



Lesson: 9 Don't Get Your Feathers Wet!

Understanding and Creating Healthy Relationships

Throughout much of the program, I've discussed the importance of managing your self and developing your self before you enter into relationships with others. Hopefully by now you've put those lessons to good use and that means its time to begin talking about how to form healthy relationships with others and that's the chief aim of this chapter.

Learning Objectives

1. Understand the meaning and purpose of relationships.
2. Become clear as to when you are, or *are not* helping yourself by becoming too involved with another's situation.
3. Look carefully at why you feel you *need to get involved with another person's life, even when it hurts?*
4. Become clear as to when you are, or *are not* helping *another* by becoming too involved with *their* situation.

The Nature of Relationships

I'm sure you remember our discussions concerning the nature of God from Lesson 1 and Lesson 2. I'd like to take a moment now to reiterate that when I use the word "God" I'm not referring to the anthropomorphic Christian God, which is some old man in the sky with a typewriter tracking all of your so-called sins. When I use the term "God" I am speaking of the Intelligent Creative Force behind this Universe. This is the creative force behind all that we experience as life and as our being. To understand relationships, you must first understand what a relationship emanates from. What are you relating to? Why do you have relationships? So we must begin from the beginning.

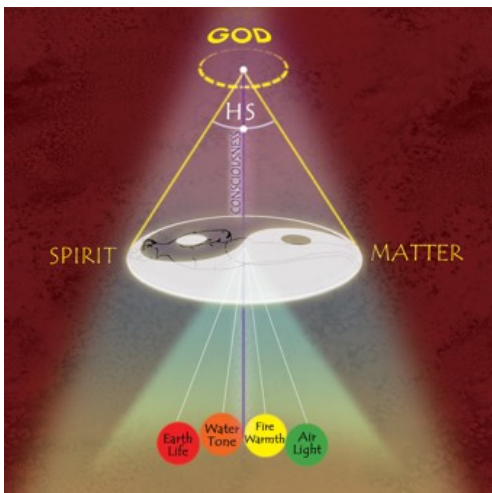


God in the Western sense is Wu-Chi or emptiness in Chinese Taoist terminology. Wu-Chi is not space, not time, not limited in any way, shape or form. Wu-Chi means “without relationships.” So what you know as God in absence of relativity is an existence without relationships.

Now God’s emptiness is not empty in the English sense of the word and many people don’t understand that. God is literally pregnant with energy and ideas just like the number zero is pregnant with the numbers one, two, three, four, five, six, seven, eight and nine. You can’t reach the number one without first going through zero. Zero is the womb of all things countable, just as God is the womb of all things perceptible to human senses.

Now God, as Wu-Chi, becomes Tai-Chi. Tai-Chi is the equivalent of space and time which are inextricably bound together. You cannot have space without time and you cannot have time without space. With Tai-Chi comes polarity – good and bad, virtue and vice, and Yin and Yang as we’ve discussed before.

Why does God move through this process of creation? God steps itself down into relativity as Yin and Yang or male and female so that it may have experiences. The reason God does this is that it must come to know itself since there is no other existence but God. Existence emerges out of pure Yin and Yang as the four elements, earth, water, fire and air, which are the basic relationships behind all physical existence. All living things come from the four elements and spirit. You will notice in the diagram below that



the four elements are coupled with other words. For example, fire is paired with warmth and water is paired with tone. If you remember from Lesson 2, those are called ethers. They are manifestations of spirit. Earth allows life to exist as we know it. Water gives the electro-chemical tone to your blood and body. Fire produces warmth and the warmth manifestation of spirit is what allows you to have thought. A dead body is cold and of course doesn’t think.



The first relationship that God creates with himself is Yin and Yang. The next relationship is earth, water, fire and air, which are the building blocks with their spiritual forms of all physical reality or of all relationships.

Let me put this information a different way. In the diagram on the below, you can see a black circle that says “No-Thing,” which is a representation of God. Now imagine that you had a rubber band in your hand. If you take the rubber band by the end and twist it, you’ll end up with a shape resembling a figure eight. Now you can talk about one loop of the rubber band being larger than or smaller than another. You can see that one loop is to the left or right of the other and so forth. The rubber band still is one entity, but it has identifiable parts that stand in various relations to one another. This is exactly what God does in creation. God begins by wrapping itself around itself and then you have distinct parts that stand in relationships to one another.



