

True Love

Finding "The One"

Teens today are dealing with a lot of expectations to enter into intimate relationships early in life. There is peer pressure, the emphasis on sex in advertising, TV and movies—and even what is taught in schools.

At the same time, they are looking for love—true love. They are looking for “the one” who they are meant to be with.

There is a positive approach to the issues of sex, love and relationships based on the teachings of the ascended masters. The ideas presented here are drawn from the published and unpublished teachings of Elizabeth Clare Prophet.

The ascended masters teach respect for one's body as the temple of God, respect for one another, and making choices that reflect our highest hopes for life. The emphasis is on love—divine and human—and how relationships *really* work.

Their approach is loving and non-judgmental, and personal choices are respected. At the same time, they teach us the consequences of those choices—physical and spiritual. The ascended masters have outlined spiritual principles and a path that can help us reach our highest goals.

While AIDS, sexually transmitted diseases and unwanted pregnancies are a real concern when looking at these issues, the key understanding is of the flow of energy in the spiritual centers—the chakras.

Like all the world's major religions, the masters present celibacy or marriage as the two paths we can follow. Through knowing the spiritual aspects of energy flow, we can understand why celibacy before marriage is important. And by applying the principles the masters teach, we can walk this path with joy and self-mastery.

Through the teachings of the masters, we can raise up the light for creativity and spiritual growth and we can reach all of our goals in life. And the light that we raise up and expand within us is what will attract “the one” we are really looking for.

- The light in the spiritual centers, especially the base of the spine chakra, is the energy that we need to reunite with God in the ascension. Our daily choices in the use of our energy are often more important than we realize. When our light is spent in unwholesome ways, it is not available for other choices. If we conserve energy, it is stored and available in the spiritual centers and can work for us to attract the right partner in life.
- Decide on your personal boundaries in relationships so that you can keep the light you need for your mission and to find your partner in life. Avoid situations where you will be tempted to go beyond your boundaries, and avoid relationships that you know will get you into trouble.
- If you are dating, keep to your boundaries, and when appropriate, clearly communicate them to others.
- Don't think about marriage unless you are passionately in love, but wait until you are married to express your passion.
- In a marriage, the two together must be stronger than the two separately. Therefore, two questions to ask before deciding to marry: Do you love one another? Can the two together do more than they would apart?
- You don't need to sleep with someone to know if you will be sexually compatible. If you truly love someone and wait for marriage to express your love, physical compatibility is the most natural thing in the world.
- If you are engaged, discuss with your partner and decide ahead of time where the line needs to be drawn—and draw the line at a place that doesn't cause a build-up of sexual energy that is uncomfortable for either person.
- Any relationship this side of heaven takes hard work and a lot of love. Nurturing a spiritual relationship with our Higher Self is a great starting point to any relationship. The most important relationship that we can have is the relationship with our Higher Self. Our Higher Self is one with the Higher Self of our twin flame or soul mate. As we come closer to our Higher Self, we will naturally come closer to the one we are meant to be with.

Wanting to be Loved

spiritual perspectives
on sex, love and
relationships



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Relationships

- Everyone wants to be loved, but love and sex are not synonymous. Many teens are looking for love but settle for sex. It is important to understand the spiritual principles behind love, sex and relationships, because who we love and why we love can have lasting impacts on our lives.
- The choices we make now can make a difference in our ability to attract the right life partner. Your soul and Higher Self know who is the right person for you. You most likely met your future life's partner or spouse at inner levels before you even took embodiment in this life.
- There are three kinds of relationships: twin flames are two halves of the divine whole; soul mates are partners for the journey—they have a mission together; and karmic partners come together to work out their karma. Karma, both positive and negative, is also important in the relationships of twin flames and soul mates.
- There are keys to help us recognize the relationship God has planned for us. Finding the right person may take time, but the best of possible relationships is worth waiting for.
- Not everyone is intended to be married in this life. Some embrace a life of celibacy and union with God. For those who are destined to have a partner in life, the masters have provided the institution of marriage.

