

Relationships

Burning Questions
Illuminating Answers



The Inspired Guide to having the
relationship you desire

COPYRIGHT



© 2009 LUCY LOPEZ. ALL RIGHTS RESERVED

YOU ARE AUTHORIZED AND ENCOURAGED TO SHARE THIS EBOOK IN PRINTED OR ELECTRONIC FORM WITH ANYONE YOU WISH, AS LONG AS NO CHANGES ARE MADE TO ANY PART OF THIS EBOOK, NO FEE IS CHARGED, AND YOU INCLUDE ALL THE PAGES.

FOR MORE INFORMATION AND MATERIAL VISIT

WWW.LUCYLOPEZ.NET

LUCY LOPEZ

LUCY@LUCYLOPEZ.NET

ACKNOWLEDGMENTS



The list of people and events that have contributed to my life and to its creations, one of which is this ebook, is too long to even begin! But I do wish to at least try to hint at some of them:

- ❖ The many spiritual teachers I have been inspired by and learned from, many of whom have entered my life through their books. Whether their lives are devoted to Personal Development, Politics, Literature, Music, Spirituality, Education or Sport, their influence has been great and greatly appreciated.
- ❖ The many other spiritual teachers whom I've encountered in my life, several of whom I did not always recognize and was sometimes reluctant to learn from! They include my children, my students, my clients and my family and friends!
- ❖ The people who have encouraged me to write my own books and sometimes insisted that I did! You'll certainly be reading more from me!
- ❖ The person who has helped me make this book available to you through the science and art of Internet Marketing – Michael Nguyen – you are kind, generous and such fun, patiently holding my hand as I tread this relatively foreign land!

To each of you, Thank You, from all of my heart!

DEDICATION



To the person I had my first relationship with in this physical life – my mother!

How truly blessed I have been to have you teach me my first lessons in love!

How truly grateful I am to have felt and to continue to feel the power of love through you – unconditional and ever present – across all the physical distance between us!

You have touched and healed many despite (or perhaps because of) the long years of your own suffering!

May the love we know continue to light our way in our forever journey of life!

REVIEWS OF THIS BOOK



“Lucy’s ebook on relationships reminds me that the most important relationship is the one we have with ourselves and how pivotal this is to the relationships that we attract into our lives. Lucy also reminds us of the power we have over ourselves, and whether we allow or block the flow of love which is ever present. I am reminded that the way I feel towards myself will have a flow on effect in my relationship with my partner, and that I can change what I invite into my life by observing and changing my thoughts. This ebook provides practical steps to carefully examine what we truly want, by asking us to reflect on how we think and act towards ourselves and others with honesty. In doing so, we are invited to be creators of our own lives and the relationships we share with others.”

Carmen Mitchell, Occupational Therapist, Wife, Mother, Australia

“In this ebook, Lucy highlights the importance of engaging in relationships as an effective tool for personal development, health and wholeness. If you are serious about creating lasting relationships or revitalizing and reconnecting within an existing one, read this.”

Mary Shepherd, Counselor, Thailand

“Lucy’s ebook ‘Relationships’ is, quite simply, life changing. In only 40 pages Lucy covers the essential issues for anyone in, or contemplating, a romantic relationship. I have read a number of lengthy books on this subject and none have inspired me to ‘change’ as much as Lucy’s book. To change the way I think in order to change the way I act and, most importantly, feel. It is such a simple message/ truth yet, in my experience, not an easy thing to do.

Lucy’s ebook is set out in question and answer format and is easy to read. It offers practical suggestions at the end of each section, which is so useful if you are feeling overwhelmed about making fundamental changes in your life and relationships.

Lucy’s wisdom and understanding of life’s essential truths is demonstrated clearly in this book about our often-desperate desire for happiness. Lucy once again reminds me, in this book, that I am first and foremost in a relationship with myself and that through nurturing this relationship, I am able to nurture all others.

I will be recommending this ebook and Lucy’s ‘Love Course’ to all of my dear friends and clients who are also struggling to ‘find’ happiness in their current relationship or looking for a future ‘happy’ relationship.

I plan to read this book again and again and again...!”

Alison Mc Cartney, Social Worker, Wife, Mother, Australia

The Privileged Lovers

The moon has become a dancer
at this festival of love.
This dance of light,

This sacred blessing,
This divine love,
beckons us
to a world beyond
only lovers can see
with their eyes of fiery passion.

They are the chosen ones
who have surrendered.
Once they were particles of light
now they are the radiant sun.

They have left behind
the world of deceitful games.
They are the privileged lovers
who create a new world
with their eyes of fiery passion.

From: [Love Poems of Rumi - Deepak Chopra](#)

Translated by: Fereydoun Kia

Edited: Dr Deepak Chopra

CONTENTS



CHAPTER	PAGE
Where, When and How will I find the perfect relationship/partner?	8
Why is it so hard to find the perfect relationship/partner?	11
Why do I keep attracting the same kinds of people?	14
I've been hurt before. I'm afraid to give my love completely. What should I do?	17
How can I learn to trust (again)?	20
We're still together but the Love, the Passion, seems to have gone	25
I often feel jealous when my partner gets attention from other men/women. What should I do?	28
I don't feel s/he is the right partner for me but I'm afraid to end the relationship. What should I do?	31
Is there really such a thing as your 'soul mate'?	36

RELATIONSHIPS
BURNING QUESTIONS, ILLUMINATING ANSWERS!

Where, When and How will I find the perfect relationship/partner?

IN SOME WAYS, this is the easiest question to answer and I'll do it by first asking you a question:

Where, when and how do you spend your time doing what you truly love?

Does this give you a hint?

Most people spend the bulk of their waking hours doing things that they don't particularly enjoy, feeding their egos or someone else's, begrudging the time and energy they spend with whoever or whatever it is they spend it with and then they wonder why they haven't found their perfect partner!

Get real! Your perfect partner is someone whose energy, whose most deep and fulfilling interests (not the superficial ones) most closely match yours. Or, as ['Abraham'](#) might say, whose 'vibrations' most closely resonate with yours.

