustain the balance.
High pressures and low pressure areas,
move to balance each other.
All is functioning perfectly,
there is nothing to be concerned about,
and therefore,
there is no ego involved,
just love.

the beauty
of earth

The primary purpose of life is to express beauty.
Beauty is perfect order, the basic structure of cosmos.
This same beauty is reflected in any form, action,
or idea that embraces this order.
Anything which does not provide
us with a sense of this beauty
has failed in its purpose, for our intellect,
which contains within itself this same
cosmic order can recognise its presence or absence.
Hence, a relationship without beauty,
is outside the realm of the purpose of life.
Our vision of the future must therefore contain
All the beauty of life.

visions of
the future

Relationships that last are built
on something beyond the human level.
Something divine, sacred and profoundly eternal.
That foundation is ancient,
simple and yours if you choose it.
Truth.

relationships
that last

nothing can bring you peace

but yourself

True love is a pearl, a precious gift from the heavens



love is a lifestyle

the fifth key to sacred love

be the love you dream

Love is a lifestyle, love is not blind, people are. Make your lifestyle a devotion of love. Never let the crush of busy-ness get in the way of the most treasured and beautiful gift you can hope for. True love is a pearl, a precious gift from the heavens, nature's greatest honouring, make your lifestyle a loving lifestyle. You can't be a mean so-and-so at work and a loving partner at home. Love is a lifestyle.

love is a lifestyle, the fifth key to sacred love

make every moment count

Live this day as if it will be your last together. Remember tomorrow never comes. Forget yesterday's challenges. Be innocent, get off the high horse. Ignore all your worries about tomorrow. This is it; your own jihad. Give it all you have. Make it the best day of your year. Forget Valentine's Day: every day is Valentine's Day. The saddest words you can ever hear are, "I wish I had my time over again... I'd do it different"; regret. The stupidest people have "do it tomorrow" on their calendar. Act like your beloved is the most precious diamond, and if you don't act now, they'll melt. Run with it! Today! Now! Don't be a mourner, get out of the corner.

devotion is the first priority

It is in the eyes of loved ones where we find God, rather than the buildings we create to house it. It is in the doing of things that the wealth exists. A person who can say "I love doing this" is far more rewarded on the cosmic level than the person who would profess that "I've got to do this." Achievements last for moments, but love is a journey. There is no solace for the wealthy person who, surrounded with material items and victories, cannot feel love. Devote yourself to your lover and if you fall, then let it be not because you withheld love, but because there was just too much for them to carry.

love comes from you

Have you ever noticed that after you've shown a little love to someone, a heatwave of contentment pervades your entire being? Have you realised that the most profound moments of contentment are those that come when you give appreciation unconditionally? When you appreciate people, when you simply smile at a stranger in the street, do you recognise that breeze of peace that flows over you? When you help someone up who has stumbled, do you feel that contentment pervading your heart?

When you present a flower to someone who is sick, or who is in need, do you feel a sense of warmth well up inside of you? Giving appreciation, not because it was your duty or obligation, or because that man is your father (or a complete stranger), is a gift, and this feeling of warmth is a great reward. Giving without condition or reason, this is true love, an attitude of your nature, the individuality of you, and it is not limited to events; it is a way of life.

build a home for your love

The environment in which you share your love has a great affect on your feelings. Your home can celebrate love to such a degree that it keeps a relationship together during difficult challenges. Designing your home to include the essence of romance is a vital part of creating sacred love in your life. The environment a person lives in affects their mind, their health, and their heart. So our space is a vital step in creating sacred love.

humility is integrity

All great things are built on the foundation of love. Yet, sometimes we forget to acknowledge it. My darling, it is you, and without you, I would not have the foundation to take these risks, the motive to want to strive nor the courage to get up when I fall. My beloved, I forget, I forget what I have and sometimes I think I am an island, a satellite, I forget how much you do. Please know, that what I worship, that what I achieve is what we achieve, it is all grown from our love, from you. You hold me, know me value me and honour me with your love. You care, and trust, and wait for me. Please, for the love of all that exists, may I remain truly humble to the immense power you bring to my life, thankful for the small things, and for the forgotten things. May I always say thank you from the depths of my heart. May I always stay humble to the value of your love in creating mine.

spaces for loving feelings

Create zones in your home where work, television, cooking and sleep are separated from intimacy and romance. Have a parents only area, or put the television in a television room, not the family room, so that you, your love, and children if there are any can sit together without outside influences entertaining (distracting) you.

things that say “i love you”

Be mindful of the energy carried by objects. I have seen stolen property, dead people’s ashes, old furniture that carries the suffering of an old relative, and paintings of torture all placed in areas where love was meant to thrive. Antiques are wonderful, and some, even the cheap ones, carry such a wonderful charm. But if your love changes after the purchase of an object in your home, or a new painting on the wall, be aware of the fact that those objects can carry very bad energy. In our busy lives, we don’t take a lot of care about the energy carried by things. We can go out, buy something, and put it in our home without a second thought as to the energy it carries. We may be highly affected by that energy. Everything has a story bigger than its functionality, which means things bring a certain feeling with them that may affect us greatly.

protect your love

Beware of visitors and phone calls that carry with them worry, anger and violence. Allowing such energy into your home is contagious and detrimental to your love. This home is sacred, and in spite of the fact that our homes are open to others, there are some people who have no awareness and wish ill on others. Often they are relatives you feel obligated to, ex-partners and jealous friends. Protect your home and your partner, and learn when to cut off those people who do not celebrate your love.

a sanctuary of mindful living

Be conscious of the effect dark news, violent television, aggressive music and bad attitudes can have on the space you created for love. I have seen some self-indulged people storm through other people's offices or homes, leaving a trail of the darkest energy behind them. They don't care about anything other than their right to express their wrath, and certainly have no regard for the impact of it.

the mystical smile

Smile at yourself and at life. Not in derision or cruel belittlement, but as a remedy, a miracle drug, that will ease your pain, cure your depression. Put life in perspective, emotion is just a blast from the past; your sorrow is such a mistake of identity. Put that sadness to the wind with a smile at your predicaments.

Free your mind to think clearly, become open for the solution that is certain to come.

