



***INTRODUCING THE WRITER OF THIS LABOR OF LOVE, IAN V. HENDERSON,  
Via his loving Family from beyond the veils.***

Ian was born on the 22<sup>nd</sup> day of November 1957 in a little town in Cumberland UK. At the age of 21 he moved to Holland and, apart from a few months spent abroad, has lived there ever since.

Ian was enjoying his visit here on earth in this life time, so much so that he was refusing to remember his purpose and task for this lifetime until 15 years ago when a series of tragedies started to change his life drastically.

In 1997 the final straw happened that almost broke Ian. Looking back on it, it was his final wake up call or he might well have been called back home (back to spirit). Though the three years after that final wake up call were extremely hard for him and on occasions we were concerned that he was choosing to return to us. He eventually made the choice to start asking questions. He was a hard nut to crack because he did not want anything to do with God, spirit etc... So we had to use tactics that did not use too many of those terms. We placed some friends on his path who were very excited about a particular book. They felt bad for Ian because they could see he was often very down, depressed and sometimes even suicidal.

We are happy to say it worked. He loved mysteries, fantasy stories and Science fiction and this book triggered something within Ian whereby he started to ask questions. We knew then that he was going to awaken to us and the many wonderful souls that are now working with him full time. We can safely say that he now loves us as much as we love(d) him.

In the years that followed we placed many books on his path. We have also placed several wonderful teachers on his path as well. It wasn't difficult because he had become a willing and eager student. We are pleased to say that he is now a Shambhala SMDH (Reiki) Master Teacher and also master teacher of the elements and elementals. We have also initiated him in the energies of the Elohim.

After this we nudged him more and more into service. We are pleased to observe that he has been open to receiving a great deal of information from us which has culminated in a great variety of topics for beginners as well as advanced students of the spiritual journey you call "ascension".

The information you have in front of you now is one of those subjects. To prepare him we placed his beloved Twin Flame on his path so that he would experience the dynamics of the materials here. At a certain point we began to realize that his Beloved would not make the choice to leave the 3<sup>rd</sup> dimensional reality behind her, so we had to work fast to place another of our favorite students on his path.

The culmination and expansion of much of what he had learned with his Beloved was now being expanded on with this new and wonderful being. As we observe them we can see that with a great deal

of love, compassion and joy that the two of them are now ready to travel the world to share the insights and wisdom contained within these materials and all we have shared with them. They truly are willing servants of the light and are a joy for us to behold as we continue to assist and guide them from our vantage point beyond your veils. We wish you great joy, growth, understanding and pleasure as you work with the materials provided here in this gift to you.

Namasté

Much Love and many blessings ALWAYS in all ways,  
The Team, communicated through Ian V. Henderson

Note: Please understand that this love offering is a prelude to the main book that is to come and also the workshops Ian is already providing.

## **Introduction!!!**

The world around is changing rapidly, sometimes so fast that we can not keep up. The Organizations that have wielded power for so long are now being faced with what they have done. As the financial world crumbles and falls apart, it will truly be up to us where we want to take our future selves. What is happening in the financial world is having a roll over affect on the whole planet and it is only the beginning. It is happening closer to home too, as your relationships are being tested to the max. If you want your relationships to survive, this course will greatly assist by offering you insights and wisdom that will assist you to understand yourself and, therefore, all others around you in all walks of life.

\*Important note: This mini book is a prelude to the book I am writing on this subject and occasionally I do refer to further writings and workshops. I have done it purposefully in this manner because it is my hearts desire to share all of what you are about to read here and more and in person. It may well leave you asking questions. If that is the case then we have succeeded in our purpose. We have aroused your curiosity. We ask you indeed to see this gift as exactly that. We ask you to share this gift with others and watch as the universe weaves its magic, I feel confident that I will be in your area some time soon.



## **Relationships** **Ascending together**

Definition of the word relationship:

Noun: 1. a way in which two or more people or things are connected, or the state of being connected. 2. the way in which two or more people or groups regard and behave towards each other. 3. an emotional and sexual association between two people.

In this collection of writings we will be dealing with the following: physical relationships, working relationships, recreational relationships and spiritual relationships. During the course of these materials one will begin to understand that the most important relationship of all is the one you have with yourself. When that has become a loving relationship all others automatically follow.

While you wander through the journey of experiencing life on this Earth, you may experience many different forms of relationships. From your very first breath, there is the bonding of a relationship with your Mother and your Father. Often times it will depend on these two beings as to how you experience relationships for the rest of your life. The first question to be asked is: "Were your parents aware that they were spiritual beings having a human experience?" It is also important to remember, whether you are aware of it or not, that you did actually choose your parents, the place and the time before you incarnated. We understand that for some this might be a hard pill to swallow, however, it does not change the facts. There will come a time in your life (or after) that you will know/remember. For now it only has relevance because this too is a form of a relationship. There are indeed a great many souls whom you agreed to live out certain experiences with while incarnated and you agreed upon this relationship with each of them.

***The following are general guidelines, though not set in stone. They will apply to most and perhaps have more to do with the evolution of your soul while being incarnated than your physical being.***

As you grew through what we term the formative years (0 through 7 years), you probably experienced relationships with siblings, other family members such as aunts, uncles, grandparents, and or play mates or relationships at school, etc. A great deal of what you experienced during this period formed your personality to a large degree and it may well have remained with you until this day. Remember how you might have thrown a tantrum when you didn't get your own way? Look around you. There are so many adults that are still reacting from the experiences they had within these years. Yes! They are still throwing tantrums. Perhaps not the same way, but if you watch closely, you will see the patterns. Again, this all depends on the family circumstances and culture that you were born into. Are you aware of all these things that you have either learned from your family, the school environment or your many experiences? You may or may not have chosen to move past that young personality. This part of your life cycle is extremely important and we will relate to the inner child, the formative years, the subconscious mind and the conscious mind as we move further into this writing as it will all relate to this period of your life.

As you advanced in years, you experienced the period of 7 to 14 years which was mostly based on discovering who you are/were you are in your evolutionary process. Then there is the period between 14 and 21 during which you discovered sexuality and the opposite sex. A whole new world of relationships probably opened up for you during this period. A very important portion of our mission is to assist the world of education to awaken to a whole different perspective of sexuality than what it has now. That is to perceive it as the powerful energy it is and teach it with the reverence that it deserves.

