

Love Story, in the Light of Law of Attraction

By Olga Farber

Text copyright © 2012 Olga Farber

All Rights Reserved

Table of Contents

Introduction

Let's Start...

So from here, some very practical tools arise, to feel better

It turns into a game I'm playing a lot these days

The state of a great connection with our Inner Being

Personal story

Pattern

A Crisis

The Cure

An outside cooperation

Fast forward to now

Several more pieces that come to my mind now

New tools

So what is this story for me?

How I use this *science* of feeling good with my health

Standpoint of a Deliberate Allower

How I used it to get my first inside orgasm, at the age of 37

And what you could do about that man at work, who doesn't want to let the sun flow to you?

Afterword

One more afterword, two years after sending that email...

Introduction

She asked a question I couldn't resist answering.

We just went through an intensive Tantra workshop, going over a whole weekend, highly transformative. We felt like lots of inside issues were worked through, we felt enlightened, lightened up, easy, open, believing. Knowing. And then she asked: "I wonder how this state can be maintained after that, in a day to day life?"

This whole book was my answer to her. And if the answer interests you, then this is a book for you, too. :)

..Some things I know I'll write before I start. And some things just come along wonderfully and unexpectedly as I write. Now, I wanted to tell you that you might be asking, why the book title is the "Love Story" - and I wanted to say, "You'll see when you read it."

But then I realized, that besides the very obvious love story description in the book, this whole path was, has been a love story of me with me. And when you read it, it may become a love story of you with you, too.

As I was writing this now, the open Facebook in another tab made a sound. I went there and.. long story short, I encountered a clip on YouTube, truly a masterpiece:

<https://www.youtube.com/watch?v=cfJ9YHCJa0g>

that inside it I heard what spoke exactly to what I wrote:

"Everything that we're talking about, is about releasing the barriers between you and you."

Here's to us, our love story with us, and the Law of Attraction! :)

Happy reading!

Olga.

Let's Start...

Dear *****,

To your question, I felt the urge to share all this.

What I've been immersed in, could well be called the *science of feeling good*. I've been learning it mostly from my beloved teachers, Abraham-Hicks (AH from now on). There is also Bashar and some others. I'll tell you here some of their teachings that help me, with my personal stories inside. So take a coffee, it's going to be long. :)

A very good thing in the experiential workshops (like the Tantra one we just participated in) is that it moves us beyond some mind limits, lets us immediately feel something very powerful, lets us connect with the power inside. The challenge, however, is that we leave with not too many practical tools on how to keep up the flow. We're being told that it's a "roller coaster," but what can we do with it? Letting it all just happen is sometimes very confusing, and most of all - I think, the most challenge is that we don't really see the light, don't really *know* how to bring ourselves to feeling better and living in this feeling. It's like, going in an unfamiliar city without a map. So this is where I use this science.

If to say it very-very simply, you have *taking-you-to-what-you-want* and *taking-you-to-what-you-don't-want* dots around you, and your emotion tells you, which dot you're focused on.

AH say, that our Inner Being lives forever and from time to time puts itself into a new physical body, to feel the joy of physicality, to know itself better, to experience, to expand.

Its energy flows through our physical body, when we, the Gods that we are, create our life here and now. Sometimes it can flow more freely - it's when we're focused upon *taking-us-to-what-we-want* dots.

And then we feel good, why?

Because there's no discord then between *us physical* and our Inner Being that steadily holds for us the image of what we want, and actually, it IS (from the energy point of view) *we-with-all-that-we've-ever-wanted*. It's Who We Really Are.

So who you really are - is a mother in a very happy family, a beautiful and beloved, truly adored wife, feeling like a queen. At least. :)

And when you're thinking thoughts that speak opposite to that, you feel bad - because you're restricting the flow of the energy that is trying to create for you all of this.

Do you feel *cared for* now? :) I do, when I'm thinking, how this my loving Inner Being holds my every dream for me and flows its energy through me, creating in my life the circumstances that will allow me to experience them.

That it gives me clues, on whether I'm going in the right direction, through my emotions.

That my feeling good means, I'm creating what I want in my life, and so it's important.

The energy of our Inner Being is high. So the higher our energy is (through some exercises, for example, or at the times of "being in the flow", exhilaration, admiration, appreciation), the more we unite with it, and so we feel better.

Our Inner Being is Love, and so when we're thinking thoughts of love, we're connecting with it, and so we feel better.

And finally, our Inner Being holds our dreams, and so when we're thinking thoughts, more corresponding to us getting what we want, we unite with our Inner Being, and then we feel better.

So from here, some very practical tools arise, to feel better

1. Physical exercises or some activities, bringing us into a higher energy.

2. Immersing in love. Thinking about love, loving someone or something, participating in activities of love.

Remember I quoted it?: AH say, that we think we're looking to be loved, but really what we're looking for, is to love, because that's really who we are. So finding any excuse to love (anyone, anything) is the quickest path to elation.

Lee Harris said: "To attract the love you want.....Be the love you are."

3. Meditation. This "science of feeling good" gives an explanation, why meditation is working:

Because in the meditation we release "bad" thoughts, -- either concentrating on some better-feeling, pleasant thoughts of being with Nature, or releasing all thoughts at all. And so we re-connect with our Inner Being and feel better.

It is also how it works when Sujey asks us to breathe deeply or concentrate on our body sensations: we focus *out* the negative thoughts. In other words, we focus on thoughts on which our Source (another name for the Inner Being) has the same "opinion" as we are, and so we align with it (especially if we hold these non-negative thoughts for more than 17 seconds, or, even better, more than 68 seconds).

In this alignment, we reunion with all our power (AH say, "Confidence comes not from experience, but from alignment"), love, worthiness, feeling sure and secure.