No-thing is existence without boundaries. Boundaries are the basis of all relationships because they create distinguishable entities that have the potential to participate in relationships. Many people ask me, “How can no-thing become something?” But this question really only surfaces if you think of the word “no-thing” as meaning the absence of anything. “No-thing” means *no boundaries*, it doesn’t mean *not existing*. If you don’t think that no-thing can create something, next time you get a tax bill in the mail, don’t pay it and I guarantee that

something will happen!

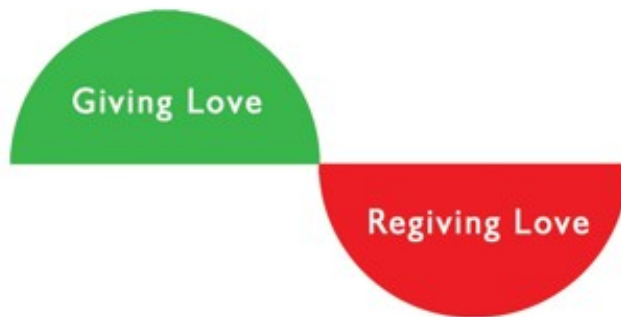
No-thing equals absolute existence. No-thing produces relative existence as time and space. Yin and Yang steps down into spirit and matter, which in turn step down into the four elements and ethers. All things countable are produced from these four elements and ethers. Absolute existence produces relative existence first as space. With space you get



mind projected from which you get the elements and then all living experience – particularly the human experience.

The Love Principle Revisited

The next step in understanding relationships is to review *The Love Principle* as formulated by Walter Russell. Walter Russell describes this principle as giving and re-giving. The fact that you're here as a human being experiencing life means you've been given the gift of life. We are each given the gift of relativity or individual experience – your life. To keep that gift of existence as experience moving and growing in concert with the higher principles that created us, we must re-give of ourselves to other people. As I'm sure you've already found in challenging relationships, many people like the give part of the relationship when their partner is giving, but they don't enjoy the re-giving – the giving of themselves.



The grass lives its life in service to the zebra. The zebra eats the grass and lives its life in service to the lion. The lion eats the zebra and so the zebra re-gives to the lion. The lion, the king of the jungle, one day lays on the ground and the maggots and microorganisms eat his carcass.

So even though the lion is king of the jungle, he re-gives to the little organisms of the soil and the sky. That is the Love Principle. It's very important to remember that in *all* of our relationships, the love principle is in effect. If you don't live according to the Love Principle, your relationships will be stressful and limiting.

You will also experience stressful relationships if you re-give in a pathological manner. For example, someone who loves because they think they're going to get brownie points that will help them to enter heaven is a person that re-gives pathologically. Another example is someone that loves you because you have something they want. Both of these

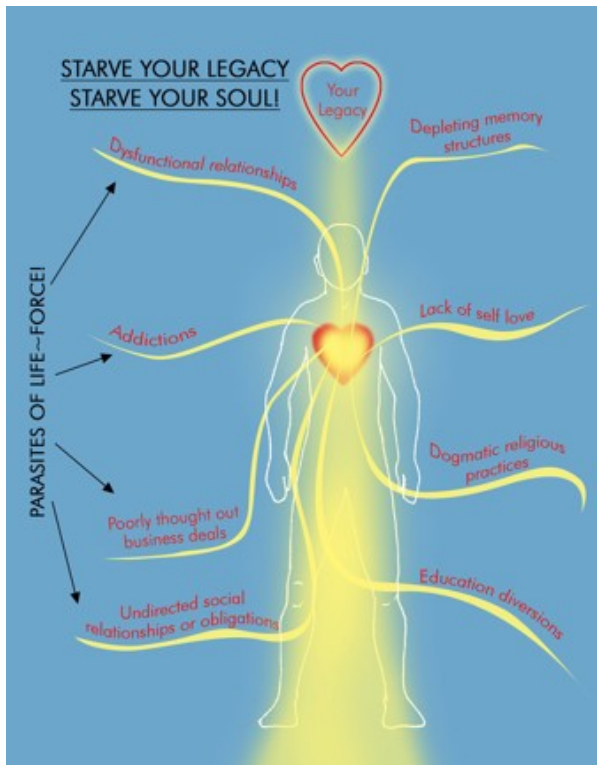


people re-give, but they do so for unhealthy reasons and in ways that are more harmful than healthy.

