

# *VERHOUDINGS*

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*BEAUTY IS LIFE WHEN LIFE  
UNVEILS HER HOLY FACE*

*BUT YOU ARE LIFE  
AND YOU ARE THE VEIL*

*BEAUTY IS ETERNITY GAZING  
AT ITSELF IN A MIRROR*

*BUT YOU ARE ETERNITY  
AND YOU ARE THE MIRROR*

*KAHLIL GIBRAN*

# *RELATIONSHIPS*

ARE REALLY ABOUT THE  
UNIVERSAL LAW OF  
ATTRACTION:



TO THOSE WHO *HAVE* MORE  
WILL BE ADDED UNTO THEM

AND FROM THOSE WHO  
(THINK THEY) *HAVE NOT*

FROM THEM EVEN THE LITTLE  
THAT THEY HAVE WILL BE TAKEN AWAY

SO FIRST OF ALL  
BEGIN BY REALIZING:

YOU ARE CREATION'S  
FIRST AND LAST CHANCE  
TO BE YOU

THIS AFFIRMS YOUR TRUE BEING  
AND YOUR PLACE IN THE UNIVERSE

LOVE YOURSELF

BASK IN WHO YOU ARE  
THAT'S MORE THAN ENOUGH  
THIS MAKES YOU TRULY ATTRACTIVE

**CELEBRATE *YOURSELF***

JUST AS YOU ARE TODAY  
THAT'S ALL YOU REALLY NEED  
AND EVER NEED TO BE  
THIS MAKES YOU TRULY DESIRABLE

**LOOK AROUND YOU**

AT EVERYTHING YOU ALREADY HAVE IN YOUR LIFE  
THIS MAKES YOU TRULY IRRESISTABLE

**THEN ATTRACT MORE OF  
EVERYTHING YOU LOVE**



**YOUR BODY**

IS A GREAT AND SACRED TEMPLE  
EACH OF YOUR SENSES IS A MIRACLE IN ITSELF

THE AIR YOU BREATHE - IT'S ALL AROUND YOU  
IT FILLS UP YOUR CHEST - AND CARESSES YOU ALL OVER

**ALL THE BEAUTY AND THE GRACE IN THE WORLD**

ROMANTIC MOONLIGHT  
AND STARLIGHT

**THE GENEROUS SUN**

# THE WONDER OF THE WHOLE OF GOD'S CREATION

*FLOWERS AND FRUIT  
TO NOURISH YOUR BODY AND SOUL*

LIFE-GIVING RAIN  
AND WATER ON YOUR SKIN  
RIVERS AND STREAMS TO BATHE IN  
**THE OCEAN**

THE SACREDNESS OF TREES  
AND LUSH FORESTS



**THE MAJESTY OF MOUNTAINS**

**THE MAGIC OF THE SEASONS**

THE MYSTICISM OF WIND AND CLOUDS

*THE RICHNESS OF THE EARTH*

*THE AWESOME GRANDEUR OF THE UNIVERSE*

# CULTIVATE GRATITUDE

FOR SO MANY "SMALL" EVERYDAY  
JOYS AND DELIGHTS

ALL YOUR COMFORTS LUXURIES AND PLEASURES

THE WEALTH OF  
CULTURE AND KNOWLEDGE AVAILABLE TO YOU

ENCHANTING MUSIC  
BEAUTIFUL PARKS  
BIRDSONG

THE LOVE OF FRIENDS AND DEVOTED PETS



PEACE AND QUIET

THE FRESHNESS AND INNOCENCE OF CHILDREN

THE HOST OF ANGELS WHO GUIDE AND PROTECT YOU

THE OCEAN OF DIVINE LOVE  
THAT SUSTAINS YOU AT ALL TIMES

LAW OF ATTRACTION  
AFFIRMATION:

**I AM A BELOVED CHILD OF GOD**

**AND A PRECIOUS PART OF THE UNIVERSE**

I AM CONNECTED TO THE DIVINE  
SOURCE OF LIFE

LOVE FLOWS THROUGH ME  
INTO THIS WORLD



I LOVE MYSELF BECAUSE I AM  
A SACRED EXPRESSION OF LIFE

**THE PARADOX IS YOU CAN ONLY LOVE AND BE LOVED  
WHEN YOU HAVE MADE PEACE WITH YOUR ALONENESS**

# NOBODY CAN GIVE YOU ANYTHING

THAT YOU HAVE NOT ALREADY  
GIVEN TO YOURSELF

for example

A SENSE OF BEING LOVED  
AND LOVABLE



THE FINAL WORD ON YOUR PATH  
TOWARDS ENLIGHTENMENT

AND THE REALLY BIG LIFE LESSON

TO LEARN IN THE CLASSROOM OF ROMANCE:

THE STORY OF YOUR RELATIONSHIP  
TELLS YOU

*EXACTLY WHO YOU ARE*

# WHO DO YOU THINK YOU ARE?

HALF A PERSON?  
NOT GOOD ENOUGH?  
UNLOVABLE?  
BAD?



