

Conscious Relationship

Andrew Sadock



CONSCIOUS RELATIONSHIP

The Higher Purpose of Relationship

Second of 3 Books in the
ANATOMY OF THE HUMAN FABRIC™ Series

ANDREW SADOCK

Conscious Relationship

The Higher Purpose of Relationship

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By Andrew Sadock

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CONSCIOUS RELATIONSHIP

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All relationships are imperfect – by design ...

And thereby perfect!

For if relationships were perfect

We would learn nothing

About ourselves

Through interaction with others.

The unresolved aspects of our personality

Would not be revealed

And subsequently healed.

** * **

Lessons are imminent.

They are a part of every relationship.

By design.

Lessons are the very reason for relationship.

The very gift of relationship.

PREAMBLE

NOBEL PRIZE-WINNING PHYSICIST RICHARD FEYNMAN observed that matter naturally attracts other matter yet, paradoxically, this attraction shifts to repulsion beyond a certain point of closeness. The essence of this observation applies to all interpersonal relationships.

Beyond a certain point of intimacy, something happens wherein the quest for intimacy consciously and/or subconsciously shifts to a quest for autonomy. Understanding this paradox and what may be done to transcend this challenge provides the key to a couple's lasting happiness, joy, and bliss.

A TRADITIONAL DEFINITION OF LOVE

SINCE THE BEGINNING OF TIME philosophers, poets, artists, scientists, and certainly those actively engaged in the process of relationship have sought to define the true nature of *love*. However, to effectively define *anything* the concept under scrutiny must be broken down to its most fundamental components. This step is the source of great contention as love may be viewed as a feeling, an intention, a manner of speaking, an action, or may include all of the aforementioned characteristics.

Some say love is a feeling – a euphoric cacophony of elation. Some say the feeling of love is more than this, as though a combination of euphoric bliss mixed with the darkest of feelings when the experience of love bears qualities of uncertainty (and all-too-familiar associated emotional reactivity in the form of fear, sadness, anger, worry, closed-heartedness, etc.)

Some say love is an intention. And that since it is underlying desire that creates the reality of love, in essence, that love is nothing more than this underlying intention – i.e., the desire to love is a more significant aspect of a valid definition of love than is the materialized form in which love manifests.

Some say that love is a way of speaking – as the spoken word holds both the creative power of intention coupled with outward expression.

Some say that love is an action, a way of being as expressed through outer conduct coupled with the creative power of intention.

And yet, some say that a complete definition of love contains elements of all the aforementioned definitions.

From a philosophic perspective, the experience of love entails qualities from each definition. Yet, the important question is – how helpful are these definitions when the experience of love seems to go awry? Does definition of love as a feeling, an intention, a manner of speech, an action, or all the above characteristics best help one, or a couple, to understand the core source of conflict between them and promote resolution and subsequent serenity and joy?

Contemporary Western scientists proclaim that objects of love trigger “physiological homeostasis,” bodily feelings of security – i.e, when “in love” we feel a physiological sense of safety based in part upon a perceived sense of certainty, a non-transient stability and security. The sense that all is well is transcribed physiologically by the endocrine system and other cellular systems.

When examined under a microscope, could it be that each of these definitions suffers from inherent limitations when relied upon as a guide to understanding dynamic conflict?

It is said that the path of the “spiritual warrior” is a path of action. This discounts the value of any definition that views love as anything other than highest action (in every moment).

A FUNCTIONAL (HELPFUL) DEFINITION OF LOVE

THE MOST HELPFUL DEFINITION OF LOVE for the purpose of helping you to navigate and resolve conflict in relationship is a definition that succinctly describes *love as the action of supporting another on their highest (most appropriate) path in every moment.* True love is *unselfish* as it considers the well-being of the entirety of the other. True love is *perpetual* as it considers the well-being of the other in every moment. And, paradoxically, true love is inherently self-focused – as what is best for another is best for the self in the long-run.

