

Pleasure Producing Relationships

By Terry Cole Whittaker



All relationships can be pleasurable when we know how to generate happiness regardless of what others say and do. Love and prosperity are self-generated because we are love and prosperity. Because we are love, we do not and cannot get love from anyone, but when we are around people who like us, it is easier to be ourselves (which is love). Once we are Self-realized, we are in a constant state of love. We are being ourselves under any and all circumstances even when others dislike or disapprove of us. The main problem in relationships is the belief that we must have the approval of others and their undying devotion and commitment before we can be happy and secure enough to be ourselves without the fear of rejection, loss, or abandonment. Love is not a thing or a commodity that we must pay for or be afraid of losing. It may appear that other people are the cause of our happiness or distress, but this is not true. We are the cause of our happiness or distress.

What we want are mutually supportive relationships where each person is a winner and can bring forth the greatness that is within her or him and not feel suppressed, coerced, bad, or guilty for mistakes or successes. Souls want to have loving relationships with other souls. Most of what people experience in relationships has been based on concepts passed down from generation to generation from religion and cultural conditioning and has nothing to do with the real purpose of relationships, which is bliss. Soul-to-soul relationships are real and deeply satisfying because we can be ourselves without fear. Offering another the gift of unconditional love is the greatest gift we can give another. There are seven actions that lead to our becoming a master in the art of rewarding relationships even if, in the past, some of our relationships have been troublesome.

They are:

1. Accept that every soul, including our own, is pure goodness and perfect without flaws of any kind.

2. Assume responsibility for our own feelings and actions as well as for the results we are getting.
3. Understand that others are the cause of their own emotions and actions as well as the cause of the results they are getting.
4. Be willing for others to be happy, prosperous, and successful in their endeavors and for us to be happy, prosperous, and successful in our endeavors.
5. Treat all others with respect and honor their freedom to be, do, and have what they choose as we also honor ourselves and our freedom to be, do, and have what we choose.
6. Be kind to all living entities, speak sweet words, and seek to be a beacon of inspiration, enthusiasm, and encouragement to all.
7. Recognize that the way we are treating others is the way we are treating ourselves because what we give out is what we will get back.

The heart of the matter when it comes to successful relationships is accepting that every soul including us is pure goodness and perfect without flaws of any kind. The common approach has been to find fault in others because we believe that we ourselves are flawed and thus bad and wrong. No one likes to feel bad or not good enough to be loved and accepted so the habit of finding fault in others has made us feel at least better than others. How can we be happy in our relationships when we harbor the thought that there is something wrong with us? We often judge a person's actions toward us based on our expectations. An insecure person is in constant need of reassurance as to her worth to another and in constant anxiety over the possible loss of the relationship. Our minds will calculate the words and actions of others to mean that there is something wrong with us, and that they do not love us or else they would behave as we expect. When our self-worth is based on the opinion of another person, we set ourselves up for pain.



Even in relationships that start out well, familiarity can breed contempt when one or both of the people are not happy and then blame the other and find fault in the other person. What happened? Not even God can make us feel good all the time unless we seek out the cause of our distress, which is self-alienation. No one will ever be good enough in our minds until we know that we are good enough, that we are perfect just as we are. Once we really know this, then our actions are motivated by love and kindness. The medicine that heals the disease of “not good enough” is to bypass everything that we have heard or been taught that gave us the idea that something is wrong with us and therefore we are not good enough to

be loved by God, our parents, relatives, mates, and others. This is all fear and lack-based conditioning and not true about anyone.

Once we stop judging others as not good enough and stop criticizing others in order to feel better about ourselves, the “not good enough” program running in our subconscious will fade and disappear for lack of faith. You do not need to prove anything to anyone in order for you to feel good; feel good because you are pure goodness. We are not here on earth to seek the approval of others, and we already have God’s love and approval. Accept it and forget all the soap opera stories of who did what to you and when.

