

**GRANT  
ME  
A  
HIGHER LOVE**

How to Go from the  
Relationship from Hell  
to One that's Heaven Sent  
by Scaling The Ladder of Love

**Cindi Sansone-Braff**

## DEDICATION

To God, Who has been so patient with me, lifetime after lifetime – I finally heard Your Divine Message loud and clear: *Only love matters*. This labor of love is humbly offered in celebration of You, My Lord.

To the many blessed *Soul Mates*, both platonic and romantic ones, including those who have come and gone and those who, mercifully, still remain a vital part of my life.

To the many *Karmic Mates*, *Cellmates*, and *Razor's Edge Mates* who've helped me in my soulful journey, and to my *Group Soul Mates* whose love, friendship, and support contributed greatly to this work.

Most of all, to my beloved daughter, Shana, whose brilliant light broke through my darkness and showed me the way.

This book is further dedicated to anyone in search of love.

Peace be with you now and always.

Ever yours,  
Cindi

Copyright © 2008 Cindi Sansone-Braff  
All rights reserved.

ISBN: 1-4196-6262-7  
ISBN-13: 9781419662621  
Library of Congress Control Number: 2007901567

Visit [www.booksurge.com](http://www.booksurge.com) to order additional copies.

## ACKNOWLEDGEMENTS

I most humbly acknowledge and give thanks to the entire cosmos for illuminating the way. Special thanks must be given to the many angels, spirit guides, and Ascended Masters who surrounded me with support, guidance, and comfort throughout this long process.

I send abundant gratitude to the thousands of people who allowed me to read their Tarot cards, giving me complete access into their hearts, minds, and souls, and for granting me permission to open their Akashic records. The information that was channeled through me and revealed to me during these sessions has been an invaluable source of insight and knowledge, making this book of love possible in the first place.

I respectfully give thanks to those souls who have crossed over and who came through me so lovingly and honestly to give counsel and advice to the loved ones they had left behind. Sometimes these discarnate beings came to share their regrets and remorse. Many times they came through to confess sadly to their loved ones, "I never told you how much I loved you when I had the chance, and for this, I am eternally sorry." Often they came to apologize for the many *Errors in Thinking* they were guilty of perpetuating. All in all, these telepathic communications have proven invaluable in my study of love, and for this I am most grateful.

Additional thanks go out to the authors of the books I've read and now highly recommend throughout *Grant Me a Higher Love*. Quite honestly, I couldn't

have written this book without the insight and wisdom these books provided.

Last, but not least, I would like to acknowledge my fantastic editor, Susan A. O’Doherty, Ph.D., Licensed Clinical Psychologist.

## CONTENTS

ACKNOWLEDGEMENTS	v
INTRODUCTION	1
THE NINETEEN STEPS	17
PART I: UNDERSTANDING <i>THE LADDER OF LOVE</i>	19
STEP 1 – LEARNING THE DIFFERENCE BETWEEN LOVE AND FEAR	21
• The Opposite of Love Is Fear	21
• Relationships as Mirrors of Ourselves	24
• Some Things You Need to Know Before We Start	25
• Believe in Divine Timing	26
• Love Relationships in the Twenty-First Century – Welcome to the Age of Aquarius	27
• As We Transition From the Age of Pisces Into the Age of Aquarius More and More of Us Will Find that the Pattern of Our Love Life Doesn’t Follow the “Happily Ever After Formula.”	32
• What Is Love?	33
• Conditional Love versus Unconditional Love	34
• Conditional Love	34
• Conditional Love Quiz – Am I Guilty of Committing the Sin of Loving Conditionally?	35
• Unconditional Love	37
• What Feelings, Emotions, and Traits Characterize Unconditional Love?	38
• Unconditional Love Quiz – Am I Practicing the Art of Loving Unconditionally?	39

• <b>LOVEWORK ASSIGNMENT</b> – Reflections on the Kind of Love I’m Giving and the Kind of Love I’m Receiving	41
• Everything You’ve Ever Wanted to Know About Fear but Were Afraid to Ask	43
• Personal Fears versus Transpersonal Fears	43
• What Feelings, Emotions, and Traits Characterize Fear?	44
• <b>LOVEWORK ASSIGNMENT</b> – Remembering a Time When I Needed Someone to Act Out of Love, and I Received a Fearful Response Instead	45
• <b>LOVEWORK ASSIGNMENT</b> – Remembering When I Acted out of Fear and Not from a Place of Love	48
• Getting the Love We Want	50
• How Can I Receive the Miracle of Love?	50
• Is There Anything Else I Need to Do?	50
• How Can I Learn Not to Question the Package Love Comes In?	51
• <b>LOVEWORK ASSIGNMENT</b> – My Ideal Soul Mate	51
• Making a Vow to God	54
• Things You Can Do Immediately to Bring More Love into Your Life	55
• Summing Things Up	55
• <i>The Ladder of Love</i> Terminology	56
• Scaling <i>The Ladder of Love</i>	58
<b>STEP 2 – DEBUNKING THE WIVES’ TALES SURROUNDING ROMANTIC LOVE</b>	<b>61</b>
• What Are <i>Errors in Thinking</i> ?	61
• A Pop Quiz – How Many <i>Errors in Thinking</i> are Floating Around in Your Head?	62
• Romantic Love and Our Top <i>Seven Errors in Thinking</i> (A Quick Overview)	66

• A Detailed Explanation of the Top <i>Seven Errors in Thinking</i> Concerning Romantic Love	67
• <i>First Error in Thinking</i> : Our romantic mates are meant to be with us forever.	67
• <i>Second Error in Thinking</i> : We have to hate our mates in order to leave them.	68
• <i>Third Error in Thinking</i> : Love is a compromise.	69
• <i>Fourth Error in Thinking</i> : Love is conditional.	70
• <i>Fifth Error in Thinking</i> : Love is going to rescue us.	71
• <i>Sixth Error in Thinking</i> : When two people love each other in a romantic way, it means they own each other.	71
• <i>Seventh Error in Thinking</i> : We’re capable of loving another even if we hate ourselves.	72
• <b>LOVEWORK ASSIGNMENT</b> – <i>Errors in Thinking</i> Quiz	72
• <b>LOVEWORK ASSIGNMENT</b> – The Two <i>Errors in Thinking</i> that I Commit the Most	74
• Debunking the Everyday <i>Errors in Thinking</i> Concerning the Law of Attraction by Understanding the Seven Tenets of Manifest Destiny	75
• Understanding the Law of Attraction	76
• Watching Our Thoughts, Words, and Deeds	78
• Now Is Good	80
• How to Manifest the Destiny You Want – A Higher Love	81
• The Seven Tenets of Manifest Destiny	81
• When You Ask for Something, Know There Are Three Possible Outcomes	86

• Summing Things Up	88
• Where Do We Go from Here?	88
<b>STEP 3 – CELLMATE, SOUL MATE, OR RAZOR’S EDGE MATE – WHICH WAY DO I GO?</b>	<b>91</b>
• Relationships as Mirrors of Our Soul	91
• Nothing New Under the Sun – Ancient Greek Philosophy and Its Impact on Modern Thinking	92
• Some Obvious False Beliefs from Ancient Greek Times	93
• Deciphering the Ancient Greek Hierarchy of Love	94
• The First Tier of Socratic Love	94
• The Second Tier of Socratic Love	95
• The Third Tier of Socratic Love	95
• A Summary of the Tiers of Socratic Love	96
• Understanding <i>The Ladder of Love</i>	97
• Understanding Group Souls	97
• More Insights About Group Souls	100
• <i>Cellmates, Soul Mates, and Razor’s Edge Mates</i> – How Do You Know the Difference?	103
• What Characterizes Relationships on the Lower End of <i>The Ladder of Love</i> ?	107
• What Characterizes Relationships on the Higher End of <i>The Ladder of Love</i> ?	110
• <i>The Ladder of Love</i> – Going Up and Going Down	111
• <b>LOVEWORK ASSIGNMENT</b> – <i>Cellmate, Soul Mate, or Am I Walking the Razor’s Edge</i> ?	113
• Looking at All Your Relationships with New Eyes	115
• <b>LOVEWORK ASSIGNMENT</b> – A Current Relationship that Drives Me Crazy	115
• Summing Things Up	118

• Jungian Terms You Need to Know Before Attempting the Next Step	119
• Collective Unconscious	119
• Archetypes	119
• The Head Games <i>Cellmates</i> Play (Understanding the Psychodynamics of Dysfunctional Relationships)	122
• The Transactional Analysis Deadly Triangle	123
• Instant Replay	125
• Stepping Outside of the Dead-End T.A. Triangle	126
<b>STEP 4 – TOXIC LOVE – WE’VE GOT TO GET OUT OF THIS PLACE</b>	<b>129</b>
• Recognizing the Existence of <i>Cellmates</i> and <i>Razor’s Edge Mates</i>	129
• Understanding <i>The Ladder of Love</i> (Working our Way Up from the Bottom Rung)	129
• <i>Cellmates</i> – Rungs One Through Three	130
• First Rung Love – First-Degree, Brutal Love – Hard-Core Love	130
• <b>LOVEWORK ASSIGNMENT</b> – My Experience with First-Degree Love	133
• Second Rung Love – Second-Degree, Brutal Love – Soft-Core Love	136
• <b>LOVEWORK ASSIGNMENT</b> – My Experience with Second-Degree Love	137
• Third Rung Love – Third-Degree Love – Interchangeable Love	140
• <b>LOVEWORK ASSIGNMENT</b> – My Experience with Third-Degree Love	141
• <i>Razor’s Edge Mates</i> – Rungs Four and Five	143
• Fourth Rung Love – “The Old Ball and Chain Thing”	143

• <b>LOVEWORK ASSIGNMENT –</b> My Experience with Fourth Rung Love	145
• Fifth Rung Love – Old Archetype of Marriage	148
• <b>LOVEWORK ASSIGNMENT –</b> My Experience with Fifth Rung Love	150
• Possible Outcomes of <i>Cellmate</i> and <i>Razor’s Edge Mate</i> Relationships	152
• What Does Evolving in a Timely Manner Mean?	154
• Some Terms You Need to Know Before Taking the Next STEP	155
• Kundalini Energy	155
• The Chakra System	155
• Enlightenment	156
<b>STEP 5 – CHERISHING THE GREATEST GIFT FROM GOD – SOUL MATES</b>	<b>157</b>
• Our Romantic <i>Soul Mates</i> – Rungs Six through Nine (You Must Have Been Heaven Sent)	157
• Why God Brings a <i>Soul Mate</i> to Us	157
• How Can I Bring Forth a <i>Soul Mate</i> Union?	160
• How Will I Recognize My <i>Soul Mate</i> ?	161
• What Are the Possible Outcomes of a <i>Soul Mate</i> Relationship?	162
• Understanding Our <i>Celestial Contracts</i>	163
• Honoring Our <i>Celestial Contracts</i> with Our <i>Soul Mates</i>	164
• <i>A Sacred Betrayal</i>	168
• What Lessons Would God Expect You to Learn from a <i>Sacred Betrayal</i> ?	168
• <b>LOVEWORK ASSIGNMENT –</b> Lessons Learned from a <i>Sacred Betrayal</i>	170
• Understanding <i>Kairos</i> Time	173