When most of your time and energy is spent on the things that are NOT allowing you to resonate at your highest vibration (which is the vibration that closely matches the vibration of love), then expect to meet people who are also vibrating at these lower levels.

Ironically, you are always with the 'perfect' partner because all your partners or all the people you draw into your field of experience are those that perfectly match your energy field, your level of vibration.

But, of course, you're seeking someone who's at a much higher energy level – someone who knows what true love means, who is secure, loving, generous, respectful and all those wonderful qualities that any person in their right mind would look for in a partner, right?

So, get into the higher energy state yourself. Spend as much time as you possibly can doing the things that you truly enjoy and that allow you to be the kind of person you most enjoy being! And when you do, expect to attract the person who perfectly matches it!

RELATIONSHIPS
BURNING QUESTIONS, ILLUMINATING ANSWERS!

Now, 'matching' does not mean having identical interests, tastes, pet hates and so on. There are many, many different things that allow people to reach high energy states. Each person will be drawn to their own way of reaching these states. It is not the activity itself that creates the perfect match. It is the energy state that allows the perfect match.

So even if he loves golf and you love dancing, spending time doing what you love and holding yourself in these high energy states will draw you together in ways you could not have possibly imagined.



Practical Steps Stop! Don't skip this! Do it Now!
Tune into and stay in the high frequency of Love and Joy

- ✓ Starting today, spend 10 minutes everyday doing something that you truly enjoy. Start with something that you can do right now, something that does not need resources that are not within your immediate surroundings.
- ✓ Spend time everyday reflecting on the things you have enjoyed doing. Just close your eyes and mentally get back into that space. Enjoy it.
- ✓ Think of one thing that you wanted to do as a child. Go back to some of those glorious daydreams you had. Find one thing there that you would still like to do. Do not allow yourself to be distracted by how difficult or silly it may seem. Now, spend some time imagining yourself doing it. Perhaps you wanted to be a pilot or a pop star. Just indulge yourself in this vision.

The 'trick' here is that as your mind becomes absorbed in this vision, it frees itself from barriers that have prevented you from following your dreams. As you become freer, your visions will naturally update themselves to things that you truly would love to do as an adult. You may not feel the same desire to be a pilot or a pop star, but you will intuitively start having new visions of the things that you would like to do now. Remember it's not the things themselves that elevate your energy level but *your desire for, and enjoyment of, them!*

RELATIONSHIPS
BURNING QUESTIONS, ILLUMINATING ANSWERS!



Allow yourself to pursue just one of your new visions. Join a club if you have to or start one. Take that holiday that you've always wanted to. In short, start spending as much time doing what you truly enjoy

Why is it so hard to find the perfect relationship/partner?

HAVE YOU EVER noticed how something is really difficult when you struggle with it?

For instance, have you tried doing something you had little confidence in? Or something that you had a previous bad experience with? Or something that you assumed was going to be difficult? Like speaking in public or sticking to a diet?

Have you noticed how difficult it is to do those things? You approach them with fear, caution, distrust, anxiety, a belief that you're likely to fail. What happens? You experience success out-of-sight? Of course not! You struggle, you more than likely fail and you end up convinced that you were right in the first place – it was too hard. In other words, you reinforce the belief that it was too hard.

Can you see how this is pretty much how you approach relationships? You approach them with fear, caution, distrust, anxiety and a belief that it will likely not work out.

Oh sure, you may allow yourself moments of excitement and enthusiasm. You may say to yourself and others that 'this could be the one' or that 'this *is* the one' but that is not your core belief. That is not what your dominant energy state is.

Deep down within you and populating your wider energy field is fear, distrust, anxiety and a belief that this will be like all the rest – a disappointment.

Now, what kind of person are you likely to meet and attract when your energy field is populated with these kinds of negative thoughts, feelings and beliefs? More than likely, someone who also has similar thoughts, feelings and beliefs. Once again, you've met your 'perfect match'!

What you want to change is what that 'perfect match' is going to be. If you start reflecting all the qualities, thoughts, beliefs and feelings that you seek in another person and stay tuned to them as much of the time as possible (and this is nothing more than practice), you will attract your 'perfect match', the kind of person that you really want to be with.

RELATIONSHIPS
BURNING QUESTIONS, ILLUMINATING ANSWERS!

On the other hand, if you are reflecting the qualities, thoughts, beliefs and feelings that you don't want to find in your partner, well, can you seriously be surprised to find someone who closely matches that?

You need to recognize that you are already meeting your 'perfect match' every single time! The person you meet will match your dominant beliefs, fears, thoughts and feelings. And, if you believe it's going to be hard to meet your perfect partner, it will be!



Practical Steps Stop! Don't skip this! Do it Now!
Freeing yourself from thoughts, feelings and beliefs anchored in fear, distrust, anxiety and Shifting into the high vibrations of Love, Joy and Freedom



Learn to observe your thoughts and feelings. Practice staying tuned into your thoughts and feelings. Whenever you're feeling anything unpleasant, say to yourself:

"This is an old habit of my mind. I no longer wish to continue my habit. Right here and now, I choose a new habit. I choose to feel peaceful (joyful, enthusiastic, excited, interested etc)."

Next, say to yourself:

"I allow myself to feel exactly how I wish to feel. Right now, I give myself complete permission to feel just the way I want to feel."



Listen to uplifting music, music that doesn't whine and carry on about how you can't live without someone, or how they are your world, or any of that disempowering, soul-destroying garbage. Instead, listen to delightful music or play or sing some yourself!

Likewise, watch uplifting and inspirational videos (lots on youtube) and read inspiring books especially auto/biographies of some of our great heroes like Mandela, Gandhi, Mother Theresa or read articles on the web about them. Consider writing about them just as an exercise in 'entrainment' – tuning into high vibrations!

RELATIONSHIPS
BURNING QUESTIONS, ILLUMINATING ANSWERS!



Remind yourself often that you are constantly creating your life – choose good thoughts, feelings, actions! Practice asking this question many times a day: *What am I creating for my future right now?*

Why do I keep attracting the same kinds of people?