Never take yourself, your arguments, your opinions and your circumstances too seriously. Always look on the bright side of life. It's really never as bad as you think. Your ego might get hurt, but they are cheap. Your heart is alive. Live with Spirit. All it takes is a smile on your dial.

turning up for love

Setting out on the sacred journey with your beloved, you have a burden in your mind as to whether you are making progress, or whether you are merely going around and around in circles. Maybe you think it is better to be independent and single. This burden comes from expectations of going somewhere, getting somewhere, becoming something, doing something better. But really, what is progress anyway? We must learn to take each step anew, dissolve the last, forget the next. Learn to step, and there is an automatic renewal. We are born to love everyday by burning out the old life completely. The past is really love anyway. Those stories of the past that are not love will eventually kill you, and in that, you will be born anew anyway.

the freedom to love

It is often necessary for us humans to stop and think for a while. This earth has been evolving along some predetermined path for billions of years, and goodness knows how many before that. We somehow crawled out of the waters and onto the land and now live lives that people just 100 years ago would have laughed at as being impossible. How then can we conclude that we are incapable of actualising somewhere which, from our present standpoint, also appears impossible? I propose that spiritual beings will emerge and enjoy a higher dimension beyond this materialistic earthly realm. In fact, it is already possible for a few. We must try to break free from the earth-bound limits we set on ourselves and think of new possibilities. It is only our beliefs that can limit us.

live in the moment of love

Trying to evolve your consciousness is like trying to clean mud from a bucket of muddy water by stirring it. By always digging up the past, aspiring to the future, you will be condemned to observing yourself, making your whole life a police state. Watched, like big brother, never living, always wanting to live. Love comes to those who stop wanting to change, and drop all the rules and live in the now.

surrender to love

As long as we practice love and enter relationships in order to gain something special, avoid something, satisfy our own intention or purpose, or fulfill some dream, our life cannot be deepened. Nor is it possible, under these conditions, to ever fall in love other than infrequently, for short periods, by accident.

adaptation is love

Any idea you have that you cannot give up is no longer of value. Our ideas may be genius or other times there are better ones. We need to be flexible and open to new ways and new encounters instead of dragging our discernment into the future, as if it were the truth. We need to learn to give up our ideas at any time. But when we keep strong attachments in our mind because of our earnest intentions, it is extremely difficult for us to give them up. This is the most common problem in relationships, isn't it? You have your ideas and the other person has their ideas. You need to see both sides clearly, like an open mirror. Maybe we talk for 1000 years and never get rid of our different opinions. But we should not try to get rid of our differences because they are the very things which teach us and enrich our lives. We simply need a process, to understand each other, that is without violence.

universal love

Just because you are incapable of loving somebody, try very hard not to discount the fact that love exists in them. Sometimes we justify our own egoistic limitations by criticising or judging someone. We attempt to define the universe according to our limitations. And of course, this is why there is so much destruction in this world. Try to see it differently. Try to understand that this person is as worthy of love as God is, or Buddha is. This person you are incapable of being in a relationship with is in fact Jesus or Mary or Rada in disguise. It is your limited love that is holding them out of your life, your mind. This little ego you call your truth pales in insignificance to real truth, universal truth. Try to accept you are limited by your own way, it is definitely not “the way.”

being real in love

How do we know what is right for us and wrong for us? Someone might say “trust your intuition”, but what is that? We judge things based on our childhood experiences and these are always at work, subconsciously determining our vision of the world. In the beginning we are as pure as white paper, and then, we would have no intuition. But over time, the paper becomes stained with this colour and that one. Superficially we may think we can change the colour, but underneath, we remain the colour of our childhood.

Thus we must accept that there is nothing more doubtful and untrustworthy than our intuitions. There is nothing more unreliable than our values of good and evil, right and wrong. All are the product of something painted randomly on pure paper. When we examine every aspect of our motivations and values then we can return to that pure white paper. We do this by stillness; retell the stories all the way back past our parents birth, until we can see there was no dysfunction, only nature’s perfection. Then all the stains and colourings are stripped away and we are really in no need of intuition at all. Every moment we are born anew.

growing up with love

As long as we cannot separate our ego from love, we will run around in this childish way, satisfying ourselves, and the world of humanity will just get worse and worse. We gather more and more, including knowledge, yet we will remain in poverty until the ego is separated from love. Until we can see that our worldly intentions and desires are driving us in circles, we will remain blind to the opportunity of love.

beyond mind

People are always thinking “I am seeking the real truth” but in fact aren’t they merely asking for their own intellectual satisfaction? Replacing one religion with another, one philosophy with another, thinking one of them will have to be right. But there is no truth that can be taught or shared. It can only be known. And the path to it is never intellectual.

totally falling in love

To stay in love means we come down into the dirty, ordinary, street scene of reality. That is where real devotion and love exists. When we love someone we must learn to trust ourselves, surrendering to love. This does not involve preparing for a soft landing, being half in and half out, hedging your bets. Nobody ever succeeded by creating escape routes.

beyond fear

In true love, you have to allow yourself to surrender. There is nothing that you can fear losing once you identify with the simplicity of it. The only thing that can be hurt is your ego. If your ego can flex, then there is no hurt. Instead of taking all that so seriously, take love seriously, and the best way to take love seriously is to play. Love can shine through everything. By surrendering the moral high ground, you soften your ego, become available, an open and empty vessel, ready to experience a relationship and its teachings. It's like a child, fresh and always surprised. Quick to recover, always ready to smile again. Not burdened with memories or expectations, just a gleeful open-hearted soul with a willingness to learn.

love bites

In a relationship, it is easy to love when you first “fall in love” because your mind was out of the way and your heart was free to love. Then, the mind remembers the past and that unhealed love relationship starts to bring memories back in.

Every day we walk, talk, smile, laugh and work. In this, there is an opportunity to open ourselves to love people. The bus driver, the checkout person, the taxi driver, the CEO. We can just grab a moment and feel love without acting. I call them love bites. Tiny moments in time, where you actually fall in love and let it pass. It is not invasive, like asking for phone numbers or even trying to get an acknowledgement, these spoil the beauty of it.