Generally, we can accept that during the period between 21 and 28 years, many will have left the parental home and moved into a full time relationship with another. Or perhaps you moved away to further your education which brought you into yet other totally different environments, or perhaps you joined the world of employment which brought you into still different kinds of relationships. Each of these brings a different set of experiences with it. The point here is to allow you to see that no two individuals will ever be exactly alike because of all the differing experiences. As you go through the different phases of life, your experiences form the person you become, how you relate to others, and how you continue to grow and experience throughout your entire life.

As we go through this course on “Relationships”, we will offer you insights which may very well (or dare we state that it will indeed?) change your world, your way of thinking and your relationship with yourself and others in all walks of life and all forms of relationships. When you understand the cycle of life, and the dynamics of relationships, life can become a very joyous experience and you will be more equipped to fully express yourself as a valuable member of the collective whole.

### **Sacred Relationships...**

We have broken this subject down into four main aspects which are:

**Sacred Truth: Sacred Trust: Sacred Sexuality: Sacred Marriage:**

During the course of the talks, seminars or workshops around this topic we provide information as to why each aspect is essential to the whole and flows naturally into the following or previous aspect. As you experience this with us, you will eventually see how all the pieces of the puzzle fall into place. Though at times we might use words that are perhaps not yet in your vocabulary, frame of reference or world of experience, you will still see how the pieces of the puzzle fall into place quite naturally. Even to a brain or personality that is very much right brained (right brained = rational or working with the brain and mind only), the logic of what we share will also assist you. We also wish to categorically state that this course is not just for couples, it is for everyone for it will help you understand yourself and will assist you to more fully understand others, which in turn will also make your world a better place. Though in these guidelines you are receiving a great deal of information we can assure you that no two talks, seminars, workshops or courses will ever be the same. We can again categorically emphasize this fact simply because each time we do any of the above it will always be with a different group of people. All groups will always experience what we are sharing through their own personalities and as we have stated before, no two beings are ever alike.

We are not here to judge anyone during these teachings. It is simply our hearts desire to share the knowledge we have gained throughout all of our discoveries because we have achieved a state of bliss and joy that we LOVE to pass on to others, if and when they are ready.

**If you are asking yourself if you are ready, YOU ARE!** Your soul or higher self is nudging you to these teachings because it feels you are ready to take the next step in your soul's evolution while incarnated upon Earth. For the main part we will focus during the teachings on personal relationships though it must also be clearly understood that once you understand how relationships relate to you and/or someone close to you, you will see that it will work for any type of relationship because you will have received the understanding and the tools.



### **Sacred Truth**

## **Some of the most important aspects of Sacred Truth are:**

### **\* Truth to and with yourself**

We have called this section Sacred Truth simply because it is up to you and only YOU whether you are able to be in truth with yourself. Though we of course trust that you indeed will be in truth with yourself we also understand that if you are not aware of certain aspects of your behavioral patterns or personality, then it is quite possible that you are deceiving yourself unconsciously.

We believe we can safely say that you will always be consciously in truth with yourself otherwise you would not have received this information or signed up for any of our teachings. One of the most famous sayings here on earth is: "The truth will always out", which basically means that even if you are deceiving yourself, consciously or subconsciously, there will be a point in the teachings that it WILL come to the surface.

### **\* Truth to others opens doors whereby the Universe can offer assistance**

After understanding the importance of always being in truth to oneself, we will now demonstrate why it is also always important to be in truth with and towards others. Allow us to use an example because at some point in time we can almost guarantee that you have also made this statement when being asked the question: "Hi, how are you today?" For so many varying reasons so many of us have replied, "Oh, I am good thanks". At least once in our lives we have all made that statement even though we knew it was a lie. We will be looking into the reasons it happens but most important of all we will be looking into what we are denying ourselves by making that statement. One of the main reasons is: We are denying another the opportunity to assist us and there are so many ways that this can take place. It could be a willing, understanding and listening ear which often enough will enlighten what ever experience, simply because you were able to verbalize it and share it with another out loud. Often when doing so, many have found that an answer or solution to a situation surprisingly popped into their minds as they shared/spoke. It is also quite possible that your and their higher selves have orchestrated your meeting and the question because the person you will be sharing your truth with will be able to offer you a solution. Later on in this course we will talk more about this, because, whether you believe it or not, you will have arranged to talk about this with the person who is standing in front of you. Even before you incarnated into this life, you will have agreed upon many possible scenarios/possibilities. Do not be concerned if at this point you are now remembering moments that this has happened to YOU, because you will have orchestrated with other souls on your path for this to happen again and you will have an opportunity to make different choices or answer differently. There are a great many other ways that this can surface and we will draw some examples/questions from our students/readers during this section so that everyone will be able to see the value of always being in truth to another. The universe can and invariably does provide answers or solutions if only we allow.

### **\* The laws of the universe and how this section relates with/to our experiences**

One thing we can be absolutely certain of is that "GOD", the Universe, our Guides, the Ascended Masters or any which ever given entity in the universe will NEVER judge us for our experiences or choices.

An ABSOLUTE law of the Universe is that: "We will always be given what we think, verbalize or state". Is it obvious now how the beginning statement was so important to this section? (Subject of being in truth to the self)The Universe (or any other of the above) does not recognize the difference between "I **don't** want, or I **do** want", or in other words the Universe does not perceive negatives or positives the way we do. In fact if the statement that a particular experience is not wanted in your life, you can bet your bottom dollar that, that is exactly what the Universe is going to provide. Equally is a Law of the Universe and provides what IS REALLY being asked for..... for better or worse. There are reasons for this and we will

be going into them during this section of the teachings. There are also occasionally exceptions to this rule and we will also go deeper into those potential outcomes and the reasons why.

### **\* Why do so many relationships break up?**

There are a great many reasons why relationships do not last a life-time and we will offer you some examples here. You will know intuitively which pertains to you: First allow us to share a few examples/reasons that are more physically based.

#### 1. FEAR!!!

\* One of the parties concerned has become dominant/overpowering which, in essence, will always end up in a parting of the ways. It is detrimental to the soul's growth/expansion that each of us came to the earth to experience, if one is afraid to speak up because of fear of losing someone, losing a job, or losing something. It is also quite possible of course that an agreement was made upon this "pre-incarnation" in order that a person can come into his/her own personal power and change the dynamics within the relationship. If that is the path that is chosen, one will find that the more one comes into his/her own power, the less the partner will be inclined to dominate as each will consciously or unconsciously know that the pre-incarnation agreement has been honored.

