

A New Relationship

A journey from egoic to heroic



Pat Evert

✦ **A New Relationship**

A journey from egoic to heroic - going through hell to get to heaven

Contents

- ✦ **The Announcement**
- ✦ **Re-Creation**
- ✦ **From caterpillar to butterfly**
- ✦ **Beyond intimacy - Freedom**
- ✦ **Beyond freedom - Awakening**
- ✦ **Epilogue**



The Announcement

A perfect storm



◆ The Announcement

Introduction

In January of 2016 we began to consciously awaken to the reality of who we are and why we are here. In June of 2017, after 36 years of a wonderful marriage, began a **perfect storm in our relationship**. It was the last time we had sex. Since that time I have had numerous mental/emotional breakdowns. It was my encounter with insanity, literally going crazy. But there is an upside to insanity, it is the doorway to awakening. This was one of the worst, most terrifying experiences of my life. In the following you will see me vacillating between sanity and insanity (insane ego - *in italics*).



Awakening to the awareness of who we are is difficult, especially our shadow side. Due to my upbringing I wanted an intimate, lifelong lover to make me feel secure so I did all I could to secure such. Due to her upbringing she wanted a spiritual relationship. She was one to give and give until there was no more to offer. Then she would feel used, taken advantage of. **Sex was the catalyst for us.**

The announcement

She turned to me and announced, “**I no longer want to have sex.**” I surrendered my resistance and expectations of her and hoped to find contentment in myself. She is free of years of complying with societal/religious expectations. She is free and it is a beautiful thing. I am left to find the beauty of this for me, but I trust that God and she both have my highest good in mind. *I feel fear and unloved, guarded that I cannot share my innermost thoughts, that I might be unspiritual and unacceptable if I do share them.* God is using everything in my life to awaken me, to set me free from ego, in particular to be free from seeking to meet my need of love through Shelley. Let her go! I have been overly attached and dependent on her. I need love myself and not give my power away.

She never liked having sex and rarely enjoyed it. For me it was the proof that I was loved. For her it was a ‘should’ that she felt obligated to. Our society, religion and most of all myself obligated her to this role. For months prior to ‘the announcement’ neither of us were finding any fulfillment in our times of sex. She was getting more and more frustrated saying ‘yes’ to it when within she meant ‘no.’ It boiled to the point where she got up the courage and said no more. It was that or abandon herself, to be untrue to who she was. It was out of necessity she refused me.

On my part, I had been insensitive to her needs and what she was going through. If she had not put an end to our sexual relationship I never would have. The cessation of sex was very hurtful to me, and the continuation of it would have been even more devastating to her. **Her freedom and mine were at such a necessity we were now being catapulted forward on a spiritual journey** we had only begun a year prior. Sex really wasn’t the issue, but rather our freedom.

Until now having sex had produced more pain than pleasure for each of us. Unless something changes fundamentally in our hearts I see little reason for having sex. This isn't just a decision she has made, it is mutual. I'm sure she is looking out for my highest good. To put a little space between us is good. I need to grow to be free in myself, needing no one, not even my wife. For years I have given away my power to her and now need to take it back. She does not even want that much or that kind of power over me. It means everything that she wants me and she wants me to succeed. I am so grateful for the gentleness with which Life and Shelley are liberating me from my needy, clingy self.

This is not Shelley asking me to give this up, but the Universe. I gladly give permission for this shift in my life. Up to now I have felt little to no communication between myself and my spirit guides. But I realize now that there has been more clear communication than I was aware of. They have been so gentle in listening to me, guiding me with precision. Such patience on their part and such insensitivity on mine. Though I understood how this was for my good I had only begun to sense how difficult this was going to be for me.

Background

Shelley, from childhood, feels if she isn't right she isn't worth the space she is taking up. She is perfect and productive or she is worthless. Then she projects such a standard upon me. Being right, perfect and productive all the time is a heavy burden to carry for the rest of us. Up to this point in Shelley's life she had been a people pleaser, a bit of a doormat. She couldn't say 'no' to others. She would give and give until there was no more to give. Once she comes to the end of her resources she then would feel used, or taken advantage of. She had in her adult life two or three huge physical/emotional breakdowns that lasted a couple years or more each time.

As for me, possibly the biggest childhood trauma that has influenced my personality is that of lack of affection. It was easily overlooked because it wasn't something that happened to me, rather it was a missing part of my life. As a child my family never showed any affection for one another and we were never told we were loved. For many that might not have been a big deal, but for me it was traumatic. This was an unnoticed influence in my life for 60+ years. But it was the beginning of an eight-lane highway in my life. **God had just touched the number 1 thing in my life**, my relationship with Shelley.

Shelley, being the more sane and experienced one, has been in the role of supervisor, in the recreating of our new relationship. She has been doing an excellent job in keeping an emotional distance. No physical contact is permitted, only a brotherly hug upon greeting one another or saying good bye. Somewhere in this process I have been given **my rite of passage**, I have been released to learn that everything I need to navigate life I already have within myself. I no longer need nor can get the emotional support or affirmation that I used to on life's challenges. I can and need to go through this **on my own**. It feels very lonely, but **I am learning an independence and freedom that I feel is essential to wholeness**.



Re - Creation

The old no longer works

✦ Re-Creation

A meditation:

I am grateful we no longer have sex, physical contact, or emotional comfort.

I am grateful you will not allow me to touch you or seek your comfort.

I am grateful for the distance we have put between us in seeking my freedom.

Thank you for showing me true spirituality, all resistance must go.

I surrender again ... a little more. I look forward to missing you again today.

The ego does not like this at all, but the benefits are obvious – freedom, healing, awakening and growth.

Thank you for the gift of solitude to learn that my identity and happiness cannot be found in you,

That I am complete in myself and learning contentment from within,

That the aim is not intimacy, but freedom in relationship.

With both of us discontent with our situation we decided to recreate our relationship. Neither of us wanted a divorce or to leave the other. We very much love each other, actually more than ever before. But we and our perspective on life have drastically changed. Firstly, **we no longer want to follow the head-of-household model** where the wife is to be in submission to the husband. So Shelley is free. She is now independent to do as she pleases. Secondly, with sex being the offensive issue, **we have decided to eliminate it from our relationship**. Each of us has the right to say what we will and will not do. And sex is one that can only be done with the consent of both. These two changes have been very difficult on me, since I have lost the privilege of leadership in the home and the pleasure of sex.

For thirty years we've been bed partner's and now it's never going to happen again. Wow! Yes, it's a bit sacrificial for me. And for her it is a win-win situation. Everything was now going her way, i.e. No sex and free to do her will unhindered. **But it was about time**, she had gone through hell in her previous breakdowns probably due to living sacrificially the past 36 years. And our intent in this separation is to reunify in a much better way. People, in living with each other see each other's warts and begin to take each other for granted. The best cure for this is a time of separation, a welcome rest on one hand and a sorrowful grief on the other, but necessary for us to come back together in love, in gratitude. We need to see each other with new eyes, as we truly are.

I now understand that as her husband I have interfered in her exploring and being herself. If there is such a thing as sin, this would be it - **keeping another from who they really are**. "How many times in the past have I given my opinion and kept you from thinking or doing, what you have every right to do? You have free will, the same gift from Creator that I have." We each have the right to be and do what we want. Neither should inhibit the other from their full potential of experience and expression of the divine. We are each whole in ourself, neither needs the other for identity or survival. To let go of Shelley and let her be who she is and wants to be is **the pain of love**. Until now she has been feeling an equal pain of trying to be all that I wanted her to be. I now see why she wants some space. And my craving for her has only increased her aversion of me. **To try and change someone** to be what I think they should be (what I need) **is insane**. To think I have authority over another is ridiculous. She cannot change who she is any more than I can change who I am. It would only be an unsustainable pretense. Even if we could change, the rest of us would miss out on the contribution she was meant to have in our lives. She is free and **she is here to set me free!**

The courage of self-compassion

She used to be codependent on me and others, but no longer. She used to care what others wanted and thought about her, but no more. She can no longer be manipulated. This is a little scary. **Gone was the old Shelley.** She has been replaced with one who has weapons and power! In place of self-sacrifice it would now be self-love. Can this same change happen to me? This was no longer going to be easy. Quite often she seems so cold and emotionless. She has had to do what is needed for her in separating from me.

A time of separation and solitude is best for me also. I am careful to no longer give my power away. We give away our power by being people pleasers or a doormat for others to walk all over. We need think more highly of our true worth moreso than what others might think of us. I need not seek their approval, but rather **to love myself more.** There is no need to justify myself or to be right. My need is **to value more who I am.** I am not a victim. How do I love Shelley without needing her? By loving myself.