Simply by opening your mind to the possibility that if you are mindful, you can fall in love, over and over and over, with anyone, anywhere, anytime. My record is 500 people in one day, I experienced a love bite with 500 people in one day. I doubt any of them knew it. Because a love bite stops right there, in the awareness. You fall in love, feel the love bite, and keep it a secret. The action stops there. Then you simply buy the milk and go home. You just leave it, you just fall in love, feel the love bite. And leave it. Leave it hanging. A love bite experience means no action and then you will have many, and wonder what to do.

all is loveable

When you are in pain, this is love. When you are in bliss, this is love. When they kill the whales, this is love. When the war hits the city, this is love. All is love. We may not know how to see it, or let it in past the hand over our mouth, we may not want to let an incident that we have witnessed enter us and become part of our cosmos of reality, but it is love. You have to see that all is love, and our ego just doesn't want to admit it.

act with love

If you can manage your emotions you can manage your business, finances, and relationships. So the understanding of the dynamic that there are two sides to everything translates to human emotions. Instead of trying to eradicate things in your life that cannot be eradicated you can instead become appreciative of them. In a sense it is the law of balance that gives you the true sense of Personal Harmony.

Let your actions speak for your heart, act with love. Be always on guard against the traps of the ego, righteousness, false pride and blame. Take a view point from nature, the next time you think you “know best.” Then go to the beach, remove one single grain of sand, look back at the beach and the difference you can see is a correct measure of your importance. Then look up at the stars, and imagine, we are on a planet, going around one sun, in one galaxy with 6 trillion other suns and there are 50 billion known galaxies. This is a correct measure of your importance. And a good insight as to the probability that your opinion is right.

choose challenge

Maximum evolution occurs at the border of chaos and order. Therefore, all things must grow and grow best with a magnificent blend of both challenge and support. This challenge and support can come invited, or not. Your business and your life both evolve along the border of chaos and order. You can't avoid the law as it's universal, however, you are free to consciously choose challenge rather than avoid it.

see balance

Grow your love today. Find something you hate and learn to love it. Find someone you judge and learn to like them. Find something in the world you want to change and accept it as a part of perfection. Take one, just one of your opinions and find the opposite argument. See the balance in something and your love has grown today.

we are the world

All things on earth are interconnected. Everything is managed by the nature of vibration. Anything I see in myself I must be able to find in another person, or what I see in others I must find in myself. We are all interconnected with each other and with nature. What we do ourselves, thought, word and deed, we do to the world and vice versa.

move to love

Whenever you make a mistake or feel downed by love, don't look back at it too long. Move it to love. Challenges are life's way of teaching you your capacity to love through challenge is inseparable from your capacity to love without it. There is always another challenge, and your downers, when they happen, are just another sacred opportunity for growth. Grow through your challenges. Nobody does more to you than you do to yourself. Never quit a relationship until you love your lover. Love is always there, never walk away without love in your heart.

appreciate the past

What determines the quality and quantity of the life force of any one individual is the level of gratitude in their thoughts. What you appreciate grows, what you don't appreciate, depreciates. The quality of your thoughts is determined by the quality of your appreciation. Judgements create ingratitude, ingratitude compresses and shrinks life. Getting into abundance and the future demands an appreciation of what has past, so it's no longer an effect on the future.

count your blessings

Each day count your blessings to be alive and able to love. Although emotion may suggest that life is not always fair, never allow the pains, hurdles, and disappointments of the moment to overwhelm your loving attitude and plans for yourself and your beloved. What you don't appreciate, depreciates. You can never win when you wear the resentful mask of self-pity, and the bitter taste of accusation. They will certainly frighten away any opportunity for love. Never again hold a critical thought for yourself or your beloved. There is a better way.

stay humble

If you can just be thankful for what you have, for the blessing of life itself, to remind yourself of how lucky you are, then your whole life would change in just that one acknowledgement. We complain about love only because we expect more and more. Once you see the gift of your life, your heart will open, your youthfulness will shine, your energy becomes infectious and your health just takes a leap. Music sounds different and life, like a springtime flower, just opens, and opens and opens. Stay humble to the gift.

keep a global perspective

That everything in nature has a purpose is self-evident. When we are in tune with that rhythm, our purpose, we feel gratitude, presence, certainty and love. That is what people are searching for all over the world, and it comes naturally when we finally become aware of the intention, the bigger picture of our lives.

obedience to higher powers

We must all be subordinate to something. It is the law of obedience. The trouble with most of us is that we choose to be self-mastered and in doing so become subordinate to nothing but ourselves. This is so prone to confusion and delusion. It is wise to be mindful about our choices of obedience to higher powers. There are many myths, religions, spiritual dogmas and charismatic teachers who can lead you down a false path. This is why we use the laws of nature. Nature reveals the universal laws before humans translated them and, therefore, provides the most accurate and simple revelation of the powers greater than us.

no bad moods

Moods are human; we all feel things, and those feelings cause us moods. But there is no excuse for negative, arrogant, violent, depressive moods that last more than a few hours. We know what causes moods, and we know how to fix them. We are not victims of moods; we are the driver of the way we feel. We can change our mood easily. There is no excuse for walking around our home or office being down, depressed, or in a bad mood for more than a few minutes. We have the technology and awareness to change our mood anytime, anywhere, permanently.

no compromise

There is no excuse for not following your heart. You can't take your money with you, and leaving a bundle to your children is likely to mess their life up more than help it. There's no excuse for working in a job you hate, or hating people, past or present. There is certainly no excuse for not being eternally thankful for everything about your parents; they are the source of your whole universe. Close off to them, and you close off to life. Mother and father are the core, the roots of your soul. Love your parents and be eternally grateful for the way they grew you, no matter how. There is no excuse for resentment or ambivalence.

no neglect

Body weight is caused by diet. It is also a gross neglect of the care and possibility of a relationship. If you make a commitment to love and honour your beloved, you are also committing to stay in good health so you can turn up for them. Aren't you tired of hearing people blame hamburgers, or their metabolism? There is no excuse for obesity; we know how to be healthy. People just choose otherwise.