#### 2. The couple has outgrown each other. (or they have outgrown their job, team, etc)

\* Generally, when this happens to a couple, it is the soul's way of letting them know that it is time to move on; time to experience more and ever higher life experiences. So many couples hold on to each other for varying reasons not knowing that this, too, is detrimental for their souls' growth, for both (if there are children involved possibly also for them). In reference to a work environment, so many people hold on to a position of employment even when they are deeply unhappy and, more times than not, it is because of a fear that they will not find other employment that will suite them better and fulfill their souls' needs. Life is meant to be a joyous journey and if that is not the case we invite everyone to look at what is no longer serving the greater good of the soul. If what one is doing, be it in sports, employment or a relationship, no longer makes the heart sing then it is time to move on and make new choices. Having said that, it is extremely important to understand the dynamics of what took place; to ask what was learned from the experience. If one does not pick up the subtle lessons one might find that any future experiences are a repeat of the old. If that is the case it is time to do some deep internal questioning so that the cause can be seen. Having done so, a person will most definitely move on to higher and more empowering experiences.

#### 3. There is no longer love between the couple.

\* This of course can always be changed around if couples are willing. We can and often do assist when asked, however, if a couple can no longer find any loving reasons for being with that other, it is time to move on. During one of our communications with a very high vibrating Ascended Master we were shown the results of either of these choices. We can assure you, beyond doubt, that even though leaving might seem difficult, it is and always will be for the greater good. It always inevitably takes each individual to the next step in the ascension plan. We will discuss this on many levels during the workshop.

#### 4. Communication has broken down. (This is also always the main reason that working or recreational relationships break down)

\* When all communication breaks down for whatever reason, it is, and always will be, more damaging for you to stay in the relationship. It will create a whole bunch of new life lessons that might not have even been necessary.

#### 5. Outside influences

\* This often occurs because of interference from family members, friends etc, no matter how well meaning they might be. Those in the relationship are the only ones who will (if they are willing) be able to find the answers. For this purpose It can and does help to speak with an educated expert though this too will require the participants to be in *absolute* truth.

6. Living and holding on to the past often resulting in recriminations

\* Knowing that mistakes are made in order to learn from them is extremely important here. If one has indeed learned from a “mistake”, it serves no purpose to hold on and or keep throwing the mistakes in each others faces. This is “living in the past” and holds a whole spectrum of limiting experiences that would otherwise not be required. One cannot go back and change the past so why waste energy on the past. Nor can one predict the future. There is but one successful way to live life and that is “Living in the now moment”. It is also important to understand the differences with the male and female psyche here and we are not necessarily referring to gender though we will get in to that in more depth in the workshop. We will provide examples about how a female might react in these circumstances and what the consequences of those actions might be. We will also provide examples and reasons why the male does what he does under these circumstances and why. A powerful statement in this case would be: “The female is the energy that brings the thought form of creation into being; the male is the energy through action that brings it into existence. (Remember, this is not gender specific!)

7. Inner child. (subconscious, conscious and super consciousness)

\* When one or more within the relationship is still experiencing the world through the eyes of the inner child, it simply means that the person in question is not yet aware or understands what is happening. In all cases when one becomes aware of the inner child and the destructive nature it can bring to relationships, one is reaching physical, emotional, mental and spiritual maturity. The inner child consists of among other things the ego, the personality etc. When egos or personalities clash, there never is a winner, only losers. When one understands the nature of how this works, any and all relationships can be turned around and made positive and loving or valuable experiences for all concerned. In the workshop we will provide tools and meditations to enable you to transform the inner child into the “NOW & NEW” conscious you. (Merging the subconscious into the now conscious)

**Now we will share some of the reasons that are not of the physical:**

1. The incarnating souls have achieved the purpose agreed upon pre-incarnation.

\* As we have mentioned, before one incarnates into this life experience they make agreements with a great many other souls to experience every single moment in this life cycle. They even provide a multitude of backup plans so that if choices are made that deviated from the master plans, they would bring other beings into their life in order to guide/return to the master plan or live out differently experiences which all in turn would lead to valuable soul expanding experiences. If, for instance, one has experienced all that was agreed to experience with a particular soul/partner, things will start to happen to guide by the soul or higher self to begin the ending of the relationship. When those steps are taken, souls/people who were waiting in the background will step in and assist with the continuation of the souls chosen path.

2. The souls (physical beings) are no longer able to move forward in their souls evolution together.

\* On occasion it could happen through life’s experiences that an individual within a relationship will become more aware of the soul’s purpose and begin to follow a path of learning and understanding. If the other is not willing or able to do this, one will find that a level of understanding is no longer possible. This is because of the vibrational (frequency) differences between the two and is often recognizable by words that are spoken and taken out of context or being understood in a totally different way than they were meant. This in itself is a parting gift. You will learn to choose your words carefully. Remember! Words are energy and words you have chosen during conversations have had an effect. Were they the desired effect? If the answer is “no” then one is being asked to understand the power of words and the effect that they have on others.

3. The souls/physical beings are no longer vibrating on a similar frequency.

\* When more and more light/love is integrated into a physical body it begins to vibrate on a higher frequency. When two beings within a relationship have moved too far apart from each other in these frequent patterns, they have become non-compatible and generally that results in the relationship being very painful and usually ends. We will discuss more deeply what we mean by the above statements during our teachings.

4. Understanding what the inner child is and why this is having such a huge effect on our world right now.

\* The inner child is the ego, personality and programming all rolled into one. It is because of this immature aspect of the human being that the world is in such a chaos. It is also the aspect of the human being that is keeping us in separation consciousness and away from unity or oneness consciousness. Until humanity understands and remembers these facts, humans will remain separate and keep on killing each other off.

If the totality of humanity could be educated about the “inner child”, it would bring us a long way to achieving peace, harmony, joy and abundance for all. It is especially important to note that the ego, mind or programming will not willingly relinquish its grasp on the individual. The ego has been a survival mechanism while needed. Once one has moved into a different way of being, it is time to bring the ego into balance with the GOD Self. We will even go so far as to say that it would prefer that the physical being died, rather than it release its power over the person. This can be a difficult part of evolution if one is doing it alone. It is important to find like minded people or others who understand the dynamics to assist through this part of the soul’s expansion/experience.

5. An explanation of the electric (male) and magnetic (female) energy and why these energies are also demanding balance in these times.

\* It must be first understood that the electric and or magnetic energy we are talking about does not necessarily relate to gender. Everything in our universe consists of energy, as do we. Understanding how these two different energies work together to bring forth another form of energy is essential for humanity to achieve heaven on earth. See #9, slides, CD and You Tube.