The Old	vs.	The New
Headship		Freedom
Sex		Love
Self sacrifice		Self love
Controlling another		Complete acceptance
Seeking approval		Seeing our worth

For so long I have held on and tried to preserve the old, but now I am **no longer trying to fix the old relationship.** I am instead letting it go in order to see what new relationship the universe might have for us. I have been quite slow in seeing this, but thankful I do now. I do not need Shelley, I am free. I do not need sex or affection, I am free. **The old ways no longer work.** We cannot go back, forward is the only way. The only way we can see to create this new relationship is to **first separate and start over.** The less communication and contact we had the better off we were. So we cut off all communication, except what was necessary to live in the world.

I was going thru a mental/emotional breakdown. Meanwhile, I needed to see clearly. I am free from victim mentality, from resistance, jealousy, fear, judging, etc. As hard as it is **I accept Shelley's freedom,** especially freedom from any sexual expectations. **I have no expectations of her.**

One of the greatest lesson I have learned from Shelley is how to love myself at the expense of others! It takes **great courage, to disappoint others for my sake**. Can I abandon myself at this time? I need to stand for me first. Do I stand up for myself or do I just accept what is? Do I love myself or the other? What is the real issue here? **Do I fear the situation or the confrontation about it?** Conform or confront the perceived wrong? My happiness does not depend on theirs. I don't have to make them happy so that I can be happy. **The courage** it took her to make the announcement to me and then the courage needed to continually justify it to herself and everyone else every time the discussion again comes up.

At this point I was unable to feel loved by Shelley in this relationship so I found **three wise friends** that I could be honest with regarding my failures, weaknesses and fears and to feel their love for me. This was a great help to me in that I was too close to being suicidal.

Ego's persistence

Ego is so persistent, and so must I be. Ego and I are one, but not the same. I am not ego, I am courageous, even fearless. Let's be friends and work together for our best, rather than at odds, resisting, hiding and fighting each other. Even after surrendering to love for the millionth time, I need to do it again and again until there are no expectations in this relationship. Old habits are difficult to break. Thank you God for working with me until it is complete.

Ego is what enables us to be human and to experience the **range and depth of emotions** we do. In waking up my heart has been opened to the awareness of ego and the energy motions that involves. In entering an intimate relationship this person is going to give you greater joys than any other. And they will hurt you more deeply than another. Through it all may there be an ongoing openness, no need to be guarded or protected. Happy, peaceful, loved and free.

A prayer - Did I dominate her with obligation and jealousy?

What I now feel in her presence, diminished and objectified, is but a small sample of what she used to feel around me (for many years). We did our very best.

May I begin to forgive you and myself for what harm we caused, and **may we be ego-free friends**.

There is still so much of ego keeping me from seeing her, recognizing and knowing her in her true beauty. I am divine, she is divine. *I feel I have an emotional handicap. I am challenged like never before. Sometimes I am filled with fear or even have paralysis in some ways.* **Yes, I will probably never be loved the way my ego would like, but it will be real love, which is beyond compare.** It

is not her doing this to me, she is only a messenger. This is from the universe. My painbody and a **core issue in my life is victimhood**. I see myself as a victim although I am not. The remedy is to love myself, that is my ego, by fully feeling what it is to be a victim. I see myself as a victim due to **feeling inadequate, needy or clingy**. This is because of my identification with ego and having forgotten who I am. Ego wants me to think I am him. **It once served me in protecting me, but now it is only burying me in fear**. It no longer serves me, I release it. The thinking mind is what derails us. It can no longer be boss.

We live in an **enchanted universe** where all our dreams come true. Love is the law of the kingdom. *But ego says, "this feels like a bad dream from which I never seem to awake. It feels like I am being played with at my expense. The rules of the game keep changing and they never change for the better, only for the worse (that is more restrictive). I am tired and angry. It feels hopeless, like an evasive carrot that keeps getting pulled away when I get close. Every time we have a discussion about this, "I am seeing it wrong and I need to see it differently."*

Shelley's response: "We are **Creator Gods** in this game of life. We are never victims. As long as I am looking outside myself to get my needs met or to feel good about myself, am I not denying my Godness - the very truth of my being? If I identify so thoroughly with this ego character that I forget who I am and start looking to the other characters (temporary roles we play) to tell me who I am, have I not given away my power to the other? I am grabbing for crumbs when a feast is mine to be had, within myself! If I give you what you think you need am I not agreeing with you that you are less than the Creator God that you are?! I know who you really are! And I know you are amazing and complete and never needing of me so I can not see you any other way. When you look to me to meet your needs and I give you what you think you need, am I not taking power away from you in the process?"

The way to joy

We no longer celebrate anniversaries, since we are no longer a couple. I again let go and accept what is. This is as it should be. She must be free to do as she pleases. And I out of love will conform to the reality that I am a friend. **When I fully accept that we are no longer husband and wife, and that we are friends, then I will be able to know full joy again. Shelley loves me!** She has had a problem with this one area of sex in our relationship, no other.

We see our friendship differently. I would like our friendship to grow emotionally and physically. She would like it to stay as it is, no hand holding or anything physical. I want to know how to follow my heart, my higher self. In what I do, I can do it begrudgingly or joyfully, but I want to be whole-hearted about it. The non-sexual friendship is the best for all. I am released from sexual attachment, we are entering a loving, fulfilling relationship. I need not view it as others getting what they want and I am not - that is ego. We are getting what is **best for us both**.

Accept love from yourself, so you don't need to drain others. I am free from pleasing others or seeking pity, I am love, in abundance, without lack, in union with all, I AM - beyond all description, perfection. **If life wants a fraternal friendship with her, I want freedom from resisting it.** Be still and let life win. Do I want to learn spiritual healing? Then stop whining and exaggerating your pain which is for your healing.

Forget the affection motive. All it is, is a distractive decoy by ego. We are one, realize it and you will be in your right mind. Trying to prove yourself right is only ego.

What seems like a cruelty in loss, whether it be health, a loved one, a livelihood or a possession, it is only due to **like kindness that we had it in the first place**. And it was only due to **our attachment** to it that makes the loss of it so severe. Like a riverbed, which is constantly receiving and letting go in the very same moment. Vigilant receptivity and non-clinging release are one and the same for this riverbed awareness as it constantly receives all coming from upstream while at the very same moment releasing all downstream. **I accept what is, I release what was, with a smile.**

She is doing the best she can, and cannot be my happiness. Drop all expectations. Ego resists this every step of the way. Soul says let me show you who I am, the longer the duration the better. She is my teacher like no other, courage, authenticity... I see such kindness in her:

She was willing to play the bad guy and lost favor with all our relatives

She gave me the bedroom and she took the garage for a year

She moved out of her house at \$1,000/mo. rent for a year

She has offered me the okay to have a mistress

She is sacrificing as much as me or more in all this, all for my freedom. So thankful that I still have her as a friend. The benefits I now enjoy are spiritual rather than physical and so much greater. Thank you for the gift of solitude. Would I do that for her? Thank you for opening my eyes and heart. We have sure come a long way these past few years. She believes in me. **She is doing all this for me. She loves me. As hard as she is being on me she is being much harder on herself.**

Sex, not as advertised

A prayer - I choose to only think those thoughts that bring me peace. I do this to align to a higher consciousness **with the intention to know myself**. Until now I have sought my fulfillment through sex, resulting only in clinginess. I intend from now on **to find my worth in knowing who I am**. I am Word. I am free. I am love.

I feel like a man with **four apples who wanted five**. I can't get over the one thing I don't have so as to enjoy all that I do have. I have a house, a new car, a wife/friend and kids that love me, etc. The only thing I lack is the ability to have sex or touch my wife. And Shelley is doing the best that she can. **She has the best of motives in getting me off my attachment to sex. What an opportunity to get over victimhood and learn real love**. I think my ego actually has all five apples and wants to continue in victimhood and my attachment to sex. I am grateful she has **closed off the sexual** area of our relationship. Don't view this as negative. It is best, it's what is needed right now for healing in our heart. Shelley has so felt like **a failure as a sex kitten**, she does not want to go near anything that brings up that feeling again. In every other area of her life she has been able to succeed and achieve, but not in this area. Any physical/sexual touch with me is a reminder of such failure. I do not see any such failure on her part. To me she was a wonderful partner.

She is against physical intimacy because of:

1. Physical pain
2. Body shame
3. Inadequacy as a sex kitten

To fall in love and have **a romantic relationship often is an ego role**. But it is likewise an ego role to refuse to, since the soul does not care one way or the other. With all the drama that ego brings I suspect without it life would be quite boring in comparison.