Integral to this definition is the truth that you may (completely) love another *only* if you (completely) love yourself. This means that your action toward another is truly loving *only* if you are concurrently acting in a loving way toward yourself. Self-love comes first.

Defining love as an action helps us to identify and understand the oftentimes hidden (or disguised) interpersonal dynamics that challenge the ebb and flow of any relationship – i.e., the reasons that relationships may not flow as easily and smoothly as we'd like.

This definition is a key to finding happiness, joy, and bliss—both individually and as a couple.

OVERVIEW

THE 3 PHASES OF RELATIONSHIP

INITIAL COMPATIBILITY

Is the Bait ...

The succulent qualities that consciously draw us

(And subconscious mechanisms that invisibly yet appropriately pull us)

Into relationship.

SHADOW COMPATIBILITY

Is the (So-Called) Trap ...

The aspect of relationship

Where unresolved issues are revealed

And healed

TRANSCENDENT COMPATIBILITY

Is the outcome ...

Enhanced capacity to love!

CHAPTER ONE

THE NATURE OF RELATIONSHIP

The Higher Purpose of Relationship

AT THE CORE OF ALL RELATIONSHIPS is a simple truth. Whether you believe it or not, could it be that the ultimate purpose of relationship is to provide a forum for learning about yourself (and, equally, for the other participant to the relationship to learn about themselves)? Are you open to the possibility that in order to learn most completely about your core self that it is necessary to engage others—in platonic and romantic relationships? The Ancients believed that relationship is the magnifying glass through which to see ourselves more clearly. Relationship is a primary mechanism through which we gain self-awareness. Recall that *the primary purpose for our existence on Earth, here, now, in most succinct terms, is to ... learn (a\k\ a to gain self awareness, to evolve)*. End of story. Sorry if you were hoping for something a bit more glamorous.

Overview of the Mechanism of Interpersonal Dynamics

During the tenure of my holistic (energywork/bodywork/holistic consulting/coaching) practice, I observed that a common source of confusion in relationship stems from the conflict caused by the disparity of initial versus subsequent impressions of a potential mate/co-worker/friend/peer. Initially, we may view another person as “virtually perfect” (attractive, harmonious, etc.). For a while (approximately 90 days), we continue to attach to the idea that the person is almost perfect. We see the good in the person. As we spend more time with the person, we begin to build trust and ... expectation (attachment) based upon consistent behavior. We create the expectation that the person’s behavior (and/or perception) will always mimic (be within the range of) what we’ve seen. But, alas, then comes the fateful day when Mr/s. Wonderful’s behavior suddenly doesn’t seem so wonderful or attractive. At first, we might be shocked by the “sudden” change in behavior or perception—as it seemingly came from nowhere. Pow! And yet, it was pre-ordained to occur at some juncture – by universal design. It wasn’t a question of “if” it would happen but, rather, it was simply a question of “when.” Why? The answer is steeped in paradox.

*The great paradox
Is that the sole purpose of any relationship
Is to learn more about, and transform, ourselves*

The qualities that initially attract us to a potential mate are relatively superficial characteristics that may include outer beauty, intellect, wit, kindness, attractive style, etc.—traits and behavior that we find attractive. These qualities represent the succulent “nectar” (of the Venus Flytrap analogy) that draws us close to another person, and inspires us to stick around (intended pun) over time, especially during periods of conflict. Without the nectar—the overwhelming attractiveness of the other—we would run away at the first hint of unattractive behavior or conflict. And yet, the unattractive behavior—the “reactivity” of the other (as triggered by close relations) is essential for our (and their) evolution. The higher purpose of relationship is to become self-aware through dynamics with other(s). The details of this mechanism are described in the following chapters.

Chapter Two

THE VENUS FLYTRAP ANALOGY

AND HOW IT WORKS ...

Phase 1

INITIAL COMPATIBILITY

Is the Bait ...

The succulent qualities that consciously draw us

(And subconscious mechanisms that invisibly yet appropriately pull us)

Into relationship.

Phase 2

SHADOW COMPATIBILITY

Is the (So-Called) Trap ...