no bad work

People come to work to celebrate life, to be challenged and enjoy their skill. There is no excuse for bad working environments, moody people, and negative aggression. And there is no excuse for leaving a person in the wrong job. There is no excuse for tolerating laziness, and lack of commitment at work. We know how important these things are and, therefore, it is criminal to permit excuses and tolerate attitudes that are not productive at work.

no empires

There are no excuses for being single. You may say, "I have not met the right person" but this is not the truth. You met them, but threw them away. And now, you might not want to try again. Or perhaps you blame the last person for hurting you, and therefore, kill your openness for love. Amongst the 6 billion people on earth there are millions who would love you, if you didn't reject them. There are no excuses for hanging onto your judgements, blames and expectations. These are the ego, even if you say they are the result of some therapy or spirituality. If they keep you single and out of love, they are ego and torturing you.

consider carefully the energy of gifts

I met with a lady to do a consult and she was smothered in expensive jewellery. She had broken up with her husband some two years before. I asked about all this jewellery and she informed me that her ex-husband kept on giving it all to her as gifts. Then she went on to say how nasty, mean and awful this man was, and that he wouldn't leave her alone. The jewellery was his way of stamping his signature on every moment of her life. In a new relationship, discard the stamps of the past relationships. Free your energy and romance for newness. It is like putting fresh water in the vase for the same flowers.

no offence

There are no excuses for not laughing at yourself. You are less important than a grain of sand on the beach. Even less so if your heart is filled with judgement and hate. Your identity is not serious. You can try to be all sorts of “spiritual” you, but you are just you. There is no excuse for defending yourself against an insult. They are not barbs, not unless you take them personally. And if you do, it is not the fisherman that is the problem, but the fish that took the bait. There’s no excuse.

Speak the truth of love in your home

Be mindful of how you speak. Words carry with them a whole other meaning. Words sit in walls, in cushions, on ceilings. A home of an angry person feels angry long after their death. The clothing of a depressed individual carries that feeling. This is why one must be so careful buying second-hand goods. A cheating sales-person not only affects their own life by their theft, but the goods they sold are tainted. Your words are an opportunity to freshen up your home. Cut out talk of gossip, bad mouthing, or negative ideas of doing harm to others. Make your home a sanctuary for romantic and loving thought. Beware of those you speak to on the phone who would curse and negate you; they will bruise your home and your heart.

what you think about you bring about

Books are affirmations. On the spine of every book is a message. That message speaks to your subconscious. For example, if you are reading a book to help you from alcoholism, then, after you have recovered, pass the book on, don't leave it on the shelf. You are no longer an alcoholic, so why have that affirmation? Surround yourself with great books, whose spine is a testimonial to the aspiration you have in life. One man I worked with read a biography every week. His main living area had the names of every great leader he respected stamped on the spine of that book. Be assured, books and their titles drive a story directly past your conscious brain, and straight into your heart. That is why my books are simple titles. They are actually working to manifest in your subconscious brain, without even reading the content.

the soul speaks in pictures

Photographs affect a home. Do you see in a guru more than you see in your lover's eyes? Do you revere some statue more than the silky skin of your lover's inner arm? Instead of worshipping icons of some far-off religion or faith, spend the few dollars to have a picture of your lover and your dreams on the walls of your home. The soul speaks in pictures. Pictures of children reinforce children's awareness of your love. But this should never override or supersede the picture of your beloved lover. Photographs of relatives, parents and friends also have a place, but none should crowd the space of love and intimacy; they are good decoration for the TV room.

insist on respect for the sacredness of your home

There are those who would place food on your pillow and care nothing of it. There are those who would put their feet on your photograph. There are those whose children would run out of control in your temple. You have the right to ask for and receive respect for the sacredness of your space. This is defending your territory. One lady I consulted to would receive phone calls anywhere in her home, from people of all manner of negativity. She didn't know how to protect herself, or her home, from the intrusion of negative feelings, and as a result, could not rest in her own home.

value the gifts of ceremony

I believe in ceremony as a vital ingredient for a loving relationship. I believe in the value of mindfulness. However, I am not a believer in big ceremonies, mine are small everyday events. Like taking your day shoes off before entering a home. Like placing things on tables rather than throwing them. Like creating rituals of cleanliness and mindfulness around where the towel goes after a shower. Like bathing before bed, and considering others when it comes to my socks. I believe in the ritual of lighting a candle for dinner time, 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 the love in my space.

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, and respect for higher powers are placed. These altars 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 fulltime priest. 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 collected from the garden as I come home.

treasure your privacy

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 it is a disgusting reality that people sleep in a bed, one after the other, and you are next. Their hygiene, their thoughts, and their suffering (on the negative side) can infect that bed and that room, and invade your sleep. When you change your relationship, change your bed. Always keep linen fresh, it is a mark of the deepest self-respect.

watch out for ghosts

In Sydney, there is a perfect retreat centre at the old quarantine station in Manly, with 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 "ghosts", but in the morning nobody had slept a wink. It was so spooky. In New York, where the World Trade Center collapsed, there is grief. It is a very unwise location to build a building now. You can become very aware of the energy left behind in your house, or the energy that comes from your neighbours.

food carries the energy of the cook

If a couple is arguing while one of them cooks a meal, anyone who eats that meal will experience the thoughts and feelings of the cook in the food prepared for them. 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 as they prepared and made it. If the cook's mood was irritated, grumbling or depressed, the final state of the food will express this lack of presence and loving preparation.

trust your intuitions

I once stayed on a fly-through visit with my cousin who lived in Perth, Australia. He was a night-shift mortician, with a wagon in the driveway, ready to go out and collect people who died. He was the funniest man, but drank a lot; I think it was to deal with the job. We went for pizza one night and took the wagon. On the way home, pizza on my lap, I asked him why there was so much rattling in the back. He informed me that there was a dead person in there, because he usually waited for a couple of people before taking them to the morgue. To say the least, I didn't eat the pizza.

draw the line

In one home I visited there was so little respect for the energy of love in the relationship that the husband would walk in the door talking on the mobile phone, even though he was already late home for dinner. Unable to greet his waiting family, he'd wave to them, point to the phone as if it were some sort of God, go straight upstairs, change out of his business suit, come downstairs, and still on the phone, he sat down to begin his meal. Before he arrived, the whole family was at peace and enjoying their evening under the loving care of the mother. Then, when he and whoever he was talking to came in the door, the whole home changed.