6. We are creating heaven on earth and how this is/shall affect all forms of relationships.

\* Everything written up to now in this document is showing that the world is in a state of duality consciousness. It is and always will be the “individual’s” choice whether he/she wishes to remain in this world or move on to another higher vibrating dimension where there is no lack, no ego and no war...There is abundance, peace, love and joy in all its forms.

7. Surrender.

\* This might seem like a strange example to be added here, but it will return in each of our main chapters as this will probably be one of the most important keys in each individual’s ascension journey. If the ego, mind, personality or programming continues to be in control, the journey will be one of resistance and pain. Surrendering to the truth of the heart and soul will always guide one to joy, passion and love. When one surrenders to one’s own higher-self, soul, guides and to Mother/Father/God/Creator, the journey will be one of ease and grace.

8. Some of our participants will require evidence and we intend to provide it by examples.

\* We will offer some examples and our participants will be encouraged by that to share examples from there own personal lives.

9. Tools and meditations will be provided to assist in the transformation process.

\* We already have a CD containing special tracks for this purpose and video’s on YouTube that illustrate and offer ways to move through this transformation.

Relationship with self, working relationships, recreational relationships and spiritual relationships

Relationship with self

Even if you have only partially understood what we have written so far, something inside you will have been triggered, been touched or your curiosity been aroused. If this is the case, then you can be assured that this came from your soul or higher self. It is encouraging you to ask more questions, study what you have read and commit to deeper research of the self and the information provided. Deep inside every single one of us is the memory of the God self. It is the memory of LOVE. It is nudging you into conscious



awareness and into understanding who You are and, therefore, understanding the dynamics of unconditional BEING.

#### Working relationships

Having realized how powerful the first step is and how “life changing” it has become for you, you will eventually and quite naturally integrate this into your working relationships, often times by simply being your new self.

#### Recreational relationships

This kind of relationship is often quite different dynamically because most recreational relationships will be with close friends, therefore, the changes required will be easier simply because when you are with friends you are more open and trusting than you might be with colleagues. An open discussion with two or more beings that are developed enough to understand the destructive nature of the ego etc, will always lead to expansion and greater understanding.

#### Spiritual relationships

This is when it gets really exciting! It is a sign that you and others like you are moving or have moved into a state of being that is willing to question one’s existence and become aware of how one responds or reacts to life experiences. It will generally be found that the participants are more of an observant nature than of a judgmental nature. When one is willing to observe and discuss without ego, then the greatest expansion is always achieved.



## Part 2: SACRED TRUST

In this section we will be sharing why trust is so important within any and all forms of relationships, whether they be personal, working, recreational or spiritual relationships.

As we have said earlier, and really can't say too many times, it is crucial in any relationship that one does not react from the ego when interacting with others. One example from my own life would be this scenario". One day during my journey a very special and dear person to me asked if I doubted her. Instead of reacting, (ego) I responded (higher self) "No my beloved, I am seeking to understand you on ever increasing and deeper levels". As you can imagine, the sting of the ego was immediately taken out of the conversation. This happened because I was totally able to trust my higher guidance. At first I was stunned at the anger in her voice and I could have chosen to react from the ego which would most definitely have only escalated the ego war. Instead, I chose to connect with my heart and higher self. The

answer that came was different than the one that so easily came from the ego. We will be sharing an exercise with you so that you, too, can call upon this energy whenever the ego is present or trust is lacking. This exercise works in all kinds of relationships/situations. Once you practice it for awhile it will become second nature.

### **The most important aspects of Sacred Trust are:**

In relationships the following aspects must be present to allow *sacred trust* to develop. **Safety, respect, adoration, equality, unconditional love, acceptance, encouragement and freedom**

We will also look at the opposites of the words we are profiling here so that you can **feel** for yourself how you are experiencing your daily relationships.

Please understand that these are just a selection of words so that we are able to get the point across. We are quite certain that once we are all together in a workshop that there will be other words offered. We invite you to **feel** the words we have chosen above and note the effect they have upon you. We can state with a high degree of certainty that they made you feel good.

\* **Safety:** Both partners must be able to feel safe within the relationship. If sacred truth has been worked on then the sacred trust is a naturally resulting development. We will discuss the different areas we are referring to when we talk about safety on all four levels, namely: physical, emotional, mental and spiritual. This also relates in the working, recreational or spiritual environment though obviously in different forms. When an employee feels safe, he/she will be willing to go the extra mile for the company. This will also fit perfectly in some of the following aspects. Recreation would be only slightly different but the basics are the same.

**Opposite:** danger, discomfort...We will touch lightly on some examples of how the opposites are affecting your daily lives and how you can choose to change them through truth and trust.

\* **Respect:** This aspect also works on many levels. It is not just respect for yourself, or the other person in question, it is also your/their thoughts, beliefs, choices, ideas, etc. This does not mean to say that there is an immediate acceptance of all, but it does mean that there is always the possibility of communication.

**Opposite:** dishonor... Where there is a lack of respect there is judgment and it shows "one" has no regard for the "other" person's opinion or journey. It most definitely portrays where the person is within his/her own soul's human evolution.

\* **Adoration:** In a working, recreational or spiritual environment this word can be exchanged for admiration. When a person feels genuine adoration or admiration it automatically lifts them up to new heights. As all beings are a spark of God, it goes without saying that we are all one and experiencing life in our own unique way. That alone deserves admiration!

**Opposite:** disgust, lack of respect... "**Feel**" the difference between adoration and disrespect. Which would you prefer?

\* **Equality:** This does not mean that everyone is equal in his/her skill levels. It does, however, mean that every individual has their own unique skills and all of these skills go towards making a great relationship, whether it be partner, working, recreational or spiritual relationship.

**Opposite:** imbalance... It is important to understand that we are all different and that no one person is above or below another. The fact that we are all simply on **different** paths of evolution creates acceptance above judgment and always benefits all participants.

\* **Unconditional Love:** There are so many aspects to these words and we will touch on many of them during the workshop. Depending on whether it is a partner relationship or a working or a recreational relationship it will differ slightly. Though when one has achieved the spiritual maturity that is required to understand these words, one will understand that they do relate on all levels. Love is the seed upon which all things grow and expand. Keep in mind that “unconditional” means, for the most part, the allowance to experience without limitations or judgment.

**Opposite:** conditional, expectations... These are two of the main (words) reasons relationships fail. Where there is dependency, there is no equality and it will always lead to disappointment. Unconditional love, when encouraged, always lead to freedom of choice and when those are heart felt choices it will always create expansion and, with little exception, for the greater good of all concerned.

