

# *The secret to soul satisfying relations*



*empowering couples to live in a heart  
centered conscious way*

*Secret number one*

*Our view of relationships*

*For most of society marriage and relationships are a form of security, to allow them peace of mind. It is most common to look to the relationship as that which will make us whole. We even say our "other half" or even our "better half" inferring in some way we are not whole or enough when alone. The mystic Osho had much to say about the difference between aloneness and loneliness. It is possible to be alone and not feel lacking in anyway but it is never possible to feel lonely and still feel whole. The parable of the beggar illustrates this very well. On a lonely road between two towns a*

lonely beggar hears someone approaching in the dark he begins to anticipate what comes he might be able to receive from the passing traveler whose foot steps he can hear approaching. Will it be a rich merchant coming from a profitable business venture or will it be a wealthy nobleman, or perhaps even a dignitary traveling to visit the king with much wealth. Alas the beggar comes face to face with the traveler and as the moon comes out from behind the clouds his begging cup comes clashing against something metal as the light then reveals he is standing face to face with another beggar, also with his out stretched begging bowl.

In unconscious relationships this grasping for what we think we should get from another causes us not to look within to see where we are feeling less than whole and as a result we think of others as our means to fill our cup of well being. This is the primary reason that statistically 4 out of 5 mirage partners say they are less happy after 4 years than they were on the day they married. We have unconsciously asked the union to do what only we can do for ourselves. Our health and wellbeing has always been an inside job and no amount of external begging can fill this inner cup. The relationship union is however a very useful tool

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*to help us see where and when we are seeking externally what we need to fill on the inner landscape. So from the advice of the great Sufi mystic Hazrat Inayat Kahn the relationship has a very sacred and useful purpose to awaken us to our spiritual nature. When we realize what treasures we possess on the inside we become a true wealth of love that now can be attracted to the same inner wealth in another. From our full cup of inner wealth we give unconditionally because we are never lacking from our inner fulfillment.*



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## *Secret number two Embracing the divine essence*

*One enlighten Master said that when two people meet and they like each other and ultimately decide to become intimate partners that the feelings of happiness and pleasure they experience send a healing vibration into the universal consciousness, of which we are all effected. So when the slogan of the sixtys was going around "make love not war" there definitely was some spiritual truth to that admonition. But what the Spiritual Master said next was even more profound he said that if on the other hand the two are in a deeply caring space of intentionally wanting only the very highest wish for their partners health and wellbeing that the vibrational signal of that union is ten times more powerful on the universal scale of consciousness.*

*With that thought in mind we train and encourage partners to engage in prayers of intention before making love to increase the love energy vibration from their sacred union.*

*One such prayer is as follows:*

*"I wish for you the highest health and wellbeing and the highest realization possible at this stage of your spiritual path." This is a very simple prayer of intention into which you*

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*can add any additional blessings you desire. The Mystic had one additional thing to add to his words about the love vibrations we create through intimate contact, his final statement was indeed the most profound of all. He said that by far the highest vibration of all is to be honoring through your partner the divine feminine or divine masculine. When this is done with sincere heart felt intention the vibrational quality is a hundred times greater than those who are simply enjoying each others intimate touch.*

*One such prayer of intention is as follows:  
“I choose to honor through you the part of your being that is the spiritual essence of your divine nature. (either masculine or feminine depending on the partner.) I choose to honor your love and light eternally. I choose to remember our intention to do no harm and to heal the wounds of our past in the most compassionate way possible. I choose to set aside all expectations and to accept you exactly as you are, knowing that we are all on the journey of self-healing and discovery. I choose to set aside all differences and distinctions that would separate us, and to love you even when we disagree. I promise to*



*honor through you all (Men or women) and to cherish through you the divine essence for the purpose of the highest spiritual development of all beings.”*



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*Secret number three  
Love made new*

*In Chinese the character symbol for love originally was the symbol for two new blades of grass, at least that is what I have been told, through my interest in Chinese brush characters.*

*For me this reminds me that love is to be nurtured daily just like a new plant. I have discovered that most relationships do not die but that they slowly wither over time from absent-minded neglect. Lack of energy and*

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*interest can be very subtle and slow, but over time very damaging to our sense of intimate connection. Many relationships end after years of slow decay because the nurturing aspect has been taken for granted. For nurturing to take place a daily formula should be followed if we expect to have a deeply intimate connection long term. The formula I recommend is the T.I.E. formula which stands for Time / plus intention / plus energy.*

*I recommend that couples follow this simple exercise each day and especially at the beginning and the end of each day. I especially like to do this when I am cuddling or spooning with my partner. What I suggest is to renew your intimate intention to connect with these words spoken from a silent heart " I love you, I trust in you, I believe in you, I wish for your highest health and wellbeing and your highest realization possible at this stage of your journey, may you be blessed with inner love, Joy, and peace, and may you know the depth of my loving commitment to you."*

*Where the T.I.E. formula works in this exercise is as follows:*

*Take the TIME to do this every day especially at*

*the beginning and end of the day. Use the pure INTENTION of your heart. And lastly place your loving hands over her heart space so as to send your love and light ENERGY directly onto her heart space. Use your breath to send the love and light energy.*

*One of the more interesting aspects of this practice is that it has a very positive aspect on you as well as your partner. If I forget to do this even for one day I notice that I am not as intuitive to my partners needs.*

*Even when you and your partner are physically separate this practice can be done long distance with intention and imagination.*



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*Secret number four*

*Always clear a space for Love*

*All the thoughts words and actions we entertain have a vibrational energy. While it is true that there is no such thing as good or bad emotions there still is a distinction to be made in our emotional energy. When we walk into a room where a heated discussion has been going on most of us can feel the heaviness of that divisive interchange, and conversely when we walk into a room where people have been laughing we feel the lightness of that interchange even if we missed the punch line. So we can distinguish between light and heavy energy and also I think between beneficial and draining emotional energy.*

*Certainly some people, places, and things have a uplifting effect and some people, places, and things tend to drain us of our health, wealth, and emotional beauty. We often just like animals and children tend to avoid that which we experience as a bummer. If you want to know who has the highest vibrational energy in a room, watch whom the animals and children are attracted to, and if you want to*

be doubly sure just make sure they do not have bacon or candy in their pocket.

Many homes have a small carving with three monkeys on it. One is holding his hands over his eyes and one is holding his hands over his ears and the last is holding his hands over his mouth, and the caption reads see no evil, hear no evil, and speak no evil. Not so different from the quote in the bible that reads focus on whatever things are just upright and of good report.

While all of this is very good advice we are often effected by all the things that cross our consciousness each day. We may be exposed to violence, despair, and hatred even before we leave the house if the news happens to be on. The news for the most part is little more than a garbage report from our collective consciousness, and I would highly recommend a media fast for anyone who wants to clean up their energy field, to make more room for love. Be on the watch for all the things that tend to block your natural happy relaxed energy experience. I like to imagine what it feels like when I have no pressing things to do and can just relax with nature perhaps on a beach or hanging out in a hammock. I sometimes imaging standing knee deep in surf at my favorite beach and letting the gentile waves

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