Sex is overrated, what pleasure it actually delivers is small and very brief. With sex being such a sore spot in our relationship, you are much better off if you can avoid it with equanimity. Fraternal relations, without physical contact, is the best way. As much as I resist this, it is necessary. **Be content with your oneness spiritually. Sex is not worth the effort, but Shelley is**. Don't fret over what you had, or what you might not have. Enjoy and don't take for granted what you have now. Self gratification seems the way to go. Giver and receiver are simultaneously pleased, none is inconvenienced, imposed upon or hurt. Sex, or any attachment, are our attempts to fill a gaping hole in us. It is like trying to fill the Grand Canyon with dirt one bucket-full after another. Can it be done? Theoretically yes, but practically no. We need a new perspective. What we see as a huge need, doesn't even exist. It is an illusion. My sanity is beginning to return...

Would I like to have sex again? Yes, but what for? Of all the times we had sex the bigger question remains, 'Did we ever **make love**?' That is what I would like to experience. To be absolutely free and in such unconditional union. Maybe in this lifetime, maybe not. Maybe it can occur without the physical act all together.

There are many things that are **greater than sex**, i.e. serving another without payment in return. Sex and headship no longer serves us. Pain, isolation and heartbreak is giving me new eyes, a new heart, even making all things new. It cannot be hurried, helped or hindered.

Ego has something to say, 'I am so unhappy right now. I feel I have lost my happy life, I am losing my wife. Everything that comes up in my life is a huge burden that I don't want to deal with.' But these are needed lessons of love. Yes, I want **to learn to live in love**. I can take a little more.

Ego wants emotion, drama and disturbance, not stillness or tranquility. **To love someone, including myself, is to see the Christ in them. This is true satisfaction. I am too judgmental regarding myself. Accept myself more in all my parts.** Stop trying to become something, just BE who I am. **Allow life to lead.** There is no good/bad or right/wrong. Love and accept everything.

I am done with sex. I would like to get it out of my consciousness and focus on who I am, not pleasing an appetite. But, maybe this is just the suffering I need for now. I am whole. I am free. It's only mental/emotional programming to think I need sex. I don't need it and I no longer want it. The small temporal pleasure can not compare with the suffering it brings. I can think of nothing that has caused as much conflict and pain in our relationship as sex. The fruit of surrender is peace. I surrender again.

Solitude, an unlikely source of contentment

I have had **much heartbreak** seen in: 1) sleeplessness (sometimes only a couple of hours a nite), and 2) loss of 20% of my body weight (from 175# to 135#), with physical chest pains, ribs and stomach knot. No physical contact is allowed between us, not even touching each other's hands. *I feel my arm is being twisted to say 'uncle.'* But, no feeling is a threat to me, rather it is another invitation to discover who I am. **Our egos are not looking out for our best interests**, we cannot even trust our own thoughts. We need to follow our heart, that is to navigate by a whole new principle, that of heart feeling, rather than mind thinking.

Ego is never content. It is either feeling lonely without her or uncomfortable with her. She has been the source of so many blessings, so **why do I not like being around her?** Why do I so miss and long for her. It is not because I love her. If I loved her I would want what is best for her, not me. I miss the comfort and security of her doing everything for me. **Why do we stay in relationships, is it because we love the other?** Or because of what benefits we get out of them?

She is not the source of my pain. It is my judgment of her, **my blaming her** for my pain. I am wrong in this blaming, she has loved me all along.

I get a second chance. To come from a place of love rather than fear. Ego is discontent, step aside, step into my true self. It is my turn to give love. She has given for years until she could give no more. A fundamental change has occurred. We are legally married as far as our house and possessions, but practically we are friends. We are free without commitment or expectation from the other.

This time of **solitude** is to learn that I do not need her, that I am complete in myself. I do not need her for my identity. I do not need her for my happiness. Ego alone needs her, and he can never be satisfied. Ego is afraid. **I can resist and suffer. Or I can accept and love.** I cannot satisfy the ego, nobody can. And the true self is already satisfied. I am so much more than who I think. How quickly and often I **fall back into unconsciousness**, old habits, old perspectives. Autopilot is ego. **I need remind myself again of who I am and what is.** Then again peace, joy and love return. When the suffering begins notice that you have forgotten who you are.

Solitude is so important, to commune with my higher self and get to know Me. Consciousness is growing in us all. We are being led perfectly. It's as though there was no other way, this is the way things had to go. **All fear and history are dissolving.** We are seeing things anew and they are manifesting as required. It's as though all our hearts are communicating with one another, especially Source's heart. We don't even need to speak with one another any more. The biggest issue in my life right now doesn't even matter. Our relationship is a small, but important, particle in the universe. Everything is progressing exacting as it should. **The worst thing that ever happened to me has turned out to be the greatest opportunity given me. ~ Matt Kahn**



From caterpillar to butterfly

Embrace the time you have alone

✦ From caterpillar to butterfly

A meditation:

Love and only love is real. Fear is not!

I wish to see more of the opportunities of love, so **I open my heart to life!**

I am presently dreaming this 'Pat' life. I will soon wake up and see there is no need to fear, grieve or be angry about anything.

I will be patient, all fear and history are dissolving.

When I feel abandoned, excluded, inadequate, lonely or unneeded, **I will recognize it for what it is**. It is all past programming, a broken record, false stories, none of it is real. There is nothing in my life I would change. I am thankful for challenges to make me go deeper within, even challenging thoughts and emotions. **I am bringing consciousness into this world.**

Did I dominate her with obligation and jealousy?

What I now feel in her presence, diminished and objectified, is but a small sample of what she used to feel around me for many years ... We did our very best.

May I begin to forgive you and myself for what harm we caused, and **may we be ego-free friends.**

The caterpillar has within her the butterfly, and the butterfly, once realized, has scant memory of how she knew herself prior. Paul Selig

I've never spoken with a butterfly, and I can imagine her telling me there was a lot of pain going on in that cocoon. 'It seemed like it was never going to end. It felt like it was going to kill me.' But she now **possesses a strength of heart** she never thought was possible. It continually amazes us as we see what these bodies can take. But even more, she now has no recollection of the pain.



The pain of transformation

Pain is the means by which we are transformed. It shows us our resistance to change, which is more important than the pain itself. Pain is not our enemy to be avoided, but our true friend who tells us like it is. It points out our resistance and breaks it down. Listen to it and learn. It is no less than the voice of God. See where you are resisting and surrender. The pain teaches us, but even more it wants to bring us beyond our resistance to change. Our purpose here on earth is to transform, from caterpillar to butterfly, from ego to soul, from pretense to authenticity.

I am on a journey to freedom in truth, contentment in love. In my opinion a relationship of physical intimacy and sex can easily be an ego-based relationship, rather than soul. But it is just what is needed to bring us to soul. The **pain** I feel is due to the loss of intimacy we once had. I feel I am being called to a different kind of relationship rather than intimacy. The ego is meant to be transformed, not abandoned or cast away. I am being led forward gently dissolving ego. **There's nothing like a broken heart to make all things new.**

What do I dislike about being with her? Pain, heartbreaking pain. To have been in union and now it is not allowed. It's to yearn for union again, but to be denied. It's most hurtful that my partner does not want the union. I feel like I have been hurt and abandoned when I most need support. And abandoned by the one I would have least expected it from. The one who was my friend now seems to be my enemy, the one who has most hurt me. I thank the messenger and excuse her.

Yes, transformation has been a big part of it. But what has effected me so emotionally is:

1) There is a part of me that is unacceptable (even to my best friend),

2) She wants this part to be changed, and

3) I don't know if I can change enough to be acceptable to her,

This is all ego. Yes, there is plenty here to disturb someone under the control of ego. But, to live a higher life is to live this without being disturbed, to be aware and with balance.

I want to live from my higher self. I am thankful for the privilege to experience pain and express love.

A prayer - My intention is to abide in present moment awareness and to detach from sexual addiction especially toward Shelley. I am already free. This is for the happiness of us both! I do not hurry to get over this suffering. I accept and feel it, without identifying with it.

She used to be very codependent, but no more. I am on my way, maybe on the verge of a miracle. The dark night of the soul is only for a season. I am blessed with another hiatus of solitude!

I have been experiencing a vibrational shift, an emotional breakdown. **'Nothing is to be clung to as me or mine.'** We no longer resonate with the Christian wife's submission to the husband, nor the sacrificial love it portrays (others first, myself last) way of life. We have gone from a savior-God to a discovery of the divinity we each already possess. I am content with the spiritual journey I am on. I need to content myself with my relationship with Shelley or leave the relationship. **Our new relationship is no one's fault, no blame, it's just what is.**

In my youth I never dated because I was **afraid of rejection**, and probably even more of being dumped by the loved one. I thought I had done everything to keep from ever experiencing such pain. The universe had better plans. **Rejection is the feeling I have most feared and avoided all my life.** And this is what I now feel on a regular basis, especially when I am with her. I feel it most in my arms and shoulders. No feeling scares me more. This is my greatest opportunity to accept and love myself. Even if I were to have sex, I would not feel safe or loved. She cannot be the safety and love I need, I must be that for myself. She knows I can be such and I need to learn it.