And then, from this standpoint of power, we can already look back to the thoughts that bothered us before, and try to *bridge*, to mold them into thoughts more compatible with those of Source, and thus to feel better on that subject, too.

Because you see, Source sees us as loved, loving, worthy, good, valuable, caring, cared for, powerful, joyful deliberate creators, and when we see ourselves otherwise, we feel the discord of separation.

In the physical activities (#1), by the way, it's also better to choose those that require as much attention as possible: focusing there, you release what disconnects you from your Source, and feel better.

In the experiential workshops, a lot is being said about benefits of releasing the mind. And it's true to some degree, because usually mind contains limiting thoughts. But when thoughts are of a higher and higher vibration, nothing is more elating than that. And so,

4. Mind exercises. Finding a better feeling thought and sticking to it. Basking in it, milking it for the relief that you feel in it.

When you're thinking: "What if my love will really come to me?", or you're thinking: "but what if it doesn't", you feel differently, right?

It's your Emotional Guidance at work, showing you where you're going. The more you're able to stick to "What if my love will really come to me?", feel, how delicious it is, bask in this sweet feeling of relief, -- the better you will feel, and then more thoughts of this nature will come to you, and if you stick to them, you will feel even better.

The point here is *not to jump too far*. Each time focus at finding just ONE better feeling thought, and not the best feeling thought ever, but just providing you with the slightest relief. As I love to say to myself, "a little-little-little-little-little-bit better feeling thought". :) It's usually much easier to find and stick to.

You can't think "He will come to me" and not feel the immediate backlash. But you can think "what if it's not a bullshit, what she's talking about, and my love could truly come to me?" And if you continue, eventually you will come to the knowledge "He will come", to the elation and happiness that he comes, and then he just can't not to come, because it's Law.

But, as AH say, 99.99% of this vibrational work is done when you still can't see any changes in the physical world, and so for us human, trained to look at the physical, it's the hardest thing of all. :)

Actually, when you're going from Tel Aviv to Raanana, you don't see Raanana either until you come there.

You just know you're going in the right direction, by all kinds of other indicators.

Your Emotional Guidance is actually your GPS, showing you exactly where you're going at this moment.

Something that constantly takes us down is our habit to look at what *is*. To state what's *true*. AH say to this that it's not a question of whether it's true or not, the question is whether focusing on it serves you or not: there're all kinds of truths out there.

And if to look at it from a side, we can see that it brings us to a vicious circle:

1. we watch what's happening, and we're stating it's true. We're focused on it, think it "as it is", we're there.
2. but then since what we're focused upon, is created at those moments into our future life, then we create more of the same;
3. then it comes to our life, we're watching it and focus on it again.

Very vicious circle. :)

There's that old joke about an angel who stands behind the shoulder of a man, listening to his thoughts: the angel writes to his book "No money in the bank, angry boss, evil wife.." Then he looks into his notes, shrugs and says: "Why does he need all that? I don't know, but if he orders, I have to deliver.."

To break this cycle a little, we could look more into the truths that we state, noting the feeling when we're stating them. AH suggested after stating "it's true," to add "and I want more of it in my life." And it works like a charm, because I start noticing which truths I state, which of them feel good. And I start choosing, which truths I'm stating.

It turns into a game I'm playing a lot these days

With my own "roller coaster" after the Tantra weekend, I come to my kitchen, light some candles, stand to do dishes, saying out loud:

I met there wonderful people.

It's the truth, and I want MORE of it in my life. (I immediately start feeling better)

I feel I really opened my heart.

It's the truth, and I want MORE of it in my life.

There was so much love there.

It's the truth, and I want MORE of it in my life.

I now have more desire to make my home beautiful.

It's the truth, and I want MORE of it in my life.

(when I'm saying it out loud, it helps me to focus on it better)

I look better now.

It's the truth, and I want MORE of it in my life.

I feel sexy now.

It's the truth, and I want MORE of it in my life.

Wonderful men surround me.

It's the truth, and I want MORE of it in my life.

I feel like life has opened for me.

It's the truth, and I want MORE of it in my life.

Moran and Sujey are so .. shining love. (*trainers in the workshop*)

It's the truth, and I want MORE of it in my life.

All these people at the weekend were so loving and great.

It's the truth, and I want MORE of it in my life.

I love them.

It's the truth, and I want MORE of it in my life.

I met new people, that now become my close friends, and the feeling is, we've known each other for ages.

It's the truth, and I want MORE of it in my life.

There's some *ease* in my life now.
It's the truth, and I want MORE of it in my life.

There's so much beauty in my life now.
It's the truth, and I want MORE of it in my life.

I love my body, now more than ever.
It's the truth, and I want MORE of it in my life.

They told me, my body was beautiful.
It's the truth, and I want MORE of it in my life.

They provided for me such a wonderful support.
It's the truth, and I want MORE of it in my life.

I felt easy with them.
It's the truth, and I want MORE of it in my life.

Little by little, there're more and more clean dishes here.
It's the truth, and I want MORE of it in my life.

And it's quite easy for me.
It's the truth, and I want MORE of it in my life.

What a good idea it was to light these candles.
It's the truth, and I want MORE of it in my life.

I've got a beautiful kitchen.
It's the truth, and I want MORE of it in my life.

All this apartment is beautiful and comfortable. It has so much light.
It's the truth, and I want MORE of it in my life.

I feel better. :)

I found also, that it's a very good way for me to start a morning: still lying in my bed, I start saying it:

My bed is soft and nice.
It's the truth, and I want MORE of it in my life.

The weather is nice.
It's the truth, and I want MORE of it in my life.

I feel sexy.
It's the truth, and I want MORE of it in my life.