• The Difference Between Our Major- League and Minor-League <i>Soul Mates</i>	173
• Sixth Rung Love – New Archetype of Marriage – <i>Holy Matrimony</i>	175
• <b>LOVEWORK ASSIGNMENT –</b> My Experience with Sixth Rung Love	177
• Seventh Rung Love – Healing, Holy, Happy Love – Seventh Heaven Love	180
• Why the World Needs a Higher Love	183
• <b>LOVEWORK ASSIGNMENT –</b> Stream-Of-Consciousness Thoughts on the Meaning of Higher Love	183
• <i>Soul Mates</i> and Karmic Accountability	186
<b>STEP 6 – KNOWING THE TRUTH ABOUT TWIN SOULS</b>	<b>189</b>
• Eighth Rung Love – The Stormy <i>Sacred Duad – Twin Souls</i>	189
• Ancient Greece and the Myth of the Halved Soul	189
• The Divine but Difficult Gift of <i>Twinsoulship</i>	190
• Relationship Percentages at This Time in History	191
• A Brief Overview of <i>Twin Souls</i>	193
• When Are We Granted a <i>Twin Soul</i> Reunion?	193
• Some of the Karmic Lessons We’re Here on Earth to Learn	194
• <i>Twin Souls</i> on Earth and in Heaven	196
• A Visualization of the Heavenly Decision to Reunite <i>Twin Souls</i>	197
• What Kinds of Obstacles Could <i>Twin</i> <i>Souls</i> Face?	198
• External Obstacles	199
• Internal Obstacles	199

• Some of the Healing Issues that Can Wreak Havoc on the <i>Twin Souls</i> ' Ability to Be Together	201
• The Wounded Healer	201
• Some Things <i>Twin Souls</i> Have Said After Separating	202
• Why Can a <i>Twin Soul</i> Reunion Take Place Only between Members of the Opposite Sexes?	203
• When Do <i>Twin Souls</i> Meet?	205
• Why Does God Bring <i>Twin Souls</i> Together?	207
• How Would I Recognize a <i>Twin Soul</i> Reunion?	208
• What Is Enlightenment?	209
• Understanding the Enlightenment Experience	210
• A Visualization of Enlightenment	212
• <i>Twin Souls</i> and Enlightenment	214
• <b>LOVEWORK ASSIGNMENT</b> – My Meditations on <i>Twinsoulship</i>	215
• Some <i>Twin Souls</i> Throughout History	217
• <b>LOVEWORK ASSIGNMENT</b> – A Screen Couple that Epitomizes <i>Twinsoulship</i>	217
• Recommended Reading	219
• What You Need to Know Before Taking the Next STEP	219
<b>STEP 7 – RECOGNIZING THE EXISTENCE OF MIRROR SOULS</b>	<b>221</b>
• Ninth Rung Love – <i>Serene Soul Mates</i>	221
• <i>Mirror, Mirror on the Wall, Who Are the Fairest Loves of All? Why, Mirror Souls, of Course!</i>	221
• Group Souls and the <i>Holy Alliance</i>	222
• Reuniting <i>Holy Alliances</i>	223

• Similarities and Differences Between <i>Mirror Soul</i> Reunions and <i>Twin Soul</i> Reunions	224
• The Many Faces of <i>Mirror Souls</i>	225
• The <i>Magic Mirror Effect</i>	226
• The <i>Blessed Platonic Duad</i>	227
• The <i>Serene Sacred Duad</i>	227
• How Will I Recognize One of My <i>Mirror Souls</i> ?	228
• Comparing <i>Twin Souls</i> and <i>Mirror Souls</i>	229
• <b>LOVEWORK ASSIGNMENT</b> – My Meditations on <i>Mirror Souls</i>	234
• Have We Met in Other Lifetimes?	237
• <i>A Sacred Trinity</i>	238
• Historic Examples of a <i>Sacred Trinity</i>	238
• Johannes Brahms and Clara and Robert Schumann	238
• Helen Keller, Anne Sullivan Macy and John Albert Macy	240
• <b>LOVEWORK ASSIGNMENT</b> – What I Learned from Watching <i>Casablanca</i>	242
• Where We Go from Here	244
<b>STEP 8 – HONORING THE FIVE KARMIC PRINCIPLES THAT GOVERN RELATIONSHIPS</b>	<b>245</b>
• The Five Karmic Principles	245
• The First Karmic Principle	245
• The Second Karmic Principle	246
• The Third Karmic Principle	246
• The Fourth Karmic Principle	246
• The Fifth Karmic Principle	247
• A Pop Quiz – How Karmically Correct Are You?	247
• Leaving a Relationship in a Karmically Correct Manner	249

• Karmic Relationship Cycles	251
• An Example of the Karmic Five-Year Cycle	251
• <b>LOVEWORK ASSIGNMENT</b> – Top Ten Reasons Why I Need to Start Acting in a Karmically Correct Manner	253
• The Big Picture	257
<b>STEP 9 – AGAPE AND COSMIC CONSCIOUSNESS– HAVING A PERSONAL LOVE AFFAIR WITH THE ENTIRE UNIVERSE</b>	<b>259</b>
• Tenth Rung Love – Altruistic, Unconditional Love for All God’s Creations	259
• What is <i>Agape</i> ?	260
• Characteristics of <i>Agape</i> Love	260
• Time Traveling to Ancient Greece Once Again	261
• <i>Eros</i>	261
• <i>Philia</i>	262
• <i>Agape</i>	263
• The Art of Giving and Receiving Love	264
• Some Final Thoughts on <i>Agape</i> Love	266
• <b>LOVEWORK ASSIGNMENT</b> – “Nothing above, save God; nothing below, save humankind.”	266
• Recommended Reading	267
• <b>LOVEWORK ASSIGNMENT</b> – My Reflections on <i>Agape</i> Love	267
• Cosmic Consciousness or Universal Consciousness	269
• <i>Agape</i> and Cosmic Consciousness in Action	271
• Mother Teresa of Calcutta	272
• Albert Schweitzer	273

• Mahatma Gandhi, “The Missing Laureate”	273
• Recommended Reading	274
• <b>LOVEWORK ASSIGNMENT</b> – What Can I Do to Help Make My World a Better Place?	275
• Taking the Next STEP	277
<b>STEP 10 – YOUR INTIMATE RELATIONSHIP WITH GOD</b>	<b>279</b>
• Eleventh Rung Love – The Greatest Love of All – <i>Unio Mystica</i> – The Mystical Union with God	279
• God is Love	279
• God’s Great Love for You	280
• God is Calling. Why Aren’t You Answering?	281
• <i>Unio Mystica</i>	281
• Mystics	283
• The Way of the Mystic	284
• You as a Modern-Day Mystic	285
• How Can I Have an Intimate Relationship with God?	288
• Recommended Reading	290
• <b>LOVEWORK ASSIGNMENT</b> – My Relationship With God	290
• A Brief Overview of the Rungs on <i>The Ladder of Love</i>	292
• A Quick Review of Part I	293
• The Love Test	294
• Moving On to Part II	297
• A Quick Look at The Eight Golden Rules of Love	297
• Answers to the Love Test	299
• The End of Part I	301

<b>PART II: DEMYSTIFYING LOVE</b>	<b>303</b>
<b>STEP 11 – UNDERSTANDING THE FIRST GOLDEN RULE OF LOVE</b>	<b>305</b>
• The First Golden Rule of Love – Know Thyself	305
• Unmasking the Shadow Self	305
• The Shadow and the Persona	307
• Healthy Shame and Pernicious Shame	309
• Learning More About Pernicious Shame	310
• What Causes Us to Become a Shame-Based Person?	310
• How Can I Distinguish My True Self from My False Self?	311
• The Birth of the Shadow Self	313
• <b>LOVEWORK ASSIGNMENT</b> – The Hidden Aspects of Myself I Would Least Like Anyone to See	318
• “The Devil Made Me Do It!”	320
• Understanding Our <i>Yin Factor</i> and Our <i>Yang Factor</i>	321
• A Real Life Example of the Way the <i>Yang Factor</i> and the <i>Yin Factor</i> Affected a Relationship	322
• The Shadow – The Two Big Bags We Drag Behind Us	324
• Our Magical Buried Treasure Bag	325
• <b>LOVEWORK ASSIGNMENT</b> – Some Times in my Life When I Felt Ashamed	326
• Why We Have to Stop Being Afraid of Our Own Shadow	328
• <b>LOVEWORK ASSIGNMENT</b> – A Time in My Life When I Didn’t Speak My Mind	328
• How Do We Begin to Cast Light on the Shadow Self, so We Can Open Up this Double-Edged Pandora’s Box and See What’s Housed Inside?	330

• To Exorcise the Shadow Demons, We Need to Tell Someone We Trust About the Things We Keep Hidden	331
• <b>LOVEWORK ASSIGNMENT</b> – A Drawing of Me (Persona), Myself (Red, Pernicious Shame Bag), And I (Magical Buried Treasure Bag)	331
• Summing Things Up	333
<b>STEP 12 – UNDERSTANDING THE SECOND GOLDEN RULE OF LOVE</b>	<b>335</b>
• The Second Golden Rule of Love – Love Thyself	335
• To Know Me Is to Love Me	335
• <b>LOVEWORK ASSIGNMENT</b> – Who’s OK, Anyway?	337
• The Mindsets of <i>Soul Mates</i> and <i>Cellmates</i>	339
• Understanding the Five Deadly Sins Committed in the Name of Conditional Love (Selfishness, Narcissism, Greed, Envy, and Jealousy)	340
• Selfishness	340
• Narcissism	342
• Envy	343
• Greed	344
• <b>LOVEWORK ASSIGNMENT</b> – The Deadly Sins I’ve Committed This Week	345
<b>STEP 13 – TAMING JEALOUSY AND BUILDING HEALTHY BOUNDARIES</b>	<b>349</b>
• Everything You’ve Ever Wanted to Know About Jealousy	349
• Jealousy Made Me Do It!	351
• Jealousy as a Projection of the Shadow Self	352
• The Many Faces of Jealousy	353
• The Message in the Bottled-Up Emotion Called Jealousy	354