I feel like she is rejecting me, that she doesn't want me. She is keeping me at arms length.

Below are principles from Byron Katie in her book, 'Loving What Is.'

1. Is it true? No. I long for affection, but can she give it? I have been needy and suffocating her for years. She needs space right now.

2. Can you absolutely know that it's true? No, she daily shows me that she loves me and would not want to lose me. She actually enjoys my presence.

3. How do you react, what happens, when you believe that thought? I get depressed and become silent and cold toward her.

4. Who would you be without the thought? I would be happy, maybe even feel safe and loved. I would treat her like the angel she is.

5. and Turn the thought around. I feel like I am rejecting me and don't want me. She feels I am rejecting her and keeping her at arms length. **I need accept myself and her. Don't avoid her. Don't resent her. Just be in her presence and accept and appreciate her.**

Resistance to change

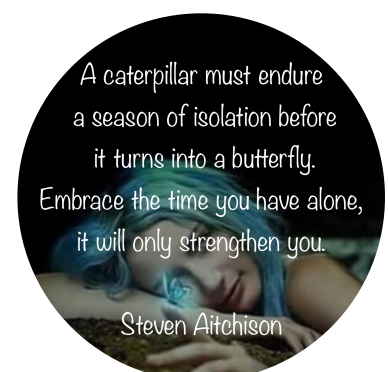
A reminder that change is constant and **the keynote of the physical world is temporal**. Shelley seems to be okay with change, or at least more at peace with it than I am. *I feel very scared. I feel full of resistance. I long to be with her, but when I am, I am disturbed. It is like two chemicals that react when brought into contact with one another. I long for the past when we were more harmonious and intimate.* But that is not to be. I need to surrender again and be at peace with what is.

I FEEL (the voice of ego) like I am being punished. Is there ANY truth to this feeling?

- *I have been bad with sex.*
- *The one who was once my best friend is now the enforcer of this punishment. She has even made some of its restrictions.*
- *No wonder I feel the way I do every time I am with her (the warden),*
- *I believe I am loved, but this hinders feeling it.*
- *I can't wait until this time of isolation is fulfilled and I am welcomed back.*

Wow! What a costume! What a play! Isn't it like God to be doing a much deeper work than we expected. A caterpillar must endure a season of isolation before it turns into a butterfly. **Embrace the time you have alone,** it will only make you stronger.

One day Shelley showed me unconditional love and I felt it. This opportunity was almost lost. I almost yelled at her to prove I was right about something. But I held my peace and she loved me when I was most unpleasant, we both enjoyed a loving moment. This was **better than sex**. Two lessons learned, when angry be quiet, and a loving relationship is more important than being right.



Ego has many questions - Clinginess, is this a character flaw that we are trying to change because we don't like it? Or is it a learned behavior that can be relearned by discipline? How much discipline and relearning will be required? Is this something we will need to be working on for the rest of our lives? Can we reshape this area in my life to our satisfaction? Are there other attributes in me that she might want to correct as well? Or is there an area in her life we can work on for awhile? Does she want to control our relationship? Why? Is her aversion to sex as big an issue in her heart as attachment is in mine?

Change is the essence of life. **The secret to happiness is accepting change. It is to let go of all the past and welcome all the new.** Shelley and I have greatly changed. I let go of all the pleasant past, her dependence upon me and sexual intimacy. I welcome all the unpleasant independence and no physical intimacy. I surrender to life for my highest good. I joyfully accept this metamorphic change. **I surrender to love. I open my heart and say 'YES!'** I am learning to love her, to accept and enjoy her, rather than for what she can give me. I want to know, recognize and love her. To desire and think of her body is counter productive. The pleasure of sex is a distraction from my purpose of knowing and loving her. I need control my thoughts of her. I intend to think only those thoughts that bring me peace. To know her soul, I need know mine. **She is perfect as she is, don't dare try to change her in any way.**

In keeping our friendship without physical contact I feel more unconditionally loved, and I'm sure she does as well. I feel I have not been 'paid back' for any of my acts of love. It feels good, better than sex. **I have decided I want to be happy no matter what happens.** I can be happy even though I might never have sex again, or might never cuddle with another. *At times she can be so hospitable and other times completely ignore me and enjoy youtube, puzzles or some other distraction in my presence as though I am not even there. I suspect we all have this to a measure. And to a hypersensitive person like myself it is quite offensive.* The problem is on my end not hers. That is just who she is. We cannot change this, nor do we want to. To talk about it would just be an attempt to do that. I just need to learn how to lovingly respond to it. Can I love this part of her? Definitely. Can I be happy in the midst of it? Yes, **what an opportunity!** My true self is cling-free. I certainly want to enjoy more of the higher parts of her soul, instead of the momentary small pleasures of sex. When I complain I make myself a victim.

Happiness must be unconditional. Any conditions I put upon it will limit it. Every part of me that doesn't want to be happy, let it go. I will not let my heart close over this small issue, I open my heart to Love. Whatever arises, I will love.

Is the feeling of dominance a problem in our relationship? Do I feel dominated in conversations? Does she feel dominated in sex? Do I feel she is smarter/more spiritual than I? Do we feel threatened by the other? Unsafe/unloved?

My ego still has the thought that she might change her mind and want to have sex. This isn't going to happen. She is not going to want to do something that she cannot stand to do. I need to stop holding onto this ridiculous, remote possibility. It only makes me upset and sad. Let it go once more! Either let the thought go or let her go. She is not who your ego wants her to be. The happy choice is either to accept her as she is or seek someone else who is more to your liking. You are in her business, **wanting her to be any different than she is, and this is insanity.** It will only bring unhappiness. **She is here to set me free - thank you!**

Ego can never be satisfied. Love is what I already am. How would I feel if someone would love me if only I were different? Ego wants more and more. When it gets a taste of the physical it sees it does not and cannot offer the pleasure it thought was there and tries again and again only to be **endlessly dissatisfied.**

So if I ever touch you it's like selfishly taking what you don't want to give? Eeeego, back to the present. The ego makes it so there is NOTHING easy about relationships. If I can ignore ego I can live at ease. **Ego is discontent and insane.** To find contentment and sanity go within, to soul (breathe, relax, with a 😊). In this world of illusions nothing can satisfy the ego. **The true self is already satisfied in itself (love).** There is no sense in giving ego what it wants, it will never be enough, it is an illusion. It is in constant need. To pursue ego satisfaction is the pursuit of the illusion, impossible. To abide in the contentment of the true self is reality.

Going deeper into love

Sex has too big of a part in my life, it has become the big, pink elephant in our relationship. It seems the universe is leading us into a shift, from that of finding happiness in pleasure to finding it in awakening; **from that of pleasure to love.** I have said yes to this shift. At this stage in our life, sex should be a small consideration, and I think it will be, once I get over the preoccupation and fear of it.

This separation is of God and has come with perfect timing. It is for my best, to learn that I am enough. I don't need another, I am one with all. I fear how in this short time Shelley and I are going separate ways and acquiring different friends and beliefs, but I'm sure this is part of the wisdom of this work of the Spirit in our lives. **God is using this time alone to free me from my fears and is integrating these emotional memories into my being.** This is experiential knowing. I am so grateful for the wonderful work Spirit is doing in my heart. Through this hell I am learning to let go, and becoming a butterfly. Right now **I am in a hiatus of solitude,** a wonderful luxury that many might never have.

I see transformation coming: The more pain experienced is the more love expressed - what an honor! This is the only way for ego to transform into soul - through death. Life is leading me into decline and death in my number one relationship. This is to bring us into a much bigger life, a much better relationship.

Victim	->	Creator God
Self pity		Self love
Inadequacy		In abundance
Cowardice		Courage
Resentment		Gratitude
Rejection		Acceptance

Know who you are. Learn to see the beauty in those around you. **See the innate goodness** in yourself, underneath the many layers of the fears of ego. This is what will transform the world and raise it to its potential. We have come to bring healing to humanity. My healing will become the healing of us all. Sharing love can set them free.

She is grateful and in awe of my **heroic journey** that I have continued on this last couple of years. Everything is happening perfectly as it should be. It is a huge benefit to say yes to the ego’s death, it’s what has to happen. She appreciates all that I have gone through for her. She’s glad I chose to be in her life, even though **she can’t be who she used to be**. She wants to walk this journey with me. We’ll understand what each other is going through.