It's a new day, and I may feel today something wonderful.
It's the truth, and I want MORE of it in my life.

Life's been good for me.
It's the truth, and I want MORE of it in my life.

Do you feel better, concentrating on those thoughts? :) Then you've connected more with your Inner Being and now more things that you wanted, will come to your life, easily and smoothly.

(I love this AH-offered.. kind of affirmation, or better said, stand-point: "I'm good, and I'm choosing. And it is right that what I choose, will come to me easily.")

The state of a great connection with our Inner Being

AH call it “being in the Vortex”.

It feels like this:

<http://www.youtube.com/watch?v=BaRDIBWfANI>

A fuller version is here:

<http://www.youtube.com/watch?v=Ohr2Ps0pKiQ>

“It’s about the song in your heart”, as they say. :)

In the Vortex - is where all our dreams reside, waiting for us to allow them into our life.

Getting into the Vortex is about *tuning* ourselves to better-feeling things and thoughts of those available right here and now.

It’s what athletes and writers call “being in the zone”. It’s what happens when you just feel - from the morning forward all is set comfortable for you, the lights are green, the people are nice, problems just solve themselves, the traffic opens for you, someone nice calls you.. You just feel in love with life and wish to continue like this forever..

Familiar? And this state is possible to come to, with very simple, practical tools that anyone can use every day.

It’s what this *science* is actually all about.

AH say, that when meeting with contrast (when something apparently bad happens), we immediately recognize, that we don’t want it, and *a preference is born within us*, and something we do want in this case goes straightly into the Vortex (our *vibrational escrow*), to wait for us to align with it.

And so, when we make ourselves feel better, all kinds of good-feeling things come physically to us, even when we never really thought about them, not realized them as a goal.

That is why to make ourselves feel better is the best way to bring to our life all that we’ve ever wanted, *updated with our latest preferences*. It’s like, default, you just make yourself feel better, and it does its job.

And you can do it in many ways. I love listening to this [Rampage of Invincibility](#), it always brings me to feel better, to really feel invincible.

or this [Rampage of Love](#)

or this, [Creating a Lover](#)

delicious :)

or this, [deadlines and lifelines](#)

relieving :)

But there're also many simple mind exercises. Some of them people intuitively find and use. Not knowing why, just knowing that it makes them feel better. Not even knowing that in doing that, they make their dreams come true, too...

And now, when I'm encouraged with your "don't stop sharing your thoughts", :) here's my

Personal story

Four years ago, I was lying in my bed, tired of all the .. unkindness that was going on from my husband's side. In the beginning of our relationship, one very authoritative relative told him, that to be more respected by me, to get more attention from me, he should be hard with me, and so he was. :)

My self-esteem was so low, that when he told me: "If we get divorced, I will immediately find someone else, and you.. Who will want you?" - I believed him.

But suddenly, at that day, something in me like.. went to the sun. And I imagined, that on that bed, a man was lying next to me. Someone who is strong and big, and loves me very-very much, knows me, understands me, adores me, all that I am, contains me, cares for me, wants me to be happy.

I felt such a relief (now you know why :) - the feeling of relief means we moved to the higher vibration, connecting more with our Source. The feeling of relief is there because we *allow then more Source energy to flow through us*, and it feels like elation).

And I became calm. This image was so strong, that I felt his presence next to me. I was wrapped in his love and care, and this is how I felt continuing that day and the days after that.

And in several weeks they came. :) 3 different men. 3 loves. Each one not just any love or sex or anything, but the type one meets maybe once in their life, this is how I felt. The kind of Romeo and Juliet. It was a challenge for me, on one hand, as I was raised to be very "behaving well" girl, and meeting three guys? On the other, every one of these three relationships felt like we were Romeo and Juliet, indeed, and it felt absolutely impossible (and not even needing to be possible), to "choose one." All of them were .. *me*, for lack of a better word.

One of them was Theodore as I will call him here.

In the beginning it was all good, even though he said "I have to tell you, I will never be able to love you, you're not my type." But his hands, his eyes, his lips said the opposite. We kissed under the stars, I experienced this kindness from him, he was caring for me, and he told me "you deserve the very best, so give it to yourself." I started to feel sexy with him, got the desire to wear something sexier, go on heels, fly and flourish.

It was him who said "you're beautiful inside and outside," I so love these words. :)

He loved to hear what I was thinking, he said "you're so special." There was so much love in there..

But being the open girl that I am :) I shared with him, that I was seeing the other guys, too. And he said that then he doesn't want to be a part of it. It felt like tragedy, like struggle.. It felt like I was torn apart between wanting to be with him and not feeling able to give up on the other relationships.

With this problem, at some point I felt, ok, he doesn't want this relationship on these conditions, and I don't want to give up on anything that feels like *me*, and so, why I just don't give up on this particular relationship - that was incompatible with me going with what I want - and move on. I thought I could do it, and that it was the time to do it. And at some weekend I announced to myself and to him: this is it. I move on.

..that weekend I felt so dead I never felt like this in my entire life. It's like, all life juices were drained from me (now I know why, then I didn't know). One of my loves called then, and hearing me like this, even though he was also not very happy for me having the other relationships, he said: "well, if it influences you this way, I guess, there is something important for you there, so give it to yourself."

It was like.. you know, when we sit on a bus stop, we're there. But then the bus comes, we take ourselves and go inside it, *all of us* goes there. And in this case I had this feeling, that the bus came, I went into it, but the most part of me, the Me, stayed at that bus stop. I didn't know why I was feeling this way, but I felt I owed it to Me to be with Me, to be whole.

So okay, I told Theodore, that I can't give up on us, but that I don't want to impose on him anything, so I will live it myself. I opened a private blog, to which I spoke every time I wanted to speak to him. In the beginning I didn't even tell him about this blog.