- **LOVEWORK ASSIGNMENT** – What Unhealed Issues Are My Jealous Feelings Trying to Reveal to Me? 355
- What Are Boundary Issues? 357
- Our Inner Circles 358
- Boundary Issues Are Power Struggles and a Playing Out of the Collective Unconscious Master/Slave Archetype 359
- How Do We Know When We're Overstepping Boundaries? 360
- The Ladder of Jealousy 362
- Rung One Jealousy – If I Can't Have You ... Nobody Can 363
- Rung Two Jealousy – Under House Arrest 366
- Rung Three Jealousy – Probationary Love 368
- Rungs Four and Five Jealousy – “Good Old Ball and Chain” Jealousy, “Normal Jealousy” 370
- Rung Six Jealousy – If You Truly Love Someone, Let Him/Her Go... 375
- Rung Seven Jealousy – Enlightened Being 375
- Or Could It Just Be that I'm Too Repressed to Even Know What I Really Feel? 376
- **LOVEWORK ASSIGNMENT** – Just How Jealous Am I? 377
- Dealing with Loss 379
- Coming to Terms with Our Dependency Issues 379
- What Effect Does Our Jealous Behavior Have on Us and Those We Love? 381
- How Does Jealousy Make Us Feel? 383
- The Ancient Roots of Jealousy 384
- Differences in How Men and Women as a Whole Respond to Jealousy 386

- Can Jealousy Serve Any Good Purpose? 387
- Summing Things Up 387
- Where We Go from Here 388

#### STEP 14 – UNDERSTANDING THE THIRD GOLDEN RULE OF LOVE 389

- Believing in the Sacred Law of Synchronicity 389
- The Third Golden Rule of Love – Learning to believe in the Sacred Law of Synchronicity, which states: The meeting of two people which leads to love is never accidental. 389
- Love is Always on Time 393
- The So-Called Injured Party 393
- The Wanderer 395
- **LOVEWORK ASSIGNMENT** – *Know that a higher love is always a great gift from God.* 396
- If You're Unhappily Married and Currently Having an Affair with Someone You Truly Love, Know that You Have Three Choices 396
- God Sees Clear to Our Intentions 398
- **LOVEWORK ASSIGNMENT** – The Reasons Why I'm Staying in My Current Relationship 401
- Summing Things Up 404
- Taking the Next STEP 405

#### STEP 15 – UNDERSTANDING THE FOURTH GOLDEN RULE OF LOVE 407

- The Art of Loving with Your Entire Heart, Soul, Mind, and Body 407
- The Fourth Golden Rule of Love – Perfect Love Asks that We Love Our

<i>Soul Mate</i> with Our Entire Heart, Soul, Mind, and Body	407
• <b>LOVING FROM THE HEART</b>	<b>407</b>
• The Way of the Heart	407
• Learning to Open the Heart	409
• <b>LOVEWORK ASSIGNMENT</b> – A Love Letter from My Heart	411
• <b>LOVING FROM THE SOUL</b>	<b>413</b>
• Things You Need to Know About the Soul	413
• Knowing When We've Lost Touch with Our Soul	416
• <b>LOVEWORK ASSIGNMENT</b> – Have I Ever Really Loved Someone Unconditionally from My Soul?	420
• <b>LOVING WITH THE MIND</b>	<b>422</b>
• The Id or the Child	423
• The Ego or the Adult	424
• Some of the More Common Defense Mechanisms the Ego Employs	424
• Dismantling Our Defense Mechanisms	425
• The Superego or the Parent	427
• Who's Really in the Driver's Seat of Your Life?	429
• <b>LOVEWORK ASSIGNMENT</b> – Making Change Happen	430
• Time for Self-Analysis	432
• Dreams – The Gateway to Our Subconscious Mind	433
• Dreams and Their Purposes	435
• <b>LOVEWORK ASSIGNMENT</b> – What My Dreams Have Revealed to Me	440
• Waking Dreams	444
• <b>LOVING WITH THE BODY – SACRED SEXUALITY</b>	<b>445</b>
• Sacred Sexuality	446

• Tantra	447
• Kundalini Energy	448
• Sacred Sexuality as Our Life Force	450
• East versus West	451
• The <i>Kama Sutra</i>	452
• Understanding Our Physical Body, Energy Body, and Astral Body	453
• Understanding the Energy System of the Subtle Body	456
• Understanding the Etheric Body and the Chakra System	456
• The First Chakra	457
• The Second Chakra	458
• The Third Chakra	459
• The Fourth Chakra	460
• The Fifth Chakra	463
• The Sixth Chakra	464
• The Seventh Chakra	465
• Understanding the Mental, Emotional, and Spiritual Subdivisions of Our Energy Body	466
• Making Love in a Sacred Manner	467
• <b>LOVEWORK ASSIGNMENT</b> – My Reflections on Sacred Sexuality	470
• Where We Go from Here	472
<b>STEP 16 – UNDERSTANDING THE FIFTH GOLDEN RULE OF LOVE</b>	<b>473</b>
• Surrendering to the Power of Love	473
• The Fifth Golden Rule of Love – True Love Calls for Us to Surrender Our Entire Heart, Soul, Mind, and Body to Its Power	473
• Sweet Surrender	473
• How to Surrender to the Healing Power of Love	473

• <b>LOVEWORK ASSIGNMENT</b> – Going Back to STEP 5 to Reread About <i>Celestial Contracts</i>	475
• Understanding our Romantic <i>Celestial Contracts</i>	475
• What Keeps Us from Surrendering to the Power of Love?	479
• Meeting at the Treacherous Crossroads of Love and Fear	480
• Becoming the Master of Your Destiny	481
• <b>LOVEWORK ASSIGNMENT</b> – Did I Ever Surrender to Love?	482
• After Sweet Surrender, the Next Step is Commitment	484
<b>STEP 17 – UNDERSTANDING THE SIXTH GOLDEN RULE OF LOVE</b>	<b>487</b>
• Committing to Love	487
• The Sixth Golden Rule of Love – True Love Asks that We Commit to Our <i>Soul Mate</i> with Our Entire, Heart, Soul, Mind, and Body	487
• The Fear of Commitment	487
• Learning to Make Intelligent Choices	488
• All the Things We Really Fear when We Fear Commitment	490
• What Does Committing to Someone Have to Do with Love?	492
• What Are Some of the Reasons that People Might Fear Committing to One Another?	493
• <b>LOVEWORK ASSIGNMENT</b> – My Experience with Commitment Issues	496
• Telltale Signs that You’re Dealing with Someone Who’s Afraid of Commitment	499

• Classic Commitment Dodgers (How to Recognize One)	500
• Closet Commitment Dodgers (How to Recognize One)	505
• Is It Possible to Be in a Committed Relationship and Still Fear Commitment?	508
• Signs that You’re Dealing with Your Own Set of Commitment Fears	510
• Where Do We Go from Here?	511
<b>STEP 18 – UNDERSTANDING THE SEVENTH GOLDEN RULE OF LOVE</b>	<b>513</b>
• Heal Thyself	513
• The Seventh Golden Rule of Love – Know That When We’re in a Place of Love, All Our Unhealed Issues Will Surface	513
• Bringing Forth That Which is Hidden	513
• <b>LOVEWORK ASSIGNMENT</b> – Have I Ever Run Away from Love Because I Was Afraid to Heal?	515
• A Summary of the Things You Can Do Right Now to Pave the Way for a Higher Love and to Minimize the Amount and Magnitude of Unhealed Issues that Will Surface when this Great Love Manifests	518
• Lifetime <b>LOVEWORK ASSIGNMENT</b> – Each Night before Falling Asleep, Take a Few Minutes to Reflect upon Your Day.	524
• Embarking on the Final STEP	525

<b>STEP 19 – UNDERSTANDING THE EIGHTH GOLDEN RULE OF LOVE</b>	<b>527</b>
• Practicing the Art of Blessing Our Relationships Before Letting Them Go	527
• The Eighth Golden Rule of Love – If Two People Meet and Then Separate, Know There Were Powerful Lessons to be Learned in Their Communion, and Still More Powerful Ones to Be Learned in Their Separation	527
• Paying Homage to Endings	527
• All Meaningful Events or Relationships that Come to an End Will Bring Up All the Other Losses We’ve Ever Suffered	530
• There Are Countless Lessons You’re Asked to Learn From the Ending of a Relationship	530
• Sending Love on the Soul Plane	539
• The Last <b>LOVEWORK ASSIGNMENT</b> – Lessons I’ve Learned from the Endings of My Relationships	539
<b>EPILOGUE</b>	<b>542</b>
• Some Characteristics of Spiritual Partnerships	542
• Never Underestimate the Importance of Your <i>Soul Mate</i> Relationship	543
<b>EXODUS</b>	<b>545</b>
<b>The Ten Commandments of <i>Soul Mate</i> Love</b>	<b>545</b>
<b>The Six Pillars of <i>Soul Mate</i> Unions</b>	<b>547</b>

## INTRODUCTION

Most relationship books take either the male or female side of the equation, perpetuating the age-old war of the sexes. This book doesn’t pit one gender against the other, since to do so would only reinforce the dualistic and separatist ideology of the past millennium. To be granted a higher love, we have to embrace twenty-first century Cosmic Consciousness, which emphasizes the truism that we’re eternal spirits housed in a holy, albeit temporary, temple known as the human body.

Although each of us has an essential gender that’s either male or female in nature, during our many incarnations we’ve alternated them as a way of learning to balance the masculine and feminine energies within our own being. This integration of the divine masculine and feminine energy is an integral part of our journey toward healing and wholeness. (Read more about balancing our masculine and feminine energies in STEP 6.)

These 19 STEPS teach the art of loving from your immortal soul. Therefore, this book is written for all human beings who are seeking a higher love, regardless of any superficial or external differences.

Just know that if any of the following genderless statements or questions fits you, then this book is definitely the right one for you.

Are you currently in a relationship that you wish to make better? Have you just gotten out of one that causes you to wonder, “*What went wrong and where do I go from here?*”

Maybe you're in a relationship that seems to be going nowhere fast or one that leaves you wondering every day, "*Should I stay or should I go?*"

Perhaps you keep running from psychic to psychic, trying in vain to find out what your mate is thinking and feeling.

Are you joining the growing ranks of people who've never had a lasting relationship? Are you starting to believe that maybe you never will?

Or could it be that you've had plenty of relationships – bad ones – and you've come to the realization that there's got to be a better way?

Do you have the recurring sense that there's something you're just not getting or seeing that keeps you from having the love you want?

What is it that you haven't learned – or, more correctly, what is it that you haven't been taught – that keeps you feeling lonely, disappointed, and disenchanted even when you're in a relationship?

Why does love always seem to hurt?