The aspect of relationship

Where unresolved issues are revealed

And healed

THE VENUS FLYTRAP is a unique plant that possesses powerful jaws that preclude escape for unsuspecting insects lured into the center orifice of the plant (a/k/a the “mouth” of the plant) by succulent, irresistible nectar. Once the insect is inside the plant’s *mouth*, the “jaws” of the plant shut, preventing escape by the insect (i.e., dinner).

The Venus Flytrap serves as an effective analogy through which to understand the mechanism (and higher purpose) of any relationship.

Entire Plant = Overall Interpersonal Dynamics

The Venus Flytrap plant represents the entirety of dynamics between you and another party to any platonic or romantic relationship. Two key mechanisms of the dynamics of relationship are represented by the *nectar* and *jaws* of the plant.

Nectar = Attractive Qualities (a/k/a Bait, Glue)

The colorful, aromatic, and succulent nectar of the plant—located just inside the “mouth” of the plant – is, initially, the irresistible bait that causes flying insects to approach the plant. Symbolically, the nectar represents those attributes we find potentially attractive in a potential mate for romantic relationship and attributes we find attractive in a platonic relationship (such as friend, acquaintance, or associate). In the case of romantic relationship, the nectar represents the attractive magnetism of tangible (physicality and sexuality) and intangible beauty (mentality, emotionality and spirituality). Initially, nectar is what brings romantic couples and platonic parties together. Later in the course of the relationship, after “conflict” has ensued, nectar is the glue that keeps the parties from simply running away.

The stickiness of the nectar (of the Venus Flytrap) represents the magnetic, attractive force of another person. The nectar is the force that hooks us, and keeps us hooked, to another person even when engaged in unpleasant conflict. The more attractive the qualities of another person—their perceived aesthetic beauty, intellect, caring (heart), strength, creativity, etc.—the greater the “stickiness” of the attraction. Why is “stickiness” helpful? Because when the “fit hits the shan” (when conflictive issues arise), rather than run away, the parties to the relationship will try to work things out—i.e., they will attempt to resolve the

fundamental life lessons that must be resolved to preserve the integrity of the relationship – as they feel great attraction to the other person, but for the conflictive issue.

Nectar – Careful What You Ask For!

Of course we all prefer to attract a lover, boss, and friend who presents minimal conflict. We all prefer to attract great initial beauty and harmony. But, is there a down-side to manifesting great initial nectar (i.e., initial magnetic attraction)?

The paradox of nectar/attraction follows ... The stickier the nectar – i.e., the greater the degree of initial attraction – the greater the likelihood that subsequent conflictive issues with the individual (revealed after ninety-days of relatively continual communication) will also be of relatively great degree. Why is this? Because natural order (a/k/a the universe, God, etc.) gives us precisely what we need in any given moment – no more, no less. It gives us what we need on a less-is-more basis. It is precisely efficient and frugal. So, if we need a great quantity of initial attraction (bait), this infers that a great quantity of “glue” will be needed later – when great conflict/disharmony ensues.

In other words, the greater our initial attraction to the other person, from a physical, mental, emotional and/or spiritual perspective, the likelihood of the more challenging lessons to be learned through association with that specific person. The more attractive person (from our perspective) is laced with greater probability to push our buttons at a very deep subconscious level. This is wonderful from a healing (spiritual/energetic) perspective, as this will accelerate our healing – yet from an ego perspective this might not be much fun (understatement!) due to subjective pain and suffering when our unresolved subconscious issues are triggered. So ... careful what you ask for!