Our relationship continued in the style of "from time to time, after breaking up forever, we reconnect." At some point, he did tell me that he loves me. :)

When we did meet, these meetings were filled with such love and passion!

But after he always said to me, that he wants to find the woman of his dreams, and when he's with me, it takes his attention from this goal, and so is bad.

It was such a confusion for me.. feeling the energies and trusting myself, *being into* trusting myself, and KNOWING with all of my being, that I shouldn't give up on it, that it was *my path*, on one hand, but living all those circumstances that as if said "are you crazy to continue with it?"

At one break up, I was in a seminar of Integrity, and I felt: it's not *in integrity* to change my feelings when he changes his attitude. What, when he's loving, I'll love him, but otherwise I'll hate him? When he's open, I'll open, but then I'll close? Where is my integrity there?

Life was also treating it ..strangely. :)

When I told myself: "that's it, I close it", all kinds of bad things started to happen to me.

And the opposite: when I gave up and started to treasure this love, live as if we're together, life was bringing me all kinds of good things, people, events.

Looking at it from my today's knowledge, it's easy to explain:

the world is like a mirror, reflecting to us our basic premise.

When I closed inside me this stream, the basic premise was “what I want the most, I can’t get”. I closed the flow of my life into me.

When I started treasuring this love, I connected with my Inner Being on this dream and love, and so enabled good things flowing to me. The basic premise became “Even though I can’t see how it can happen, but I’m willing to trust that life can give me what I want.” And so it did. :)

You may say, I could try the approach “well, maybe not him, - someone else, but love can come to me, it doesn’t have to be him.” I tried it, but it didn’t work. Something inside me insisted, that it had to be him. Something that was such a Main Part of me, I had to trust it..

Besides, the teachings I so love, say: “the mere fact of you wanting something, means that it can come to you, here and now. That there’s a way to it in your physical world, you just may not see it now, but it will show itself to you, when you trust.” Somewhere deep inside me it felt so true, I wanted to live it.. I wanted to give it a chance.

"Every individual is as powerful as he needs to be to have anything he desires in life without having to hurt anyone else, or himself, in order get it." -- Bashar

Bashar (my other favorite teacher, it’s also channeling, like AH) explains it like this: it’s not that we change the world around us. It’s that there’s an infinite number of worlds, one for every set of vibrations we can hold, and when we change our vibration, we come to the world, that corresponds to us. Check it here: [Billions of realities: Bashar, Abraham & BBC Documentary](#).

A [clip, that later gave me some more clues](#), spoke about the essence:

Q: “but then a little bit of truth hits me: *this* thing you can’t get”

AH: “everything that you want, it is really the essence of it that you want.

so maybe you should stop acknowledging the untruth that you can’t have it and just go get it?”

Q: “but I don’t want the essence, I don’t wanna kind of, like reasonable facsimile, or really pretty close..”

AH: “well that’s not what the essence is. Essence doesn’t say ‘a reasonable facsimile’, essence doesn’t mean you almost made it but didn’t.

Essence means: ‘I want the full vibrational visceral expanded experience, that this particular subject represents’.

The particular subject that you think is the detailed thing that you want, is but a shadowy example of what you’re really reaching for.

But as long as you’re pointed upstream, you can’t know that. You’re just going to keep trying to turn, trying to turn, and one day, not so far from now, you’ll tell us the rest of the story.

You'll say: 'there is this thing that I thought I couldn't have. And the more I thought I couldn't have it, the more I wanted it. ... till I really got a powerful thing going on in vibrational escrow, that became undeniable. And when I stopped fussing, Source took me right to it. And I said: *There you are. You look different, but now that I'm up close.. I feel you're exactly it.'*

Never let go of your dream, because all things are possible."

As I *felt*, to "draw the essence of it" to me, I had to concentrate on being with *him*, because that was the closest, most detailed, available to me "demo-version" of the essence. :)

Little by little, I started to see the

Pattern

which was:

we break up,

I fall into a deep despair,

and I'm living there for some time..

not that I'm not trying to find better thoughts, but the TRUTH of it blinds me to everything else.

and even when I'm trying to do something, it is more with a thought, how I can improve vibration in order to bring us back to meeting.. it doesn't work... and I fall deep...

then the moment comes, when I say "the HELL with it, yes, we can't meet, but I still want to feel good! I want to live! and I want to live joyfully!!"

then I start doing the mind exercises, everything, with the only purpose to feel better, no matter what the circumstances are.

and THEN it starts to make sense to me to choose thoughts based upon how they feel.

and then it works.

and I start feeling more and more our togetherness, and how good we are for each other, and I'm remembering our delicious moments, and they feel better and better...

and then, at some moment, it "clicks" and I feel like, what I'm feeling is SO sweet, that I don't care what is happening physically, I just LOVE the feeling.....

and then he calls, or I feel inspired to write to him, and he replies in a friendly way, and we start talking, and then we meet.....

and then I'm starting to care more about what's happening physically, I stop keeping me in the center, I worry about things, I think, how he will react to this or that, and it becomes worse and worse...

until we break up again.

and it takes months of this process until I *reconnect* to us and we meet again.

You may ask, why I don't move to realigning sooner? Especially if I already know how it is going to unfold.

Reality. "Reality screws the future up big time, doesn't it?" - as AH say. :)

Meaning, when we look at the reality, it makes it much harder to imagine that we achieve our dreams..

Bashar says, that it's like a latch: once we enter some particular level of low vibration, it's hard to impossible to see the light from there. Remembering it sometimes makes it easier.

A Crisis

At some point, when it was good, he sent me such a sweet sms... tender, loving... I was on seventh heaven.