\* **Acceptance:** We are all unique individuals here to express ourselves in so many ways and forms. Acceptance of another and how he/she wishes to express his/herself is important to any relationship.

**Opposite:** non-acceptance... When this is present (in the here and now), one can indeed choose to view it as a present (gift) simply because the person involved is generally mirroring a lesson that needs to be seen and transformed. If one has reached the spiritual maturity of being consciously aware of this fact, ascension is well on its way.

\* **Encouragement:** This, too, is an essential part of a great relationship. When encouragement is present it will always assist us to soar to new heights. (It is possible that at some point in our spiritual evolution we may no longer need encouragement.)

**Opposite:** discouraging... Which would you prefer? This one is a no-brainer. It goes without saying that when the opposite of encouragement is present that any relationship is eventually doomed to fail.

\* **Freedom:** When one is willing and able to understand what this word means within a relationship, the relationship can be greatly empowered and enhanced. Freedom to make one’s own choices for instance is extremely important with regards to the soul’s expansion. This is the whole purpose of incarnation into this 3rd duality consciousness. Understand that this does not mean that anyone or everyone will simply be totally allowed to make wrong choices, for instance. It does mean, however, that with all the other ingredients we have just mentioned an individual will be assisted by the partner or the whole to make the best choices for him/herself and, as a result, for the collective whole.

**Opposite:** enchained, imprisoned... Simply **feeling** the “opposite” automatically lowers your vibrations. A soul experiencing here on earth requires the freedom to make choices when and where they arrive in this dimension for the expansion of the soul.

2. Why all of what we are sharing here is important for both male and female.

In this section we will discuss in detail why it is important to understand the dynamics of the male and female energies; why it is not necessarily related to gender; why it is important to balance both within the self and how all of this relates to creation. Having also discussed the importance of the words we shared in section 1 together and, by feeling the words, we have already experienced the difference they make to our energy fields and thoughts. Logically, therefore, they affect our relationships as well.

3. How trust is gained on a personal level.

Now with the understanding of the dynamics of the male/female energies it is easy to see how trust plays such an important role. In so many of our teachings we have often stated that the best way to gain trust is to actually get out and do what ever it is you want to do. When it is of the highest light you will receive confirmations, etc. which in turn provides you with confidence and trust.

4. Why trust is so important on our journey here on Earth.

In this section we will look at the dynamics of trust, the word itself and look closely at the “why”. Trust relates to all of the previous relationships we have discussed. If it is lacking in any one of those areas,

one will need to focus on it until a way to trust has been found. We have already provided ample examples and when the participants are able, the appropriate words or experiences will be discussed in order to achieve the levels of trust desired for expansion on all levels and in all relationships.

5. The **secret**, from the movie, “THE SECRET”, as well as the book with the same title, is explained and how it will work for you.

“THE SECRET” was perhaps one of the most powerful gifts humanity has received in the past few years. Though it was not fully complete and it is in no way a magic wand, it did provide us with the basics we require to be fully conscious creators of our own realities.

6. Own your creations and take responsibility for them.

This is so important to understand and act upon. It serves no purpose to run away from your creations/lives. No matter what you have created in your lives, you can choose at any given moment to look at what you have created, how you created it and, with the “new understanding” gained from this collective work on this subject of “Relationships – Ascending Together” that you are fully able to create anew and differently. You learn that judgment and past experiences are two examples of powerful words/terms that keep you from developing and evolving. Once you understand the dynamics of creation within this universe, you will no longer judge yourself or your creations. All of them will be seen as blessings and gifts that have brought you to a new and higher vibrating self, creating joy, love, passion, etc. for you and those around you within the spheres of relationships.

We are certain that in all the examples within Sacred Trust we have been able to show how important it is to be able to trust. As was with the previous aspect (Truth) they all play an intricate roll with each other as they overlap each section and, as you will learn, play a role in all of them.



### **Part 3** **Sacred Sexuality**

*What you are about to read here are examples taken from my experiences. It is quite possible that your experiences will differ slightly. What is shared here is a guideline to give you an idea of what is possible with sacred sexuality.*

In this section it will be clear why the words we used as examples in sacred truth and sacred trust were

so powerfully important and poignant. To be able to enter into sacred sexuality it is essential that partners must be in total and absolute truth with each other. All of the other words and examples we shared with you in sacred trust are also very prevalent during sacred sexuality. Clearly there must be love between the participants. Adoration and admiration are also equally important. If one is working alone with this then obviously there cannot be any hidden guilt feelings about masturbation. The person must be fully comfortable with his/herself and what he/she is doing. We also used the word surrender. This too will be an important aspect of sacred sexuality as it is just as important that the two can surrender their bodies to each other equally, but also surrender the human will to the divine will. As we move through the sharing of sacred sexuality it will be decidedly clear why this is important.

By now you will have realized how destructive the ego can be. If one is in fear of voicing his/her wishes or desires (cannot express his/her truth) the energies that are available in sacred sexuality will not be fully activated. This is equally so if the partners do not trust each other completely. Here again if one is working alone with this information, they will need to remove any old programming that might be present. Religion and even our parents, no matter how unwittingly, might have placed experiences within us about masturbation being a bad thing. This will need to be dealt with first. There will be experiences within sacred sexuality that will require total reverence and honoring of what ever comes out of it as there will be higher guidance involved.

Another important aspect of sacred sexuality is that it is not solely about the sexual act. It is about the conscious awareness that much more can be achieved than sexual gratification. Though it is naturally preferred that this be experienced with a partner, it is not essential. It can be achieved alone and we will share how this can be done.

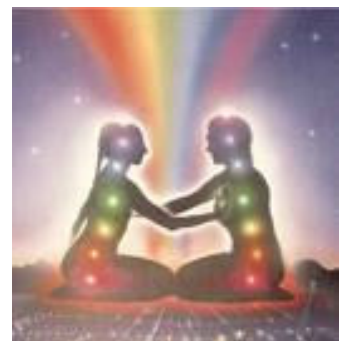
By now you will understand that sacred sexuality is about expanding each other first and foremost and/or even expanding the collective consciousness on so many possible levels. It is difficult to perceive or predict because each of you entering into this will have your own unique experiences. The gift that humankind was given via sexuality has for so long been forgotten, certainly, since we fell beneath the veils. It has been around for a special few initiates that knew the power and the beauty of it, but for the most part, the greater portion of humanity is not aware of this special gift for reasons that are quite obvious (ego, self gratification, self indulgence, etc).