If life wants this, I want freedom from resisting it. ... Surrender is teaching me to not allow personal preferences to make my decisions for me, but rather to allow the reality of life to determine where I am going. The difference between misery and joy, prison and paradise is love. Do you know Love? Do you sense it’s presence? This is what Ayahuasca, life, God and everything else is here to help us discover - I am love. Gods voice speaks to me throughout the day. And what is it saying?

I ❤️ U, U R ❤️, We R 1.

Learn the difference between me (my true self) and ego, my thoughts and ego’s thoughts. Ego wants to separate me and make an enemy out of everyone. The biggest tragedy or loss is to have lived in paradise and not noticed; to have lived with another and not loved.

I am diving deeper into love, especially self love, ego is unraveling, dissolving and returning to Source. I am learning to distinguish heart from mind so I can make a clear decision which I want to follow. What is hell for ego is **heaven to the soul**.

All that I see is a dream. Don't take anything too seriously, I will one day wake up and see it wasn't real. **All that is real is love. No need to fear, grieve or be angry about anything.** We will all wake up (death), but we can also awaken to consciousness. The real me is spirit and my natural state is love, joy and peace. **I am presently dreaming this Pat life.** What an experience! Do I want to wake up now, or enjoy the ride? You need to be present, to see thru the dream, and to see who you are.

Many a time I would catch ego strongly wanting to be the victim. But I am Word, I am love, a Creator God. I am not an emasculated, abandoned husband. Things will not remain like this for long. I will not play the victim. I lift this world to the **truth of its nature**.

I do not want this relationship to become sexual. Ego would like that, but he can never be satisfied. I am already satisfied with love. To want to change her is to be out of my business and calling stress to myself. Accept what is, release what was, with a smile 😊. The whole purpose of this life is to discover and express love. For this I was given my family relationships - I am fulfilling my purpose. I accept what is (Shelley my friend, in freedom), I release what was (Shelley my wife, under obligation). I do this with a smile, because I was blessed with such a gift and now in faith I know something better is here.



Beyond intimacy - Freedom

Nothing is to be clung to as me or mine

✦ Beyond intimacy - Freedom

A meditation:

When I look upon her I see the pain she endured for me.

... Many a grey hair and wrinkle were for me.

I have great respect for her, 36 years of love's forbearance, and 6 years more of love's courage.

... I rest in your great love!

Her heart fills with love and appreciation for me as I endure pain for her.

... The love of one increases the love of the other.

(breathe consciously, relax with a 😊).

In this world of illusions nothing can satisfy the ego.

... The true self is already satisfied in itself (love).

Is there more gratification in abstinence rather than indulgence?

... Life is not to make me happy, but to challenge me to awaken.

Ego is discontent and insane.

... To find contentment and sanity go within, to the soul.

(Accept what is, release what was, with a 😊).

I can allow you to be who you are

... without fear of you controlling me.

I don't have to compete,

... I can gladly play second fiddle to whatever comes.

You don't need to change for me to love you.

... You are PERFECT, you are Divine!

(breathe consciously, relax with a 😊).

The butterfly in emerging from the cocoon of sleep and pain, experiences a new freedom before unknown. It is no longer earth bound, but free to fly. It now belongs to a whole new world of experience.

As infants we were under the direction of our parents. Then later peer pressure and societal norms kept us in check from being hurtful toward others. As such we learned to please others. But as we mature we need to break free from these controls to be who we were meant to be, to make our unique contribution to humanity.

Yes, we are free, I from my attachment to pleasure and Shelley from her aversion to pain. Both were motivated by fear, a feeling of inadequacy. Mine drove me to codependency, she into paralysis. **This was now my opportunity** to express who I really am, freedom and love. It is not her performance or lack of it, it is her that I love. Yes, we each have inadequacies we cannot see or get past without the help of one another.

In the natural world one of the great goals is intimacy, union. I suggest there is **a higher goal** in the spiritual realm, that of freedom. When Shelley gave me the announcement it was intended for her freedom. But I know the universe meant it for mine as well. Freedom and union are both wonderful. A good mix of the two is most desirable, and how difficult that can be between two people who have different needs. **My goal is not to again have sex with her, but to be free from the need of it.** The purpose of this relationship is not happiness, but consciousness. The ego does not like to hear this because it is its end. Ego is screaming.

The freedom of authenticity

What do I want in this relationship? A loving friendship, to love her without need. I do not want to start an intimate relationship with anyone else. Secondly, I desire to learn to love myself first, the courage to stand for myself.

There is **nothing to forgive Shelley about regarding our non-physical relationship**. Yes, it hurts, but she has every right to make her decisions of what she will and will not do. She went along with expectation oppression for 30+ years. **I have been very accepting of her choice. I resist nothing, I release ego identity and I relax into it.** This is not me that is hurting, but ego. Sorry ego, but you cannot have it your way. I will stay by your side and love you. This is best for us all. I wish not to attack with anger nor will I play the victim. **She is doing her best and it is also best for me.**

Why is it that all of the sudden I am overwhelmed with emotions like never before? Before these feelings were not felt, because we were spiritually unconscious. But now we are conscious of them,

even hypersensitive. When we begin to awaken all the unconscious feelings come up to be healed. And it feels like hell. But it is the only way to heaven. Letting go of my ideas of love is to welcome a higher and greater love. **Being authentic is being me, not what others want me to be.** Making authentic choices is doing what I want, not trying to please another. To give away my power is to give up my ability to choose, my power to be authentic.

Our larva phase in life is that of fitting in, learning appropriate behavior and getting the approval of others. Our butterfly adulthood is **being authentic, learning to be ourselves in all our differences.** This will involve displeasing others at times. But we have to be true to ourselves. Be yourself rather than what someone else wants you to be, **and to accept the other for who they are**, not what you want them to be. We learn that our identity up to this point was manufactured and is a false representation of who we really are. We then begin to know who we really are. Who we are is so much more than we thought we were.

Possibly **my biggest contribution to humanity** is to have set her free to be and do as she pleases. Otherwise how do I know who she is? How do I know she wants to do something unless she is free to not do it? How do I know she loves me unless she has the opportunity to not love me? Needy ego wants to be needed. My True Self is neither needy, nor does it want to be needed. Whatever seemed like **affection up to this point wasn't authentic?** It was rather obligation that could not be wiggled out of? It is a good thing that it has come to an end so that we can have an authentic relationship. But the one who you thought loved you, actually loves you much more than you thought, they are love personified. It just might not feel like it. Don't just go thru life unconsciously, give it your attention.

The contentment of love, the sanity of consciousness is where we are headed. Thank you for enabling me to become who I was meant to be. With myself I feel a freedom, **a freedom to be who I am without pretense** or trying to please the other. In the presence of others do I sense that freedom? If not, what hinders it?

Do I need to keep telling ego that physical intimacy is not any better than what we have? It's freedom from all ego cravings and aversions, fears and judgments, history and expectations, even all ego identities. But **it is not religious sacrifice. It is authenticity.** O true nature, lead me forward. Do nothing, just be. Go through insanity to sanity, through discontent to contentment. The night will pass, daylight is coming. Ego is afraid someone is going to enforce their will over mine. To be free is to be able to let your guard down, nothing can harm me.

I am on a journey from insanity and discontent to freedom. The human experience is first difficult, then wonderful. Difficult in fear, wonderful in release. The deeper the torment of fear the greater the

release. We are not separate, but we are all going through this human experience. We are all spirit, one spirit of love.

I begin to forgive myself for having taken advantage of Shelley, for having used her for my pleasure. I held her under obligation for my sense of security. **She is now free of obligation that she might set me free of my insecurity.**

She was under obligation to my will and authenticity for her was non existent. Now I am under obligation to her restraints and authenticity is unavailable to me, **unless I can get free of feeling like a victim.** Ego loves pleasure and hates pain. But they come as a married couple, you cannot have one without the other.

Healing and freedom. Freedom from victimhood thru forgiveness and gratitude. I have begun to experience freedom in many areas of my life and I see so much more that I hope yet to experience. So many of my thoughts are futile and harmful. Ego wants to make me a victim and everyone else an enemy, me against the world.

I believe we will stay together and past hurts will heal. It will require an opening up to one another, gradual and mutual. Be patient and kind, **you cannot go too slow or be too gentle.** Learn to open up with yourself, in patience and kindness. Healing is hurting and helping equally. She is the number one influence in my life for liberation and progress.

Accepting a new perception

When Shelley says, 'I love you,' it now means something different than before. I don't think it's just a greeting, but it does not have the intimate connotation of before. It is like what she would say to a neighbor down the street. I love you as a friend, as I love everyone else.

I am so aware of taking a loved one for granted. We see them so superficially and do not appreciate the depths, even the infinite wonders of this one. It's like we are looking at a two dimensional picture and **see so little of them.** There are yet depths and dimensions to discover. Every human being is so much more than they appear.