IN MORE SPIRITUAL LANGUAGE:

YOUR EXTERNAL MARRIAGE

(YOUR MOST INTIMATE RELATIONSHIP)

*IS ONLY A REFLECTION OF YOUR  
SACRED INNER “MARRIAGE”*

that is

**YOUR INNER WHOLENESS**

YOUR RELATIONSHIP TO LIFE

AND YOUR MOST IMPORTANT RELATIONSHIP:

**YOUR RELATIONSHIP TO YOURSELF**



# YOUR RELATIONSHIP WITH YOUR HIGHER SELF

IS REALLY YOUR RELATIONSHIP  
WITH GOD

BECAUSE YOUR HIGHER SELF IS

THE PART OF GOD  
THAT IS PART OF YOU



THAT IS WHY YOU NEVER WORK  
ON “THE RELATIONSHIP”

OR ON TRYING TO CHANGE  
HIM or HER

WHAT YOU DO WORK ON IS FIGURING OUT  
HOW TO

**BE AND HAVE IN ABUNDANCE**

WHAT YOU WANTED  
FROM THE RELATIONSHIP

REMEMBER:

IF YOU BELIEVE AND LIVE IN THE ABUNDANCE OF LOVE  
YOU WILL RECEIVE MORE LOVE

# GIVE TO YOURSELF

WHAT YOU WANTED  
FROM THE RELATIONSHIP

## RECEIVE FROM GOD

WHAT YOU WANTED  
FROM THE RELATIONSHIP

## RECEIVE FROM THE WHOLE WORLD

WHAT YOU WANTED  
FROM THE RELATIONSHIP

WHEN YOU REALIZE  
THAT YOU DON'T NEED TO  
BE LOVED



**BECAUSE YOU  
ARE LOVE**

THIS WILL ENABLE YOU TO FOLLOW  
THE RULES  
OF ROMANCE:

# THE RULES

## 1. HAVE A LIFE OF YOUR OWN

TAKE RESPONSIBILITY FOR YOUR OWN FEELINGS AND YOUR OWN GROWTH - BEHAVE LIKE AN ADULT  
YOUR BELOVED IS NOT YOUR PARENT YOUR THERAPIST OR YOUR SAVIOUR  
REMEMBER THE 10%-90% PRINCIPLE - YOUR RELATIONSHIP CAN ONLY FULFILL 10% OF YOUR NEEDS  
YOU WERE BORN WHOLE AND HAPPY (OR FAKE IT TILL YOU MAKE IT)  
EXPECTING TOO MUCH IS THE KILLER OF ROMANCE  
DONT BE NEEDY

## 2. KEEP IT LIGHT

GIVE LOVE WINGS TO FLY - IF YOU LOVE SOMETHING SET IT FREE  
YOU CAN'T FORCE ANYONE TO LOVE YOU OR LOVE YOU MORE - IT MUST BE THEIR CHOICE  
REMEMBER THE UNIVERSAL LAW OF FREE WILL  
YOUR BELOVED IS NOT YOUR POSSESSION - YOU CAN'T CONTROL THEM ANYWAY  
DON'T TELL THEM WHAT TO DO  
DONT TRY TO MAKE THE RELATIONSHIP WORK OR MAKE ANYTHING HAPPEN  
DONT FORCE

## 3. BE UNAVAILABLE

JUST LIKE GOLD, ANYTHING IS SEEN TO BE PRECIOUS IF IT IS IN SHORT SUPPLY  
SAY NO SOMETIMES - NICELY!  
REMEMBER THE HEART OF ROMANCE IS DESIRE - IF YOU OWN SOMETHING ALREADY YOU CAN'T DESIRE IT ANYMORE  
IF THERE IS NO MORE CHALLENGE THERE IS NO MORE EXCITEMENT  
BE LIKE AN ELUSIVE BUTTERFLY - KEEP THEM HUNGRY FOR MORE OF YOU  
DONT SMOTHER OR OVERFEED