God's Game

Essentially what God is doing is playing “Hide and Seek” with itself. Imagine that you were the primordial being that has existed in the absolute forever. Think about how bored you would get. I'm sure you've had the experience of telling yourself you're going to sleep in on the weekend and you lay there saying, “God, I wanted to sleep in until 10 and here it is only 8 and I'm wide awake. I need to get up.” Well imagine having the amount of energy that God does. You would definitely want to get out of bed and do something! What God does with its boundless energy is to hide itself within itself and it enjoys finding itself in what you and I know as relationships.

If you get lost in any relationship with another person, you it can be difficult to find yourself, and unless getting lost is what you want, it's up to you to avoid it. Or if you do get lost, you have to enjoy being found. If you allow yourself to get pulled in by any pathological or painful relationship that doesn't serve your legacy or goals, then you are



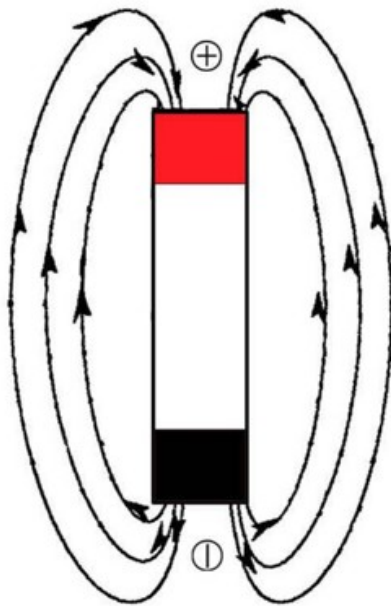
being shunted off on a detour. Do you have the energy to endure the detours that you are taking?

In any relationship it is ultimately up to you to be self-realized and not get sucked into other people's games. Every time you wake someone up with rationality or empathy or leadership, you're doing the equivalent of saying 'You're it!' to God. You've found God hiding in the relationship.

You may be wondering where else God hides. Now that you've reached Lesson 9, you probably have a good idea, but



it's worth talking about in detail. Educational diversions, undirected social relations, saying "yes" when you should be say "no," poorly thought out business deals, dogmatic religious practices, closed loop systems, negative memetic programming, addictions, lack of self love, dysfunctional relationships, depleting memory structures – stress is the number one cause of depleted memory structures. Stress kills brain cells rapidly and destroys short-term memory. Our challenging and painful relationships are like an artist's canvas. They serve as the backdrop upon which we paint our future relationships always with the intention of making someone or something more beautiful each time. That's my dream and of course that isn't what people always do. In every one of my relationships I learn and I grow and it is my highest intent that each person in a relationship with me is offered the opportunity to learn and grow. There are two primary kinds of relationships for a P~P~S Success Mastery Practitioner. There are the relationships that move you towards your legacy, helping you to learn and grow as a person. And then there are the relationships that move you away from your legacy and that you learn the hard way to manage. A P~P~S Success Practitioner will still learn from these kinds of relationships, they're just taking the long way around.



As I've told you in previous lessons, like attracts like. The law of attraction states that you are a living magnet and that you inevitably attract into your life the people, circumstance, ideas and resources in harmony with your dominant thoughts. We also know that opposites attract. Humans generate an energy field with a structure very much like that of a magnetic, with a positive and negative pole. Wherever you have a polarity and energy moving you have an energy field. That energy field will always attract to it what it resonates with. This includes your energy field. In general, you can only attract to yourself exactly what you are. Each relationship is an opportunity for you attract to you what you want and so you must be careful about the



kind of relationships you enter into, evaluating whether those relations will contribute to your legacy and your higher good.

Lock and Key Relationships

So now I'd like to discuss what I call the lock and key of relationships. I'm showing you a picture here of how a pin/tumbler lock system works, which are the most common lock and key systems. As you know, each key has little bumps on it. When you insert a key into a lock, those little bumps lift a series of pins inside of the lock. Only if the bumps on the key lift the pins in the right configuration will the lock open. Any time we're in a relationship with somebody else, one of us has relatively more yang and the other has relatively more yin. Each of us has strengths and weaknesses. When you really get along with someone, you have a lock and key fit. You compliment each other in a way that allows you to unlock yourselves and grow and mature together.