Then next day we had a conversation.., to which I replied with this email (my mentioned meeting with the other guy was in those months we were apart):

"hi honey,

without too much drama around it, I'd like to explain to you something. there is an ongoing war inside me, about being with someone. On one hand, I can't be without sex for months. I tried to, it did bad things to my health. On the other, I feel yours, and when I am with someone, I'm crying after it that it wasn't you and thinking about you in the process. Not an easy place to be in :)

when you asked me about that guy, it was an uneasy question for me because:

- 1) I felt horrible that I was with someone that was not you.
- 2) I felt an irony in this, as I was rejecting this guy for months now because it was too hard for me, to be with someone else.

I feel like there're two parts of you: one, let's call it the outer part, should feel grateful for me that I do meet someone else, right? to it I'd like to say:

"don't worry, I'm just trying to implement your wish for me to be far [from you,] but happy. I try to do it in as loving conditions as possible (which I believe you appreciate, as I do know you care for me)."

there is even though, the inner part (or however you'd call it) that gets hurt, angry, disappointed when thinking of me being with someone else. As if it innately knows it should be different.

To this inner part, I'd say:

"whenever I am, wherever I am, I'm yours.""

after which he was silent for several days.. And then I got this email:

"I'm too jealous.

Even though you're not mine.

It's better to cut it off between us once and for all.

I'm craving for my woman, my love. Now more than ever.

It's not you. It's never been you.

Please

Please

Please

Don't make it harder on me than it already is.

I beg you.

Every time I see you it's harder for me to disconnect.

If I'd see you is just because my hormones/horniness/testosterone/whatever will nudge me too badly.

I'm in a "dry" period now :)

like a monk

I should stay "hungry"

Until she comes.

I won't say I don't miss your presence

But I won't say I do.

It's better like that.

You're wonderful.

There's nothing wrong in you.

and I'm not gonna say it's not you it's me.

It's just

Not us.

I love you as one would love someone precious in his life, someone he cares about, someone with a great tusik. (I must be a little jumpy)

But not as a man to his woman/wife. Not romantic love.

Capish?

So it's not easy for me at all. I hope you understand it.

I wish you joy, love and happiness with the new man in your life.

Give him babies(!)

May you be happy.

And complete.

Without me.

Bye shy girl :),

It was amazing having you in my life.

x”

I was devastated. It wasn't even about our relationship any more, I had to gather *myself* from pieces.

A note aside

Later I realized, that when I so depend on other's opinion on me, I can try to fix it, but it will work for some time, and then again rise. It's like in a recent Nick Ortner's EFT session video a woman named Bobbie, said "If your own father can't love you, what are you worth then?"

Maybe we just take our time with what we can handle.. as years later, after some situation with Teodor, I wrote to him:

"I felt like I needed that love from you, and when you said what you said, it felt to me like you were saying "no love you will get from me, you are nothing."

(And you know, by the way, what happened next? Several days after that I went with this feeling, "if you can't love me, then what am I really worth? I am nothing".. I guess, earlier, with all the hurting things you ever said to me, I still could feel that you loved me, and I guess, for me it was kind of confirmation, that I was worthy and precious. But here, it kind of pushed me to face it: if you don't love me, who am I? Several those days I went with emptiness, and then I suddenly felt, that even with no your love, I still

exist, and worthy, and precious, and that I have my life, and can live it, in joy. That I need no one else's confirmation for it. It was so freeing!)”

I wonder if to quote here that whole email.. it contained a lot of touching lessons, but was kind of.. bold, maybe too open for quoting. Maybe I will consider adding it some other time.

But in that situation...

I really felt like I had to gather myself back..

The Cure

I found then [this video](#) by AH:

**“Why is it so hard to break up with somebody
– especially for the person who is being left?”**

A: Well most relationships – when they end – the one who is leaving the one who is being left, is usually doing quite a bit of justifying why the one who is leaving, is leaving. So the one who is left is being explained to that they are being left because they are inappropriate in this way and inappropriate in this way. And...

**you just can’t listen to a dialogue
that speaks contrary to what your Inner Being knows to be true
and feel good at the same time.**

Q: Why does it have the ability to throw your energy off so much? And to, maybe even make you lose faith?

A: When someone adores you, in their appreciation of you, they’re in alignment with Source Energy and they’re flooding it all over you and since it’s activated in them they are activating it in you, so you’ve got this really good thing going. But then, as you become dependent upon their appreciation of you in order to feel that way, when they withdraw their appreciation of you and you haven’t learned to connect to that Source Energy yourself, then you feel like a puppet that someone has let go of the strings.

And so, if you’re a confident person, meaning if you’ve shown yourself that you’re free no matter what anybody else thinks and that you can feel good no matter what else is happening around you, if you’ve been practicing that unconditional love that says “I’m going to feel good because I want to feel good and I’m going to scramble-around and find something by darn that’s going to make me feel good even in a field of things that don’t feel so good, I’m going to find something that makes me feel good, because...

my connection to Source matters more to me than all other things put together“

... then nothing that anyone else could ever do would set you off your game.

But most people don’t learn that. Your parents, and then your school, your church consistently convince you, that you need to do what will make them feel better about you. It’s no wonder you lose your own guidance.

And we’ve just got to say that you don’t feel good because you didn’t insist on feeling good. And then you didn’t practice it. And then you say, “You hurt my feelings.” And we’d get in a place where our feelings would be unhurttable.

We’d get in a place where we were so capable of connecting to Source Energy that it wouldn’t matter what anybody else was doing. And so if somebody’s not holding me as their object of attention, which

used to feel good and now it doesn't feel so good, we wouldn't lose our place because we're connected to Source Energy.

Q: So how would you do that then?