I'M SURE YOU have heard this before:

“Insanity is doing the same thing over and over again and expecting different results”

Now, perhaps it might be equally important to take note of this:

“Insanity is *thinking* the same thoughts over and over again and expecting different results”

What is the one thing that is always happening even when you are not physically doing anything? Thinking. You are always thinking whether or not you are aware of your thoughts.

The less aware you are of your thoughts, the more likely you'll be surprised by what you create and attract!

Your thoughts are the precursors to your internal and external world. Fear thoughts, for example, result in your heart beat racing and your skin breaking out in a cold sweat. Love thoughts result in a calm and relaxed body, a feeling of lightness and joy causing you to sing or dance, speak gently, listen carefully.

Fear thoughts cause you to run away from what you fear or to avoid them altogether. They result in you telling lies or procrastinating. Love thoughts, thoughts of peace and harmony, thoughts of success and abundance, on the other hand, result in you taking steps that reflect them, like being decisive, acting confidently, following your dreams and so on.

The way you respond, the actions you take, the things you say are a direct outcome of the dominant thoughts that are playing in your mind, most of which you're unaware of.

The Buddha said over two centuries ago:

“With your thoughts, you create your world”

Today, most of us have heard this profound truth but how many of us take it seriously enough? How many of us make the effort to become aware of our thoughts? How many of us take the time to

RELATIONSHIPS
BURNING QUESTIONS, ILLUMINATING ANSWERS!

truly understand how to reprogram our thinking and choose our thoughts wisely?

Most of us are too busy trying to manipulate the external world – trying to manipulate the way others perceive us, manipulating our ‘image’, changing the things we do and the places we go. But our internal thoughts remain pretty much the same – dominated by fear, insecurity, neediness and distrust.

As long as your dominant programming/thoughts remain the same, expect to attract the same kinds of people. Oh sure, their superficial details may vary – different looks, different names, different history but the underlying traits tend to match those that you give greatest thought to.

Remember, just because you don’t want something doesn’t mean they are not part of your dominant thoughts. The more you dislike something, the more likely you’re going to give your attention to it.

If you hate dishonesty, try noticing how much attention you actually give to it. Don’t be surprised to find that you’re actually directing a lot of your thinking and attention to looking out for dishonesty. It’s as if your mind has become a ‘Dishonesty radar’.

You’ve heard of the Law of Attraction. It is a universal and impersonal law, showing no favoritism. It neither punishes nor rewards. It is simply a law that applies equally to everybody all the time.

The Law of Attraction simply brings into your experience anything to which you give consistent thought to.

Now, let me introduce another law. This is a physical law well-known in Science – Nature abhors a vacuum.

As far as the physical, material world is concerned, a vacuum is an unstable state. It must be filled and until it is filled, it will require great effort to keep it a vacuum.

What has this law got to do with our thoughts and how our mind works?

When you have a dominant thought such as “I don’t want a dishonest partner”, you have effectively created a ‘vacuum’ in your mind. ‘Don’t want’ is an empty state, like a vacuum. And just like a

RELATIONSHIPS
BURNING QUESTIONS, ILLUMINATING ANSWERS!

vacuum, it is unstable and just desperate to be filled. What do you suppose will fill it?

Well, if your mind has not been given an alternative, it will default to the only related information it has – dishonesty. In other words, your mind will be dominated by thoughts of dishonesty and according to the Law of Attraction, what are you likely to attract? Exactly!

So, unless you fill that vacuum by giving it a thought about *something you want*, and giving your attention to *what you want*, you will not attract what you want. Instead, you will attract *what you don't want*.

As you practice different thoughts, high vibration thoughts of what you want, you will find yourself saying and doing things differently. You will be less attracted to the activities that you used to do and the places you used to go in the hope of finding a partner.

Instead, your high energy thoughts of what you want will naturally drive you into matching activities and places where you are most likely to find the partner you desire. Most people get this the other way around. They change their behavior without changing their thinking.

Now, it's true that if you change your behaviors, your activities and the places you tend to frequent, you may find your 'perfect partner' and it may change your thinking and programming. But don't count on it!



Practical Steps Stop! Don't skip this! Do it Now!
Attracting the kind of partner that you truly desire



Make a list of all the things that you desire in a partner. Next make a list of all the things that you don't want in a partner. Now, ask yourself honestly: Which of these do I tend to think of most?

Next, for each of the things that you don't want eg "I don't want a loser" or "I don't want someone I can't trust", find a replacement of what you do

RELATIONSHIPS
BURNING QUESTIONS, ILLUMINATING ANSWERS!

want, eg “I want a successful person”, or “Someone I can easily and willingly trust completely”.

Also, go back and check your ‘Want’ list. Are there negative/‘vacuum’ thoughts there? For example, “Someone *without* kids”? If so, replace them with something you want, for example, “Someone who desires to have kids” or “Someone who is *happy* without kids” (Note the key word here is ‘happy’).

NOTE

This exercise is powerful because it helps to free your mind from old beliefs and thoughts that are focused on what you don’t want and instead help you to really focus on *what you do want*.

The more thought you give to this, the more you will refine and fine-tune what you want, thereby only attracting the kind of person you really do want.

At the same time, focusing on what you want immediately elevates you to high energy states and creates the environment to which someone with a matching energy state is attracted, leaving everyone else out!

RELATIONSHIPS
BURNING QUESTIONS, ILLUMINATING ANSWERS!

**I've been hurt before. I'm afraid to give my
love completely. What should I do?**

I'M GOING TO put your mind at ease right away but you'll have to pay close attention.

To start with, you neither have love to give nor love to get. Love is the energy pervading the entire universe and that you can either allow or block.

The feeling of hurt is the result of blocking the natural energy of love. You feel hurt when you block the natural flow of love and not because someone has done something to you.

Yes, I know that it feels as if someone's actions or words have hurt you but the truth is, when someone speaks or behaves in a way that you don't agree with or that reminds you of a bad experience from the past, your *learned (automatic) response* is to instantly block the flow of life energy or love.

This is why you feel awful when such an event occurs. The natural flow of love, which is a good, freeing feeling, is blocked. You conclude that the person who triggered this reaction in you is the *cause* but the cause is *within you*.