The 90-Day Rule

*At 90 days into any relationship,
The “other” (unforeseen) side of the personality
Is revealed (by both parties)*

The Venus Flytrap analogy is most applicable when individuals are in continuous (and relatively “close”) contact for approximately 90 days (three months – sometimes described as the “honeymoon” period). Note that trust takes approximately 90 days to attain at a subconscious level. Close and

continuous contact translates as maintenance of patterned communication wherein the intention of the relationship is to progressively enhance understanding and synergy (e.g., new couples, newly-acquainted workers, family members and/or friends see, call and/or text one another a few times per week, with the intention of eventually growing closer as a couple, working team, family member or friend, respectively). The 90-Day Rule specifies that something occurs at 90 days into any relationship—regardless whether romantic or platonic. Technically, at approximately 90 days into any continual relationship (again where there is an intention to grow closer), the shadow aspect of personality (ego) reveals itself from deep within the subconscious mind – as a reaction to the intention, words and/or actions of the other party to the relationship. This is the “other side” of the other-party-to-the-relationship’s personality that we could not foresee. This may manifest as emotional reactivity in the form of anger, sadness, fear, worry, etc.

Perhaps you have experienced a similar pattern. Have you observed that the initial 90 days of any relationship tend to be joyous, lustful (in the case of romantic relationship), peaceful, and harmonious? Yet, have you ever observed a change in patterned dynamic roughly three months into any relationship, such as a sudden change in the mood of the other party (e.g., lover, boss, co-worker, family member, new friend?) Did the sudden change manifest as emotional reactivity in the form of anger, sadness, fear and/or worry? Or running away (and/or blaming)? Or clinging? These are common examples of how others may react to us, and we to them—at 90 days into relationship, when the shadow aspect of the personality begins to reveal itself. Note that such triggered emotional reactivity is by universal design – it’s a good (and essential) phenomena. Why? Again, we evolve by unburying prior wounds buried deep in the recesses of the subconscious mind. The continual behavior of others to whom we relate, causes us to again feel emotions (and energies) buried deep in the subconscious mind. Hopefully, unlike before when we felt the emotion, we don’t bury the emotion but, rather, face it and resolve/release the emotion in a healthy, conscious manner [see *Voice of the Soul: A Call to Action*].

Why is it that we are not to know the (first-level of profound) mysteries of those we relate to for 90 days? Could it be that the reason we must wait is two-fold? Secondarily, so the glue of “beauty” has time to set, so we do not run away from relationship when difficult issues arise; and, primarily, so that we learn the profound lesson of patience?

The Ancients considered the lesson of patience to be among the three great virtues to be attained. Hence, mastery of the lesson of patience is a crucial step for your evolution. According to the *Tao Te Ching*, a Chinese book of profound wisdom, the other great virtues are simplicity and compassion.

What if we could manifest anything we desire, *immediately*? If so, we would not have the opportunity to learn the lesson of patience, as we would never need to be patient. So, by grand design, could it be that a 90-day incubation period is programmed into the grid of our collective psyche and, commensurately, programmed into our resultant material experience, if for no other reason, to enable us to master the lesson of patience?

At a subconscious level, 90 days is the *minimum* incubation period required for *profound* (and lasting) transformation. For example, it takes (approximately) 90 days to achieve a modicum of profound healing while grieving a severed relationship. And, it takes 90 days to initially meld into a new situation (at work, relationship, friendship, etc.)

Jaws = Lessons Presented

*Mastery of lessons
Triggered by relating to others
Is the higher purpose of relationship*

The nectar of the Venus Flytrap symbolizes the attractive bait that magnetically draws people together. And, ultimately, if the attraction is strong enough, the nectar serves as the glue that helps to keep people together during challenging times – i.e., when challenging lessons prevail. For the initial 90 days of relationship, given consistent communication, the jaws of the plant, symbolizing forthcoming lessons, ever-so slowly close. This represents the initial seeding and eventual gestation of our triggered reactivity to the intention, words, and actions of the other party – which “push our buttons.” At approximately 90 days, each party to the dynamic experiences at least a bit of emotional reactivity to perceived “contrary/resistant” intention, words, and action of the other party. Typically, such resistance (i.e., pre-conflict) is completely unforeseen – as though it was disguised and/or purposely hidden from view until ... wham, bam ... it’s too late and the conflict engulfs you and the other person (mate/friend/boss/peer/family member). Suddenly and unexpectedly “conflict”

ensues between the parties. Resolution of such conflict furthers our self-awareness and the self-awareness of the other party. Resolution may result in dissolution or strengthening of a relationship. This is of secondary importance when compared to the primary purpose of relationship – again, to gain self-awareness. What’s most important is that each party evolves – i.e., gains self-awareness through interaction.

