

A pure heart attracts a pure heart

Our relationships are a mirror reflecting what lies within us.

(Scary thought- I know)

What you see in your partner is a reflection of what exists within you. As Carl Jung said what you see outside of you is you; Jewish Kabala says we don't see things as they are we see things as we are. So therefore the reflection is us.

So I guess if we are having difficult relationships and feeling frustrated by our partners we must look within us. Are we in EGO or ESSENCE?

In our EGO state we will be coming from our NEED- specifically our NEED to be loved and our NEED to feel Worthy because we are driven by our fear- our FEAR of not being loved or not feeling worthy (yep it all comes down to those 2 (oh and let's not forget the best one- not feeling good enough)).

This fear has ruled our relationships, created expectations, created illusions of doubt and mistrust- it takes over our communication and leads to control, anger, or withdrawal and submission-it has led us to abUSE one another-USE each other to feed our fears- love me and make me feel worthy. When we come from need we can only reflect need.

Is this our TRUTH- is this what we call LOVE?

When we drop our fear and come from our TRUE ESSENCE then we can begin to have TRUE LOVING RELATIONSHIPS. In fact people can get to know us and love us for the very first time and we can experience love on an even deeper level as well. When our hearts of filled with love we can only see love.

In our Essence we are complete, we are fulfilled - we are loved, worthy good enough and recognize our perfection with all of creation- we realize our connection with all of creation- we recognize our oneness. In this state we communicate authentic truth, compassion, kindness, joy and bliss,

When our hearts are pure we attract a pure heart.

"Who looks outside, dreams; who looks inside, awakes." Carl Jung