Why is this important to understand? Because the hurt that you are feeling is not caused by anyone – *it is the result of your mind behaving in a habitual way as a result of past experiences* probably going back to your childhood.

When you fear being hurt, you are allowing your mind to behave in a predictable and habitual way. The question for you now is this:

Do you want to keep allowing your mind to behave in this way?

I'm certain you don't because if you do, you will continue to deny yourself the full experience of joy, peace, excitement, enthusiasm and other such wonderful feelings that flow in the energy of love.

Understand this:

Just as you are capable of blocking the flow of love, you are equally capable of allowing its flow. In fact, you are the only one in control here. You either block or allow. Which do you choose?

RELATIONSHIPS
BURNING QUESTIONS, ILLUMINATING ANSWERS!

If you allow love to flow, you enjoy the full benefits of its powerful, joyous and peaceful energy. By blocking the flow, you prevent yourself from enjoying this. No one else can make this choice for you.

Thinking that you can protect yourself from being hurt by blocking the flow of love is another example of getting things back to front.

*You hurt yourself by blocking the flow of love!
Hurt is the feeling of love being blocked.*



**Practical Steps Stop! Don't skip this! Do it Now!
Getting past fear and flowing in the fullness of Love**



Think of an instance in the past when you felt deeply hurt. Allow yourself to remember the hurt. Where is this hurt? What is keeping it there?

Now, think of an instance when you felt great love. Allow yourself to remember this love. Where is this love? What has brought it there?

Decide now which you would rather experience more of. Starting today, do at least one thing that will help you experience more love.



Think of someone that you believe has hurt you. Ask yourself: *Does this person want to be happy? In this sense, is this person any different to me?*



Use your powers of imagination and imagine being peaceful toward someone who has hurt you. Do this as often as you can. Now watch how things change in your relationship with that person!

How can I learn to trust (again)?

WHAT IS TRUST? In its most fundamental sense, trust is a deep and undeniable sense of knowing. It is irrefutable.

Our natural and default state, the state of love, is also the state of trust. But of course, as we get older, we experience things that train our minds to block the flow of love. This blocking can take many forms, one of which is distrust.

We then start to approach life, people and things, with distrust. This is an unnatural state, just as fear is an unnatural state. When your mind is set, by default, to distrust, you suffer the consequences of this block.

Your focus, your thoughts and attention (most of which you are unaware of), are set to looking for reasons and evidence to distrust. We live in a world that is hell bent on making sure you distrust things – distrust your own desires, your body, your doctor, your culture, your parents, your capabilities and so on.

Most of the time, this happens because people who have cared for you and who have responsibilities, whether directly or indirectly, towards you tend to look out for the worst case scenarios. People are trained to do this. They (and we) work on the belief that we need to have some degree of distrust in order to protect ourselves from harm.

What we don't realize is that *we are harming ourselves by not trusting*, by blocking the full and free flow of life energy, of love. In effect, we live on 25% of our full capacity to enjoy life! A tragedy!

But you could be living on 100% of your full capacity to enjoy life...*if you chose to!* Every moment, every person, every relationship, offers you that choice.

As I've already said, we are always attracting the perfect match, the perfect circumstances. Why? Because we attract those people and things that perfectly match our energy state, our vibration.

You really need to explore and investigate this for yourself. Watch your thoughts and then watch what happens in your life. Then, change your thoughts and keep focused on those new thoughts and watch what happens. Don't take my word for it. Go and find out for yourself.

RELATIONSHIPS
BURNING QUESTIONS, ILLUMINATING ANSWERS!

Now, it's true that people do things that are likely to make us doubt their sincerity or their ability to do what is right and good. Everyday, in every moment, someone, somewhere, is involved in something that is dishonest, insincere or that breaks a promise.

What are you to do in such circumstances? It would certainly seem foolish to continue to keep such people in your life and thereby encourage or at least allow them to continue their behavior. So, what choices do you have?

The first thing you have to really get a hold of is this:

When you distrust, when you refuse to forgive, when you refuse to let go, when you keep thinking old thoughts that keep you in fear, you are blocking the natural flow of life-energy, of love.

Simply, this means that you feel the hurt of this block which you yourself have created, not anyone or anything else.

If you can really get a handle on this, you'll realize that you, not other people or things, cause your own 'suffering', your own unhappiness, your own 'lack of joy/passion/excitement'.

To the extent that you keep holding other people or things responsible for your own unhappiness (or happiness), you will remain in denial of this fundamental truth – that *YOU are in charge of your life, your state of happiness, your fulfillment, not anyone or anything else.*

Only when you do this, will you be able to trust again.

Next, you will have to make some choices that depend on what you sincerely and clearly recognize as your level of tolerance. Put simply, you need to ask yourself this question:

Am I prepared to forgive and put the past behind me?

Now, before we continue, let's get clear on one thing – the meaning of forgiveness. Most people think that forgiveness is about telling someone that you're giving them another chance. Even though they may not use those exact words, in their minds, that is pretty much what they mean and intend.

There are some fundamental flaws with this kind of thinking. I am going to discuss them very briefly here.

RELATIONSHIPS
BURNING QUESTIONS, ILLUMINATING ANSWERS!

- 1) It assumes that you are right and the other person is wrong
- 2) It creates a power differential between you and the other person with you being in the position of greater power
- 3) It assumes that you have power over someone else
- 4) It confirms that you have held someone else responsible for your happiness or unhappiness

Okay, let's look at each of these briefly.

(1) I am right. You are wrong.

Can you ever be completely certain of this? Do you have access to all the information surrounding a person's action including their history from childhood and all the other people and things that may have influenced their behavior? Things that they themselves may not be aware of?

Thinking in terms of 'right' and 'wrong' is one of the most unhelpful things we can do. It makes us judgmental and that means that your negative judgments will cause you to block off the flow of love, leading to your unhappiness.

If you are unconvinced about this, I suggest you go over to [Byron Katie's website](#) and get hold of 'The Work'. It will completely change the way you think about things.

(2 & 3) It is up to me to forgive you. I have the power to forgive you or not to forgive you.