### **The most important aspects of Sacred Sexuality are:**

#### **\* Preparation as well as merging together through the chakras**

Preparation is important when your desire is to achieve sacred sexuality. The preparation is aimed at connecting you both to your higher selves or source energy. Your guides are delighted to be with you in these experiences as they already know your purpose is for expansion or healing. Sit opposite the partner and take a few deep cleansing breaths. If you so desire you can follow the ritual on youtube which will also merge your energies together with that of Mother Earth and Universal Consciousness:

<http://nl.youtube.com/watch?v=wPpSUUAVyLM>



Or you can hold hands for a while as your bodies prepare. (You can do this next section as you are still separate from each other or indeed as you have merged/penetrated.) Focus on the root chakra and with the infinity symbol; visualize the merging of both your root chakras, one on either side of the symbol. When you can visualize in your inner eye the sparks that emanate from the center of the infinity symbol as your two energies have found balance within the center, it is time to move to the second chakra and repeat the exercise. Continue repeating this until you have reached the crown chakra.



When you have reached the crown chakra, hold the energy there for a moment or two, as it is quite possible that you will both see images or have visions at this point.

Image of chakras: [http://www.twinflames-twinsouls.net/images/Chakras\\_&\\_kundalini.jpg](http://www.twinflames-twinsouls.net/images/Chakras_&_kundalini.jpg)

In the beginning as you are just learning how to do this it might appear to be very time consuming, but as it is with all things, the more you do it the easier it becomes until you can visualize it within the blink of an eye.

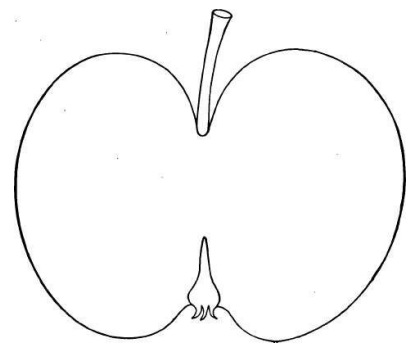
#### \* **Oneness**

Having fulfilled this part of the exercise you have now essentially become “one” on energetic levels with your partner or your other self. (If you are in the masculine body, you will have merged with your female self and vice versa.)

#### \* **Communication**

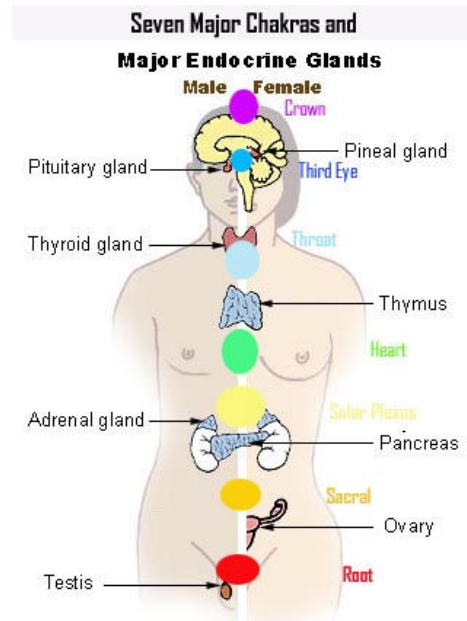
Before you begin it is important to communicate with each other about what the desired results might be from this special merging experience. After you have become comfortable and more acquainted with all these experiences, you will find that you are preparing yourselves on other levels for what you are embarking upon and where you might choose the energy to flow, whether it is for personal healing, collective healing, personal manifestations/creations or expanding them into the collective consciousness.

When you are ready open the crown chakra and let the energy flow up and outward. As you watch this energy in your inner eye, you will see that it rises up and out into the universe, but you will also see that part of it cascades back around and over you both. When one looks at this cascading energy from a distance it is not unlike an apple that is cut in half. It is also quite visible how the streaming and merged energy of your combined chakras flows through you as kundalini energy. Because we have a purpose for this energy within sacred sexuality we are allowing the energies to connect with the higher realms, but also surrounding ourselves with it. In fact if you look closely you will see that the cascading energy has re-entered our being via either the feet or the root chakra. In essence this is creating two half circles continually traveling through both bodies which is why we referred to it in the apple form, because that is perhaps the closest description we could offer you.



### \* Sexual kundalini, alchemy, magic, DNA and the activation of special glands

When you have completed the first step together and achieved the merging of the chakras and the apple shape of the energies is now circulating through you both, it will not surprise you to know that the sexual kundalini has also been activated in both your bodies. Once this is taking place a great many magical miracles take place within your bodies. First of all an ancient alchemy awakens cells/glands within your body that for the most part have been dormant until now. The more noticeable ones are those connected to the sexual organs as they appear to go into overdrive, producing more secretions. Then there are others more central in the body that are and will be working on the cellular memories. Other glands higher up such as the pineal, pituitary and hypothalamus glands will open to even more forgotten experiences and knowledge.



### \* Healing

From our experience we know that the "signature cell" (a cell that contains the blueprint of perfection) can be produced from the pineal gland. Imagine guiding this signature cell to parts of the body/cells that are damaged. The damaged cells will see the signature cell and remember its own perfect state and will mirror the signature cell.

It is also possible that while you are rhythmically moving together in the act of intercourse that healing energies are being received from each other. In the case of the male there would be electric pulses being sent to the female. In the case of the female, she would be sending magnetic impulses into the male body. When you are experiencing this it goes beyond ecstasy and has to be felt to understand it. The result of course is always that your own opposites are being experienced and expanded.

### \* Holy Grail

Having opened your energies to receiving guidance from the Masters or Source you will perhaps notice at this point that there are small droplets entering your being, usually red and black or red and white. Note they are mixing with the drops emerging from your pineal gland. This is another aspect of the pineal gland as the energies are raised to a higher level in the love making. The Holy Grail is presented to you. It was personally presented to me as what I will describe as a silver chalice/platter just beneath my pineal gland, which filled to overflowing. (I will be going into this a great deal more in the book and the workshops because this truly is a spectacular part of sacred sexuality that will assist many in so many different ways).

As the energies from Source and the Holy Grail are added to the mix this helps raise the vibrations in the whole body which brings all kinds of magical experiences with it. This is also expanded to all the other three bodies. Even just this short introduction to your experiences with these higher vibrating energies and experiences open up a whole new world for you.