Do the following placating lies sound familiar? "I'll find the perfect mate when I lose weight," or "I need to get my career going before I can deal with my love life"? Come on, let's face it: Being rich and famous, or thin and beautiful, doesn't ensure a happy love life, as a glance at any tabloid will tell you. None of these superficial things, in other words, the things that rise and fall, hold the key to love. Your heart, soul, body, and higher consciousness already possess everything you need to have and to hold a perfect love. This book will help you access this innate ability.

By now, we've all seen enough bad marriages and bitter divorce battles to know that being married doesn't necessarily ensure "Happily Ever After." The

very fact that divorce is becoming a commonplace occurrence shows that people are no longer willing to settle for relationships that aren't working, although they often remain clueless as to how to make the next one any better.

If you're currently married with children, are you proud of what your relationship is teaching your children? Would you be happy or horrified if they duplicated your marriage? How about your own parents' marriage? What did their relationship teach you about long-term relationships?

The answers to the above questions and many others will be revealed to you as you read this book and do your written **LOVEWORK ASSIGNMENTS** with conviction.

For now, just know that this book was written for any man or woman who wholeheartedly wishes to love and be loved in return.

The truth of the matter is – we've been taught very little about love on a conscious level. Much of what we learned about love and relationships penetrated our minds on a subliminal level when we were very young children. We saw a lot of unhappy marriages and caught the drift that grown-ups in long-term relationships get to be mean to each other. On the other end of the spectrum, we were fed fairytales with our formula, and watched animated versions of these stories over and over again until we really believed in "Happily Ever After." Later on, we were influenced by watching way too many sitcoms, from the old ones from the fifties and sixties with the perfectly coiffed stay-at-home mom and totally intact, idealized family; to the later ones which tried to tackle, in twenty short minutes, sandwiched in between commercials, the big issues like divorce, single parenthood, and dys-

functional families. Hollywood's countless romantic comedies and endless string of disintegrating marriage dramas further filled our subconscious minds with more celluloid delusions about relationships. Is it any wonder that so few relationships seem to last, let alone evolve and grow?

So, tell me again – who needs this book? Sad but true, we all do.

My own relationships made me painfully aware that the road to love can be a long, winding, rocky one, overridden with potholes and deadly ravines. At times we may take a giant leap of faith only to find ourselves crash landing in some strange new place, all alone and terrified. At other times, our leap of faith might land us safely in the arms of our beloved.

My own eye-opening experience with fear and the huge part it can play in ending a relationship, no matter how high a love we're given or how long a relationship has been in place, launched me on a painstaking quest to understand the true nature of love. During those angst-filled times, writing a book on the subject was the furthest thing from my mind; I just wanted to put an end to all the heartbreak and make sense of how something so good could turn out so badly.

Before long, it became painfully clear to me that the first thing I really needed to do was to heal myself and come to that inner place of self-acceptance, self-love, and peace, regardless of which person or what relationship was or wasn't in my life. This was a long, heart-wrenching process, but thankfully, I was blessed with much divine guidance. Once I let the universe know that I wanted the whole truth

and nothing but the truth revealed to me, the real miracle of healing began.

I read hundreds of books in my journey toward self-knowledge and inner healing. These books covered many topics, including psychology, dream analysis, spirituality, philosophy, mythology, health, religion, and relationships. Much of what I learned from my extensive reading is summarized in this book. Throughout the 19 STEPS, I have recommended many of these books in case you should feel a need to explore a particular topic in greater detail. Be sure to follow your own inner guidance, which may lead you to other books that will assist you in your journey toward healing and love. Never underestimate the amount of knowledge and personal growth that can come from books, audiotapes, and DVDs.

In addition to the insight and knowledge that I acquired from my own studies, a great deal of the information you'll find in this book was channeled to me over the past fifteen years as I read Tarot cards for thousands of people seeking relationship advice. This channeled information came through me from spirit guides, saints, angels, Ascended Masters, and deceased loved ones.

People who have passed on are always eager to share with their loved ones the things they've learned while in spirit, and/or desperate to confess what they should have done or could have done while still on earth to bring more love into their lives and into the lives of others. Most importantly, the deceased come through to compassionately tell those left behind what they can do to bring more love into their lives in the here and now.

As I read people's Tarot cards and witnessed firsthand the devastating consequences that all the

misunderstandings and miscalculations concerning love had on their lives, one question plagued me: Why is it that a topic as all-encompassing as love has had so little serious study? It's certainly true that the ancient Greeks took the study of love seriously, but that was light years ago, and not everything they professed about love has proven true, as you will learn in STEP 3, when we discuss ancient Greek philosophy and its impact on modern thinking.

This pressing need to explore the complex workings of the human heart, coupled with my deep-seated belief that all the suffering love inspired couldn't be in vain, planted the seeds from which this book began to take root and grow. The continual promptings from my Tarot card clients urging me to write a book about love and relationships became the fertile ground that nurtured and fed this project every step of the way. Of course, the constant message raining down on me from on high, "You can only help so many people on a day-to-day, one-on-one basis. Get this information down on paper, publish it, and, we don't care how you do it, but just get it out there," further rallied me to this worthwhile cause.

Writing and researching this book proved to be a soul-expanding experience, because it forced me to continually reflect upon and draw from my own personal love life. I've been blessed with more than my share of loving relationships, and I've come to know and greatly appreciate God's brilliant way of giving me real life experience in dealing with every conceivable relationship possibility, including *Cellmates*, *Razor's Edge Mates*, and every kind of *Soul Mate*. (If you don't know what these terms mean, don't worry – by the time you finish this book, they will have become part of your working vocabulary.)

From leaving my own long-term marriage, I learned how difficult it is to sever the ties that bind, even when a relationship might not be serving our higher good. To enter a marriage we open a door; when we leave it, we have to close (please, no slamming) a thousand doors. Learning how, when, and if to end a marriage is something this book will teach you.

In addition to the wealth of information my own love life provided, the intimate details of other people's love relationships revealed to me from thousands of Tarot card readings filled in any gaps in my knowledge. As I helped my clients through their relationship issues and watched them embrace a higher love, I was given the much needed confirmation and validation that the information being channeled through me was truthful, highly necessary, and practical in its application.

Perhaps the most illuminating concept channeled to me over the years was the idea of *The Ladder of Love*, which classifies the kinds of relationships people have, from the Lowest Rung Love, which is known as First-Degree Brutal Love, all the way to the top tier, which is *Unio Mystica* or the intimate, personal love relationship we're meant to have with God. Once you become aware of the different Rungs on *The Ladder of Love*, you'll be able to see where your love life's been and choose where you want it to go from now on.

Do you know the difference between a *Cellmate* and a *Soul Mate*? Do you know your *Twin Soul* from your *Mirror Soul*? Do you even know there are such things? *The Ladder of Love* has proven to be an invaluable tool, since it provides a working vocabulary of love that makes these often misunderstood terms

easy to comprehend. As this terminology of love becomes more commonplace, our level of communication with each other will grow deeper and more meaningful.

As you read this book, be patient with yourself. You're not going to master all this material overnight. Quite frankly, many of us won't get it all right in this lifetime, and maybe not even in the next, but the universe applauds your every effort and will support you every inch of the way.

Go at your own pace. I strongly advise you to work the STEPS in order, starting with the first and ending with the 19th STEP. However, if you're having particular trouble with something say – with the issue of jealousy – feel free to jump ahead and read that information, but then be sure to go back and complete the STEPS in order. Each STEP prepares you for the next one. Trust in the process. It works miracles! I have seen countless numbers of my clients find a higher love by doing this 19 STEP program. Just know and believe that by the time you've completed this book, you'll be well on your way to obtaining the love you want. Keep the faith!

Every STEP will begin with a quote from *A Course in Miracles*, a text that was channeled to Helen Schucman during a seven-year period beginning in 1965. These quotations are from the 1975 Public Domain version available online at [http:// acim.home.att.net/](http://acim.home.att.net/). *A Course in Miracles* is a self-help manual that strives to bring its readers to the realization that miracles are merely a shift in our mindset from a fear-based reality into a love-based reality. Anyone embarking on a serious study of love would do well to read and study this text.

Each STEP also features **LOVEWORK ASSIGNMENTS**. These assignments are designed to help you understand the topics we'll be discussing, and to make this a personalized program for you. In doing your **LOVEWORK ASSIGNMENTS**, you'll be closely examining many aspects of your own life, especially your relationships, both past and present, in order to shed light on many of the obstacles that stand in the way of your getting and keeping the love you desire. If you want to get the most out of this program, I strongly advise you to take your time doing these assignments, and to be brutally honest with yourself when doing them. Operate under The Divine Law of Maximum Effort, and do the best job you can when completing these written assignments. If you want a higher, heaven-sent love, then you have to earn it. The Everyday Law of Minimum Effort will yield only a common love. If you merely skim through this book and ignore the **LOVEWORK ASSIGNMENTS**, then the universe will understand that you really don't want any major changes to take place in your life and will respond accordingly. You really do control the speed with which your love life will change and the level of love you'll receive. Your love life can change in an instant if and when you stop giving the universe mixed messages, such as: "I want a great love, but I don't really want to change myself or my life, nor do I really want to heal my issues." You can't defy The Natural Law of Love, which basically states: Love changes everything. From time to time, review your answers to your **LOVEWORK ASSIGNMENTS** to see how you're progressing in your study of love.

The book itself is divided into two Parts. PART I – UNDERSTANDING *THE LADDER OF LOVE* – will help you understand what love is and what it isn't.

You'll learn the difference between conditional love and unconditional love. You'll gain a deep understanding of the role fear plays in undermining our relationships, and you'll come to know that love is the answer.

We'll also work hard to debunk many of the wives' tales surrounding romantic love, such as the false belief that love is a compromise, or that love is going to rescue us.

We'll study in detail the Five Karmic Principles that Govern Relationships. These principles will tell you specifically how, why, and when you must take positive steps toward healing yourself and your relationship. They'll also show you how to leave a relationship in a karmically correct manner and teach you how to bless it and let it go.

Then we'll go into a detailed explanation of the different Rungs on *The Ladder of Love*, working our way from the bottom up. We'll begin by thoroughly examining Rungs One through Five. These Rungs include *Cellmate* relationships, which tend to bring out the worst in us; and *Razor's Edge Mates*, which can prove to be some of the more challenging relationships we're asked to deal with. Then we'll work our way up *The Ladder of Love* and closely examine Rungs Six through Nine, *Soul Mate* relationships (including *Twin Souls* and *Mirror Souls*), which tend to bring out the best in us.

In STEP 6, KNOWING THE TRUTH ABOUT TWIN SOULS, we'll discuss the life-altering experience known as Enlightenment. Most of what you'll read in this book concerning Enlightenment is based upon my own experiences with this amazing process. In all honesty, if I hadn't become Enlightened, this book would never have materialized.