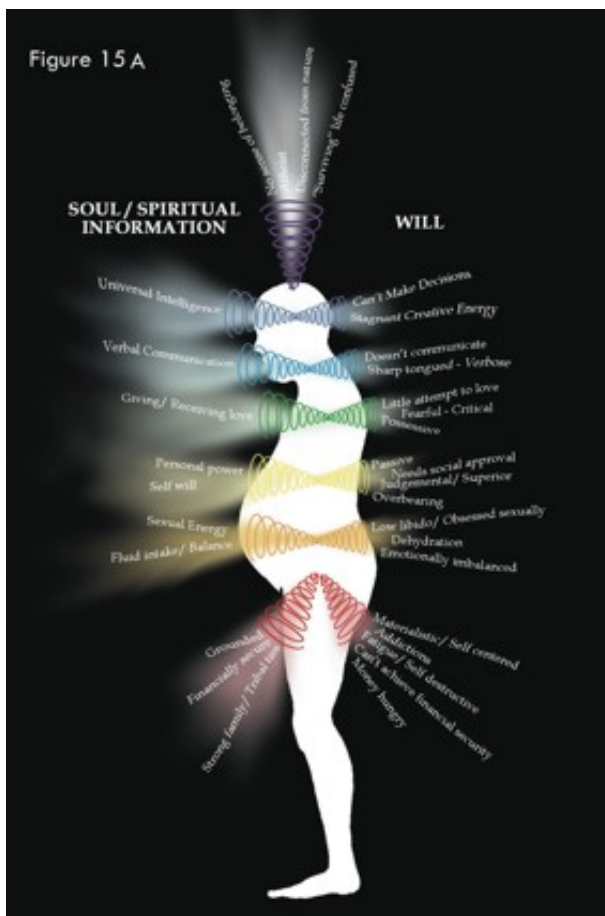


While each relationship has the potential to be a lock and key fit, opening the way for new levels of enlightenment for everyone involved, if you get your feathers wet, if you allow them to get under your skin and you lose track of the relationship, you can get lost personally, professionally and spiritually. This is very common for some people and the typical reaction when this happens is to try to force the relationship so that you get your way rather than effectively negotiating or dealing in the other person's wants, needs and desires. When you force a lock, you bend the key and when you bend the key, you can't fit it in the lock anymore. This is a permanent pathology in a relationship and almost always in relationships where there has been a bent key, there are long term manifestations of the harm created by the forcing. The harm usually shows up as a lock or an engram that we talked about in Lessons 1 and 2. This is your grand opportunity to evaluate your relationship to see whether you have the willingness to learn from your



relationship and to grow. If you continue to force the lock, eventually it will break and relationships are no different.

Here you can see a person whose Chakras are out of balance and you can see the effects of this imbalance in his poor posture and distended abdomen. This person is going to attract partners to him that have may similar problems. The overall level of beings that you attract to you, that will stay in a relationship with you are usually not much more than one note above you or below you, metaphorically speaking.



Each person that you bring into your life in a relationship has their own set of problems and challenges, as well as their own soul journey. It's up to you to remember that to be a good safecracker that there will be some locks that are frozen shut for a reason that may be beyond you at the time. Just keep your feathers together and be sensitive to when you are not being productive and move on gracefully. Don't beat yourself up when the relationship isn't working right. If your relationship just isn't working and you're being honest, but you don't leave the relationship, you are sustaining a co-dependant relation. Often times, when I talk to my clients about these kinds of relations, they will tell me that they maintain their ties to the person because they don't want to hurt their

partner. The problem is that when you do maintain this kind of relationship, you are quietly bleeding yourself and your partner. You're holding yourself back and you're holding your partner back from a relationship with somebody that could be better suited



to them and to you. You are holding the both of you back from personal genuine personal growth and from your respective legacies.

If you look at the picture below, you will see a lifeguard in training. Anyone that has ever done any lifeguard training knows that it is very dangerous to save someone that is drowning because the first thing that they'll do is try to pull themselves on top of you in order to save themselves and this will shove the lifeguard under the water. When someone is drowning in a relationship they are no different. If they are drowning in the emotion of a divorce, drowning in their financial difficulties, or drowning because someone close to them has died, they will try to drag you down with them. They may not do so consciously, but it is part of their survival mechanisms. My goal for you is to help you to learn to identify these sorts of relationships so that you don't get pulled down as well.



Dangerous relationships usually occur because you're not paying attention to the signs and symptoms that indicate when someone needs trouble in order to feel alive. Typically if you look at the parents of these people, they live in the same exact way. It may be that at this point in your personal evolution you yourself need trouble in order to feel alive and this may be the root

source of your dangerous relationships. People also find themselves in dangerous relationships because they talk more than they listen in their relations. These are the same people that often force the key in relationships as I described above.