Forgiveness is a very personal thing. It is entirely to do with you. It is about allowing the flow of love instead of blocking it. You have no power over anyone or anything. Such 'power' that we seem to think we have is not power, it is not of love, for love is free and undemanding, having no need to control anyone or anything!

However, you do have the power to allow or block the flow of love within yourself. But you have no such power over anyone else. And when you understand that, you will see that exercising this power is an act of love that benefits you but not necessarily anyone else (at least not in their mind).

Why do I say this? Because even if you allow the flow of love and thereby start enjoying life again, it is possible that the other person may not yet be ready or willing to do the same for her/himself.

RELATIONSHIPS
BURNING QUESTIONS, ILLUMINATING ANSWERS!

In short, forgiveness is about allowing the flow of love in your own heart and mind.

(4) My happiness depends on someone else behaving the way I want them to. My unhappiness is caused by someone doing something I don't want.

I really don't need to go over this one again. I'm pretty sure you recognize the truth of this even if you are not yet willing to embrace it in all aspects of your life and at all times.

Don't worry if that is the case. We are all in the process of awakening to truth. We do this one experience at a time!

Alright, so now that you have a different and better understanding of forgiveness, let's get back to our original question about trusting again and about making choices depending on your level of tolerance.

If you have chosen to forgive, your next choice is about what you can realistically cope with. I say this because, even when we have sincerely chosen to forgive and trust, our past programming can still remain strong and we can fall back into distrust and blame.

If you find that you are unable to be trusting and free from blaming just yet, don't be afraid to remove yourself from a person or situation that has been known to trigger distrust and blame.

But don't just remove yourself from it and do nothing else. That would be creating a vacuum. Move towards something that can lovingly replace this situation, something that you truly enjoy.

This may be spending more time with yourself and really taking care of yourself – reading, swimming, hiking, writing, making new friends and so on. In other words, do things that help you allow your life energy to flow freely and fully. You'll be amazed at what a huge difference this makes. You'll also be amazed at how your attitudes and perspectives change, especially toward your partner.

Now some people may think this is escapism or avoidance. It is neither. Rather, it is making the choice to move towards higher energy states. Escapism and avoidance involve keeping some areas of your life blocked.

RELATIONSHIPS
BURNING QUESTIONS, ILLUMINATING ANSWERS!

Remember, forgiving is about you and you alone – removing blocks in your own heart and mind. You have to see how painful it is not to forgive!



Practical Steps Stop! Don't skip this! Do it Now!
How to replace distrust with trust and forgiveness



Think of some of the people and things in relation to whom you have remained unforgiving. Realizing that forgiveness is about allowing the natural flow of love in your mind and heart where memories of these people and events are held, ask yourself if you wish to continue blocking its flow.

If you do, then ask yourself what you would like to feel and think in place of distrust and blame. Perhaps you would like to feel free, open and accepting instead of fearful, closed and blaming or rejecting.

Imagine, Intend and Allow this by simply focusing on what you want.

RELATIONSHIPS
BURNING QUESTIONS, ILLUMINATING ANSWERS!

We're still together but the Love, the Passion seems to have gone. What can I do?

I THINK YOU should be able to predict what I'm going to say here if you've been carefully following everything I've said before :). You may be hoping for a different answer but the ultimate truths in life are always the same even if you find different ways and means to reach them.

So, what of love and passion? Love is the energy of the universe. It is always present. The question is: *Are you blocking it, how and why?*

Well, that's really three questions but they all relate to the same thing – not feeling the love, the passion.

If you're not feeling something, it's because you've blocked its flow. How have you blocked its flow and why? Actually, let me be more specific here.

If you're not feeling good feelings, it's because you've blocked their flow. If you're not feeling bad feelings, it's because you're focused on good feelings and thoughts!

Let's first look at the most common ways partners block the flow of love and all its wonderful ingredients like passion, joy and excitement.

- Holding anger, distrust, resentment, guilt and jealousy
- Becoming overly absorbed in one or more things (eg a baby, a job, a new hobby, friends) and neglecting your partner
- Expecting your partner to always make the first move and initiate things you both enjoy, like romantic dinners, making love, intimate conversations, receiving unexpected gifts and time together
- Losing interest or confidence in yourself
- Not being sincerely interested in your partner and really listening to them in a non-judgmental and open way
- Taking your partner for granted and expecting her/him to know what you're thinking, how you're feeling and what you want
- Refusing to be open and flexible, adventurous, willing to try new things

RELATIONSHIPS
BURNING QUESTIONS, ILLUMINATING ANSWERS!

- Allowing bad experiences at work or with family to affect your relationship
- Reminding yourself and your partner of past hurts and mistakes
- Not honoring and respecting your partner for who they are and expecting them to change

Now, let's look at the most useful things that partners can do to allow the flow of love and passion into their relationship.

- Allowing thoughts and feelings of love, peace, joy, passion and excitement to dominate your mind and heart
- Making exclusive time for your partner everyday
- Initiating the things that you want and know that you both enjoy like romantic dinners, intimate conversations, unexpected gifts and love messages, making love
- Having an active interest in yourself and being confident
- Having a sincere interest in your partner and listening to them in an open and accepting way
- Expressing appreciation for your partner in words and in action
- Communicating your thoughts, feelings and desires while realizing that your partner is not responsible for them or for their fulfillment
- Being open, adventurous and willing to try new things
- Putting the past well and truly behind and focusing on what you want
- Honoring your time together as precious and sacred so that you do not allow problems elsewhere into it (unless you use the time to productively and peacefully look for solutions)
- Honoring your partner for who they are without demanding that they change to suit you

Alright, I'm sure you have enough there to work with. However, there is one little matter that we need to address. We've seen how you might be blocking the flow of love and passion but we haven't looked at *why* you may be doing this.

So, why do partners block the flow of the love and passion that they felt so strongly and undeniably at some point (usually the start) of their relationship?

There is really only one reason for this:

RELATIONSHIPS
BURNING QUESTIONS, ILLUMINATING ANSWERS!

Not understanding the nature and purpose of a relationship, recognizing the desires that arise within that relationship and being willing to nurture the relationship.