We'll conclude PART I by examining the two highest Rungs on *The Ladder of Love*. Rung Ten is *Agape* love, or the unconditional love for all humankind which leads to Cosmic Consciousness. We'll then examine Rung Eleven – *Unio Mystica*, or your intimate relationship with God, which is the greatest love of all.

Before proceeding to PART II, you'll take a pop quiz – The Love Test, which will help you review what you've already learned.

In PART II, DEMYSTIFYING LOVE, we'll explore in detail the Eight Golden Rules of Love, and the many obstacles along the path of love that can derail you. The First Golden Rule of Love – Know Thyself, might seem easy enough at first glance, but as you learn the difference between your shadow self and your persona, you'll begin to see just how difficult a task this can prove to be. One of the main objectives of this book is to help you know your true self, since your true self will attract your true love.

The Second Golden Rule of Love – Love Thyself – will get us into some murky waters as we navigate through the Five Deadly Sins Committed in the Name of Conditional Love: narcissism, selfishness, greed, envy, and jealousy.

The Third Golden Rule of Love honors the Sacred Law of Synchronicity and states: The meeting of two people which leads to love is never accidental. This is the part of the book where the moral majority will come and hang me, or, at the very least, publicly tar and feather me, as I hit home with the message: "To God, only love matters." I wish to make it clear from the start that I'm not a person who looks to make trouble or inspire controversy. By my very nature, I'm a peacemaker. Perhaps the most impor-

tant thing I've learned from delivering thousands of divinely guided message – and, believe me, not all of these messages were necessarily the things my clients wanted to hear – is: I'm just the messenger. Don't shoot me. If any of the things I say don't ring true to you, follow what your heart and higher consciousness tell you. I believe as the Buddha did that you should question everything you read, and everything anyone says, and this goes for all that you read in this book. I've done my best to hear the messages as they were delivered to me, to seek confirmation of their truth, and to search through religious texts to find the elements of eternal truth that exist in every channeled piece of information I've received. I can't stress enough that it's not my intention to rip apart the existing structure known as marriage. It's my intention to help heal this sacred institution, and a careful reading of this book will prove this point a thousand times over. In the twenty-first century, the new archetype of marriage, which is truly a divine state of *Holy Matrimony*, will represent a sacred union between two people who are bound to each other with their entire hearts, souls, minds, and bodies. The glue that holds this *Soul Mate* relationship together is love and not economics, blind fear, or archaic traditions.

The Fourth Golden Rule of Love states: Perfect love asks that we love our *Soul Mate* with our entire heart, soul, mind, and body. In this rather lengthy STEP, you'll start out by exploring the inner workings of your heart and soul. After that, you'll closely examine the complex workings of your mind. You'll learn to recognize the head games people play, and strive to eliminate the psychological defense mechanisms you practice which limit the level of intimacy

you can share with others. You'll also work at paying attention to your dreams so that you can gain access to your subconscious mind. In learning to love with your body, you'll come to know the difference between having sex and making love as you explore Sacred Sexuality and Tantra.

The Fifth Golden Rule of Love states: True love calls for us to surrender our entire heart, soul, mind, and body to its power. This short STEP will show you how to let down your guard and let love in.

The Sixth Golden Rule of Love states: True love asks that we commit to our *Soul Mate* with our entire heart, soul, mind, and body. This crucial STEP sends us crashing full force into the New Age, collective unconscious fear of commitment, and will help you recognize and effectively deal with commitment issues, both within yourself and within your relationship. You'll come to know that without true commitment of the heart, soul, mind, and body there is no everlasting love.

The Seventh Golden Rule of Love – Heal Thyself – will help you make peace with the undeniable truth that when we're in a place of love, all of our unhealed issues will surface. This STEP will teach you to stay put and resist the instinct to run when the going gets rough.

The Eighth Golden Rule of Love states: If two people meet and then separate, know that there were powerful lessons to be learned in their communion, and still more powerful ones to be learned in their separation. This STEP will show you how to pay homage to the ending of a relationship, by reinforcing this divine truth: There's a time for everything under

the heavens, including a time for holding on and a time for letting go.

As you glance over this book, you'll notice that a great deal of information is given in list form. This book is really more akin to a textbook than a self-help book insofar as it's chock-full of information. As you become more familiar with the information in this book, the lists will make it easier for you to look something up or refresh your memory about a particular topic. The lists also make it easier to repeatedly read over a topic that is particularly relevant or troublesome to you. When you do so, eventually the material will seep deep into your subconscious mind. There, it will work wonders, correcting many of the false beliefs that are still part of your everyday consciousness, so that you can bring your mindset in alignment with the divine state known as Cosmic Consciousness.

To facilitate your learning, use this book as you would use any textbook. Underline key points, highlight passages that hit home, put question marks next to topics that still seem unclear to you, and write in the margins any thoughts that pop up in your head as you read (unless, of course, this is a library book; then please put all your notes and thoughts in a journal). Bear in mind that most people never master everything they read in a textbook, so they keep it handy as a reference tool to use over and over again. Think of this book as a textbook of love, a handy life-long learning tool and reference guide.

I would advise you to go through the whole book once, and then immediately start over and do the 19 STEPS all over again. You'll readily see how your answers to the *LOVEWORK ASSIGNMENTS* have changed to reflect all that you've learned. Get hold

of any of the recommended books that you'd like to read, and then read them! In other words, be active in your studies and watch your entire life transform into one that is filled with love, peace, and joy.

I can honestly say that the thousands of people I've guided through this process have proven to me that when you put these 19 STEPS into practice, you're granted a higher love. More importantly, these STEPS will teach you how to honor and cherish the sacred gift of a *Soul Mate* when it's given to you.

Now that you have some idea of where we're going, time is of the essence, so let's begin. Remember, you're not alone in this journey – I'm with you, angels, spirit guides, saints, Ascended Masters, deceased loved ones, and God follow you as well.

Godspeed!

## THE NINETEEN STEPS

1. Learning to distinguish love from fear.
2. Correcting our *Errors in Thinking* concerning romantic love.
3. Recognizing the existence of *Cellmates*, *Soul Mates*, and *Razor's Edge Mates*.
4. Understanding the different Rungs on *The Ladder of Love* – starting with toxic love and culminating with *Unio Mystica*.
5. Learning to cherish the greatest gift from God – *Soul Mates*.
6. Knowing the truth about *Twin Souls*.
7. Recognizing the existence of *Mirror Souls*.
8. Honoring the Five Karmic Principles that govern relationships.
9. Understanding *Agape* love, which leads to Cosmic Consciousness.
10. Obtaining the divine state of *Unio Mystica*, by having an intimate relationship with God.
11. Understanding The First Golden Rule of Love – Know Thyself

**GRANT ME A HIGHER LOVE**

12. Understanding The Second Golden Rule of Love – Love Thyself
13. Taming jealousy and building healthy boundaries.
14. Understanding The Third Golden Rule of Love – Believing in the Sacred Law of Synchronicity.
15. Understanding The Fourth Golden Rule of Love – The art of loving with your entire heart, soul, mind, and body.
16. Understanding The Fifth Golden Rule of Love – Surrendering to the power of love with your entire heart, soul, mind, and body.
17. Understanding The Sixth Golden Rule of Love – Committing to love with your entire heart, soul, mind, and body.
18. Understanding The Seventh Golden Rule of Love – Heal Thyself
19. Understanding The Eighth Golden Rule of Love – Paying homage to endings, by practicing the art of blessing our relationships before letting them go.

**PART I**  
**UNDERSTANDING THE**  
**LADDER OF LOVE**

## STEP 1 – LEARNING THE DIFFERENCE BETWEEN LOVE AND FEAR

*“I have said you have but two emotions, love and fear.”  
(A Course in Miracles, Chapter 13)*

### The Opposite of Love Is Fear

You’re about to embark on the most exciting journey of your life – a mind-awakening, soul-expanding, and body-energizing pilgrimage that will take you deep into the center of your heart. ***Be forewarned: Once you begin this journey, there will be no turning back.***

The first step in any venture is always the hardest, and just getting your hands on this book and actually opening it, well, that’s half the battle! Your thoughts and your actions have already let the universe know that you’re on a quest toward a higher love. In accordance with the Spiritual Law of Attraction, your desire for a higher love has led you to this powerful 19 STEP program. Here you will learn everything you need to know to attain your heart’s deepest desire.

In STEP 1, we’ll begin to tackle the awesome task of understanding the difference between love and fear.

Love? Fear? What’s so hard to understand about those emotions? Why, even babies and little children know the difference, right? Sure, we learned an awful lot about love and fear growing up,

but what we learned by observing the oftentimes dysfunctional world around us is far from the truth, the whole truth, and nothing but the truth.

As we explore together the complex world of love and fear, please approach this first crucial STEP with a mature mind, an open heart, and a willing spirit. You won't grasp all this STEP has to offer in one reading. You may not grasp all it has to offer for years to come, but every person you meet and every circumstance you encounter from this day forward will prove the immutable truths revealed in this STEP to be self-evident.

In recognizing the subtle as well as obvious differences between love and fear, you'll find every aspect of your life gravitating toward the path of love. This shift in awareness is the miracle you've been dreaming of.

The first thing we're going to do is to define and determine what love is and what it isn't. You might be surprised to learn that a great deal of what you thought was true love is, in fact, a very watered-down version of love known as **conditional love**.

**Conditional love is really a manifestation of fear**, as you'll soon discover for yourself, as we make our way through this first STEP.

Next, we'll wrestle with fear and reveal the many masks this omnipotent emotion wears.

By the time you finish this STEP you'll have learned: **The opposite of love is fear.**

**For now, recognize that we have but two emotions in life – love and fear.**

At this particular time in human consciousness, more of our life's decisions, choices, and actions are governed by fear than by love. In acknowledging this fact, and taking the necessary actions to change

this way of thinking, you're taking the first step toward embracing a higher love.

In this STEP, you'll also discover that your desire to seek a higher love is divinely timed. At this very moment, as you sit quietly reading this book, the cosmos is rushing toward a new, higher wave of consciousness which is being ushered in by the Age of Aquarius. (Read more about Cosmic Consciousness in STEP 9.) Together we'll examine what this New Age heralds, but for now, recognize that your need for a higher love shows that you've already been touched by that higher consciousness. The universe rejoices, knowing that you've heard this divine message.

Know that the universe will do its part to bring you a higher love, but you're fully expected to do your share. If you're to draw a higher love into your life, you must first be willing to change your thoughts, behaviors, and actions. Humans, by their very nature, resist change. But if everything were so rosy in your life, you wouldn't be reading this book right now, would you? Begin to view change as an integral part of your journey toward an authentic life. Your authentic life will inevitably guide you to a higher love.