be discerning about home help

The people who help you maintain your home also have energy that can affect the loving space in which you live. Someone who irons your shirt and is filled with hate affects you. A person who cleans the home with scant regard for the effect of their energy is polluting the home. Much like someone in an office who is unable to effect their mood, and instead chooses to poison others with their aggression. One lady I consulted to brought her ailing mother into her home. She helped her mother, and absolutely ruined her relationship.

silence and a time of just being

In a home that values love, a daily half-hour of sitting quietly would be highly beneficial. Intimacy and love cannot survive in a home where stimulation is continuously produced. In fact, that's how people deliberately avoid intimacy. This idea can be difficult with kids because it requires parental discipline, the television going off, computer games shut down, Game Boys off, phone off the hook, mobile phones disconnected, the CD-player silenced, the dog shut out, and no food to distract. So, maybe a hybrid is possible, a compromised version.

people become as you treat them

In your home, banish criticism. Always search for ways to improve, to compliment, to see the bright side. There is always a balance in life. So if you create a supportive home, the challenges will still come to your family, just from outside. In your home, try to be a centre of goodness in the world. No matter what, in your home, defend your loved one and your children from the judgements of others. Defend your lover from friends who would condemn them. Speak only goodness about the world. Do not become trapped in the victim mindset. Remember, if we call a simple person wise, in time, they will become wiser. If we treat a person with romance, then they become romantic. A child who makes mistakes and is encouraged to keep trying, affirmed for small victories, learns to take risks and set high goals. A partner who always hears complaints will eventually lose their libido. The words we speak become the truth we live; we must be very, very mindful in our home.

save the last dance for me

Romance is revealed in your energy. If you walk in the door of your home exhausted from everything you do outside your relationship, then what chance is there for vitality and love? Now we need to be real. In the first months of your relationship, you'd save energy because you wanted to make an impression, be good and alive. Then for some reason, because we are in a relationship, we think it's a done deal and become all self-important. The most vital time of your day needs to be the time you spend with your lover – they are not your recuperation machine, they are your focus.

wash your own dirty laundry

Your world is going faster and faster, which makes it a challenge to balance your spiritual and humanitarian sides with your obligations at work and home. Being inspired in life means that you can find your way through that challenge, stay true to yourself and your loved ones. The laws of nature bring this reality to life, inspire the human spirit and protect the integrity of your humanity. Make sure you spend time to balance yourself and process your emotions before you come home. Be the best you can be for your loved one.

begin the day with your inner work

Begin each day with your inner work – early is best – and with this to support you through the day, you will meet each opportunity that presents itself from your own centre. Then you establish and dance with a sense of joy, vitality and enthusiasm for life. With this in place, no activities are work anymore, they are an act of love, and you find yourself tireless in it because you have all the energy you require for anything. 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.

be mindful don't worry

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 to one problem figured out 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 than the surface. It is akin to an actor who cannot separate the stage from real life. These worriers, through their own thinking, manifest the demise of everything they achieve.

honour your lover

We have this opportunity to choose many times each day. We can make the effort to be open and to live with a genuine love and respect for ourselves and for others; we can choose to see all our inner effort as an investment in the quality of our outer life. We can choose love or we can let ourselves be consumed by doubts, fears, judgements, 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.

get rid of stress

Your love cannot live in a stressful home. Your heart cannot hold love if your mind is stressed. So it is up to you to change this circumstance. Staying stressed is like waiting for the world to change by asking for the world to be covered in leather, instead of wearing shoes. You can make changes to your way of thinking. Love is everywhere; it is natural, all else is the ego. In love there is health, youthfulness and spirited living. If you are stressed and hyper a lot of the time, there is really no possibility to open your heart to love. It's hit or miss, a moving target. If you are rushing around trying to please people, nervous and worried about everything, you cannot be loved.

learn to rest

To have a full and generous relationship and to receive love and affection, you must learn how to rest. As a matter of fact, few people know anything about rest. It is a very valuable art. There are those whose sleep is good, but it is not restful and they wake up tired. Real rest evolves from a state of peace and oneness. It cannot happen without freedom from care and a receptive attitude toward life.

Valentine's Day – every day

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 the ego is engaged in a relationship, there will be bright eyes and smiles but if there is no romance it's like having an enemy against you. Romance is an attitude, a prioritisation – living, walking, talking proof that when you say, “I love you”, there is emotion behind it.

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. Today, celebrate your love for your lover. Treat them more importantly than yourself. Have the courage to surprise them, gift them, tantalise them, make love for them so they feel like they went to heaven, honour them, surrender to them, value them and treasure them. Do it without fear of failure, or fear of rejection, or fear of being hurt. Do it today like there is no tomorrow, because in love, there is no tomorrow.

loving gifts

Small gifts – all they need to do is put a smile in your lover’s heart. When we are mindful of the harmony of our thinking, and therefore our gifts, we can then watch our love become a thousand times greater in effect and value. A gift given with anger and resentment will breed that downward force wherever it travels. A gift given with the deepest love is unconditional, so what our partner does with it is not important. The energy we sent or gave is the power of it.

All of life is a miracle. The order of nature, the revolution of a hundred million words around a million of suns, the activity of light, the life of animals, all are grand and perpetual miracles.

Voltaire

love letters

Leave notes, write emails, SMS like there is no tomorrow. When we write a love letter or email, 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 sorrow. A letter carries the vibration of thought and feeling, as do all forms of communication.

Your last thoughts before you sleep manifest in your reality. Whatever occupies the subconscious mind as you enter sleep will be manifest in the earthly plane in the day. An intense focus of thought in the last waking moments 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, you list all you have to be thankful for. This is the simple, natural key to romance. 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 tenfold.

The last words to your lover before you fall asleep each night are best to be “I love you – thank you for being you.”

take your hat off after work

Never again clutter your days or nights with so much “business” and unimportant things that you have no time to “be in love” and “live with love.” This applies to play as well as work. A day merely survived, with money as the only reward, is no cause for celebration. In its purified state, the human heart is the hologram of the seen and unseen worlds; it is the part that reflects the whole. The heart is the point at which the individual human being is closest to the divine. The heart is the centre of our motivation and our knowing, possessing a depth and strength of will that the personality lacks.

