

possible to get 'high' on Life itself, with the sheer joy of living, a moment to moment delight. When you know that, it means you have opened up all the parts of your Being and allowed the Divine to move through you so clearly you just feel the delight. Filled with the Light. In the end, living, moving, and having your Being right here, in its own natural state, is very addictive. I suggest you get addicted to Life! It is one thing you can't get rid of.

BARTHOLOMEWS :

" FROM THE HEART OF A
GENTLE BROTHER"

1987



In relationship, is one person's purpose more important than another's?

A person's purpose in life is not a happy relationship. The purpose is to become whole within yourself, to know you are capable of amazing things, and to know you have the courage and ability to go out and do them. But none of this will happen until you believe, deeply inside yourself, you are worth it.

Every one of you is different. Your lives are different, your feelings are different, your vibrations, your thoughts, your desires, your needs, your understandings, the way you view the world—they're all different. So when you talk about coming together on the path, the inference is you must both fit perfectly or it won't work. But my friends, since that is not true, you are either going to be alone a long time or very unhappy until you release that concept.

What is relationship about? It is about two people with different frequencies who have enough similarities to be drawn together. And if you are drawn together in a very strong and impacted way, you experience what you call 'falling in love.' *Falling* in love sounds very dangerous to me.

But it is true, when you are attracted to someone, a lot of your energy fields have points of contact. So you feel secure or excited, interested, delighted, or any of the other emotions you experience upon falling in love. These factors bring you together. But then comes what I would call the deeper reason for your being together. And now I am not just talking about love affairs. The same thing happens with friends and others you care about. You meet them—explosion! And as the relationship deepens, you begin to run into what I call the 'other strands' of your energy fields that need to be worked on.

Please hear this. Whenever you run up against feelings of jealousy, possessiveness, envy, anger, whatever it might be, your system should sound the alarm. Be aware you are now in the presence of one of your unfinished areas. Do not say, "Look at what

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they are doing. I would be so happy if they would stop. It's their problem, so why don't they change!"

With a little humor, you can begin to face in yourself all the areas that need to be smoothed out. Smoothing out in relationships can be done simply. First step: Claim 100% responsibility. If you feel jealous, it is not because something out there made you jealous. It may be that something has happened out there, but the fact is something in you has responded. At the very moment when you are filled and absorbed with the feeling of jealousy comes the point of choice. Find out what any feeling is saying about you.

Jealousy indicates someone has something you want and don't have. The answer is to get it for yourself—not to demand the other person give it to you. And I am not speaking about material objects here. I am talking about your internal issues of peace, happiness, and safety.

There are many different parts to the psyche that need to be seen and dealt with. When you take the projections of those parts off the person in front of you and bring them back inside yourself, you will find you can get what you want. It's something inside yourself you want so badly. A simple way to become whole is to continually ask yourself, "What can I do, right now, for myself, that will make a difference?" So we end where we began. Nothing will change until you begin to believe that you are worth more than you are now getting. Your purpose in life is to become whole. If the other person in your life really loves you, they will want for you those things you deeply want for yourself and you will want the same for them. Then your purpose in life will be mutual; no hierarchies, just good company on the journey Home.



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How does one deal with the feelings that arise when one feels betrayed by someone they trusted for many years?

The first thing to do is acknowledge your anger, your rage, and your pain. You allow yourself the full range of good feelings, but when what you call the 'negative ones' surface, out comes resistance. Through past conditioning, feelings of anger, hostility, or betrayal have been judged unacceptable. But, my friend, you must make the honest admission you are feeling what you are feeling. Stay within the confines of your own psyche, acknowledge the feelings, and get them moving.

Then, as you allow these strong feelings their full expression, say to yourself, "In the midst of this anger, I love myself. In the midst of this pain, I love myself right now." You have felt the betrayal, but also a sense of yourself as not being big enough to fly above it. There is a part of you that judges your responses as negative and therefore wrong. In those moments of judgment, you do not love yourself.

But I ask you to understand you are human. You are in a physical body and have an emotional body. And the job of the emotional body is to feel emotions. Acknowledging your emotions does not mean you have to act out of them. In allowing yourself to feel your emotions, you will begin to feel vaster. You will start feeling more acceptable to yourself, more whole, and eventually you will come into balance with your feelings around the event.

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Q: Should I approach this person who has betrayed me? I would like to vent my feelings and let this person know them.

My friend, you have to decide. But look carefully at your motive before you ever go to anyone with this kind of thing in mind. Ask yourself if you want to let them have it because you are hurt or do you really want to clear up the situation, or is it a little bit of both? Your decision will come from this process. But whatever you do, be responsible for your actions. Please realize, whatever you set in motion you'll have to live with. If you find your motive to be vengeful, please stop and think about it again. Because that's

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how karma gets started or is perpetuated. You get hurt, you hurt them, they hurt you back, and so it goes endlessly. It's got to stop somewhere. So think about it. You can 'vent' your feelings toward the person *in absentia*—meaning that he or she doesn't have to be sitting in your living room. You *can* get your deepest feelings out without having the physical person there to receive them.

