
The True Dynamics of Relationships

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Dedication

*How beautiful upon the mountain
are the feet of the messenger,
who announces peace,
who brings good news,
who announces salvation,
who says to Zion,
'Your Divine being reigns.'*

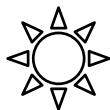
Isa.52:7 (The voice of the inner Master)

I dedicate this book to those who seek wholeness and to know themselves.

With thanks to the light and love that has truly touched my heart and Soul in this life.

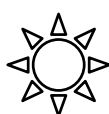
May you know Love,
Surrender to Love,
And serve Love.

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Introduction



After many years of offering counsel and advice to people, I have finally completed a book that reveals the depths of the Soul. The information contained in the book is not designed to feed the intellect, but is a living teaching to be incorporated into daily life. It is a tool for looking within to find the answers to our life issues. The inner journey has a magnitude that makes our solar system pale before it. The key to self-knowledge and self-healing lies in this inner journey, which leads you to being the master of your own world, where truth and love become one.

We are told to live in the now, yet the practice of now exposes issues that need to be understood. Hopefully this book will help you understand that you hold your world within you. Observation without judgment brings you into the moment. It allows your past to come into the present so that it can be worked on. Your mind created all that you are now by building your life upon the fears of the past. If you can understand this, it is possible to go back and

draw your past into the present where it can be observed and healed. For example, maybe as a child, because you were too small and weak to defend yourself, an elder overpowered you and abused you. Now, as an adult you are strong enough mentally and emotionally to be able to call back the experience, observe it and deal with it.

Everyone is either consciously or subconsciously yearning to know themselves and God. We are here to love and to be loved. The blocks that inhibit the expression and reception of love bring about the suffering of humanity. These blocks consist of stored negative emotions and judgments held by the mind. You have a right to be yourself, you have a right to be free, and freedom is truth. It is time to evict the squatters of illusion.

This book is designed to be a workbook, therefore you may need to take time to assimilate the information. It is a book that can also be read over and over, each time revealing another depth to your being as you grow in understanding. Its purpose is to look first at the different levels of our being so that we may understand, not only are we physical, but we also have a Soul which resides on the spiritual plane, a mental body which resides on the mental plane, and an emotional body which resides on the astral plane. Each plane is a different vibrating world of its own. The Soul is our inner voice, the mental plane is our thoughts, and the astral plane is our emotions. The one thing that pollutes these worlds is fear, because from fear all other negative emotions arise. This book therefore looks at all the different aspects of negative emotions. The point of life is to bring the planes into balance with each other by mastering them, which in turn masters fear. The individual then becomes God-conscious whilst living on the earth.

The second aspect of the book is to look at our childhood, for it is our upbringing that conditions our way of thinking and feeling. The traps we have created for ourselves by thinking that the external world is our only reality have led us into illusion. We are taught not to think or accept anything beyond what we can see, and we have lost our conscious contact with the invisible worlds. From here we move into the adult years, which reveal our way of relating to the world and how we have allowed fear to govern our lives. We also discover that everyone we meet is a mirror to our subconscious self.

The last part of the book shows us what we need to do in each moment to become aware of our hidden agendas. It also describes our relationship with God and what prevents us from being God-conscious. The exercises help us to master our inner worlds.

The journey to wholeness takes dedication and courage. It is not something that can be picked up and put down. It is a moment-to-moment process of awareness. The fact is, that only you can make the effort and become yourself. Nobody else can reach wholeness for you. What is wholeness? It is a space of love, joy and peace. Is there a better place to be?

Part Two Chapter 5

Denial and Acceptance

They say the only thing that is constant is change; but the only constant in this world is love. This love causes anything which lacks love to change. For love is sufficient unto love and all that lacks love must be exposed.

What is denial? When we cover up an inner energetic message with the mind, we are, in effect, preventing the truth from surfacing, because we believe the truth is more painful than the illusion. When we turn within and face the inner message, the truth will tear open our wounds and allow the poisonous toxins to flow. This will then allow the comforting healing balm of love to enter in to us.

When you go through an experience that lacks love, the first energy you encounter is shock. If you do not move out of this energy into anger, it becomes denial. When you touch anger and move through it by facing the truth, you enter into sadness. This is where you comfort yourself for the pain that was inflicted upon your being from another who is also struggling with life. After sadness comes acceptance. This is understanding the bigger picture. Acceptance is a form of compassion for yourself and others.

When we get stuck in denial we are avoiding the truth, either consciously or unconsciously. For example, if your friend asks you if you are OK and you answer yes, even though you are fully aware that everything is not OK, you are in conscious denial. Unconscious denial is when you are asked how your relationship is with your mother and you answer it is fine, but you are not aware of a deeper

issue. Many abused people have lived their life in denial of the abuse they received. They may paint a rosy picture of their upbringing, covering over the pain. After a while the mind actually believes all is well, but the inner being is sending a message of suppressed issues. Later in life they may enter into a crisis of rage or anger as they begin to face their denial. To deny your inner messages is to lie to yourself. Most illness and disease is caused by blocked emotion, which is a denial of the truth.

The first step to healing denial is to admit that what you experienced was not a situation of love. You did not receive or express love. The pain you will feel may raise itself as anger. Allow yourself to enter into this emotion, but also recognise that you are angry with yourself for not being able to handle what occurred. Let go of the guilt, for all experiences are a learning. There is no 'right' or 'wrong', just love or fear. If you need to feel sad, then give yourself this healing time, but do not enter into the mind and torment yourself with the past. Let the feeling rise and let the memory go. When you finally reach acceptance you are free, because acceptance is love, it is forgiveness. You have acknowledged the pain of not being loved, but you have also accepted that it is painful not to give love, and there is no greater pain to the Soul than not being held within the flow of love.