When we say that the heart has an integrative power, we are not talking in abstract, metaphorical, or merely intellectual terms. The realisation and purification of the heart both opens a doorway to the infinite, and also results in a restructuring of neural pathways, a refinement and reorganisation of our entire nervous system, which allows the fullest expression of our human possibilities. We can so easily fall into the world of live to work rather than work to live. Time can rush by, we are so busy getting ready to enjoy life, that we are too tired to take advantage of it. To manage our life, for the benefit of love, we must master the power of will. This, in another language, means discipline. No more busy work. No more hiding from love. Leave time, leave space to grow. Now. Now! Not tomorrow!

perfect harmony

If you can be in tune with your own mind and the rhythms of nature, then one moment standing in the midst of nature with an open heart is like a lifetime of fulfillment.

stay humble – stay alive – respect

Some people complain that their partner works too hard, but what they are really saying is that after all the work is done their partner is arriving home without energy for romance, exhausted and unappreciative. It is almost as though they have two offices. If you work long hours and come home full of love and joy and appreciation, nobody will really complain. We need to be real.

the energy of love

Romance requires energy. In your relationship, you deserve it, and your partner deserves it. So focus on your energy, make sure that when you are with your partner, you have stored that energy, and are vital. One last word: stillness is the key. The more life force you have, the less frenetic you become. It is the difference between power and force, like the difference between love and infatuation. Qi is the Chinese word for life energy. It is the hidden energy that flows through all things. A living being is filled with it. A dead person has none. A healthy person has more of it than an unhealthy one. Sensitivity to life-force energy allows you to become conscious of healthy and unhealthy activity. That which drains Qi is considered unhealthy, that which builds it is considered potent, but you'll need to learn how to store it.

the romance of food

Eating a heavy meal at night is a romance killer. With a full belly, and all available spare blood down there trying to deal with it, how could one expect to be the model of passion? What's left is TV and sleep. So romantic! If you can respect your body, you can respect your relationship. How do we imagine that we can act one way toward our most precious asset, without which we cannot exist, and act in a completely loving way toward another human? Surely it is obvious that if we can't respect our body, respecting someone else's body is a far cry from the truth.

Now I am not suggesting that we all need to turn into health nuts, nor that weight is any measure of health. But what goes in certainly doesn't come out. It gets stuck in fat and bone and joints. Fat goes in, and doesn't come out. So, rather than measure how we look or compare our body and get the ego involved, we need to put quality in. That means we have mindfulness over the quality of intent of our diet.

stay young at heart

One habit worth developing is the habit of youthfulness. Avoid the collapse of old age, where the lower abdomen protrudes, the shoulders slump, the head drops forward. That is the posture of collapse into old age. Keep the neck muscles strong and your neck long, abdominal muscles firm (inner core muscles as developed in yoga and Pilates) to support the internal organs. The pot-belly on so many men is not caused by old age. It is really the loss of youth, fullness, the surrendering of vitality. Overcoming it simply involves forming a habit of youthfulness.

respect as it is

You can't change another person, you can only love them for who they are. This is a great awareness. Remember, people become as you treat them. Respecting that someone might not be having their best day or month or year, it is wisest to say, "Your stress is not my stress, I love you for who you are, not for who you can become." Always trying to change people has a hidden statement in it, and that is, you will be more loveable, better, if you change. This is just not true. You can change what another person does. You can lock the front door and make them go out the back door, but you can't change another person.

pure contentment

You can't change yourself, and frankly why would you really want to? You deserve to be loved for who you are. To spend the whole of your life wanting to change yourself means that you can never find stillness or contentment. There is nothing that needs to be changed, only loved. You can't change yourself; you can only change what you think about yourself. To know that you are worthy of love is the key to it.

You can change how you look, but you can't change who you are. You can change how you act, or what you do, but you can't change who you are; you can only change how you think about it.

be yourself – you are not what you think

Your constitution is determined at birth. It's the same one you have when you die. Your body type determines the lifestyle, career, relationship and environment that you are going to thrive in. Sustain.

love it – not change it

The world is functioning perfectly, thank you very much. This is a great key to having peace of mind. It doesn't mean that everybody who is trying to change the world is wrong. No. It means that everybody who is trying to change the world is a part of a system. That system is the laws of nature at work.

For every force, there is an equal and opposite force. So, every protestor is the counterweight to some other force. And the net result is always balance. There are those who chop the trees, and there are those who don't want the trees chopped.

judgements are stories

Emotion is to our life as the wind is to the forest. If there were no wind in the forest, then it would die. Wind shakes the limbs from the trees and rattles the roots to bind in the earth. Wind cleans yesterday, and makes room for tomorrow. In your life, emotion is precious. It is the motion of romance, the passion of work, the inspiration of art, the safety of fear, the conscience of guilt, the compassion of care. Yes, emotion is everything good. And emotion is everything bad. It is the cruelty of torture, the righteousness of discrimination, the suffering of pain and the misery of grief. Emotions are the torture of jealousy, the coldness of violence and the darkness of depression. If you stop one, you stop the other. If you create one, you create the other.

you are mirrored in everything

Nature never destroys anything. She simply builds a new one on top, greater in consciousness, less in number. This means that you never change, you simply put a new layer on top of the old self, a bit smarter, and less reactive. But if the circumstances of the “new you” changed, and you experienced what the “old you” experienced, you’d be exactly the same as you were.

stay humble avoid being right

If you think you can claim the moral high ground in a relationship or business, you are going to take a severe fall. Just remember that you can't be right without wrong. Taking one side of an argument and trying to win is war. It means you can only win by force. Then you can't relax, because that force will not hold without you there to sustain it. So, an argument you win, you only win while you are there to fight it. Behind your back, people will not stay in that lost space, they will resent you. Taking the higher ground is an impossible mission.