Only through subtly or not-so-subtly provoked reactivity – a triggered re-experience of previously buried emotions – can we fully evolve. Thus, thank those who cause you to experience challenging feelings – as they are helping you to grow. In this sense, “your greatest nemesis is your greatest teacher” – as the “nemesis” causes you to react, i.e., to feel unresolved emotions that to be healed must initially be revealed. In this manner, your “nemesis” accelerates your evolution as s/he triggers you to feel previously buried emotion(s).

The Insect

The insect symbolizes the naïve, innocent individual who becomes attracted to another individual, be it from a romantic or platonic perspective. The insect is baited by the beautiful nectar of the Venus Flytrap – only to become stuck in the succulent stickiness of the nectar which keeps the attention of the insect until the jaws of the Venus Flytrap close on the insect – barring escape. Symbolically, the insect in this analogy represents us when we fall for the initial beauty of another – whether romantic or platonic, and such attraction serves to hold us in the interpersonal dynamic for at least approximately ninety days, when not atypically the lessons to be learned in association with the other person, begin to reveal themselves. Thus, the insect is the individual who inadvertently (from a conscious perspective) yet subconsciously attracts appropriate lessons through association with another person.

The 90-Percent Rule

This “rule” was devised in response to numerous holistic healing sessions (energywork/bodywork/holistic consulting/coaching) in which clients expressed that, regardless of substantial conflictive issues, they hoped to keep their relationships together – as their significant other was such a “great [guy or gal].” They unanimously expressed that although significant issues existed, they couldn’t imagine leaving the relationship, as they still felt great attraction

(physical, mental, emotional and/or spiritual) to the other party. Note that in some cases the clients were enduring borderline emotional abuse or other (very) unhealthy, persistent conditions, yet repeatedly expressed reluctance to dissolve the union – again, as the other person was “such a good person” on so many levels.

In essence, numerous clients were unwilling to *consider* letting go of relationships even where incompatibility (no chance of healthy, mutual resolution) had become visible and obvious. They didn’t want to let go. This precluded objective acknowledgment and resolution of conflict. And thereby precluded an opportunity to ... learn (again, the primary purpose of relationship).

As an example, I worked with a woman, Mary (not her actual name), whose knees had swollen to the size of grapefruits. She was virtually unable to walk. A holistic (energetic) diagnosis suggested that she was in an unhealthy situation with a man. In bodymind diagnosis, knee issues suggest that the body wants to “run” away from a relationship, but the ego stubbornly (i.e., fearfully) refuses to do so. I suggested they consider couple’s therapy. She refused. A year later I was told that Mary was bed-ridden, unable to walk, as her knees had yet again enlarged. A few years later I was told that Mary’s knees were fine – that she was mobile and relatively happy. She had left the abusive relationship with her untreated alcoholic partner. Apparently she had enough and somehow gained the faith that the universe would help her if she did the right thing (in this case, given that her mate was unwilling to resolve his drinking/abuse issues in therapy, the obvious prudent action was to take space from the relationship or, at least, to take shelter elsewhere until issues were mutually resolved). Initially she was afraid to leave him – as she described him as a “great guy ... but with a drinking problem.” In time she gained the faith to trust the universe, given his refusal to engage in self-healing and therapy. He was (and remains) 90 percent wonderful – but the 10 percent margin of unresolved internal conflict rendered their relationship futile beyond an initial period of learning. They no longer could bring one another supportive lessons. It was time for Mary to leave. And time for her partner, if need be, to “hit bottom” – so he would finally realize he must initiate a process of healing ... or live an unhealthy, empty life which would likely manifest in premature illness and, eventually, death. Note that Mary and her mate could, in theory, re-visit relationship, after an adequate period of time of mutual self-healing, if they so chose. For whatever reason, as a couple, they did not support one another’s evolution. So, of course, the relationship fizzled –

as supporting one another's growth is the sole purpose of relationship (and supporting one another's growth, in each moment, is tantamount to ... true love).