Sometimes these inner and outer changes will occur slowly, and at other times, you'll find yourself taking giant leaps of faith. Actually, your fear level will determine the speed at which a higher love will travel to you. If you're giving the universe a lot of mixed messages, such as, "I want love, but I don't want it to change anything too much," know that the universe will respond accordingly and bring you a lower Rung of Love, one that fits that bill.

## Relationships as Mirrors of Ourselves

**Before you can change your thoughts, behaviors, and actions, you'll need to learn to view all of your relationships – past and present, personal and professional – as mirrors of who you are, who you once were, and who you wish to be.**

By taking the time to stop and reflect on the choices you've made, you'll see how much you already know and what you still need to learn.

As you reflect on your relationships, pay close attention to any emerging patterns. If you realize that you keep getting involved in the same type of dead-end relationships, know that there are important karmic lessons that you haven't learned, and that the universe keeps giving you another chance to learn them. (Read more about these important karmic lessons in STEPS 5, 6, and 19.)

For instance, if you notice that you keep getting involved with people who can't commit to a relationship, know that you secretly fear commitment or you wouldn't keep choosing the same kind of partner over and over again. (Read more on the fear of commitment in STEP 17.)

Another example would be if you keep picking partners who are abusive to you. What would this pattern of behavior be trying to reveal to you? Perhaps you're reliving your parents' marriage, or you have self-esteem issues, or you have a subconscious need to punish or disempower yourself. The good news is that STEPS 11, 12, 13, and 18 will help you to know yourself, love yourself, and heal yourself, so that you can break free of these destructive behavioral patterns.

By following this divinely guided 19 STEP program, you'll come to know why you've made certain choices. This knowledge will free you to choose again, thus ending the vicious cycle of dysfunctional relationships.

The Vacuum Principle, which is one tenet of the Spiritual Law of Attraction, calls for us to let go of the old to make room for the new. This book will teach you how to do this, one STEP at a time. Feel confident knowing that you're moving toward a future in which all of your relationships will mirror the healed person you've become.

## Some Things You Need to Know Before We Start

- As you read this book you'll learn to follow your spirit and listen to your heart. You'll come to understand that the heart and spirit never lie, for they always come from a place of unconditional love and truth.
- You must be prepared to unlearn a multitude of false beliefs and *Errors in Thinking* concerning love. (Read more on this in STEP 2.) You'll learn to let go of all that is untrue, allowing room for your new thoughts and beliefs. This thinking is once again in accordance with the Vacuum Principle of the Spiritual Law of Attraction, which tells us that in order to get what we want, we have to let go of what stands in our way.
- The process works best if you allow me to be your guide.

- You must trust in the process and be patient, so you won't get discouraged.
- You must pay attention to the people and opportunities that will be brought to you as you read this book. They'll serve as guides to reinforce what you're learning and to illuminate those places in your being that are still unhealed.
- If real changes are to take place in your life, you must vow to do your written **LOVEWORK ASSIGNMENTS** with conviction. Many times the space allowed in this book won't be enough to complete the answers. Keep a notebook or journal and complete the answers in it. Title your notebook, *My LOVEWORK ASSIGNMENTS*. **Know that the words you write are as important as the ones you read!**

## Believe in Divine Timing

- Whatever you are currently doing in your life – is exactly what you are meant to be doing.
- Therefore, you're beginning this journey at the exact right time.
- Every person you've met and everything you've been through has led to this moment. Learn to honor the Sacred Law of Synchronicity. Synchronicity means there are no coincidences. Everything is divinely guided to us at the right time and place. Start paying attention to these divine coincidences and learn to

bless them. Be thankful for the divine guidance and opportunities they bring.

- Trust that you'll be guided to learn exactly what you need to learn, exactly when you need to learn it. Learn to believe in the Sacred Law of Synchronicity.
- Although you have reached the perfect time and place in your life to receive this divinely guided information, you must be willing to abandon all of your preconceived notions concerning love to allow this higher consciousness to flow into your being.
- Ask God, your spirit guides, your angels, and those who have passed on to continue to assist you through the challenging days ahead. Write down in your notebook any guidance you receive (including synchronous events) so that you won't forget.
- Take a moment each day to thank the universe for all the divine guidance given and for prayers answered.

## Love Relationships in the Twenty-First Century – Welcome to the Age of Aquarius

Every two thousand years or so, we enter a new astrological age which affects human evolution. The shifting from one age to another occurs slowly, so it

can be difficult to pinpoint when one age ends and another actually begins.

I believe that the two ages actually overlap and exist at the same time, with some people marching backwards in an effort to keep the old age alive, while others race forward to embrace the new one.

We're currently moving away from the Age of Pisces, which started around the time of the birth of Christ. The Age of Pisces is and was an age characterized by blind faith, fears, superstitions, false beliefs, *Errors in Thinking*, and dogma. Much dualistic thinking characterizes the Piscean age, as people violently proclaim their nations, religions, and beliefs as the chosen ones, thus perpetuating the idea of separateness and war.

The Age of Pisces represents an age of illusion, in which the self-willed individual tries to play God in a vain effort to control everything. The Piscean age is characterized by the mass delusion that the secular world with all its superficiality reigns supreme.

Even though the advent of Jesus coincided with the Age of Pisces, Jesus, with his emphasis on love and brotherhood, was actually foreshadowing the New Age to come. His earthly mission was to reveal all the *Errors in Thinking* espoused during this Dark Age of spirituality, laying the groundwork for the major shift in human consciousness that the Age of Aquarius would bring forth. Because the evolutionary process in human beings is slow – so slow, in fact, that it takes thousands of years for the entire human race to embrace any major shift in consciousness – the love, forgiveness, and universal brotherhood that Jesus spoke of so long ago is finally taking root and growing more widespread now that we've

entered the spiritual Renaissance known as the Age of Aquarius.

There's no denying that this New Age is upon us. The evidence of this can be seen everywhere as the mystical and metaphysical make their way into the mainstream. It's commonplace to find Yoga studios in strip malls, and New Age stores featuring Tarot cards, crystals, and candles are popping up in the most unlikely places. You only have to turn on the television to see mediums and psychics appearing regularly on talk shows, and movies and television series featuring metaphysical themes. Twenty years ago most people wouldn't have dreamed of talking openly about angels and spirit guides, or how they believed that people could commune with those who had crossed over, but these days this is common, everyday conversation. Bestsellers like James Redfield's *The Celestine Prophecy* and Gary Zukav's *The Seat of the Soul* are more evidence of this new shift in consciousness. The popularity of *The Oprah Winfrey Show*, with its positive spiritual slant, once again reflects the Age of Aquarius effect.

This New Age calls for us to follow the dictates of our hearts, souls, and higher consciousness. It's a time of "Thy will be done," as opposed to "My will be done."

The Age of Aquarius is an age in which the invisible, spiritual, and ethereal world will take center stage. **It will be a time in which the human race will learn what the universe has been striving to teach – that only love is real and only love matters.**

Alone and collectively, people will slowly come to see that we're all connected and emanate from the selfsame God source. This higher consciousness thinking, this sense of oneness, will create a new

world based on love and peace. (Read more about Cosmic Consciousness in STEP 9.)

One of the most fascinating aspects of the Age of Aquarius is the huge number of everyday people, going about ordinary lives, who will achieve Enlightenment on both the personal level and a universal one. (Read more about Enlightenment in STEP 6 and about Cosmic Consciousness in STEP 9.) This is the first time in the history of humankind when God expects us to be monks in everyday life. We're no longer asked or expected to go off to live on a mountaintop and pray, or go live as an ascetic in a monastery, or to renounce our current way of life as was the practice in the Age of Pisces, if we were to seek a spiritual life. Rather, we're asked to be a great beacon of light as we go through our daily life, doing whatever it is we do, wherever we choose to do it.

More and more people, whether they've achieved Enlightenment or not, will begin to receive messages from divine sources, and their powers of telepathy will grow stronger and stronger.

During this New Age, there will be more *Soul Mate* couplings, and the reuniting of *Twin Souls* and *Mirror Souls* will occur in greater and greater numbers as well. (Read more about these relationships in STEPS 5, 6, and 7.)

The Age of Aquarius will be a time of individual spirituality, with much less emphasis on organized religion and the antiquated notion that we need an intermediary in the form of a rabbi, priest, or guru to speak to God for us. The emphasis will be on each of us having an intimate, one-on-one relationship with God. (Read more about your intimate relationship with God in STEP 10.)

This age will further be characterized by greater and greater numbers of people recognizing that they're spiritual beings housed in a physical body. More and more human beings will finally learn how to balance the needs of the flesh with those of the spirit.

From this description of the Age of Aquarius, you can see that your study of love is divinely timed. God has chosen you to be one of the people ushering in this amazing New Age. Feel confident, knowing that you're being called to assist others to take a giant leap of consciousness as well.

The hippie era, back in the late 1960s and early 1970s, gave us the first taste of this New Age. The musical *Hair* sang out the proclamation, "This is the dawning of the Age of Aquarius." The slogan that was popularized during the Viet Nam war, "Make love, not war," humbly bespeaks the sentiments of this New Age. People who love unconditionally don't make war! Never underestimate your quest for a higher love – not only is it important to you, it's important for the salvation of the entire human race!

What all this talk about this New Age is trying to tell you is that you're living in the New Age of Love, and you're not alone in your quest for a higher love. There's a *Soul Mate* looking for you right now. Have faith that your right actions are readying the universe to bring this person to you.

***To sum up the difference between the Age of Pisces and the Age of Aquarius, think of the former as the Dark Age of Fear, and the latter as the Light Age of Love.***

## As We Transition From the Age of Pisces Into the Age of Aquarius More and More of Us Will Find that the Pattern of Our Love Life Doesn't Fit the "Happily Ever After" Formula. The Reasons for this are:

- Our karmic debts, which are basically the intentional or unintentional wrongdoings we have committed over the course of our many lifetimes, weigh heavy on our souls.
- Our souls are racing toward liberation or Enlightenment (if you don't know what Enlightenment is, feel free to jump ahead to STEP 6 to learn more about this amazing process). As a result, we'll meet many *Cellmates* and *Razor's Edge Mates* (STEPS 3 and 4) and many different kinds of *Soul Mates* (STEPS 3, 5, 6, and 7) in an effort to correct the errors of our collective past. These experiences and the karmic lessons we'll learn will help us complete our souls' evolution. (Read more about karmic lessons in STEPS 5, 6, and 19.)