It's part of the human condition to feel emotional pain. Someone recently asked me, "How can humans ever really love other humans when they are so accustomed to being betrayed?"

i → The only answer I have is that the love you are talking about comes and goes, so it will continue to be painful until you begin bringing in the Love of the Divine. Until you get impersonal love moving in your life, you will keep on being hurt. That's just the way of it.

Please realize what the human condition is all about, and try not to look to the small kind of a love affair to give you the feeling you are really looking for. The human love affair is a mirror of the feeling of Divine Love. And the Love of the Divine is not limited to one other person. The question it all comes down to is—how can you find and live Divine Love? That is truly the only question.



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ould you address the issue of fear? In relationships of any kind, whether personal or business, I find there is love and compassion, but occasionally an insidious distrust comes up that spoils it.

Good question, thank you. Simply stated again, the question is: No matter what you do, no matter how loving you want to be, there are times when you fall into fear. Falling into fear, you then behave in a way that increases your fear, because you begin to do all the paranoid things that make other people act fearfully as well. This then increases your belief in fear, so it goes around and around. Now, how do you stop it?

There is only one way I have ever seen to truly stop a process and it begins with paying close attention to it, and really feeling it in your body. You know, my friends, when you have a physical ailment, you go to a lot of trouble to get well. The first thing you do is put yourself to bed. You announce to the world you have to take care of yourself, and you begin to build your health back again. If you would take the same care and interest when you have a 'fear ailment,' you would begin to understand where it came from and what it wants from you. Then you can let it go. Fear is an energy that can be your teacher—if you have the willingness to face it.

Fear is power. It is an energy that is easily felt. It is a part of the life-cycle. When fear is with you, you can train yourself to say, "My friend, you are here! I remember you well. You have come to tell me some part of me needs looking at, needs explaining. I am going to sit with you, my friend fear, until you disclose your secret to me."

If you will address fear as something real and helpful, rather than frustrating and terrifying, you will have finished with a great deal of the problem. Please understand, energy *will* talk to you. It will talk plainly to you through dreams, images, symbols; through visions, ideas, and promptings. It will talk to you in a way you can understand.

I would like to present one way to increase your familiarity

with this energy. Have a dialogue with it. Sit and ask the following questions: What color is it? What shape? Where in the body does it dwell? What makes it larger? Smaller? What started it? *Who* comes to mind as you work with this fear? *What* events bubble up? What do you feel like doing? And finally, what will it take to calm this energy down? Ask it—what do you need to become calm and relaxed?

So, when you are in fear remember, anything that comes to you is your friend, whether it's nightmare or terror. If you can see it as energy approaching in order to solve a basic dilemma, you will be able to appreciate it and let the fear approach with love and caring. And something very strange happens. You begin to *want* to experience fear. And when you want to experience it, you know the game is almost over, because you are now ready to finish the unfinished process within you. When that moment comes, things are really under way!



What is the highest octave and purpose of sex? If everything is to be used to 'journey Home,' how can we use the sexual act to help? 4

To understand what I am about to say, please keep in mind that you are all energy in motion. You constantly vibrate who you are to the world around you and people are constantly picking up the essence of who you are. You don't fool anybody and they don't fool you. If you choose to be fooled, it is because there is another kind of game you want to be playing, so you choose to play it and keep yourself hidden. No person who is having a love affair outside their main relationship ever fools the other person, because their energy field is constantly giving off that message.

The sexual act itself changes your energy field. It blends and merges on a very deep level with the energy of your partner. So, the first and last question you should ask yourself before entering into the sexual act is, "Do I want to have, as part of my life, my experience, my feeling tone, the essence of this person?" If the answer is yes, then I suggest you enjoy it. If the answer is not yes, then I ask you to reconsider.

I am speaking very seriously and very directly. In the sexual blending, you take into yourself more of each other's essence than in any other way on the human plane. This is why it is so attractive. Sexuality is not attractive only because it is pleasurable. It is attractive because, for a few moments in time-space, you know you can blend with another human being. You are added unto, you are filled. You become vaster. You are not alone. Blending takes place when two people care about one another. And sexual energy does not always come from the sexual act.

There are great sciences devoted to using sexuality to reach realization. One is called Tantric Yoga. Those of you who are interested, by all means use it. Just remember, in the coming together, you are sharing someone else's power, someone else's wonder. When two or more are gathered together, magic happens, whether it be sexuality, praying, walking, or dying. Every thing can become greater.