A: If you have not shown yourself that you can line-up with what feels good under any condition, then we know, when something devastating like that happens, it's unlikely now in the midst of this to be able to use this as the opportunity to line-up. Because there's enough momentum that sometimes you have to just sort-of ride it out. But the resources of who you are, are so powerful that we know that eventually something will happen that will allow you to reconnect.

Now what we're saying to you is,

“Don't try to jump all the way from despair up into the relief of appreciation.”

That's too big of a jump on this issue. Just do your best to find something that feels a little better. And so, what might feel better to you, might be anger. You might say, “Hey I put a lot into this relationship and I did my best. And I was honest every step along the way. And I don't deserve this.” And even though it doesn't make the person come back, you do feel better.

That's the answer to your question. You've got to find a thought, which causes a vibration within you that gives you a feeling of relief, which is the releasing of resistance. But most importantly you've got to acknowledge, “I found this thought deliberately and I do feel better in finding it. And I don't plan on staying here in my feeling of revenge or hatred or anger but I've got to tell you, it sure feels better than abandonment. It sure feels better than unworthiness. It sure feels better than that powerless feeling that I can't guide my own life. And that something that I really, really want, I have no control about. It sure does feel better.”

That's what somebody leaving you in a relationship, that's the greatest damage that it does. It says to you, “You want this thing that you can't have. You want something that you can't control.” And is there anything that makes you feel more powerless than to want something that another person has a say in and they're not in agreement with you?

And so, what we want you to begin to understand is, they might have a say in whether they stay with you or not, but they don't have a say in how you feel about it because you have the ability to work it around in a way that makes you feel better. And when you do, what begins to happen is,

**you radiate this sense of who you are,
which then attracts somebody who appreciates this sense of who you are.**

So you just beat the drum of it. “I feel despair. I shouldn't have been left behind. This was wrong. I don't know what to do. How will I ever find another that feels as good as this felt? I thought this was the one that was going to be the one and I put so much of myself into it, and now I don't know what to do.” There is true despair in that and it is understandable. And then you say, “Wait a minute! I deserve better than this. This should not have happened to me. I deserve a different kind of relationship than this.”

Maybe there's something a whole lot better than this coming to me. Certainly the person that I want to spend the rest of my life with wouldn't discard all of this so easily. I must have been barking up the wrong tree and just didn't know it. Maybe I'm pretty glad that this has happened when it happened. I'm glad that I didn't get more invested in this. I could have invested a lifetime in this before I found out this. And at least now it's early." You see what we're getting at?

You just take every jab that you can and you reach as far as you can find for one simple thing. Not to put the person down. And not to get the world to agree with you, but to try to find something that gives you some sensation of relief. And before you know it, you can jump from despair into anger. And before you know it, you can jump from anger into hopefulness. And the minute you make that jump, you've taken a big enough leap in your vibrational journey that all kinds of things start shifting around. Very often, that much shift causes a re-joining of the relationship that you thought was lost.

It's amazing how many relationships can be repaired from a place of you coming back into alignment with you, because it was your disalignment with you, your misalignment with you, that caused it to fall apart to begin with.

What happens with most people in relationships is that two people stand there, both wanting to feel good, both holding the other one responsible for the way they feel.

And we say, "That is so dumb." Because, they can't vibrate for you and it's giving them all of your power. And so this one blames that one. That one blames this one. And nobody's happy.

Where, if one of you would say, "I'm no longer going to hold you responsible for the way I feel. I'm holding myself responsible for the way I feel." Wouldn't you like to hear that from everybody that's up close to you? Wouldn't that just be like fresh air? And you could get the same fresh air by saying to them,

"I want you to be happy but I'm not going to let your unhappiness be the basis of my unhappiness because I want too much to be happy."

(don't I love Abraham..)

Okay, I said to myself, so I feel so unhappy because earlier I have been getting that light of Source from him shining upon me, and now I should find that connection myself...

....but damn it, to shed the light of my Source on me I should re-align, re-connect with my dream again!!

and how am I supposed to do it after such an email???

I never hated him more.

He was just standing there on my way to happiness. :)

As I realize it now, what hinders my connection to Source the most in such cases, is that I'm taking the situation as a tabu to imagining us together, to imagining good time we spend, to imagining our good relationship.

Bashar says: "Your ability to imagine what you would like to be *is* your ability to be that person, that version of you.

If you have the ability to *conceive* how you want to be, at the moment you conceive it, you *are* that person. But when you deny your imagination your reality and say, "Okay, I've imagined what I would like to be; now what do I have to see, what do I have to do, to become this idea?" you are placing all the steps in your way that it's taking for you to get there.

Your ability to imagine that person is *being* that person — because if you weren't of that vibration, *you wouldn't be able to picture it!*"

Meaning, I take the situation as a tabu to *being* who I really am! To being who I have become in my Vortex.

And if to remember, that at the breakup, meeting the contrast at all its ugliness, I created an even stronger stream of energy for a happy, fantastic, romantic relationship with the man I love & want.. and who is unfortunately most closely represented to me by Theodore...

..then it becomes understandable, why this tabu feels so awful: it is the utter disconnection from what my Source is. It gives that feeling, that what I am, what I so love being (understandably, since it's connection with Source), I can't be.

So probably the first task at hand is to release this tabu.

And to realize, that I *can* be what I want to be, even not meeting with him physically. Not yet. :)

Several days later, when I started, little by little, to raise my head again, I paid attention that what was putting me down the most, was the ringing of those his email words in my ears. So I gathered all my strength, sat down to my computer and wrote a new version of the email.