Letting Go

Of course, stereotypically, letting go of an unresolve-able relationship – be it with a lover, boss, work peer, family member or friend – is not much fun, from the perspective of the ego. Yet, note that the soul regards letting go as a valuable lesson, when appropriate – i.e., not premature escapism. In fact, letting go is among the greatest lessons to be learned. Each of us is given the opportunity to master the lesson of surrender/letting go as we age. As we age we have many opportunities to master the lesson of loss. Paradoxically, if everything is impermanent (except the Absolute – i.e., God, Buddha, Jesus, Mohammad, Allah, Krishna, etc.), such that – in the long-run – attachment is a futile exercise, then why attach at all? In other words, why do we spend the initial forty-two or so years [see “Timing” in *Encyclopedia of the Tao: A-to-Z*] of life progressively attaching to tangible things (spouse, children, house, car, career, etc.) and intangible ideas (information, romantic attachment, friends – i.e., platonic attachment, etc.)? The answer is a paradox (of course!) ... we can only learn to let go (of attachment) if we have first attached to things and ideas. Otherwise there is nothing to let go.

Letting go may be described as “ego-death,” as the ego clings to homeostasis, i.e., certainty – which doesn't exist (as all is impermanent – except the Absolute). So when ego experiences letting go of its attachment to a tangible thing or intangible idea, it experiences feelings associated with death and grieving (pain, fear, worry, sadness, etc.).

The 90-Percent Rule and Faith

Ego holds zero faith. Soul holds infinite faith. Herein, faith is defined as innate understanding/knowledge/belief that the universe will give you precisely what you need, in each moment ... to evolve (as, again, we exist for the primary purpose of ... learning self-mastery). *The universe abhors a vacuum*. Translation – the universe will always give us exactly what we need, the “props of experience” (people, objects, and events that we interact with), when needed (when appropriate to learn a specific lesson), as these are requisite substrates of experience and subsequent mastery of life lessons. Faith acknowledges that appropriate relationships will always manifest – for otherwise we could not

grow/evolve. We take one step to manifest an appropriate relationship, and the universe takes ten steps to support us – but only if the relationship is essential for our growth and self-mastery. The universe does its best to push away inappropriate relationships – by presenting signs via dreams, intuition, and synchronicity – but fortunately, and unfortunately, universal will may be overcome by personal will (leading to “tough” lessons that otherwise could have been averted). The good news is that all situations and conditions are positive – as long as all experience is consciously observed and, thereby, viewed as an opportunity to learn. Faith empowers us to understand and trust that the universe will always provide props of experience that support opportunities for learning self-mastery. Given faith, we can (relatively) comfortably let go of an incompatible (i.e., unresolve-able) relationship – as we know that an appropriate person will come along ... to trigger our eventual evolution. I explained the concept of faith to clients, which helped them to find the courage to be willing to accept truth. Thereby they eventually became willing to objectively acknowledge issues with the understanding that the other person, although “90 percent” attractive – presented serious issues which could not be ignored for fear that acknowledgement might ultimately dissolve the relationship. They didn’t understand that to truly love someone, you must be willing to let them go, and you must be willing to do what’s best for yourself. With such courage, issues can be faced and resolved – culminating in enhanced self-awareness for both parties and, hopefully, the secondary benefit of a strengthened union with a significant other.

In sum, 90 percent of any person we are attracted to is “wonderful,” or we would not have initially been attracted to the person – but the 10 percent margin, the reactive aspect of their (and our) personalities – is the dynamic aspect that matters most as this is the womb of the opportunity for mutual learning.