Attraction

- Most people are magnetized to others based on the substance of the electronic belt, karmic ties and the polarization of the lower chakras. If we use spiritual tools (such as the violet flame) to transmute karmic records and ties, we can have higher and better relationships and avoid ones that will cause us much pain in the long run.
- "Love at first sight" is not always a reliable indicator that a relationship that is meant to be. Sometimes the worse the karma, the more intense the impact when we first meet—this is God, the God we ourselves have imprisoned through past negative activity, and we run to greet that one to set him or her free from our own past actions.
- The more karmic relationships we can balance without entering into a sexual liaison, the better off we will be. This frees us for the right relationship at the right time.
- What do you do when you are attracted to someone? Do the spiritual work to transmute karma or attractions of

the lesser self. The attraction may just disappear in a puff of smoke (or violet flame), leaving you to wonder what you ever saw in the person. If a relationship and attraction is real, it will still be there. The violet flame will not dissolve anything that is real and lasting but will only add to it.

- How do you tell the difference between love and lust? Love is mostly felt in the upper chakras whereas lust stems from the lower chakras and has a lower vibration.

Marriage

- In the highest sense, marriage is an initiation on the spiritual path. One of the goals is to help one another on the path to self-mastery. We balance karma together and bear one another's karmic burdens. We can love one another in a deep and lasting way that commemorates the union of twin flames—whether we are married to our twin flame or not. Sponsoring children and raising them in a loving home is also an important part of many people's life mission.
- The world's major religions teach us to be either celibate or married. The blessing of God of the marriage union protects the flow of light in the chakras during sexual intercourse. This is one reason we go to the altar to be married, and God can extend that blessing through whoever that representative might be—priest, rabbi or minister.
- Some live together rather than marry because they don't want to bear one another's karma—"for better, for worse, for richer, for poorer." But they miss out on the depth and commitment that comes with the marriage vow. The vow is the chalice into which God's blessing can descend.
- Marriage forms a circle of protection for the sexual union. There is or should be an exchange of Causal Bodies in the marriage ritual. Outside of the sacred circle of marriage, however, there is more often simply an exchange of electronic belt substance. You take on some of the substance of the person you are with. And you also take on some of the substance of all of the other people that *they* have slept with. This is why many people feel more and more confused about who they are. The more people they sleep with, the more substance of others they take on and the more of their own light they give away. The loss of light is often felt most by the partner with the most light to lose.

Sacred Energy

- The world continues to stress guilt and shame over sex, or seeks to be free of guilt by making sex commonplace and simply recreational. But the truth is that sex is sacred. Sex is sacred energy in action. Mother Mary teaches that sex and sexuality are not sinful. The sacred union is meant to be holy and sanctified.
- Morya teaches that a problem with sex, or the use of the sacred fire, is actually a problem of flow. Energy is intended to flow upwards from the base of the spine to the crown chakra.
- Many think that masturbation is a way to deal with unresolved energy of the base chakra. However, this actually results in the loss of the light and does not help with the underlying problem of lack of flow. The higher path is raising the light and using it for creativity and expression in the higher chakras.
- These days, oral sex is often seen as commonplace and "safe"—no risk of pregnancy. But putting the upper chakras and lower chakras together like this is counter to the natural flow of energy in the body. It lowers the light from the upper to the lower chakras and can compromise your opportunity to ascend in this life. The practice can be forsaken and the karma balanced with the violet flame.
- Same-sex marriages and relationships are not in accordance with the divine plan for man and woman. They are often the result of past-life momentums or of being in a body of the opposite sex from that of one's immediate past life. These momentums can be overcome and the river can change its course. The key is to pass the initiations for the body that you are given in this life.
- A lot of the media and popular culture is focused on lowering the light in the body. Sex sells—it is used to get your money and your light. It does take effort to swim against the tide. But it is worth it.
- What signals are you sending with your choice of clothes? What you send out is what will return. Is it lower energy that you have to transmute, or a higher energy that will draw relationships that help you on the path?
- Seven keys to raise the Light: exercise, diet, prayer, meditation, decrees, avoid alcohol and drugs, and be selective in reading, movies, TV and music.

The masters recommend that we use this mantra to raise the light from the base of the spine to the crown:
I AM, I AM, I AM the resurrection and the life of every cell and atom of my four lower bodies now made manifest!