*Have faith – out of chaos comes true peace.*

*Remember: You are not going crazy; you are going sane!*

## What Is Love?

- **Love is the great spiritual force that propels our souls to evolve ever upwards.**
- Love is a beacon of light that emanates from our hearts and souls and vibrates at the highest frequency level.
- Love is the divine energy that unifies heaven and earth.
- Love is the eternal power source that transcends the boundaries that separate heaven and earth. The energy of love allows us to commune with those who have passed on. You don't need to be a psychic to do this. You need to bring the vibrational level of your inner being higher and higher. When you evolve into your higher self, you'll be traveling on the same wavelength (the same plane) as ascended souls, and therefore you'll be able to commune with them.
- **God is love.**
- Love isn't a commodity, nor is it a business transaction.
- Love is pure grace.
- Love is the great healing power of the universe.
- Love makes all things possible.
- Love always comes from God.
- **Love is a miracle.**

## Conditional Love versus Unconditional Love

At this stage of human evolution, most of us walking the earth plane right now have a great deal of experience dealing with the very watered-down version of love known as **conditional love**, and very little experience dealing with the pure form of love known as **unconditional love**.

**Conditional love is really a form of fear, whereas unconditional love is true love.**

### Conditional Love

This is the kind of love that's contingent upon behavior, our own or someone else's. As long as we act in accordance with other people's preconceived notions of how we should behave, or they act in the way we expect them to, everything is okay.

In direct response to conditional love, we learn to wear a mask, act out a role, and become increasingly puppet-like. As time goes by, even we don't know who we are anymore.

When children are raised by parents who love them conditionally, they try to be what their parents want and expect them to be, even though those parental expectations may go against the children's own true natures.

When we're involved in a love relationship based on conditional love, it's only a matter of time before we or they will act in some way that isn't considered acceptable and love will be withdrawn. The primal fears of rejection and abandonment are the weapons that those who love conditionally use to control others.

By the time you finish reading this book, you'll have a deep understanding of primal fears and how they manifest. This book will teach you to overcome these fears one STEP at a time, so that you'll no longer be enslaved by the master of deception – conditional love.

Know that conditional love is, in fact, fear-based. When we're loved conditionally, we become afraid to speak our mind, assert our wishes, or demand our God-given rights. We feel the price we will pay for these actions will be too high – the loss of love. The anticipation of the loss of love flings us head on into our two biggest transpersonal fears: the fear of abandonment and the fear of rejection. (You'll read more about these terrifying fears later on in this STEP.)

When we're in a relationship that's based on conditional love, we're always on the defensive, always guarded. It becomes easier in this type of relationship to lie rather than to tell the truth. (Why do we lie? We lie because we fear the person we're lying to can't handle the truth and/or we fear the person's reaction to the truth.)

Conditional love leaves us feeling battered and abused, exhausted and confused. Conditional love is a rocky foundation on which to build a life. It cannot and will not withstand the winds of change that are an inevitable part of life.

### Conditional Love Quiz

**Am I Guilty of Committing the Sin of Loving Conditionally?**

This quiz is designed to help you see if you're guilty of committing the sin of loving conditionally.

You can fail this quiz only if you don't answer the questions honestly, don't learn what this quiz is meant to reveal, and don't take steps to move from loving in a conditional way to loving in an unconditional way.

If you're currently in a relationship, please evaluate your behaviors in this relationship. If not, use your most recent relationship. If you've never had a romantic relationship, evaluate your most intimate relationship, be it with one of your parents, a sibling, or a best friend.

You'll rate yourself by scoring 2 points for each of the sins you feel that you have committed "often" in the name of conditional love. Give yourself 1 point for each of the sins committed "sometimes" in the name of conditional love. Answering "never" scores 0 points.

### In your relationship have you been:

1. Judgmental?
2. Intolerant?
3. Critical?
4. Mean or unkind?
5. Selfish and self-centered?
6. Feeling victimized?
7. Feeling guilty?
8. Possessive?
9. Argumentative?
10. Petty?
11. Feeling insecure?
12. Speaking in harsh tones and using harsh words?
13. Compromising on your core values?
14. Unforgiving?

15. Prone to violence or other abusive scare tactics?
16. Lying?
17. Controlling?
18. Demanding?
19. Manipulative?
20. Defensive?

This test is different from most tests, in that, the lower your score, the better. For every point you gave yourself, know that you've committed the sin of loving in a conditional way.

Ideally, none of us would score any points on this quiz. But if we were all perfect and living in an ideal world, none of us would need this book, for we'd already be Ascended Masters dwelling in bliss forevermore.

A year from today, retake this quiz. I will bet you'll be pleasantly surprised to see just how much lower your score is.

### Unconditional Love

**Unconditional love is a divine gift, freely given, with no strings attached.**

This kind of unwavering love fills us with a deep sense of peace and joy and provides a solid foundation to build a life upon. Even under the worst of circumstances, we know our love can survive, since unconditional love fills us with heartfelt feelings of faith and hope.

When we know we're loved unconditionally, we feel safe to express our true self and to become all we were meant to be. (Read more about how to know your true self in STEP 11.)

When someone loves us unconditionally, be it our friends, parents, lovers, whomever, we know love won't be withdrawn if we assert our God-given rights, such as: the right to say what we think and feel; the right to choose our own vocation or avocation; the right to choose our own friends; and the right to choose our own way of expressing our spirituality.

Children who are loved unconditionally are truly blessed, for the life they choose to live is the life they were meant to live, and not the life their parents have chosen for them. The greatest gift any of us can give our children is to love them unconditionally. Children who grow up in this kind of nurturing environment learn to feel free to be themselves and to tell the truth. In turn, they willingly give the gift of unconditional love to everyone they meet. A world full of people who love unconditionally is a world at peace.

Loving unconditionally doesn't mean we allow people to be abusive to us, nor does it give us a license to abuse others. Unconditional love gives us the time and space to work on healing our inner issues, so that we become truly kind and compassionate human beings. (Read more about healing ourselves in STEP 18.)

## What Feelings, Emotions, and Traits Characterize Unconditional Love?

- Joy, serenity, generosity, bliss, happiness, humility, excitement, hope, faith, forgiveness, trust, optimism, laughter, endurance, patience, peace, abundance, radiant health, vitality, passion without drama, Sacred Sexuality, tenderness, learning, wisdom, kindness, healing, freedom, creativity, courage, commitment,

beauty, caring, personal growth, spirituality, balance, oneness, ecstasy, compassion, empathy, tolerance, being nonjudgmental, spontaneity, fun, healthy pleasure, fulfilled desires, gratitude.

- In other words, all the positive thoughts, emotions, and actions under the sun are characteristic of unconditional love.

## Unconditional Love Quiz

### Am I Practicing the Art of Loving Unconditionally?

This quiz is designed to help you know if you're practicing the art of loving unconditionally. You can fail this quiz only if you fail to learn what this quiz is meant to reveal, and if you fail to learn how you can move from loving in a conditional way to loving in an unconditional way. Once again, please answer the questions truthfully.

If you're currently in a relationship, please evaluate your behaviors in that relationship. If not, use your most recent relationship. If you've never had a romantic relationship, evaluate your most intimate relationship, be it with one of your parents, a sibling, or a best friend.

Give yourself 2 points for answering "often" and 1 point for answering "sometimes." Answering "never" scores 0 points.

### In your relationship have you been:

1. Nonjudgmental?
2. Tolerant?
3. Supportive?
4. Kind?

5. Giving without expecting something in return?
6. Understanding?
7. Feeling secure?
8. Forgiving?
9. Telling the truth?
10. Tender?
11. Joyful?
12. Thankful?
13. Radiating vibrant health?
14. Playful?
15. Laughing?
16. Having passion without drama?
17. Compassionate?
18. Empathetic?
19. Patient?
20. Filled with a sense of hope?

Any score above ten would reveal you've already learned a great deal about loving unconditionally. A year from now, retake this quiz. I will bet you'll be amazed to see just how high your score is.

**Now, go back and retake both quizzes, responding with the way you feel your current mate, your previous mate, or the most significant other in your life has acted towards you.**

**For each quiz, go down the list and ask yourself, "With me, has this person been \_\_\_\_\_?" If you answer, "often," give yourself 2 points, and if you answer, "sometimes," give yourself 1 point. An answer of "never" would score 0 points.**

How did your score for the other person compare to the one you gave yourself? For instance, did your own scores reveal that you're guilty of committing the sin of loving conditionally most of the time, and did the person you rated prove to be guilty

of more of the same? Then this would reveal that you're basically getting what you're giving.

If, on the other hand, you discovered that you're practicing the art of loving unconditionally most of the time, but you feel that most often you're being loved back conditionally, then the STEPS in this book will help you learn how to seek out unconditional love. This may entail lovingly leaving a person who continues to love you conditionally, allowing room for an unconditionally loving person to come into your life. If this is the case, then STEPS 8 and 19 will show you how to leave a relationship in a karmically correct manner.

If the test scores revealed that you're being loved unconditionally, and yet you're guilty of the sin of loving conditionally, then this book will help you to heal those issues that keep you from loving in an open and unconditional way.

Perhaps this quiz revealed that you and your partner are practicing the art of loving unconditionally. Consider yourselves blessed! Say a prayer of thanksgiving for your *Soul Mate* union.

## LOVEWORK ASSIGNMENT

Take some time to reflect upon the kind of love you're giving to others, and the kind of love you're receiving from them. Are most of your current relationships based on conditional love? Have you ever had a relationship based on unconditional love? Write down your reflections, and as you progress in this course, go back to this assignment from time to time, noting how you're doing in your quest to love and be loved unconditionally.

## Reflections on the Kind of Love I'm Giving and the Kind of Love I'm Receiving

### I Vow to Love Unconditionally and to Seek Unconditional Love in Return

## Everything You've Ever Wanted to Know About Fear but Were Afraid to Ask

Now that you have a better idea about what constitutes unconditional love and what constitutes conditional love, it's time to tackle fear.

### Personal Fears versus Transpersonal Fears

All human beings have their own set of personal fears as well as *transpersonal fears* or *collective unconscious fears*. Transpersonal fears are those primal, collective fears common, in varying degrees, to all human beings living within a particular culture. In addition, many transpersonal fears, such as the fear of abandonment, cross the culture line and are inherent at this stage of human consciousness – to some degree – in all human beings.

Now that the Age of Aquarius is upon us, we've come to the stage of human evolution in which God asks that we overcome our own personal fears and conquer the transpersonal ones as well, so that we can walk the path of love.

The first step in our journey toward wholeness is to overcome our own personal fears. After that we can take on the transpersonal ones. Keep in mind that our personal fears are mirrors of our transpersonal ones.

For instance, people who were physically or emotionally abandoned by their parents have been given an opportunity to confront their own personal

fear of abandonment. As these people work on their personal abandonment issues, they'll overcome their transpersonal fear of abandonment as they learn that they can never be abandoned since God, their spirit guides, their angels, and their departed loved ones are always with them. For these people, overcoming the personal fear of abandonment and the transpersonal fear of abandonment would be among the primary karmic lessons they've incarnated to learn.