The Real Meaning of Evolution

In any relationship you are either gaining or draining. If you're not clear about whether you are gaining from your relationship, look to see if you're draining each other. If you are and you continue, the result is personal devolution or regression. If you can be honest



and open in expressing your wants, feelings and needs with another person, the chances are good that your joint efforts to overcome the challenges in your relationship will result in evolution.

By definition, evolution means from little to big. Anybody that's living a physical life here as a spiritual being is here to learn and grow, which means that you become more capable of love and less egotistical. First you fall in love with yourself and then you learn to effectively love others.

I recognized one day, quite by chance, that the word "evolution" read backwards contains a message. If you read "evolution" backwards, the word says "no it you love." Evolution is to grow through your own ego to the point that you don't need to identify with any particular "it." When you are evolved, you will be able to see the beauty in anything without feeling the need to attach yourself to any particular person, movement or place. This is when you become a lover. Love is the greatest solvent. Anyone that is truly in love with life and knows how to love in life perpetually evolves by dissolving their own ego. The person whose consciousness rises to the fourth chakra is in a "no it you love" state. That is true evolution.

When people can't or aren't willing to find the solution to the challenges present in a relationship, devolution occurs. "Devolution" read backwards says "no it you loved." Notice that "love" is now in the past tense: "no it you *loved*." The person that has devolved has never really learned to love anybody because they've never learned to love themselves. You've probably heard the saying, "if you love them, let them go." Any good relationship is about friendship and not ownership. It's an act of love to let someone evolve on their own without interfering or being self-destructive.

How can we find love in all relationships? Each relationship offers us three potential experiences:

- 1) The mirror
- 2) The crystal ball
- 3) The angel



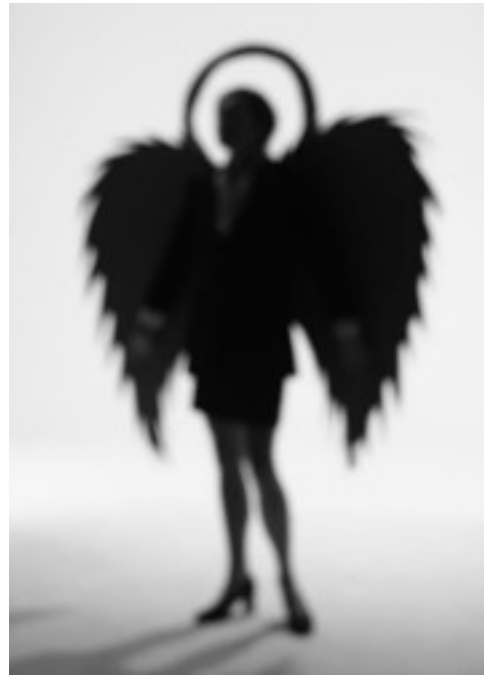
Every single person that you have a relationship with will mirror pieces of yourself back to you. If you don't like someone's behavior or you don't like someone for any reason, the chances are good that you are seeing a part of yourself that you have yet to resolve in your own evolution. You will know that you have resolved that part of yourself if you don't agree with their behavior, but you feel empathetic towards them because you yourself remember a time in your own life where you exhibited that behavior, yet overcame it through your own growth and development.



Each relationship is a crystal ball. If you rub a crystal ball, you can see the future. If you look at the behavior of another person in any relationship you're in, they're always showing you what your life will look like if you adopt that behavior. It is the crystal ball that helps you identify the angel. Angels are always people that come into your life that are more evolved than you in some aspect, be it mental, emotion, spiritual, personal or physical. There are angels all around you. Remember that the universe always takes from the strong and gives to the weak. If you're a strong,

healthy, vibrant person and you walk into a hospital, instantly the energy is being bled off from your energy field into all of the sick people in the hospital. That's how God set the game up.

There's an important reason why I'm sharing this with you. In order to keep an angel in your life, you must be very respectful of their time and presence. Treat them the way you would treat someone that you want to keep around you from the





rest of your life. Don't let your dysfunctional behavior rise to the surface because angels are very sensitive about the expenditure of their energy. Often times the angel will limit their exposure to people that are much less developed than they are because they have to protect themselves. Usually angels are well-developed people that have respect for themselves. They are sensitive enough to recognize when a relationship is going to become a co-dependent and love themselves enough to terminate such relationships before they can become harmful. To evolve in your own relationships, always view them through the eyes of the angel, the crystal ball and the mirror, and you will have excellent tools for your own evolution.