love is unbreakable

Even if you meet someone for one second and love them, you can't take it back because there is no "it." Love is not an it, love cannot be given and taken, otherwise love would be sold in shops. No, love is love, beyond control, beyond your mind. Love cannot be given and taken. Love is. The only thing that you can do is get in the way by emotionalising the situation so you can't feel the love. Then you wonder why your life is not what it used to be. You are not on purpose, because you are running from love.

the past – is only love

You can't change the past, only what you think about it. And what you think about it is only relevant to you and your future. What you judge in the past affects your future. The past was perfect; your opinion about it might not be perfect. You can see love in the past if you change what you think, but you can't make the past without love, because that is not true.

stay true to you

You are born with a purpose greater than you, and you'll die with the same one. Everything you do in your life is about manifesting that purpose, and everything you sabotage is about thinking you are not on purpose. Even if people don't know their purpose, they still follow this formula.

celebrate love every day

Whatever your situation in life, love must feature in the formation of your world. This love should be as fresh, free, and as far-reaching as the morning breeze. It must be warmed by the sunshine so that your life can be warmed by the celebration of love.

there is no excuse for war

There is no excuse for war. War is the physical manifestation of challenge, and challenge is the other side of nature's love. There are a million alternative ways to experience challenge – economic, verbal, emotional, social, environmental and more. We do not need to hit people to hurt them. Killing people in war is primitive. We are in the 21st century, and while the United Nations has no teeth, there is no reason that challenge cannot be expressed in a way that is not war. Only fundamentalists are interested in physical challenge, because they are not evolved enough to master other forms. Fundamentalism is religious. There is no excuse. We know that religions are all the same, except when the translator wants to keep their followers from migrating to multiple cultural acceptance. There is no excuse. You cannot verbally negotiate with a raging bull; religious fundamentalists are relics. They belong to a different era.

a zero excuse policy

Have a zero excuse policy. There is no justification for Japanese killing whales, Eskimos killing seals, or Korean trawlers with mile-wide nets raping the seas. There is no excuse for one child on earth being hungry tonight. There is no excuse for wealthy countries waiting until half a million people are slaughtered with machetes before sending help in Africa. There is no excuse. You, and your lover, can start to live without excuses in your relationship. Then, you can contribute to the world by helping to eliminate those injustices we witness and excuse just because we believe they have nothing to do with us.

the illusion of peace

If you hold in your mind a fantasy of meeting a partner who will keep your private life calm, and not disturb your peace, then better you buy a cat or a dog, preferably one that doesn't scratch or bite. However, if you are looking for love and a sacred relationship, then you better be ready for challenge and confrontation. The purpose of relationship's is not pleasure. The purpose of relationship's is love (support and challenge).

There are many people who become obsessed with peace and, therefore, stay single. They are locked away from love, because love is not peace. Love is support and challenge, just as nature intended. Nature is always adjusting herself, supporting the forest, challenging the forest. The cycle is always going on like this, over and over and over. So if you meet someone who only wants peace, you can love them, but you know they can never love you back. They are stuck in half love, unable to turn up for intimacy.

The illusion of love comes from injuries of the past that create false expectations of the future. We caused the end of all our past relationships deliberately and consciously. When they ended, we wanted them to end, even if we played victim. Our ego beat us. Our ego can say "Get rid of that so and so, because they are challenging me." The ego, our self-esteem, only wants half love. Agree with me or I leave.

But if seeking a peaceful relationship is a person's priority, then they can't show up. They might even accuse people of emotional abuse in order to quell the challenges to their comfort zone. People will only be half-welcome in their life. "Only bring the good bits home." This is delusion. It keeps so many people single and not all those people want to be single. The ego fights off sacred love. It simply wants to be right (safe).

learn how to live again

Getting back on the bike after a fall

Make your work a hobby. Make your sport refreshment. Make your diet considered and let your mood be chosen. Let your priorities be love. It is such a great opportunity to consider “what is important.” If you want a relationship that is filled with love, then you’ll need to make love your highest priority. This seems easy and obvious when we are 19 years old, but as we get older we somehow forget.

It is so easy for Mum and Dad, friends, other people, work, university etc to draw on our resources and make our love for our lover the thing we do when we are finished with everything else. Married people whose relationships are devoid of love often search for friendships outside their marriage that “give them life”, and in so doing, often draw other couples apart. Parents who never grow up keep sucking the life force out of their grown children in order to “get meaning” out of life. And children from a past marriage or the current relationship, who were once disciplined to respect their role in a home, are now the dominant force in a relationship. Things have changed and love is suffering.

If you want a relationship to last, you had better make it the most important thing in your life. Beyond the emotional drama of infatuation, making your relationship the most important thing in your life is a spiritual commitment to love. It is that love, rather than through the heart of a guru, religion or idol, that becomes your lover. Your lover becomes your guru.

the adventure
of love

The adventure of love
is to love others,
but love yourself also.
Go out! The world is beautiful, adventurous;
it is a challenge, it enriches.
Don't lose that opportunity.
Whenever the world knocks at your door and calls you, go out!
Go out fearlessly –
there is nothing to lose, there is everything to gain.
But don't get lost. Don't go on and on and get lost. Sometimes
come back home.
Sometimes forget the world,
those are the moments of meditation.
Each day, if you want to become balanced,
you should balance the outer and the inner.
They should carry the same weight,
so that inside you never become lopsided.
This is the meaning when Zen masters say,
"Walk in the river,
but don't allow the water to touch your feet."
"Be in the world, but don't be of the world."
"Be in the world but don't allow the world to be in you.
When you come home,
you come home as if the whole world
has disappeared."

universal laws of nature

Relationships operate under the same universal sky as everything else on earth. A bird flies because of the same laws that make relationships grow. A fish swims by the same laws that cause the sun to come up and make your taste-buds savour fruits. These are the universal laws of nature. A magnificent understanding of what makes our world, and the universe we exist in, go round.

love is a lifestyle, the fifth key to sacred love

There are five unique but interconnected laws that describe and define the creation, maintenance and transformation of all of life. To really know these laws requires that you step beyond the conventions of your culture and reach out to a bigger perspective. Under the guidance of these laws you will see that there is no chaos, there is only a circumstance we cannot understand. They will take you a long way to the understanding you may be looking for.