## 4. BE MYSTERIOUS

ROMANCE CAN ONLY FLOURISH WHERE THERE IS UNCERTAINTY  
IF YOU ARE TOTALLY PREDICTABLE AND TRANSPARENT, YOU ARE BORING  
KEEP THEM GUESSING - DON'T TALK THE RELATIONSHIP TO DEATH  
DONT TALK TOO MUCH IN GENERAL - ACTIONS SPEAK LOUDER THAN WORDS ANYWAY  
DONT WEAR YOUR HEART ON YOUR SLEEVE

## 5. LOVE AS GOD LOVES

ALLOW YOUR BELOVED TO BE WHO THEY WANT TO BE  
GIVE THEM WHAT THEY NEED - A RELATIONSHIP IS A PLEASURE BOND  
VALIDATE THEIR OPINIONS SUPPORT THEIR DREAMS RESPECT THEIR VALUES AND PRAISE THEM  
REMEMBER NOBODY ACTUALLY FALLS IN LOVE WITH YOUR BEAUTY - THEY FALL IN LOVE WITH THEIR OWN  
BEAUTY AS REFLECTED IN THE MIRROR OF YOUR EYES  
DON'T EXPECT THEM TO CHANGE  
DON'T MAKE YOUR BELOVED WRONG

## 6. DON'T ACCEPT ANY FORM OF ABUSE

MAINTAIN HEALTHY BOUNDARIES AS DICTATED BY SELF-LOVE  
DON'T MAKE EXCUSES FOR INEXCUSABLE BEHAVIOUR - YOU ARE NOT THEIR PARENT OR THEIR THERAPIST  
REMEMBER IF YOU GIVE AWAY YOUR LOVE FOR NOTHING IT IS SEEN AS WORTHLESS  
IF YOU ACCEPT SHABBY TREATMENT YOU WILL BE TAKEN FOR GRANTED AND DESPISED  
YOU ARE ENTITLED TO RESPECT AND APPRECIATION  
DON'T BE A DOORMAT

**IF YOU DO SUCCEED IN FORCING INTIMACY  
OR COMMITMENT ONTO SOMEBODY WHO  
IS NOT THAT INTO YOU**

**YOU WILL BE SORRY LATER WHEN THEY  
TREAT YOU BADLY  
OR LEAVE YOU**



THE FINAL RULE AND  
THE BOTTOM LINE:

ITS NOT ABOUT GETTING THE PERSON  
OR ABOUT KEEPING THEM  
**THE PURPOSE OF YOUR RELATIONSHIPS  
IS NOT TO BE HAPPY  
BUT TO SUPPORT YOU IN BECOMING THE PERSON  
YOU ARE CREATED TO BE**

ONLY CHILDREN HAVE A RIGHT TO UNCONDITIONAL LOVE  
FOR ADULTS IT IS A PRIVILEGE AND AN OPPORTUNITY TO DEVELOP CHARACTER -  
THAT IS A BALANCE BETWEEN "MASCULINE" EN "FEMININE" VALUES

COURAGE  
STRENGTH  
INTEGRITY  
SELF-ESTEEM  
EMOTIONAL SELF-DISCIPLINE  
AUTHORITY  
INDEPENDENCE  
INITIATIVE  
POWER

TENDERNESS  
GENTLENESS  
TOLERANCE  
HUMILITY  
EMOTIONAL EXPRESSION  
COMPASSION  
INTER-DEPENDENCE  
FLEXIBILITY  
PATIENCE

THE PARADOX IS THAT IF YOU FOCUS ON YOUR OWN GROWTH TOWARDS  
EMOTIONAL AND SPIRITUAL MATURITY RATHER THAN ON YOUR NEEDS  
*YOU WILL - EVENTUALLY- FIND HAPPINESS IN LOVE*

THE PURPOSE OF RELATIONSHIP  
IS REALLY THE SAME AS  
THE PURPOSE OF LIFE ITSELF:

EXPERIENCING AND RELEASING  
YOUR DEEPEST FEARS AND INSECURITIES



*AND IN THE PROCESS  
DISCOVERING YOUR BEST AND HIGHEST SELF*

*YOU BEAUTY  
POWER  
WORTH  
and  
MAGNIFICENCE*