She has no sex drive, and mine is exaggerated. Sex for her is a sacrifice, not associated with love, with me it has been too big a part of my life. *Sex makes me feel masculine and approved. Sex to her feels dominated or even violated.* From now on I need accept that it will no longer play a part. I have

once again been blowing it with Shelley. I have been sulking with disappointment because I have been expecting more of her. **Old habits are hard to break.** I need have NO EXPECTATIONS of her. I am thankful for the many **men I admire who also cling to their wives.** I am proud to be among them, it's nothing to be ashamed of. Others are so much better than I think of them.

As awakened consciousness is better than unconsciousness, so is freedom from attachment better than pleasure. But there is a price of pain.

I had become addicted to Shelley, like a drug. Every time I see her I am reminded of the high I used to get from her. But no more, I am detaching. My journey is one from self pity to self love. I chose to be free from this attachment to her, and she courageously chose to be the bad guy. I am on my way to seeing her for who she is, not an object of pain or pleasure (drug), and to see me for who I am, not who I think I should be (a victim). This isn't something I can just pretend isn't there. I feel it deeply. This is for the benefit of so many others, not just myself.

Accept everything (love), but attach to nothing (need). In our relationships, how much is out of love for the other, and how much is out of what I get from it? **Buddha's 45 years of teaching can be summarized into one sentence, 'Nothing is to be clung to as me or mine.'** Am I willing to let go? Willing to die?

Aloneness with contentment is a great good for me, a timely prescribed medication for me by the universe of love.

I need love from another only if I am not providing it myself. The person I now spend time with is different a week ago. Love the one in the present moment, not the one of yesterday. Pat, you need to stop hoping for a more physical/emotional relationship. Be grateful for what you have. It is the only way you can be centered in yourself and content. **I have a loving relationship, a pearl of great price.** Give up all else to keep it. Would you jeopardize such for a more physical, intimate relationship? I already have what I want. Cherish it and nurture it in gratitude. She loves me, it's like having \$20,000,000 in the bank.

Freedom from fear and pain is what I am looking for. **Accept and release - accept what is and release what was, with a smile. These are all opportunities for love, to be expressed and reclaimed. Be yourself fearlessly.** Accept what the true self wants and let go of what the small self wants.

How many times do I need to let her go? I don't know, but I need to let go again. Resist a little less, release a little more and relax into what is. I hear the universe saying to me, **'Let go and let me show you how much I love you.'** Every experience is to know the divine more fully. Let go and experience freedom, let go and experience love.

Due to my history I have a tendency to see myself as inadequate, stupid and bad. I especially dislike it when I feel I am an embarrassment to others. *Shelley's embarrassments of me are 1) for fear of what others think and 2) its how harshly she treats herself.* But **these are conceptual identities of self, which are erroneous.** I need to get to know myself from my essence, not history. Then I can truly relate to the other as human.

Just be myself and see the divine in every area of me. Know who I am and claim none of the ego claims. I deserve a medal for all that I have volunteered to go through. There is as much love available to me as there is breath.

I have had a wonderful adult life. I got to enjoy a fulfilling marriage, see our three adult children move out, marry, buy homes, start successful careers. Then to top it off to awaken to a reality that is exceeding abundantly above my wildest thoughts. I am nothing less than God manifest in the flesh and am now offered the possibility of living my life consciously aware of such. With this comes the responsibility to refuse to believe the stories of my ego and all its expectations, and to live a higher life. **I am perfectly guided, I am loved perfectly.** The value of the present moment is to see everything from the soul's perspective, to see clearly. Many have much less than I and are more thankful.

It is not a matter of abandoning the ego. It is more a willingness to release it, much like a butterfly metamorphosing from a caterpillar and being set free from its cocoon. Matt Kahn offers us in his book, 'Everything is here to help you,' the Golden Question which assists us in unhooking from the burden of victimhood by considering a viewpoint that only a soul can see. **What if the worst things that have ever happened to me were the greatest opportunities I have ever been given? What if the greatest thing I can do is sit still and let life win?**

The universe took from me sexual intimacy. It was a gift from the beginning. I cannot put the blame on her for this loss. Knowing the universe it will supply something else in its place, meanwhile I will be happy as a part of the universe.

I have been called with a higher calling. Freedom is a much higher frequency than pleasure. **I need to see my self-worth even if others do not. To learn love through loss.**

All my feelings of being unloved, rejected and needy are erroneous. They are all a part of the illusion. They are untrue stories. **Fear keeps me from loving.** The more free I am, the more I love.

A marriage has dissolved, a friendship blooms? Resistance is only momentary and it shows up as pain. **Freedom is my pursuit.** Free of attachment to pleasure and free of aversion to pain.

She is perfect in every way. I desire to change nothing. I love her. Our friendship is perfect in every way. My function is forgiveness. And in so doing I remove all grievances and replace each one with a miracle - freedom. *If I am wanting a relationship more than brother/sister I am probably defeating myself. This would be a relationship-killer expectation. Can I be who she wants me to be? No. Can she be who I want her to be? No.* Can we both be **content with who the other actually is? Yes.**

I am **growing in my love and appreciation of who she is**, rather than wanting her to be more of what I would like. Sex is overrated. If I twist her arm out of my need, sex is all we will get. It will not satisfy and isn't worth it. **Sex is either enjoyed by both or it is not enjoyed at all.**

THIS IS AN OPPORTUNITY FOR LOVE. LOVE YOURSELF FIRST. Be content in myself, loving me.

We both are fed up with **imitation love**, which is epitomized by sex. When I set her completely free, I will be the same. She may exercise her freedom, it will hurt for a bit, but I will be all the better for it.

Should I pretend I am free and happy? Or should I be honest that I am attached and miserable? How do I content myself in who I am? To just be who I am and not worry about what someone else wants me to be?

Identified with thought is to be controlled by it. It's all illusion, mind stuff. **90+% of all that I am suffering is in my mind.** It's not even real. What repetitive thoughts keep me occupied? Ego will never be loved the way it wants to be. I, my true self, am already loved better than I could wish. Again and again I have the longing for romance, to have a romantic relationship. She has numerous times reminded me that it is okay with her for me to have a mistress. But even then, it is one more thing to have to give up down the road. Do I want to go through this pain yet again? **The cost of pleasure is pain.**

Led by the universe

You can't go wrong with patience, you can with impatience.

Every trigger in my life is an **opportunity for love**. If I don't first respond in love, I then have the opportunity to witness the missed opportunity and to forgive myself in love. My true self is my core, my essence, which has been covered over with ego's many masks. It took years to convince me of the lies and it will take time to reveal my true self. Each opportunity taken brings about a transmutation of the old to love.

In these last two difficult years I have learned more love for her than in the previous 36 years combined, **a whole different kind of love**. *But ego is questioning whether her motive is for my good (long-term) or her good (short-term)*. It doesn't matter, at least not to me.

Everything is as it should be.

Everything is here to help me.

Everything is God.

Thank you for everything, I have no complaint whatsoever!

It is all helping me to awaken to reality, what is, the divine in everything.

I need to be freed from my self-centered ego. All I can think about is me, constantly whining in my sorrows. **These relationships are here for my help and are temporal, probably shorter than I would like.**

An **ego-free friendship**, that is what she has wanted all along, neither dominating the other. *Have I all along been wanting to dominate you for fear that you will control me if I don't first control you? Can I allow you to be who you are without fear of you controlling me?* O to be free to be able to say no to the other or to receive a no without crumbling. Where no one feels slighted or fears another taking advantage of them. Where ego no longer tries to get its way. Where the true self sees everything as an opportunity of love, rather than a problem. God is serving God throughout the universe. To love myself is to love God and to love another is to love myself. Sensitivity and strength of heart, what a marvel and balance of the two! I can be safe and peaceful in whatever life brings me.

My healing is for the whole

I am enough in myself, I need no one. This is a temporal situation. I love myself, I love my life. This non-sexual relationship is **healing for us both**. Healing comes through relationships. Hold these feelings with compassion. How many others are right now feeling an equal pain or worse, throughout the world? Feeling abandoned, uncared for, unwanted. Can I see others pain in this emotion? Or am I unconsciously lost in it?

Love the ego who is so mistaken but with the best of motives (or at worst, survival). It is just so very fearful, sad and angry. **Am I willing to hurt for others**, if need be? I have experienced life... I have experienced love... it is enough.

Conscious breathing or **anything done consciously (PMA) raises the vibration (light) of Gaia** and those on her. We are light workers. Whatever is done unconsciously is of ego and whatever is done consciously is of the soul. Do I really want to learn to love her? Do I want to be a light worker to raise the vibration of this planet? It's probably going to cost ... everything.