### \* Expanding/merging the 4 bodies through sacred sexuality

Having reached this pinnacle/expansions within your experiences with sacred sexuality and perhaps having experienced it several times now, you may have become aware of your other three subtle energy bodies; the emotional body, the mental body and the spirit body. If there are any blockages in any of the

four bodies this can certainly be a wonderful exercise to either bring them to the surface so that they may be in the conscious awareness allowing you to make different choices in life or simply to remove them. It will be your choice whether to take on the challenges or, indeed, even expansions being offered to you as there may be valuable lessons to learn.

**\* Awakening your multidimensionality**

If you both choose this particular option, it is quite possible that you will experience visions of past/other lives together. It is also not limited to lives on Earth. It is quite possible that you will have visions of times that one incarnated while the other remained behind as a guide. These experiences will be unique to you/your partner so it is not possible to give examples here. Placing the intent to experience this is enough to journey through your multidimensionality.

**\* Awakening your God self**

If this is your intent then what essentially you will be doing is bridging the gap between you and your Higher self which in essence is your GOD self. There are so many possibilities here and must be experienced by you to understand it.

**\* Solar / Lunar energy**

If for any reason you would prefer to cut out the sexual experience whether it be with a partner or by yourself, you could use the solar and lunar energies. Merging them within you will also create the feeling of ecstasy making it possible to experience all we have shared with you.

**\* Masturbation**

As we have mentioned it is possible to experience all we have presented here without having a physical partner. We use the term physical partner because you would actually be visualizing your other inner self. If you are in the female body, you would visualize your masculine self, and, of course, vice versa if you are in the male body. Building the energies is much the same as it would be with a partner, the experiences you can reach are indeed all the same.

**\* Fully clothed**

We understand that some people will prefer not to actually experience the physical joining of the bodies in the sexual act. That is perfectly ok and it is just as possible to experience all we have shared above without the sexual act. This can be done in two ways depending on how comfortable one is with each other. If you are reasonably comfortable with each other, the male can sit on the floor while the female can straddle the male sitting on the lap. If that is still too intimate, you can sit across from each other in lotus position, be close enough so that the knees are touching each other and that you can hold hands. During sessions with couples who were experiencing relationship problems we have used these methods to teach them how to work with these energies. For therapists this is an excellent way of teaching it as you can assist in guiding the kundalini energies up the spine.

**\* Possible additional experiences**

From my experiences it is quite possible that an orgasm, as one might expect it to be via the genitals, is not necessary. It is quite possible that you will experience a full body orgasm which is much more than the genital orgasm. Possible blockages within any of your four bodies will be broken down or removed. It is extremely likely that both partners are actually experiencing multiple orgasms in several different forms. Remember that part of the exercise is to merge your own inner two halves so you will be able to feel your partner's experience as well as your own.

**\* The Big Bang, the beginning of creation and what this represents within sacred sexuality**

As the two are merged into one within sacred sexuality, and all the previously mentioned activations have taken place, it becomes very clear how the feminine and the masculine have merged into perfect balance which opens up your third aspect of your being and that is of course your GOD self, the Higher self. In this state there is an understanding/knowing of how creation works and indeed how it began in this universe. We can safely say that everyone has heard of the Big Bang theory. In essence as the orgasm



is reached it is exactly the same energy. This is most definitely the creation/manifestation aspect of sacred sexuality.

**\* After the orgasm**

It is important to remain in each others energy fields (close to each other) once orgasm has been achieved. It is often at this point, as you are relaxing together, with eyes closed, that many of the possible visions will be received. One of the magical experiences with this is that, more than likely, you will both be seeing exactly the same thing at the same time.

Now we have touched on possibilities within sacred sexuality it is important to note that all of the previous three aspects of a Sacred Relationship are leading up to something even more magical and this we will be sharing in the next section: THE SACRED MARRIAGE



**Part 4**  
**Sacred Marriage**

**The most important aspects of Sacred Marriage**

It is essential from the very start to realize we are not talking about traditional marriage here. What we will be dealing with in this section is the marriage within the individual, the marriage of all essential parts of the self that brings you to ascension. It is also important to realize that much of what we will be sharing here refers to energy rather than any physical form. It is, therefore, essential that you accept and understand that everything that exists is a form of energy, especially our physical bodies, and the intricate workings thereof, which also extends to our other three subtle bodies. When one is able to travel the journey of life with this foremost in mind, one will find that the ego has become a balanced part of you. The mind works with you because it knows its place and role, the heart is the center of your being and All That Is. As you accept these facts life becomes one of excitement, curiosity, ecstasy and joy.

**\* Why we are not referring to the MANMADE institute when we refer to “Sacred Marriage”**

The manmade institute of marriage is one that is based generally only on the physical coming together of two beings. More times than not, there are hidden conditions and expectations within these marriages. When one is not fully empowered within his/herself, he/she will, more often than not, be dependant on the partner. Dependant for love, comfort, sustenance and the list goes on. Are we saying that it is not possible to experience sacred marriage in the manmade marriage? No, we are not. We are saying that there is a lot of inner work and it requires two strong and dedicated partners to achieve the sacred marriage in the physical. As we have said before, and we will repeat it several times in this section, the Sacred Marriage is about the individual. As the individual expands within the Sacred Marriage, his/her state of being will be a mirror to many others. (One could even compare it to the signature cell we talked

about in our previous section.)

**\* What is meant by the statement Sacred Marriage**

With this statement we are referring to all the parts we have discussed in the previous sections such as the inner child, the formative years, old programming, outdated belief systems, understanding duality and being able to see through or beyond it, and understanding the dynamics of the feminine and masculine energies. When all of these aspects have been worked on and transformed, you are well on your way to personal ascension for, in the many aspects of your being, you have found balance.

**\* Understanding of duality in all its facets**

It is important for your personal ascension that you are able to view duality for what it is in all areas of your life. It is essential that you see where you might be the perpetrator and/or the victim. There are a great many examples of this and we will certainly deal with examples during the workshop. For now let's use just one: You are perhaps struggling in life financially and a friend knows this. This friend offers to bring something home for you from their work with the thought behind it being "my boss won't miss it". If you agree in that instant **you** are both the victim and the perpetrator. If you accept the offer, you are as responsible as your friend. You would be putting out to the universe that you do not trust that it will provide for you through its loving wisdom and magic, therefore, you are holding yourself in the victim consciousness. Understanding the roles of the lower and the Higher self, duality and Triality, you can understand why Triality is perceived as the Sacred Marriage which in turn brings forth the ALL Consciousness of the GOD Being.