Seven Relationship Building Tips

1. **Know how much of yourself you can offer to others.** When you're challenged in a relationship, become clear about how much contact you can offer to the other person without getting your feathers wet. There's an old saying that says, "If All of your troubles were hung on a line, you could take yours and I would take mine." That's how life should be, but I'm sure you know that many people want to hang their troubles on your line and if your 3rd Chakra isn't working, you will accept their problems. The prophet Zarathustra said that, "Until you can say 'no,' your 'yes' has no value." Your relationships will give you a fantastic chance to learn how to have a healthy ego. Learn how to love yourself so that you can love others.
2. **Be clear about the purpose of a relationship.** Is the relationship you're evaluating personal, profession or spiritual? Be very careful about turning professional relationships into personal relationships. Remember from Lesson 2, that the average person's spiritual is somewhere between the first and second chakra, which means that most people out there want something from you. It's not they're bad or doing anything wrong, that's just how developed they are. Just know that if you do allow a professional relationship to become personal, you run the risk of finding yourself in a situation in which the relationship can get dangerous quickly, and those people can start to expect things from you for free that you gave them on a professional level.



It's equally important to be clear about your spiritual relationships. If you don't have clearly defined spiritual boundaries, if you don't have a solid living philosophy, then you will attract something into your emptiness and it may not really be something that you want. Commit yourself to an inner life and then no matter what philosophy someone puts in front of you, you'll always be strong enough to see the parts of it that are beautiful and the parts that you have evolved beyond. You will have healthy spiritual relationships and you will also have empathy for people that are caught in dogmatic, closed-loop relationships.

3. **Identify how the God in you can help find more of the God in others.** The God in you is all that is, true, beautiful and loving and the more that you allow those parts of you to shine forth, the more that others will do the same. This is leadership by example. Unless you want to be a professor, it's always better to *show* rather than to *tell* if you want people to learn.
4. **Allow each person to take responsibility for his or her own evolution.** You can't make the grass grow. You can water it, hope that there's enough sunshine and let it do its own thing. Grass is grass and if you give it the right environment, it'll do what its supposed to do. People are no different than grass in this. You cannot make someone evolve. When you evolve your self, you contribute to the evolution of all humanity. Focus on you, get healthy, fall in love with your self and allow each person to evolve at their own pace.
5. **You should love everybody, but you don't have to like them.** There are a lot of people that I just don't like on this planet. I don't like George Bush, but I do love him. He's a human being with a lost soul. I'd love nothing more than to offer this program to him! I love all human beings as my brothers and sisters and as the God in myself. Remember that when you encounter someone that you don't like:
 - a. They may be a mirror, reflecting the parts of you that have yet to evolve.
 - b. They are a crystal ball, demonstrating how you will behave should you incorporate their characteristics into your own behavior.



- c. You may be able to act as an angel for them as long as you can avoid developing a co-dependent relationship.
- 6. Don't be a prostitute!** When you support a bad dream for money or because of money, you will always be in a state of *devolution*. Someone in this situation might say, "I should have left years ago, but I needed the money for the kids." The fact is that this person should know exactly what they've taught their children about relationships. Namely, that it's acceptable to stay in an unhealthy relationship for money. Is that an ideal principle to live by? Get your ego healthy, build your self-esteem and have a dream. The person that has a dream doesn't need a crisis and they don't need unhealthy relationships.
- 7. Practice The Way.** "Practicing The Way" is the Taoist way of saying live and let God. It's all God's game. Focus on your dreams, work on what you see in the mirror, look in the crystal ball, be an angel for anyone you can and treat your angels well. There is an eternal return and doing your part to have healthy relationships speeds that return through enlightenment. Practicing the way means to let life rise up. Watch and manage from detached involvement. If you get swept away by any challenge, you cannot solve it. Keep a clear head, stay focused on your legacy, operate from your heart, and live a life of love.

In Sum

In conclusion, remember that a relationship is nothing more than the absolute existence folding itself around itself to have an experience. That experience is what we know of as a relative existence. Look carefully in the mirror, crystal ball or angel in every relationship. Always do your best to be an Angel, but don't fake it or you aren't helping anybody. Remember that people only respect you to the exact degree that you respect yourself. Like does attract life. Don't be a prostitute unless you enjoy living a life of pain and creating that same kind of life for others. Finally, you don't have to like everyone, but you should *love* everyone.

Thank you for joining me in this lesson! I look forward to sharing with you in Lesson 10: *The Great Polarities*. It's one of my favorite topics and I can't wait to expand further on



the grand illusion we find ourselves in that Hindu philosophers called *Maya*. See you there!