About the Author

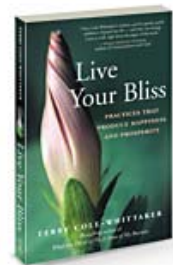
Terry Cole-Whittaker travels the world speaking to both spiritual and entrepreneurial groups. Her five bestsellers have earned her coverage in all major print, radio, and television media.

She lives in Los Angeles, CA. Visit her online at <http://www.terrycolewhittaker.com>.

*Excerpted from the book **Live Your Bliss** ©2009 by Terry Cole-Whittaker.*

Printed with permission from New World Library <http://www.newworldlibrary.com>.

See www.iarpreiki.org to purchase this recommended book.



Q and A with Terry Cole-Whittaker **Author of *Live Your Bliss***

You say that the people of the world are having difficulties because they are not happy. What do you mean by this?

People make their decisions based on their thoughts and emotions. Thoughts are creative and every action will have a reaction. When people are unhappy, meaning they are feeling bad, angry, resentful, or jealous then they will speak and act in a way that matches those thoughts and feelings. On the other hand, when people are feeling good, their actions will correspond. Happy people want others to be happy, whereas, unhappy people usually want others to also be unhappy.

How can people prosper in all the financial difficulties around the world?

First we need to know what the word prosperity means in the context that I am speaking. Prosperity is about going forth to do what we desire with enthusiasm. What usually happens

is that people think, "If only I had the money then I would..." This gives money the power to let us go forth or not go forth to do what we want. The thought and belief that we do not have enough or we will not have enough to be happy and comfortable in the future stops us from going forth. In reality, though, all things are possible when we begin with the first step and then continue. We are more powerful than money, for the human mind power is limitless in potential.

You say that the mind is the greatest terror weapon ever invented. Can you explain?

We frighten ourselves in our own minds by our thoughts when we believe the fear and lack-based words of others. When fear is being generated, unless a person knows the powers he or she possesses, the person will believe what is being said and will act on these beliefs and thus create the very things they fear. This is the power we each have.

In your book you write that "we are the bliss of the universe." What does this mean?

The nature of each soul according to Eastern wisdom is eternity, knowledge, and bliss. Anyone can prove this by their own experience once they know how to allow this quality to express through them. Because bliss is part of the nature of a soul, anyone can have as much bliss as she desires because it is not given to us by others — we have it and either stop it or allow it to flow abundantly.

How are all negative emotions destructive?

Negative emotions are manufactured by us and not given to us by others or by the conditions in which we find ourselves. These kinds of destructive emotions stem from thoughts of past and future lack. They disempower us and make us feel miserable. There is never a need to feel miserable. It doesn't create improvement. It only worsens the situation.

Why don't other people have anything to do with our happiness or unhappiness?

Others are not inside of us. Each of us lives in our own bubble or world of consciousness, emotions, and experience. It's our evaluation and reaction to what others are saying and doing that affects us.

What do you mean that we are prosperity? Isn't prosperity something that we get with money?

Money was and is created by human beings, so human beings are more powerful than money. Money does not create humans or life on earth or the universe. Prosperity is a state of mind of enthusiasm and confidence, and what most do is believe that the money will give them enthusiasm and confidence. They give money the power instead of giving it to themselves.

What do you mean that people are depriving themselves of the sweetness of life?

We are pleasure seekers and what is more pleasurable than sweetness in our relationships, the beauty of nature, and delicious desserts including honey and fruits. With the propaganda against natural sweetness and the advertising campaign in favor of artificial and laboratory created substitutes as if the natural is dangerous and the artificial is safe, people's bodies are sick, and they are missing sweetness in every aspect of their lives.

You say we are entering a Golden Age. What does this mean and what makes you say this?

So many changes are happening globally, galactically, and universally. Ages are always in a constant state of change and this is also influenced by our thoughts and consciousness. The universe is a machine and works in cycles that repeat themselves over and over eternally. Just as there are four seasons that repeat, there are galactic cycles signs are of death of the old and the birth of the new, a new spring and thus golden age of universal prosperity and love.

This article appeared in the Winter 2010 issue of The Reiki Times, the magazine of the IARP ©2010. International Association of Reiki Professionals LLC. All Rights Reserved.