\* Duality, negative is generally the first natural experience of duality in most people...

But can you see both negative and positive potentials? Here is the positive potential: Do you feel that someone close to you is not respecting you? The question here is, how are you looking at it? Are you playing the victim role, or will you take on the role of the Ascended Master and look at YOU? Where are *you* not respecting yourself? Why would this person show up as a mirror for *you*? The same applies if you feel you are being judged by someone. Where in your life are *you* being judgmental?

We have all at some time or other heard the statement: "I am that I am".  
I = driving force; AM = Love  
We have touched previously on the divine masculine and the divine feminine. We shared how the masculine is the electric energy which is in turn the driving force (taking action). The magnetic is the feminine energy which brings thoughts into form and surrounds them with love.  
Understanding and working with this releases the need or dependency of another being. However, we are not saying that it can't or won't work with another being. In fact, when two individuals who have mastered these intricacies come together and they work in harmony they will always create expansion of the two beings.



It is the unity of all 3 parts of the self that creates the Sacred Marriage. Any of you who have aspired to achieve the inner balance of the "I" and the "AM" will have found that the third part of you has become very much a part of your life. This third part we refer to is your Higher self or God self. When both the female and male energies within you are fully balanced, it could certainly be viewed as the Sacred Marriage which opens you to Source. If you would like to read an article which describes this in more detail, we refer you to: <http://www.twinflames-twinsouls.net/tf-symb-exp.htm>.

**\* Chakras**

As your knowledge of how your bodies are energized, you will have learned how to work with the chakras. Even the chakras are often either predominantly female or male. Understanding which chakras work through the masculine and which through the feminine, allowing them to perform their tasks will keep all the chakras in balance and functioning as a whole. Allow us to share our thoughts with you on

which each chakra represents.

The root chakra: Is predominantly male, anchoring through its actions your presence here on Earth.

The 2<sup>nd</sup> chakra: Is predominantly female as it is the center of emotions, creativity and sexuality.

The Sternum 3<sup>rd</sup> chakra: Is predominantly male and is acknowledged as the ego center bridging earth and heaven. It is also recognized as the center of driving force/actions.

The 4<sup>th</sup> heart chakra: Is predominantly female and is the center where the lower and higher are brought together in balance.

The 5<sup>th</sup> throat chakra: is predominantly male, it is recognized that the word is the driving force bringing forth creation.

The 6<sup>th</sup> third eye chakra: is predominantly female as it is the center where intuition, intuitive thoughts etc are received.

The 7<sup>th</sup> crown chakra: Is recognized as being both the female and male energy as it both the receiver and the sender.

When all of the chakras are functioning fully in their roles, there is a balance throughout them all. One could call it the Sacred Marriage of the chakras.

\* Why should you aspire to all of the above?

Now that you know a great deal more about how we act and interact with each other, how the subtle differences are balanced and empowered, and how the aspects of the old are transformed into the new, you have basically transcended duality in all its limiting forms. You have brought balance into all aspects of your being and therefore are no longer in separation consciousness. You have now opened the doorways to All Consciousness. In all of the previous sections you have gained a greater understanding. Basically what has happened here is that you have ascended in order to descend. Having successfully worked with all we have shared with you, you are a living breathing example for others to follow because deep inside us all is the desire to create Heaven on Earth.

The more you achieve in all we have shared, the more you will be the shining example to others. As others follow your example, you will essentially be blazing a pathway to the Golden Age Consciousness. At this level in human evolution there will be no lack and there will be no wars. Humanity will work together for each other in order to experience, on ever increasing levels of vibration, joy, bliss, passion and unconditional love for All That Is. You are now the new YOU...

### **Summary**

In our own ascension journey we have worked through all the topics you have read here and our lives are very different now. We have awakened many new or forgotten skills within ourselves. It has certainly changed our lives for the better. Gone are the old fear patterns, old control patterns, no more tantrums from the inner child, only insights as to what has been hidden in the deepest recesses of our mind. Working with the divine feminine and divine masculine both within and without is glorious and fills us with joy as we acknowledge the other and see the expansion that each exchange or experience brings. Our awakening to our God selves has brought an inner and outer peace that all is in divine perfection and going according to plan.

**The TOOLS we offer at this time to assist you as you embark upon your journey of "Sacred Relationships"**

#### **Violet Flame**

<http://www.youtube.com/watch?v=-jLCs6etWUE>

#### **Changing Negatives to Positives.**

[http://www.youtube.com/watch?v=twwgiAS\\_M-w](http://www.youtube.com/watch?v=twwgiAS_M-w)

### **Spiraling Energy**

<http://www.youtube.com/watch?v=E4RWHt3KNgA>

### **Infinity Symbol**

<http://www.youtube.com/watch?v=NW4Cx83N6jA>

### **Infinity Symbol Expanded**

<http://www.youtube.com/watch?v=aGpWDrboirl>

### **Merging Ritual**

<http://www.youtube.com/watch?v=wPpSUUAVyLM>

### **Divine Breath & Higher Chakras**

<http://www.youtube.com/watch?v=PltObrgKPQU>

## **\* YOU CAN HELP US PAVE THE WAY TO THE GOLDEN AGE \***

We have created a banner for those who own their own web sites. If you feel you have benefited from this mini e-book, perhaps you feel that it will benefit others, too, and would also like to give it away. We would be blessed and honored if you do. The feeling of being able to give a gift from the heart is a precious one. We hope you will take this one and share it similarly. At the end of this message, you can find the coding to be able to place the banner on your site. We are already being invited to do live interviews on radio stations over here in Holland, so if you have friends or connections in that area, please do forward it to them. In short, any connections you may have, please do feel free to send it to them, then let the universe weave its magic.

We understand that this mini-book might leave you feeling hungry for more. If that is the case, please do connect with us. We are more than willing to travel to any part of the world to share all of what we have written here and, oh, so much more...

Note to promoters of events: About our workshops.

Each talk, seminar, workshop or course ends with a Q & A session allowing our guests to get personal answers.

It is our intention that the workshop be done over a period of preferably two days, allowing us to spend the necessary time required so that every single person attending leaves as a new and much more enlightened being. The planning is to do each section, one in the morning and one in the afternoon. Evening time can be used if so required. If you are interested in inviting us to your part of the world please contact Ian: [ian@twinflames-twinsouls.net](mailto:ian@twinflames-twinsouls.net)

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<p align="center">
  <a href="http://www.twinflames-
  twinsouls.net/relationships.htm">
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