Spiritual Relationships
In a Nutshell

This excerpt was taken from pgs. 29-34 of the Certification Course Coach’s Textbook The HuMan Handbook

HuMethod™ NOTE: This Nutshell on Spiritual Relationships will educate you about what a consciously awakened spiritually-based relationship is, so that you can create consciously awakened relationships with your family, friends and co-workers. The complete lesson on Spiritual Relationships can be found in the HuMethod™ Certification Coach’s Textbook Self-Mastery – A Journey Home to Your... Inner Self.

Spiritual partners focus their attention on the subtle needs and desires of their partner. They are sensitive about their partner’s feelings, history, and karmic challenges.

You don’t see the world as it is, you see the world… as you are. What is going on in the inside manifests on the outside. Relationships mirror back to you how you are “playing” in the world.

Spiritual partners do not commit to having “perfect” behavior.

What they commit to is owning their “imperfect” behavior as quickly as humanly possible.

Consciously awakened spiritual relationships are formed when partners come together to support each other’s psycho-spiritual growth.

Consciously awakened spiritual relationships are the closest thing to heaven that you can experience on earth.

An excellent spiritual partnership statement to make is: “I will take care of me for you, if you are willing to take care of you for me.”

To give and receive love is a primary human need. When you receive an affectionate touch it penetrates your whole body. All your fears, no matter how deep, are erased by a single affectionate hug from someone who loves you unconditionally.

Mother Teresa said, “In this life we cannot always do great things. But we can do small things with great love.” Mother Teresa’s quote defines what the core essence of being in consciously awakened relationships is all about.

Do you believe that relationships should make you happy? Consciously awakened relationships are not a ‘magical guarantee’ for happiness. Spiritual relationships are designed to help you stay conscious… not happy.

Most people confuse happiness with pleasure or joy. Pleasure and joy are temporary sensations that you “enjoy.” Happiness is not a temporary sensation; it is a state of Beingness.

Your feelings are intuitive messages from your Self. Your “so-called” painful feelings are "friends" that come bearing gifts. If you regard your feelings as a mistake your practice will become... the long path.

If you try to “think” your feelings they will bind you to your karma. If you allow your feelings to be intuitive messages they will guide you what to do.

The secret to unconditionally loving yourself is to process your life through your feelings first and your intellectual mind second.
It’s about time that we all learn how to get along with imperfect people, because anyone can get along with Christ like people.

Pain isn’t always a punishment. Often pain is a reward as it is with child birth, exercise, forgiveness, and dis-creation. People will suffer almost anything as long as it means they don’t have to change.

The heaviness you feel is what you wrapped around your heart to keep it SAFE. Intimate relationships require you to “unwrap” your “de-fences” because your fences are keeping out the love and intimacy that you seek.

Spiritual partners recognize that they are both in the process of psycho-spiritual growth. That’s why your commitment to be emotionally honest… is essential.

You cannot experience affection if your relationship is driven by fear. Admitting to your partner when you are suffering or feeling afraid is a highly functional habit to form.

Emotional honesty takes courage. This courage is built upon trust that it is emotionally safe to share your feelings and fears. Trust cultivates emotional intimacy. Trust is the cornerstone of all healthy relationships. To be intimate you must have the courage to be vulnerable.

Spiritual relationships are grounded in mutual love and Self-discovery. The ego is an antagonist of consciously awakened relationships because it believes that relationships must satisfy your childlike needs.

Unconscious partners try to fix, manipulate, or change their loved ones in an attempt to control their environment, and to feel safe and accepted. Their ego believes, “I need to fix you, so I can be happy.”

Seeking relationship fulfillment where it cannot be found is what creates relationship misery. Relationships cannot give you lasting fulfillment. Lasting fulfillment can only be found on the formless spiritual level.

You can transcend relationship judgment, and improve your ability to love unconditionally with the affirmation… “Just like me.”

Rarely do members of one’s spiritual family grow up under the same roof. The bond that links your true family is not one of blood, but of respect and joy from sharing in each other’s lives.

When you have said all the “so-called” bad things and all the “so-called” good things that you have been withholding, the only thing that remains to be said is... “I Love You.”

Mastering how to say the right thing, in the right manner, to the right person, in the right way is challenging. It is even more challenging to say nothing during a stress filled moment.

Conscious Listening Is An Important Skill Of Healthy Relationships.
It Opens A Sacred Space Where You And Your Partner Can Remain Present
And Fully Aware About What You Are Both Feeling.

Mastering The Responsibility Communication L.A.D. Rule¹
Will Help You Be A . . . Conscious Listener.

¹ L.A.D. Rule- Is an acronym taken from the HuMethod™ Responsibility Communication Rules that means “Listen-Acknowledge-Duplicate”.

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