Human relationships are one of the most ingenious things in the universe. Ego is there to fill it with drama and test it to the hilt. Relationships are established and maintained by love. It can be ruined in an instant by unconsciousness or can grow by consciousness. **You might not get what you want, but you'll get what you need.** It should be subject to subject, the divine enjoying itself.

I am love. Why am I looking elsewhere for what I already have and am? Love encompasses a lot more than we think, even everything. Love has no expectations and therefore no disappointment. **You can than fully accept yourself so that you can fully accept another.**

When suffering be present and give thanks for everything ...

I open my heart to love,

I am patient as all fear and history dissolve,

I recognize the erroneous thoughts for what they are and I am bringing consciousness into this world.

My contribution to raising the vibration of humanity is by healing the emotions I gathered from my family. I surrender to the light of my divine authority, able to welcome any emotion as an opportunity to allow my love to become more unconditional than ever before. The fewer people we blame, the clearer our consciousness becomes. Even if there is just one person we continue to blame, our evolution pauses until such a belief is surrendered. This is the heart of true emotional freedom. We are not just transforming our individual realities, but also contributing toward the collective tipping point that awakens the world as one.

A close-up photograph of several purple crocus flowers with distinct white and purple vertical stripes on their petals. The flowers have bright orange centers. They are surrounded by green, blade-like leaves and some dry, brownish ground. The image is used as a background for the text overlay.

Beyond freedom - Awakening

Great loss leads to even greater discovery

✦ Beyond Freedom - Awakening

A meditation:

(breathe consciously, relax with a 😊).

I have come to bring healing and transformation to humanity.

I am either enjoying paradise or I am healing.

Ego is discontent: so I step aside, and step into my true self... fearless and content.

(I accept who I am, I release who I thought I was, with a 😊).

I accept what is (Shelley my friend), I release what was (Shelley my wife). I do this with a smile.

To want her to be any different than she is, is insanity. **She is here to set me free!** She has given for years til she could give no more. **It is now my turn to give, to love.**

(breathe consciously, relax with a 😊).

A caterpillar must endure a season of isolation before it turns into a butterfly.

Embrace the time you have alone,
it will only make you stronger.

(I accept what is, I release what was, with a 😊).

Would you rather live a happy, comfortable life or awaken to the joy of who you are? Open your heart to the love of the universe. Rest in this great love! By the way, when you awaken happiness comes with it, but if like me, a ways down the road. I had to go through a hell of healing before I started to realize the paradise I knew was here.

Awakening is universal

Everyone is going to awaken to the reality of life and who we all are. It is like death, it is unavoidable and universal. But **we don't have to wait until death to awaken**. The great joy that is offered us is to awaken in the flesh, in the middle of this life.

To physically die is to spiritually awaken. This removes the human amnesia and returns us to our natural state of spirit. But this can also be accomplished by awakening before the body dies. Ego wants a quick resolution. Love is patient.

It's not just me involved here. We are pioneers for Source to experience all that it desires. Maybe I do not like the experience, but maybe it is for another, or for the whole that I go through it. I embrace the divine in me. This is my opportunity to transform. I am a conduit for the divine.

I have entered a new stage in life, that of loss. To desire to gain something is only one more thing I will have to let go of later. **The universe just touched the number one thing in my life**. Everything after this should be easier. God knows how to bring everyone through the love sifter equally. I am not special, we are all on this path to awaken.

My feeling of inadequacy and fear of rejection is my form of ego identity. I tried to meet this apparent need through physical love. **Waking up and losing ego** identification made for less amnesia but more depression. Umpteen beings are so grateful for what I have volunteered to go through in this lifetime. Support and applause come from all. 😊 Going from 3D to 5D in one lifetime. You can do it, Pat. Great job.

Seeing more clearly

Nowadays, I realize that Shelley's supposed rudeness is **a highly valuable measure for my spiritual liberation**. The more time I spend communing with the soul, the more our earthly realm appears to be an angelic university in heaven. The more liberty I experience is for the benefit of all humanity. When 'my pain' becomes 'humanity's pain' and 'my healing journey' becomes 'humanity's healing journey,' a profound shift in consciousness occurs. From this space, we begin to sense the light of heaven in all things.

The Presence Process, Vipassana, meditation, Ayahuasca, the Course in Miracles are all aides to **deconstruct the erroneous programming** we have all suffered in this world of illusion, separation, fear and lack. Through these we can enter the kingdom of God which is love, joy and peace. This is salvation. Atonement is about being at-one, or unity with all. I am free... I am love... I AM. Each time I say it I want to experience more relaxation, more sweetness. If it were easy I would never get to see the strengths and beauties of my soul.

For 28 years of my youth as a single I lived with fraternal friendship. For 36 years I lived as a husband and lover. For the years to come I'm back to fraternal friendship. So for the first 28 years of life was I loved? Absolutely! Every need was met by love. I lacked nothing. Now I am shown love in every possible way, except affection. At first sight it is hard to see the love. Natural eyes can only see that on the surface. What is needed is to see a little deeper and for this **you need the eyes of Christ**.

I am loved: I can live without affection and feeling a little emasculated. It's laughable how we make such a big deal out of small things, as if the world is coming to an end. O the drama, ego against ego. I fall into depression, worry, anger, a sense of imposition, fear, foreboding or preoccupation, even suicidal. I'm not as weird as I thought, I just have a bigger ego than I had hoped. It will unravel and dissolve, don't get riled over it. It is as common as life itself in a world of separation. **Do you have the slightest idea who you are?** You would laugh if you did. *I thought I had safeguarded myself against such a catastrophe. Nope!* I look forward to missing sex today. I am willing to suffer a little humiliation of not getting my way. What makes me happy? Today you are going to re-cognize a little of who you are; and re-know a little more of the paradise you live in.

I can do this. Just take a breath. Everything is here to help me. I want to experience this. We have illusion, amnesia, separation, ego and scarcity - none of which is real. **My happiness cannot depend on another**. Nor can any harm me. Above all else I want to see Shelley differently. She is not here to be an object of my happiness. She is so much more.

Life is like a puzzle, little by little the picture appears and we see that we have been led along perfectly the whole while. I need not fret. I am in turmoil over a woman who won't show me affection. Isn't this absurd? Should I let her go? Is that what the universe is asking of me? Can I let her go as a wife and maintain a friendship? Or is that too much? **The goal** is not to restore affection to our relationship, nor even to get free from the need for it. It **is to awaken to the fact of who I am**, already free, and that this is all an illusion for our entertainment and healing.

What does my heart and soul want more than anything else? Is it to awaken? Whatever my true self wants, I will call it to myself and the love of the universe will give it to me. It will deny me nothing. This is very scary to the ego. But nevertheless I am awaking and ego is unraveling, and returning to Source. It is as sure as the God of love, and only a matter of when. O to see with the eyes of Christ, not that of ego which only sees the illusion of separation. I need love the ego. The fight of aggression is of no use, ego will only be liberated in the most loving way.

I must be in the present moment to see clearly, that is to see from my soul's perspective. I no longer have a sexual relationship with Shelley, nor do I want it. I have lost nothing. I have in its place a fraternal friendship of true love. She is my sister, my equal, not my drug or my pleasure. I am not a victim, I chose this. Fear so clouds our perception, as does judgment. **What an opportunity to love!**
Namaste!

See thru the eyes of God. God loves everything. God is everything. To love God is to love everything. To not love anything is to try to withhold love from God. It cannot be done.

An evening example of two perspectives - *Ego's perspective - we seemed to have little to talk about. She can't even watch a documentary with me unless she is distracted with a puzzle or drawing. When it comes to saying good bye we can't even look each other in the eye, we say "good bye, I love you" from the other room. I don't want to continue like this. We both have difficulty expressing love to the other.* What an ego drama! I was closed to her. **I need to open my heart to her. Soul sees her love** - she gave me a hug, the best hug she could. It was wonderful. She wanted to have dinner with me, she didn't have to. Then she wanted to extend our time together with a documentary. We even sat together on the loveseat. Maybe we didn't have the conversation or attention I would have liked, but we did the best we could. Then we had to say good bye, something neither of us wanted or knew how, but we did the best we could. Thank you for the hug, the dinner, the movie and the good bye. Wow, **what opportunities of love!**

Is there **greater gratification in abstinence** than indulgence? In the long run, definitely. I am enjoying much fruit from the disciplines I have developed in the last two years: Self respect and a sense of dignity, an attitude of 'I can.'

Want vs. need

A prayer - You and I are love, with all the rest of the universe and we are one. I am grateful that she will not have sex with me, nor physical contact, nor emotional comfort. I am grateful she will not allow me to touch her or seek comfort from her. I am grateful that we have put this distance between us in seeking my freedom. I look forward to missing you. Thank you for true spirituality. The ego does not like this, but the benefits are freedom, healing awakening and growth.