Conclusion

Note that relationship is not about trying to “fix” another (their behavior and thoughts) but, rather, the higher purpose of any interpersonal dynamic is to learn to identify our own dysfunctional, limited thoughts, words, and actions—so we can transcend (understand and release) such behavioral patterns. To accomplish this, catch yourself should you try to point the finger of blame at another. Rather, take complete responsibility for the situation you are in, for it was your choice to participate in the experience of triggered shadow personalities. Give it your best effort to resolve issues with the other party. Yet be certain to exercise

discernment whether to stick around to work through issues or to walk away (in the case of emotional and/or physical abuse, or when dealing with someone who persistently refuses to try to work through issues).

A Paradox Regarding the Proverbial Perfect Mate (i.e., “Soul Mate”)

*Paradoxically
If a perfectly-harmonious mate existed
And so never triggered us
To re-feel buried emotion and energies
We would not evolve –
Or would evolve ever-so slowly
So
Is the perfectly-harmonious mate truly perfect for us?
Fortunately a perfectly-harmonious mate does not exist!*

Of course we all consciously hope to find perfectly harmonious relationships (at a physical, mental, emotional and/or spiritual level) – with a spouse, boss, peers, family members, and friends. We consciously seek flawless, eternal nectar ... without conflict (i.e., without the jaws of the Venus Flytrap – the lessons). Contrary to inferences prevalent throughout internet, copy, and televised media – featuring “perfect-looking” air-brushed models on magazine covers, etc. – there is no perfect (i.e., perfectly harmonious) mate. A great paradox is that the subconscious always selects (magnetically attracts) the perfect mate – that specific person whom eventually will trigger the precise lessons we need most to resolve to support our evolution. We consciously seek individuals with greatest nectar (attraction) and minimal jaws (challenging lessons). Yet we subconsciously seek individuals who will accelerate our evolution. This is why the lessons an individual brings us – the jaws – are hidden from our conscious radar for 90 days ... so we don’t immediately run away. Thus, a soul mate is that individual who brings lessons that further your evolution on your soul’s journey.

Don’t fall prey to the sensationalized external flawlessness being marketed throughout global media. It’s not real. Nor is such perfection perfect. Paradoxically, perfection is imperfect – as it does not afford an opportunity for evolution. Imperfection is perfect ... as it supports our evolution. The soul mate, contrary to conscious hopes, is imperfect – which is perfect.

An Insect's Perspective of the Venus Flytrap Analogy

Suppose you are a fly, buzzing along, looking for food. Your favorite sustenance is nectar—the more colorful, aromatic and succulent, the better. Suddenly, from afar you spy a beautiful plant (which symbolizes an attractive potential mate, platonic friend, co-worker, peer, etc.). You swoop in, completely focused with anticipation on the gorgeous nectar (representing physicality, sexuality, mentality, emotionality and/or spirituality), until you are very close to the plant, hovering just above the nectar. Even though you've heard some of your fly-friends talking about the dangers of Venus Flytraps (and other hazards such as infamous bug lights, spiders, and sticky-fly-strips) you decide to go for it—as you find the beautiful nectar to be irresistible. Caution thrown to the wind, you make a graceful landing on the plant and, with your little-fly-heart beating a bit more rapidly than usual, you have your first taste of the nectar—and it's even better than you imagined. In fact, it's the best nectar you've ever experienced!!! So, you dig in—and gobble up as much nectar as you can. After a while (approximately 90 days), having gorged yourself on nectar, you find that your appetite begins to diminish a bit—for two reasons. First, you have gorged yourself—so you've hit a natural saturation point. Second, after 90 days of feeding on nectar you begin to realize that although the nectar remains succulent and tasty, something isn't quite the same as before – you can't quite articulate it, yet something's definitely different than before. The once seemingly perfect situation is now less than perfect. The nectar-infatuation period has run its course. Is the nectar different than before? Perhaps not. Yet something's amiss. Time to fly away and return to regular fly-business.