And interestingly and perhaps ironically, this reason is a reflection of a corresponding situation relating to you personally:

Not understanding the nature and purpose of yourself, recognizing the desires that arise within you and being willing to nurture yourself.

When you can seriously attend to yourself, you will see huge changes in your relationship.



Practical Steps Stop! Don't skip this! Do it Now!
Allowing the flow of Love and Passion in your Relationship



What is your purpose? Is it to enjoy life? Are you focused on enjoying life or are you bogged down with things that you think you must do and be without really examining why?

Think of 2 things that you can do to enjoy yourself. Make one of these things something that you can do with your partner and which you know s/he would be willing to do.



Go through the lists above and see where you can make changes. Just one change is enough to get your relationship aligned with the flow of love and passion



See if you can get your partner to compile a Wish List but instead of writing your own, write one for each other. Then write one for the both of you as a couple. Have fun with this :)

**I often feel jealous when my partner gets
attention from other men/women.
What should I do?**

I DON'T WISH to alarm you but the thing with jealousy, just as with distrust, is that it has a way of pushing your partner to do what you most fear might happen.

Now, in saying this, I am not suggesting that you are the cause of your partner's infidelity (should it lead to that). We are each responsible for our own actions.

What I am saying, however, is this:

By lowering your expectations, which is what jealousy and distrust do, you are making it easier for what you most fear to happen, so that this kind of thinking happens:

"Well, s/he thinks I'm being unfaithful anyway".

That said, let's focus on jealousy. What is it and what do we do about it?

I'd like you to think about this: *What are the things that you get jealous about?*

Let me suggest a few things:

*The attention your partner gets.
The beauty or body or wealth that someone has.
The qualities that someone has.*

Okay, the interesting thing here is the very things that you are jealous about are the things that you would love to have yourself, right?

Now let's look at how the mind works with this.

On the one hand, you want certain things – this encourages flow. On the other hand, you don't feel good about someone having those same things – this puts blocks in the way of flow. And finally, most of your attention and thoughts seem to be focused on begrudging someone else what they have rather than on what you want – this also puts blocks in the way of flow.

RELATIONSHIPS
BURNING QUESTIONS, ILLUMINATING ANSWERS!

Imagine this, though. You see someone getting or having what you'd love to have. You think: *That's just what I want.* (Flow). *Isn't it cool for him/her to have that?* (More Flow). *Look how happy they look and feel. I too want to feel happy.* (Even more Flow). *Why wouldn't I be happy for them?* (Much more Flow). *After all, they are enjoying the sorts of things that I want to enjoy.* (Lots more Flow). *I'll focus my thoughts and attention on all those things that I want. Actually, I'm really grateful that they've given me some ideas of what I can attract into my life!* (A Flow Flood!).

Is this something you think you could do? I'm sure you can. And once you start practicing this kind of thinking, which is really practicing 'Truth thoughts', it'll just get easier and soon, rather than feeling jealous, you'll find yourself working in cahoots with the person you've been jealous of!

Okay, that's really the most important thing to be said about being jealous of your partner. But perhaps there's one little question we should tackle before we finish:

Why do I get jealous in the first place?

The main reason we get jealous is that *we don't believe that we can have what we want.* When we see others with what we want, we begrudge them those things not because we don't like that person but because they have what we believe we can't have.

Our mind construes this as an injustice or some kind of anomaly which is why the feeling of jealousy is a really awful one and can result in some of the most tragic outcomes if not managed effectively.

But, now that you know how to attract things by keeping your thoughts and attention on *what you want*, you really have to admit that *you can have anything you want!*

Getting past jealousy is really about building confidence in yourself and your ability to create and attract anything that you want. The flow on effect of this is that your partner will sense this shift in your energy state because confidence and trust are high energy states.

If your partner is fairly secure her/himself, s/he will welcome this shift (because it more closely matches their energy state) and grow in their respect and regard for you.

RELATIONSHIPS
BURNING QUESTIONS, ILLUMINATING ANSWERS!

If, on the other hand, your partner is not terribly secure and is encouraging attention (because s/he wants you to feel jealous and insecure too), then your new energy state will no longer match theirs.

This will often be a catalyst for change. Either your partner changes to match your new energy state or s/he doesn't.

In the former case, you are drawn more closely together. In the latter, you will either help your partner or decide you cannot continue together. Of course, you could also choose to continue to stay in the relationship without any further change. How long this will satisfy you and your partner, however, is something only you can decide.



Practical Steps Stop! Don't skip this! Do it Now!
Getting past Jealousy and getting into Flow

- ✓ Practice switching from your jealous thoughts to 'Truth thoughts' as described above. Start with one person or thing.
- ✓ Take the time to honestly flush out areas or points of jealousy. No need to get obsessive about it, just be mindful of your thoughts and feelings and once again, replace them with 'Truth thoughts'.

RELATIONSHIPS
BURNING QUESTIONS, ILLUMINATING ANSWERS!

**I don't feel s/he is the right partner for me but
I'm afraid to end the relationship.
What should I do?**

WE LIVE SO much of our lives in fear, don't we? The worst part about this is that we are often not aware of our fears. We are so conditioned into action to somehow repress the fear or run away from it that we don't realize that fear is the ultimate form of blocking the life energy of love.

Fear is that state of complete ignorance or unawareness of who and what we truly are – channels or expressions of that ultimate indestructible life force, love!

If we were to take time everyday to remind ourselves of who and what we are, to actually sit in the dynamic stillness of who and what we are – the great and indestructible force of love – we would have no reason or occasion to feel fear. Instead, we would be walking, talking, joyous, limitless energy fields of love, of joy, of peace, of delight, of passion!

When we feel fear about someone or something, we are really feeling fear for our own survival, our own wellbeing, our own need and desire to be happy.

If you happen to be in a relationship where you feel that you are not with the person you want to be with, you have to ask yourself:

Why am I here? How did I get here? What do I truly want?

Many people get into relationships out of fear. They fear they may not find someone else or someone better. Or they fear that the relationship has somehow got to a point where it is too late to back out and so they stay.

They may persuade themselves that they did feel love at some point or that they did fall in love but that they no longer feel that love or they are no longer in love.