I used words and sentences from his other emails that I loved, or in some places just rephrased. But even if I was rephrasing something, I did it copy-pasting single letters or words from his emails, that and others, to preserve the feeling that it comes from him. The result was:

“Every time I read your emails I smile
You’re so special.
(K)

You're mine.
It's better to understand it once and for all.
you're my woman, my love. Now more than ever.
It's you. It's always been you.
Please
Please
Please
Don't make it harder on me than it already is.
I beg you.

Every time I see you it's harder for me to disconnect.

I should stay "hungry"
Until you come.
I miss your presence
You're wonderful.
There's nothing wrong in you.

I love you as one would love someone precious in his life, someone he cares about, someone with a great tusik. (I must be a little jumpy)

And as a man to his woman/wife. A romantic love.
Capish?

It's easy for me. I hope you understand it.

I wish you joy, love and happiness with the new man in your life, me.
Give me babies(!)
Be happy and complete.
With me.

My sweet sweet shy girl :),
It's amazing having you in my life.
x”

Imperfect as it was (later I made several other versions, much freer in style and much happier), it made it possible to replace, even to some degree, in my mind his email with mine. And it was the beginning.

An outside cooperation

Not even speaking about that video from AH, that explained it to me in such an amazing, touching, loving, teaching, guiding way, the outer world was really cooperating with me.

Many things helped me on my way. I paid attention, that when I made even a slightest effort to feel better, all kinds of things, inspiring video, lectures, books, songs came to me, to help me go a little bit further.

*"Let your life be in the sunshine
Not the darkness of your sorrow"*

*'Cause a rose is still a rose
Baby, girl, you're still a flower
He can't lead you and then take you
Make you and then break you
Darlin', you hold the power"*

Aretha Franklin, "A rose is still a rose"

Every bit of it helped. Little by little, I moved up the vibrational scale, sometimes falling back, but raising again. It was my life that I was bringing back to myself.

Remember, Sujey spoke of the necessity of hope? Now you know why: when we're hopeful, we allow the life to flow inside us, it brings happiness inside and good things outside. It moves us on our way to what we want. It allows life to bring it to us.

A woman said to AH: "With the severe pain from my arthritis, how am I supposed to feel joy?"

AH replied: "You can feel the pain and feel hopeful, or you can feel the pain and feel hopeless, and it will mean the difference in your recovery or not."

And to what Zohar said, on how we can encourage you that you'll meet your husband if we can't know it for sure? Well, AH *know* and would say to you (and now I can, too) that if you do the *vibrational* work, he just can't not to come to you. It's law, it can be no other way.

"Remember, for every single thing that you truly want to do, that is truly representative of you, there will always be a place and a time in which it can be done. You would not exist if that were not so. There is never one side to creation. Always it is complete. And for every desire, for every true self wish, for every soul wish, there is always the opportunity to manifest that wish in the reality you are in right now." -- Bashar

..It's just that *in the middle* of the *reality* it's sometimes so hard to believe it. :)

I remember that after that his email I was walking on the street, thinking that if after THAT we ever meet again, I will believe, I will KNOW, that all things are possible. Well, we met many times since then, and it were amazing meetings, but I still find it hard to believe. :)

No, when I'm in the Vortex (meaning, in the emotional state of "being in the Vortex"), then I don't just "believe" it's "possible", - I KNOW it's just there for me. But when I'm out, it seems.. unachievable.

And actually, it is! When I'm out the Vortex, my energy is not tuned in to where I could get it! I must tune my energy into it, so that my life could open the paths for me in my physical life.

And so it went up and down, and I felt it wasn't going in a circle, it was some spiral. I was constantly learning and felt how much better was what I was experiencing in each new meeting..

But of course, still it hurt a lot, that physically I was.. *alone*. No, there were guys around me, but I just couldn't make myself to have sex with them, it felt like breaking the loyalty to my *husband*. (The relationships with the two other men ended somehow peacefully.. we remained good friends.)

Many ..wonderful people told me, that I should drop it all, that I should face reality and give up on that. Sometimes it were therapists, of different kinds. I just kept saying to myself: "Olji, it doesn't matter if they don't believe it, they can't see inside you. The important thing is, if they can help you to make a shift in your vibration." Most of them could, so I used them. I attracted all kinds of people that helped me make many breakthroughs.

I understood that what I was solving actually, was my dependency on someone outside of me to make me happy. Did I learn a lot on this path..

*My God.. it just occurred to me.. If several years ago I would drop it all and just go look for a different guy who would satisfy me, I would never make this journey to being the **center** of it. I would still be dependent.....*

Fast forward to now

Several weeks ago I started to feel that his image wasn't satisfying me fully any more. The affirmation that earlier was:

"I'm open for the synchronicity to show me that it's possible for me, being your wife"

became

"I'm open for the synchronicity to show me that it's possible for me, being *your wife as it is in the Vortex*"

I started to feel that I wanted more. Still, if I met a wizard at that time who could fulfill my wish, I would say, I want to marry Theodore, no doubt, but I did feel that something got added..

Then came a Tantra weekend.

And then came this email, from me to Theodore:

"Dear-dear Theodore,

I called you because I've got a little confession to make. Something that I realized there at the weekend. And it's even better that we didn't talk then, because now I understood much more. :)

The weekend was amazing, indeed. Like Zvika then said, "love was flowing there", and it's so true.

I met there amazing men

I danced naked before them, and felt goddess.

There's so much I want to tell you, I don't know in which order to put it all. :) I guess I'll just trust that it will get some form, but don't be surprised, if it's a little chaotic.

At one meditation, I suddenly realized, that you were right, speaking about "pangs of conscience": I was "trying to make you feel 'conscience-stricken'," you being with this sensitivity I so love :). I thought I agreed and knew that you couldn't and shouldn't be with me, when you don't want it, but it turns out, that deep down inside me, and actually, not so deep :), was this injury, that I "did as you said", and still wasn't able to get your love and attention. It all went back to that conversation we had on the 6th floor, when you said "yes, you deserve to do what you want to do (be with other men), but I never said that in this case I will be one of them".