So, ready for takeoff you begin to flap your fly-wings, but alas, you find your landing gear is stuck in the stickiness of the succulent nectar. While focused on your fly-feet, you notice that a huge shadow is beginning to throw shade over you and the nectar. You look skyward and notice with utter disbelief that the two great leaves of the plant are quickly moving toward one another, obscuring your escape path to the sky above (i.e., here comes the lesson triggered through association with the other person!) You desperately try to free your fly-feet from the stickiness of the nectar (your attraction to the other) ... but, alas, you cannot. You are stuck in the nectar (i.e., your attraction to the other person is so great that even in the face of unanticipated conflict you prefer not to run away with the hope of salvaging the relationship). Eventually, the jaws of the plant clamp shut (the lessons are upon you). You are trapped inside the plant (i.e., emotionally stuck in the conflictive relationship)....

Symbolically, the only possibility for escape from the plant (i.e., relationship) is to somehow gain greater understanding of how to deal with the stickiness of the nectar and the closed jaws of the plant.... In other words, you must gain mastery of the life lesson presented by your dynamic with the other person—to gain freedom (i.e., evolve). In spite of attraction (see the 90-Percent Rule) you must attempt to resolve the conflict, within yourself and concurrently between you and the individual. Regardless of outcome of the relationship you must resolve your inner conflict. Save the relationship if you can – if the other person equally attempts to resolve inner issues and external conflict with you, or let it go. And have faith that natural order will present a subsequent association – which, similarly, will carry appropriate lessons.

If the Venus Flytrap plant didn't hide its jaws, and if its nectar wasn't absolutely succulent, the fly would not approach the plant. Analogously, we would run away from any potential associate who immediately exhibited conflict – rather than sticky attractive qualities.

Why is the Venus Flytrap Analogy Helpful?

The Venus Flytrap analogy provides an illustration that is simple, easy to visualize, and succinctly helps to clearly see the overall dynamic of any relationship in which you participate. **The Venus Flytrap analogy helps us to easily recognize fundamental truths regarding relationship including:**

1. **Lessons are a necessary part of all relationships**—as they serve to help us evolve. Every relationship has both nectar and jaws. The nectar is the initial attractive quality that draws us to another person. The jaws represent the lessons that always accompany the nectar (beauty).
2. **Paradox.** The greater the initial attraction, the greater the probability of an enhanced degree of conflict ... and greater learning.
3. **Profound lessons (the jaws of the Venus Flytrap) are slow to appear.** This allows nectar (attractive qualities that may take the form of physical beauty, intelligence, emotional connection, spiritual nature, etc.) the time it needs to work its magic—as over time (approximately 90 days) nectar serves to create a powerful bond between two parties to a relationship, sufficiently strong to discourage either participant from running away once challenging lessons begin to emerge. Profound lessons not atypically

arise approximately 90 days into a relationship (whether platonic or romantic) – as trust takes approximately 90 days to attain at a subconscious level. Subconscious trust (at 90 days) encourages the subconscious to reveal its previously hidden unresolved shadow aspect, for the purpose of resolution (healing).

4. **The primary purpose of relationship is to help us evolve by teaching us valuable lessons**—which are presented to us through our dynamic with another person.
5. **The person that we are attracted to (or seemingly inadvertently connected to through circumstance) eventually serves as a trigger—instigating our emotional reactivity.** This reveals buried issues deeply rooted in the subconscious aspect of the mind—which can heal only if revealed – i.e., *felt*. This illustrates the profound value of the “trigger” (the other party to the relationship).
6. **A perfect partner does not exist** – yet an imperfect partner (or consecutive partners) do exist – and this is perfect ... as we evolve only given imperfection.
7. **Relationship is a privilege—whether platonic or romantic.** Relationship is a magnifying glass through which to learn who we are. Relationship is a mirror reflection of who we are. Relationship is among the greatest and most accelerated paths to evolution. Anticipate the lessons. Embrace them wholeheartedly, with best intention. Work together to work through lessons, as proactive allies, rather than as reactive adversaries. If we know that lessons will most definitely arise, we will not be surprised when they arise, and this may help us to anticipate and thereby minimize the sting of emotional reactivity—which will help not merely ourselves but the other party to the relationship, as well.