Until we overcome both our personal fears and our transpersonal ones, we'll remain chained to a life that is ruled by our emotions and uncontrollable thoughts. Know that housed within yourself you possess everything you need to overcome these fears. This book will help you to harness those God-given tools.

Your **LOVEWORK ASSIGNMENTS** will help your subconscious mind to recognize and deal with all of your fears so that you can overcome them and begin to live a life that is lovingly guided by your heart, your soul, and your higher consciousness.

And when will this happen? "All in good time" (wise words uttered by the Wicked Witch of the West in *The Wizard of Oz*).

## What Feelings, Emotions, and Traits Characterize Fear?

- Pessimism, pity, flight, doubt, arrogance, hubris, violence, lust, jealousy, envy, greed, pettiness, meanness, power struggles, worry, selfishness, narcissism, guilt, feelings of rejection and abandonment, victim consciousness,

anger, hatred, prejudice, vengeance, passing judgment, the excessive need to be right, holding a grudge, dogmatic thinking, phobias, obsessions, compulsions, addictions, perversions, feeling sorry for oneself, depression, and anxiety.

- In other words, all the negative thoughts, emotions, and actions under the sun are characteristic of fear.

**Go back and read the questions in the Conditional Love Quiz. Can you see that the sins committed in the name of conditional love sound an awful lot like the feelings, emotions, and traits that characterize fear?**

From this analysis, can you see for yourself that loving someone or being loved conditionally is, in fact, walking the path of fear? Are you coming to understand how practicing the art of loving unconditionally is walking the path of true love?

Recognizing the inherent truth in the above two questions means that you're well on your way to mastering STEP 1 – Learning the Difference between Love and Fear. Rejoice knowing you're a giant step closer to obtaining your heart's desire – a higher love.

## LOVEWORK ASSIGNMENT

Take some time to walk through the bloody alleyways of your heart to remember a time in your life when you needed someone to act out of love for you, and he/she acted out of fear. (You could fill your entire notebook with his one.) For example, when you confessed your deepest feelings for someone,

and even though this person felt the same way as you did, he/she was too afraid to act upon these loving feelings and ended the relationship instead.

Or perhaps you were at a crossroads in your life, and you needed advice. Later on you came to realize the advice you were given wasn't at all about what was best for you, but what was best for the person advising you.

Please reread this entire STEP before attempting this assignment. Concentrate on truly understanding the difference between love and fear. **Unless you truly understand what love is as opposed to what fear is, your life will remain unchanged.**

**Remembering a Time When I Needed Someone to Act Out of Love, and I Received a Fearful Response Instead**

**Take a Moment to Forgive this Person**

## LOVEWORK ASSIGNMENT

Now reflect upon a time or times in your life when you acted out of fear and not from a place of love. For example, perhaps you left a meaningful relationship because you listened to what others had to say and turned your back on your heart; or you ended a relationship because you were unable to manage your own jealousy issues; or you ended a relationship because you questioned the package love came in, thinking that the person didn't make enough money or was too old or too young or too whatever.

Remembering When I Acted out of Fear and Not from a Place of Love

Forgive Yourself, For You Knew Not What You Did

## Getting the Love We Want

Now that you have a better idea of what love is and what it isn't, let's put your desire to be granted a higher love out there where the universe can hear it.

Close your eyes and repeat these words over and over again until they ring true to you: "Dear God, grant me a higher love."

**Remember – love is a miracle.**

## How Can I Receive the Miracle of Love?

- Ask and you shall receive.
- Pray.
- Tell God what you need. *"I need a miracle."*
- Turn your love life over to God. Admit you don't have a clue as to what you really need. It's definitely okay to draw a word portrait as to what *you think* you might need in a *Soul Mate*. (Your next **LOVEWORK ASSIGNMENT** is going to be just that!)

## Is There Anything Else I Need to Do?

- Promise God you won't question the package love comes in. You won't say, "But she's not my type." "But he's too old, too short, too fat, too this, or too that!"
- *To God – only love matters.*
- *Allow me to repeat that: To God, only love matters.*

## How Can I Learn Not to Question the Package Love Comes In?

- Learn to see people through God's eyes.
- God sees clear to our hearts, our souls, our higher consciousness, and our intentions.
- God views the human body as a holy temple that houses the immortal soul.

## LOVEWORK ASSIGNMENT

To conclude this STEP, you'll do one more **LOVEWORK ASSIGNMENT**. **This one is fun!** Write down the traits you wish your ideal *Soul Mate* would possess. In love, God says, "Be greedy. Be very greedy." For instance, you might write: I want a *Soul Mate* who is trustworthy, kind, funny, passionate, loyal, etc.

Please don't write your request in a negative way such as: I don't want someone who drinks. Instead write – I want someone who is strong and sober. You get the idea. God, your spirit guides, your angels, and those loved ones who have passed on will sort through your writing, and then bring you the love you need.

Your word portrait is a very powerful instrument for bringing love into your life. **So please, take this LOVEWORK ASSIGNMENT seriously. Keep adding to your list. Keep revising.**

When you meet your *Soul Mate*, which you most certainly will, you'll be amazed by how many of these traits he/she actually possesses. *If your Soul Mate appears not to possess something that was on your*

*list, you'll soon know that really wasn't what you needed after all.*

If you're currently involved in a less than ideal relationship, write down the traits you feel you need in a life partner, but are lacking in your current mate. Take some time to reflect on whether your partner can, with your help, learn to possess these traits.

If, after careful thought, you come to the conclusion that your current mate could never possess those traits, then this book will help you learn how to leave your relationship in a karmically correct manner.

## My Ideal Soul Mate

Trust that God Will Bring You the Love You Need

## Making a Vow to God

Promise God that you'll do your best to try and heal your own inner and outer issues. Then turn your love life over to God by saying the following vow daily, until its meaning permeates your entire being.

“Guide me, Lord. I trust in You. I believe You will bring me the love I need. I have complete faith in divine timing. I know You will bring me this miracle when I am truly ready to accept and enjoy it, and for this I am eternally grateful. Thy will be done.”

If you don't like these words, or you feel a need to add something, write a vow of your own. (God loves creativity!)

### My Vow

Repeat this Vow Religiously

## Things You Can Do Immediately to Bring More Love into Your Life

1. Know that if you want love, then you must be love.
2. Radiate love.
3. Give of yourself generously.
4. Smile often.
5. Laugh a lot.
6. See the good in others, and tell them what you see.
7. Be willing to extend the invitation to love first, and await the other person's RSVP.
8. Relax.

## Summing Things Up

- There are but two emotions in life: love and fear. Consequently, there are only two roads in life we can travel on. We follow either the path of fear or the path of love.
- Understand that the path of fear is also known as the path of the illusion of safety.
- Know that you'll stand at the crossroads of love and fear every day of your life.
- Learn to choose the path of love. **You'll learn to do this by understanding the difference between love and fear.**
- If you're to be blessed with a higher love, you must first overcome fear.

- You have to be brutally honest with yourself and be willing to ask, “What is it that I fear most?”
- Most people choose to walk the path of fear because at first glance it appears to be the path of least resistance, and therefore the easier one.
- The path of love will often appear to be the more dangerous one at first, because there can be many obstacles to overcome. We must learn to see these obstacles for what they are – mere piles of false beliefs and *Errors in Thinking* that we need to overcome before we can lead an authentic life and walk the true path of love. This initially harder path ultimately becomes the easier one because it leads us to a life filled with love, peace, and joy.
- Never forget – only love matters!

## The Ladder of Love Terminology

In STEP 2, we’ll begin to debunk many of the wives’ tales surrounding romantic love. Before attempting the next STEP, please study the following brief descriptions of some of the terminology used throughout the book.

1. ***Karmic Mates*** – Platonic relationships that bring out the worst in us, causing us to learn most of our karmic lessons through pain and suffering.

2. ***Cellmates*** – Romantic relationships that bring out the worst in us, causing us to learn most of our karmic lessons through pain and suffering. (Rungs One, Two, and Three)
3. ***Soul Mates*** – Any relationship, either romantic or platonic, which tends to bring out the best in us, allowing us to learn most of our karmic lessons through peace, love, and joy. In this book we’re mainly discussing romantic *Soul Mate* relationships, and we’ll simply refer to them as *Soul Mates*. (Rungs Six through Nine, including *Twin Souls* and *Mirror Souls*)
4. ***Borderline Mates*** – Platonic relationships which show some characteristics of *Karmic Mate* relationships and some characteristics of *Soul Mate* relationships.
5. ***Razor’s Edge Mates*** – Romantic relationships which show some characteristics of a *Cellmate* relationship, and some characteristics of a *Soul Mate* relationship. At this stage of human development a high percentage of romantic relationships fall into this borderline category. (Rungs Four and Five) These relationships can go either way. They can move up *The Ladder of Love* and become *Soul Mate* relationships, or they can tumble down *The Ladder of Love* and become *Cellmate* relationships.
6. ***Common love*** – The conditional love exhibited by *Cellmates* and *Razor’s Edge Mates*. (Rungs One through Five).

7. **Heavenly love – The unconditional love exhibited by Soul Mates.** (Rungs Six through Nine) *Twin Souls* and *Mirror Souls* are, first and foremost, *Soul Mate* relationships, and therefore considered to be part of heavenly love.
8. **Celestial Contracts – These are the pre-birth, divinely guided agreements we make before reincarnating that help determine the people we'll meet, the various circumstances we'll encounter, and the divine calling we'll answer.** Our own level of soul development and our own individual karma determine how much say we have in the creation of these *Celestial Contracts*. Our angels, spirit guides, Ascended Masters, other discarnate beings, including some of our *Cellmates*, *Soul Mates*, and *Razor's Edge Mates*, and, ultimately, God have tremendous input into the creation of these divine agreements. Basically, these divinely inspired contracts serve as a spiritual map we're asked to follow to ensure our souls' evolution and the soulful growth of others we come into contact with throughout the course of our lifetime. Remember, it's a freewill universe, and whether we honor these *Celestial Contracts* or not is entirely up to us.

## Scaling The Ladder of Love

*God brings two people together at whatever Rung on The Ladder of Love will best serve their soul growth.*

In a nutshell, *The Ladder of Love* postulates that love is like a ladder that has eleven different Rungs.

The bottom Rungs represent what is known as common love, and include *Cellmate* relationships and *Razor's Edge Mate* relationships.

The higher Rungs represent heavenly love and include *Soul Mate* relationships, *Twin Soul* relationships, and *Mirror Soul* relationships.

The two top Rungs on *The Ladder of Love* represent the highest heavenly loves of all: *Agape* love, unconditional love for all humanity which leads to Cosmic Consciousness; and *Unio Mystica*, or our mystical relationship with God.

*You've completed the First STEP on your way to a higher love – learning the difference between love and fear.*

*Please take time to congratulate yourself!*