True love is revealed in all its magnificence when we understand life from a higher perspective. The universal laws are a huge and magnificent perspective on love and life – we can see the whole magnificent story of human existence, that original harmony, the music that is love. There is an order in the chaos of our lives; the overall picture becomes important, then events can simply be seen as fragments of the evolution of life.

This is the perspective given to us through the universal laws of nature; we can only love what we see.

the one and the many

the universal laws of nature

There is one universe and many religions that describe it. There is one spirit within you, and many ego personas that express it. There is one leader in any organisation, and many people who are employed to manifest it. There is one love in the human heart, and many emotions that come to express it. There is one humanity on earth, and many diverse cultures that, in their uniqueness, celebrate it.

There is one sun in our sky, and many planets that are obedient to it. There is one government in our country, and many laws to govern with. There is one ocean on our planet, and many rivers to feed it. There is one earth, and many mountains to divide it. There is one creation, and many people to evolve it. We live beneath an umbrella. We can rise to the top of one heap, only to find we are now at the bottom of the next. We are always humble to the law of the one and the many.

You have many personas, many ego identities, characters you play. Some you hide, some you display. If you add the characters you hide to the characters you display, and then add these to the characters you have in virtual reality and the characters you express in reality, you will find you are everything you see. We are the sum of the parts, and the sum of the parts is one. We are not different to anyone. We are all the same, expressed uniquely in the way we demonstrate our fragments, but completely identical if we add those parts to become one.

The ego thinks it is the one, but it is a mere fragment, an emotion. The ego thinks it is separate to others and, therefore, unique. The ego thinks it can change, but it cannot. The ego is a fragment, the spirit is the whole. Spirituality is to know that you are whole; one total being with many fragmented parts. Each of them incomplete, each of them worthy of love.

appreciation

the universal laws of nature

What you appreciate gets bigger, what you don't appreciate gets smaller. Appreciation builds, evolves and creates harmony. Lack of appreciation motivates self-consciousness, self-depreciation and self-destruction. There is nothing to change, only something to appreciate. You cannot change, you can only appreciate yourself as you are. Appreciation is an attractive force, depreciation is a repulsive force.

From the vantage of the one, we see ourselves as many parts. Pain and self-consciousness causes us to lose the perspective of the one, and fall into the many parts. Then, we cannot appreciate who we are and try to change it. Anything we try to change has power over us, anything we appreciate we have power over. If you appreciate your lover's faults, they are not faults, but beautiful assets. If you criticise and try to change someone, you are below them, they have power over you.

You have no fault. You are not broken. Neither is the world or your lover. There are some things you might not appreciate. The problem is not with the thing, but with your inability to appreciate that thing. Once you appreciate things, they have no power over you. You are free. This is the talent of a great lover, and the talent of the greatest Gods. They appreciate you.

abundance

the universal laws of nature

There is nothing missing. It just changes in form. You have every character trait; some you express at work, some at home, some in virtual reality, and some in reality. You are everything you see, and everything you dream. There is nothing missing in you or your beloved. Your judgements are false, they are your ego.

To separate yourself from others means you can criticise and blame them. But there is no them, there is no you. You are everyone you see, nobody outside of you is doing more to you than you do to yourself. You are not unique. You are like everyone else. You have every trait, every characteristic. Delusion tells you that you can change or be different. Maybe you think you can be better than others, but in this one thought alone you prove that false. You are everything, and connected to everything.

What you do to nature, you do to yourself. What you do to others, you do to yourself. We are not separate, as the ego wants to think. We are one, united, interconnected. There is nothing missing in your life, it just changes in form. There is no death, just change in form. There are no victims. Blame doesn't work. Nobody has something that another person doesn't. Wealth is a form. Health is a form. Love is a form. Friendships are a form. Social networks are a form. Knowledge is a form. Spirituality is a form. Virtual reality is a form. Family is a form. Career is a form. Nothing is missing, it just changes in form.

You have everything. Until you are thankful for what you've got, in the form you've got it, you won't get it in the form you want it. Find where your wealth is. Find where your relationship is. Find the form. And be thankful. Nothing is ever missing. No one is ever missing, they just change form.

growth

the universal laws of nature

Chaos causes change. Chaos stimulates challenge and confronts the status quo. Chaos breaks deadlocks and promotes change. Order, on the other hand, rests us, gives us time to absorb and digest, take it all in, master our space, and become good at what we do.

Too much order and we stagnate. Too much chaos and we burn out. Growth occurs at the border between the two. The purpose of love is growth. Love is both chaos and order. Growth means to convert chaos to order. Chaos is what we don't appreciate. Growth therefore means to convert those things we don't like into those things we do like. That is how we get more love. We take what we don't appreciate (called chaos) and turn them into things we do appreciate (called order).

In a relationship there is a perfect balance of support and challenge. Challenge is chaos (things we don't appreciate) and support is order (things we do appreciate). When we first meet our lover, there are more things that we appreciate than we don't appreciate. This is called infatuation. After some time there can be more things that we don't appreciate (challenges) than we appreciate (support). Then we resent our partner and want to leave. But the truth is that there is always a perfect balance of support and challenge in life. We were just blinded in the beginning.

balance

the universal laws of nature

There are two sides to every coin. This is how we convert issues we don't appreciate to issues we do. How we turn chaos to order. We see the other side of the coin. There is always a silver lining in every cloud. So, there are always two ways to see things. One way is to see the dark, the other way is to see the light. The wise person sees both, but then focuses their mind on the light. The emotionally disturbed person tries to eliminate the dark, thinking it will go away.

For every thing we move from dark to light, a new balance is created. So the more light we see; the more happiness, fun, peace we have, then, the more dark, sadness, un-fun, drama we have. Duality is the cause of emotion, and there cannot be an upper without a downer.

To break the mould means to see two sides. For example in our Western culture you might say laziness is bad. But in the Spiritual Culture, laziness might be exactly the same as mindfulness, or contentment. In the West we see inspired and enthusiastic as good, in the Eastern language we might call those same behaviours running away, unable to be in the moment, lacking stillness. There are two sides to everything. Re-label those things you don't appreciate. Find the blessing in them. They can't be eradicated, only appreciated.

let the mystery

of life be love