I've spent many a night wrestling with demons. **I don't want an intimate relationship with Shelley or anyone else. I want to know who I am.** I have two lessons to learn, my identity and my happiness. Both come from me, no other.

Relationships - you might not get what you want, but you will get what you need. **Do I want to serve? This is how I am now serving humanity**, releasing history, lifting above fear and seeing the divine in me and everything else.

I have a physical body, but I am so much more. I have a mental/emotional personality, but I am more. **I am a divine spirit/soul.** This is who I really, eternally am. I accept and am content with myself in its entirety. The personality is so inclined to attach to things, persons or events. It so wants to build an identity, as though it feels incomplete or naked without this story. The soul or deeper self is already content in itself, it's here for the experience. The ego personality seems to mature and morph into the soul, which is always healthy, aware and equanimous. In human relationships we spend much of our time in the physical and emotional, but experience little of the spiritual oneness that is our eternal home. Awakening enables us to spend more time here, in the soul. The soul is one, not many separate personalities. Here is sane consciousness and contented love, rather than the discontented, fearful insanity of ego. The personality is seeking satisfaction. The soul, which comes from a state of eternal satisfaction seeks nothing, but in quiet stillness enjoys all experience. Ego seeks understanding, soul already knows. Meditation is a way to merge with soul, or God, in conscious love. The personality seems to never be able to reach satisfaction, and the soul is always there. Satisfaction, Love, Oneness is who it is. The personality seeks disturbance and drama. The soul is peace, It is full, love and joy. Do I want sex? Like I do a taste of hell or a hole in the head. I only did it in the past because of an unconscious urge. Do I normally see from such perspective? No, maybe 10% of the time. Most of my time is spent in foolish thought and unconscious emotions. Hopefully that will change. I should be able to undo much of the past consciously. If I am unhappy, I am unconscious. To believe I am not loved is to deny the divine in myself and everyone else. To deny that I am God in the flesh is normal unconsciousness, to believe that I am a victim is exaggerated unconsciousness.

Jesus saw as God sees and died of a broken heart. Beyond comparison, the cross is the best way to die! Such pain can crush the human, but expand the divine. All the pain is turned into pure pleasure. How many others have gone **the way of tonglen**? You are here to set me free. It will only make me stronger.

Humans with the egoic mind need to learn to surrender to the loving wisdom of the universe. The rest of the universe does it naturally, we must do it consciously. Nothing carries the weight of importance that ego wants us to think. Ask yourself, **is this really as important** as ego says it is? I don't need to be special or number one in someone's life. I am free.

A transformer

Why is there such a theoretical oneness with all and such a practical separation and distance with my most intimate relationship? This suffering has something to do with the human experience of separation. Through feeling the hurt of many I can feel the love of the universe. I am feeling such acute heartbreak, yet mine is so small compared to many. My loss is non-violent even amicable and I have lost only a small part of the relationship. We are still friends, physical intimacy is the only loss. Mine is involuntary, when many have given this up voluntarily. **I sense the call of the universe to make my heart a transformer,**

... to take in heartbreak and put out healing, love, joy and peace for all,
... to take in cloudy grey confusion and to give clarity for the whole,
... to absorb separation that others might know unity and oneness.

I am here to experience the pain of many and to express the love of all, they are inseparable. What an honor! This is tonglen.

Is it worth it?

1. All the years she was willing to sacrifice for me (36+).
2. She took the bad-guy role for me.
3. She moved out of her home for me at \$1k/mo.
4. Pain leads me to love (resilience), instead of bitter its making me better.
5. Preparation to let her go when we pass.

This is a **death of who you think you are**, of your past and your future. All this exists only in my imagination. I feel loneliness, discomfort, abandonment. They are here to teach me love, that I am love. I need it from no other? Awakening is a willingness to be transformed for others; a trust and

surrender to be led into love. This is all very necessary if I am to be a man of the heart. **Am I bringing consciousness into this world?**

Life, or anyone else, isn't here to make me happy, but to challenge me to awaken. So I should not be looking for happiness or comfort in life, but challenge. The universe loves you and is seeking your best, resist nothing. Love, death, and transformation are simple, but not easy. **Life is meant to be challenging.** My awakening does not come in the comforts, but the challenges. A challenging nite on Ayahuasca is not a bad nite, but probably all the more influential in transformation. It's worth the drama, worth the pain ... to see the love of the universe, over and over again. You can let go of one hope when you believe there is a bigger hope behind it.

It feels like a part of me is missing. Do I need a person with whom I can share my innermost hope or concern? Or is being a self-sufficient Creator God to be desired. My closest relationship is no longer close. Everything I would like to be, I already am and more. Right now I don't need anyone closer. Be present. Keep your heart open. Ego wants a shoulder to cry on. I know it hurts. Everything is as it should be. I am guided perfectly. In looking at this **through my soul's eyes I see that I came here to bring healing and transformation to humanity.** This is why I am going through these challenges. My ego sees it as 'my' pain and 'my' healing rather than 'ours.' It sees it as a hardship to endure rather than a ministry to others. Who am I going to believe? This world is a university in heaven to the soul and a punishment in hell to the ego. Instead of seeing blame and judgment everywhere see the opportunities life affords (unconsciousness vs. conscious). **Presence is the enjoyment of yourself and all the paradise that surrounds you. If you're not enjoying it you are probably healing rather than present.** But at least you are on your way. I don't need someone else to make me feel accepted and loved. I can do that.

Great loss can bring great discovery. To lose most everything ego identifies with is to discover my true nature. Loss can be seen as opportunity. But as a last ditch effort ego can identify itself as a victim. Or I can be present and see and feel the divine in everything ... my body, my breath, my surroundings. The mind takes us out of the present and obscures and keeps us from recognizing the divine in all. It keeps us from the greatest discovery. ... God, the universe, Source, life, Love is what I am. I am awake in the middle of the night. I am in this costume, that costume, and every other. We are one. Look no further for the grandiose, we are it. I'm not the husband with the trophy wife, the woman with the beautiful face and figure, the man with the strong healthy body, the home owner or businessman, but ... I AM.

Epilogue

It has been five-plus years since “the announcement.” I have struggled with an explanation of what had happened to Shelley and/or our relationship. I am resigned to the fact that this was of God and the only option was to fully accept it. Knowing this was the perfect journey for us to learn love experientially. Very possible she was ARO-ACE, aromantic-asexual. It was a difficult topic for us to discuss and it doesn’t matter. But in a workshop given by Paul Selig and the guides in September 2022, a man in a similar situation asked about his relation with his spouse/partner. Paul channeled him and the explanation and prediction he gave him seemed to be glove fit for us as well. It was almost word for word as follows.

The energy from this woman is a little bit like, I want to love you, but I don't want to be sexual. And I've got to say, **this is not your fault**. Like that chapter in the book may have ended, and it's not that it was a bad chapter. She wants something other than you can give her.

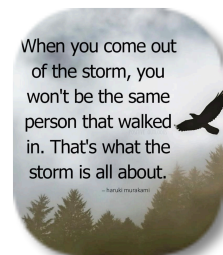
You come through saying, "I want somebody to love me completely, and if she can't, kind of fuck her. I didn't give her myself to be let go of." And underneath that, you say, "I don't want to be hurt again." You're saying that you're deserving more. **The question really is, can you love this woman as a friend?** And what I get right now at least, is not yet. The attachment really isn't to the sex, **it's to being desired and loved as who you are or what you are**.

I'm going to say this isn't the last person for you, and **this is still a worthwhile relationship to learn through**. In some ways, I have to say, **can you give this one permission to be herself and not love you the way that she did?** It's almost like that energy is just not there in the dynamic. It's not active and present. Let me just see if there's anything else. The Guides are saying the only thing she needs to know is that **it's not her fault**.

This was two months before Shelley passed away November 18, 2022, from cervical/uterine cancer. She had been wrestling with cancer much longer than the year that I knew about it. [Further Details](#)

Through this whole process we have learned a few things. I view the first 36 years of our marriage as wonderful. At least on my part, it seemed like our relationship was filled with harmony and mutual enjoyment. The last 6 years were transformational. She CANNOT meet my ego need, but she WILL meet my true need of freedom and transformation. What I don't get from her in affection I get in spiritual transformation.

What a gift! 😊 Whenever someone is not meeting my need it is the universe giving me the opportunity to meet it. My small self was very discontented and fearful, but the pain brought tremendous healing and growth spiritually in me. Such was the purpose and value of it all.



What if... it doesn't matter?
... this is a gift? An opportunity?
... everything is going my way?

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Your questions or comments are welcome.
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