They start to look for reasons to explain this to themselves and to others: *'S/he was/is not the right partner for me'*.

Everyone you encounter in your life, everyone you have a relationship with, every partner you ever have, is absolutely the

RELATIONSHIPS
BURNING QUESTIONS, ILLUMINATING ANSWERS!

'right one' for you. As I've explained before, we are always meeting the 'perfect match', the people or person who matches your energy state, your dominant vibration.

Still, none of that may change the fact that right now, you believe that the person you're with is '*not the right partner for me*'. What are you to do?

The most important thing to do is to have a desire to make any decision out of love, not fear. That, by far, is the most important and the most useful thing you can do.

Unless you are in a life-threatening situation, there is no need to act hastily. On the contrary, you must be calm, relaxed, open and trusting. What should you be trusting about? You should be trusting about the fact that you are an expression of love and so is your partner.

If you can get yourself to this place, if only briefly, then you are in a good position to make a decision. But let's face it, we all know deep down, intuitively, at a 'gut' level, what decision we must take. Yet, we fear the consequences of such a decision:

*Will I cause so much hurt that I'll never be able to forgive myself?
That my partner will never be able to forgive me? That my children
will never wish to forgive me?*

Will I meet someone who is 'right' for me?

Will I be able to support myself, my children?

What will our families say? How will they react?

What will my friends think?

Does this prove that I am a failure?

Such questions can keep us paralyzed in fear. But, if we ask them in an enlightened state of mind, in a state of mind that allows love to flow freely, we will see that we have nothing to fear.

How other people react, what they choose to do or not do is not something in our control. It has never been. Perhaps this is a good opportunity to finally understand this deep truth.

RELATIONSHIPS
BURNING QUESTIONS, ILLUMINATING ANSWERS!

How I choose to react, whether I choose to forgive myself, to judge myself a failure, on the other hand, is something that is entirely in my control.

So, with all this in mind, let's look at some of the reasons why we may feel that someone is not the right partner for us.

If you entered a relationship expecting someone to be a certain way in order for you to be happy, then you have entered the relationship with unrealistic expectations. No one is here to live their lives for your happiness, no more than you are here to live your life for theirs.

If you are in a relationship for security, then you are perhaps discovering that nothing and no one can ever make you feel secure. The only security you can ever feel is the security of allowing love to flow freely because that is how you naturally are.

If you are in a relationship because you do not want to be alone, then you are perhaps on the verge of discovering that loneliness is not something that can be filled by the presence of someone else in your life, at least not in a deep, meaningful and lasting way.

Relationships are the grand opportunities we attract into our lives in order to continue our natural desire to explore, to experience and to take on the adventure of life.

If we feel that our partner is no longer 'right' for us, chances are either they have grown and expanded into a higher energy state than you have or vice versa.

You can choose to grow too, to expand, to allow yourself to experience more of the great adventure of life. Or you can back out.

If you back out and do nothing else, then don't be surprised if, once again, you attract someone who will eventually turn out not to be the 'right' person for you.

On the other hand, if you are the one who has expanded to a higher energy state and your partner hasn't, you may use your higher awareness, your expanded consciousness, to be a positive and affirming presence to your partner. It may or may not result in a change but you shouldn't be doing it because you want your partner to change to suit you.

RELATIONSHIPS
BURNING QUESTIONS, ILLUMINATING ANSWERS!

Why then would you do it? Why would you stick around? Because it's part of your adventure! If you could be a bit more relaxed about things, learn to laugh more, be less judgmental, you might discover new ways to enjoy your partner!

But what if you can't? What if you decide that it's too much to ask of yourself?

Here are some things you might consider:

- Ask for help. Find someone you can really trust and whose opinion you value. I am not suggesting that you ask this person to make any decisions for you. But you might find it useful to have someone to talk things through, someone who can offer different perspectives.
- Take a break from your relationship. If it does not involve children, this will allow you time out, time away from the circumstances in which you're feeling increasingly uncomfortable. If children are involved, do your best to remain a significant presence in their lives while you take the time to get clearer and more confident about what you really want. Use the time to keep moving towards higher energy states, to allow more flow in your life. Don't make it a time of self recrimination.
- Do some research! Read books or listen to Personal Development audios that deal with relationships.
- Always pay close attention to your inner voice, your wisdom self. Now, more than ever, is the time to listen to it. Never argue with it. Ask questions, by all means, but ask them to clarify and understand not to refute, deny or justify anything. Truth can never be refuted or denied.
- If you decide to end the relationship, do it lovingly without blame or revenge. Do it because you feel it is the best thing for you to do not because there is something wrong with your partner. I cannot stress how critical this is. You only ever do things for yourself and because of yourself, not because of anyone or anything. You do things based on what you are able or prepared to accept and deal with, not because of what or how someone else is.

RELATIONSHIPS
BURNING QUESTIONS, ILLUMINATING ANSWERS!



Practical Steps Stop! Don't skip this! Do it Now!
Deciding what to do while allowing Flow

- ✓ Just for practice and in the spirit of adventure, make a list of 5 ways in which you can change the way you think about your partner. Be absurd! Be cheeky. Have fun!
- ✓ Do one thing to make yourself feel better towards your partner even if you have decided to end the relationship.
- ✓ Make an appointment to see someone whom you can trust and be open with. Follow your intuition.
- ✓ Read something about relationships, love, spiritual awakening.
- ✓ Remind yourself that your partner is an ever-awakening expression of love just as you are, and just like you, s/he is also wanting happiness.

Is there really such a thing as your 'soul mate'?

FOR MANY PEOPLE, the notion of 'soul mates' is intriguing, captivating, alluring and often quite confusing. The idea of soul mates can be traced back to the time of Plato where 'theories' of how soul mates came into being were postulated.

According to Aristophanes, a satirical comedian who lived in ancient Athens, soul mates were created when Zeus decided that the original humans who had four legs and four arms were getting too big for their boots, so to speak! He conferred with the other gods and they decided to split each human into two. Ever since, the two parts have sought to reunite.

According to more modern theories, humans were said to have been created androgynous (having both male and female parts). But these were split as a result of their actions and ever since, the split parts have been trying to reunite.

Soul mates are also said to be reincarnated souls who have shared past lives together which therefore draws them to each other.

Alright, perhaps we can consider some of the common ingredients in these and other theories about soul mates. Let's list them:

- They were originally of the one form or at least shared a life together in the past
- The one form was separated into two or the souls were separated
- The two parts or two souls seek to reunite

Now, it would seem that because the two parts or two souls were originally from the same source or shared a life together, they have a lot in common. In fact, soul mates are generally regarded as having great affinity with each other on many levels – mentally, spiritually, sexually and emotionally.

Do we know if any of this is true? At least we can say this: It is true that there are some people with whom we feel a great affinity on some, if not many levels. In some rare cases, it would seem, two people feel great affinity on all levels. Are they soul mates?

RELATIONSHIPS
BURNING QUESTIONS, ILLUMINATING ANSWERS!

To be honest, I am not sure. We can certainly call them soul mates but can we prove that they had shared a common body/life in the past? I'm not sure.

But, here's a more useful line of enquiry.

In seeking a partner, should we look for someone with whom we have a great affinity with on many, if not all levels?

The attractiveness of the 'soul mate' idea is that it seems to suggest that soul mates have a high chance of finding fulfillment with each other and of having a successful relationship.

Now let's be honest here. It's certainly easier to be with someone with whom we have a great affinity than it is with someone we don't. But how do we find such a person?

The Buddhist tradition teaches that we have a deep relationship with all other beings. It teaches that every person we encounter has been our mother in a previous incarnation and that we have gone through countless incarnations. The essence of the teaching here is that we are all deeply interconnected and interrelated.

These days, most of us recognize, on some level at least, that we are all of the same source and are all related. I call this source the universal life force or love. We are all creations of love. It is for this reason that [Wayne Dyer](#), in his movie, *The Shift*, says that everyone is our soul mate!

What differentiates one from the other is how our common, essential nature is overlaid with personal history, geography, culture and life experiences. All of these give shape and form to what we call our personality and it is our personality that tends to dominate our presence in a relationship.

Contrary to what most people believe, personality traits need not remain fixed and unchanging. If we wish, we can change any trait. We can become extroverted if we were once introverted. We can become humorous if we were once humorless. We can become miserly if we were once generous. We can become optimists if we were once pessimists.

To what extent we change our personality traits will depend on how aware we are of them and how determined we are to change them.

RELATIONSHIPS BURNING QUESTIONS, ILLUMINATING ANSWERS!

For many people, the notion of soul mates is explored mostly through personality traits. When there is great compatibility on the level of personality, it makes it easier for both partners to go deeper into and experience the core layer of being, that fundamental layer in which we are all one. That experience is indeed a wonderful and powerful experience. It is as close as we can get to being who and what we naturally are – love!

In a sense, this is what we are all seeking – that deep, penetrating experience of being our essential selves. We don't all need to have a soul mate or a highly compatible partner to be able to have such an experience.

Many people are able to have such experiences through the work they do or by living close to the land, or through music and art or by meditating. And in fact, all of us would have had some experience, if only a fleeting glimpse, of our fundamental, most natural, loving and free nature when we unexpectedly encounter something of extraordinary beauty like a sunset or an ocean of glaciers or a rainforest or a newborn baby.

But such fleeting experiences don't seem enough. We want more and why not? Is seeking a soul mate the way to do it? Is a relationship the way to do it?

You have to understand that for you to experience the greatest joy, freedom, power, peace, passion and energy, you will have to cut through the layers of personality which you have acquired from early childhood.

These layers of personality hold many blocks to the free flow of energy and love. Of course, not all layers of our personality hold blocks but many do. And these are the very blocks that stand in your way and in the way of a joyous, passionate relationship with your partner.

Now, I don't wish to sound as if I am giving personality a bashing. It, in itself, is *how we uniquely express ourselves*. But we must recognize that it is not our personality that needs to be expressed but our natural state of infinite power, love and freedom that needs to be expressed *through our personality*.

It is rather like a gift we give someone. The gift is just a way we express our love and appreciation. In the same way, we should aim to use our personality to express what we truly are because it is in this expression that we feel the greatest love, joy, freedom,

RELATIONSHIPS
BURNING QUESTIONS, ILLUMINATING ANSWERS!

power and passion. In short, let your personality serve you instead of becoming a slave to it!

Someone who can help us express, or at the very least, does not prevent us from expressing, our true nature is what we want to find in a partner. Whether you call such a person a soul mate hardly matters!



Practical Steps Stop! Don't skip this! Do it Now!
Finding out about Soul Mates and making Personality changes



Do some research. Find out about soul mates, personality and successful relationships. Weigh all the information carefully and as objectively as you can. Try to see how they relate to your own experiences.



Do some self reflection. What personality traits do you have that most help you feel and express joy, passion, freedom, love, peace? What traits least help you express them?

What traits encourage you to express anger, jealousy, guilt and other unpleasant thoughts and feelings? What traits discourage you from expressing these?



Choose one aspect of your personality that you think would be useful to change. Decide what you would like instead. Focus your thoughts and attention on it and take whatever action you are guided to take.

Conclusion

YOU HAVE BEEN through quite a journey here! Congratulations for making it this far. There has been plenty of food for thought and numerous practical steps you can take toward becoming the kind of partner you wish to attract or to continue your relationship with.

Expect wonderful things and you will attract them into your life if you make them your dominant point of focus and attention.

Go easy and gently with yourself. You are in a marvelous, awe-inspiring journey of awakening to true love, joy, passion, power and peace! Too much too soon may overwhelm you. So go gently, go with ease and trust in the journey!

Love always
Lucy

PS If you've read this ebook in one sitting and are now about to put it away and forget about what you've read, please don't!

Go over it again and again because, although it may be short and simple, there are powerful truths in it that could completely transform your relationship or the way you choose a partner if you give them thought and allow them to guide you!

At least check out these 'truths' for yourself. Don't let this ebook be another book that you 'consume' without further action!

Do something different if you want to experience something different!

Let today be the day you become a conscious creator of the relationship you truly desire!