It turns out, that consciously I resisted its influence on me, understanding how important for me were all those "other parts", other loves, but my subconscious took a note and started to implement it.

I understood (now) that I was trying to be "right" ("correct", "deserving") in order to achieve the circumstances, in which I felt I could be happy. "Right" by the rules of someone else, not me. And fortunately, my body showed me so definitely, that it's a way to die, not to live. I understood that I was closing the goddess in me by following someone else's rules, which I thought would bring me to happiness. I understood that I'm going to live now by *my* rules, and happiness starts then immediately - when I am even just choosing to go in this direction.

The funny fact btw is, that you didn't start wanting to be more with me, when you found out, that I was only with you, and you did meet me when you thought I was having sex with someone else, too. So I'm wondering, maybe it's just.. an excuse for something, I don't know. What do you think?

In one other meditation (or was it the same?), I suddenly felt this injury rising, and then some other part of me said to me "but Olji" (I so love this name you so lovingly gave me), "but Olji, what are you being offended on? he is a man exactly like you, trying to live his life the way he thinks is best, and be happy" - and I felt this resolve, and flood of a new love and tenderness, coming from understanding (you and what was), in this new light.

In some other moment, I felt this bitter hurting feeling rising inside me, whipping: "how, how could you? I did all you wanted, why didn't you come to me? why??.." I was crying like a little girl, naive, pure-hearted, meaning-only-good, whom someone just rudely, undeservingly offended, and I opened my eyes to see where Moran is (they're husband and wife, Sujey and Moran, looking like two young Indian Gods, just amazing, even to look at them is pleasure), to cry on her shoulder. But she wasn't there, so I came to Sujey. But he was leading the group meditation, so he kindly, but definitely made me sit down, next to him, and continued.

I sat and continued to cry, trying to work with my breath somehow, but still.. And there was a man sitting next to me (one of the participants). I hid my head in his back and cried. He put his hand on me, as if saying with it "it all will be good," I was crying in portions, in waves - one portion calmed down, then another came, and another, and another.. He turned to me and took me into his arms, saying with comforting, authoritative, taking responsibility support "let it out, let it..."

And .. feeling his energy, I suddenly realized: "this is what I've been looking for." Remember I was telling you all these things about you being a prototype, and that when I line up with "us together," you and me, then either I'll get you, if you'll be in a matching place of course, or someone else that would be for me exactly what you are?

Well, Abraham was so right! It happened exactly as they said! This guy is of your energy, but he's like.. a grown-up version of you. It's like, God took all your "good sides", and then added what I was wanting instead of your "bad sides."

It is so matching what Abraham said! They say, "when you line up with your desire, you get it, updated with all your lately born preferences," and it feels so!

They also said "when you meet him, you will recognize him at once, he will feel to you exactly like all you've ever wanted, and it won't matter if it's the one you initially lined up with." And it feels so!! It's amazing, he's like "you and more." And he feels like you to me, but more suiting me. Caring about my feelings. Understanding. Containing. Confident. Grown up. Going with his desires. Very authoritative, but containing - meaning, authoritatively and definitely supporting me in fulfilling all that I want. Finding joy in seeing me recovering, flying, living again, and lovingly supporting me on the way.

We had today an amazing night together.

But you know what else? (and I have you to thank for that) - I don't feel dependent on him. I now know, that my love and happiness are inside me, and I know how to get them: lining up with me, with my desires, simply making myself feel good. And then Law of Attraction will bring me what I want or better. I created one of them - I will create much more. I'm tingling with excitement now, anticipating seeing feeling the same results in money, health, other areas.. It's an amazing life, opening now before me. :)

And if it was heavy on you, being "the" for me, now you can get a relief from that: now you're only .. a little brother of a new prototype of "the," with new prototypes I'm going to see more and more.. updated by my newly born preferences. :)

And you can tell R***, that he can calm down: your that meeting with me didn't bring bad consequences to me, just the opposite. It happened exactly as I was saying, even though it was hard even for me to fully believe it. :) Finally, that struggle is over, I feel I know the secret now. :)

I now look at all you did - going with your knowing how things should go, and I'm feeling "wow, you gave me exactly what I needed to acquire this independence and happiness now. you didn't let me rely on you, and so I had to develop standing on my own feet. you didn't give up to how I wanted you to be, making me learn to control things where they only can be controlled - inside me"

I feel that I'm saying it with some revenge, maybe.. I guess I didn't still resolve that injury until the end, or maybe it's now just a habit - to be angry with you. But I will work on it some more. :) I want to love you, not to hate you - for my own sake.

Good night, my dear, very dear man. "you, my dear husband" - as is your nickname in my gmail, I was so afraid that you somehow could discover it.. knowing you won't believe it isn't a threat

to you in any way.. now it doesn't frighten or repel you - or still does it? maybe for you it's a habit, too..

P.S. the email ended quite angrily.. it's because to tell you all this, I focused again on "what was wrong", and it never is good for me.

actually, I felt today very happy and content. very feminine, sexy, divine. loving, even in love with my body and my life.

in one meditation, I suddenly heard a voice, saying to me: "you're going to live. so deal with it!"

I understood then, that my fear, regarding my health, was like an excuse for me to continue complaining, that life isn't going the way I want it to, and closing the flow inside me, the flow of this so basic, feminine part of me.

and so when they asked,

"With what insights are you leaving the workshop?"

I said:

"I understood that I'm going to live
And if I am going to live
Then I better make them
As lovely as possible."

I opened up
and it feels so good.

by the way, the master said, that he sees that I had a childhood trauma, of which I maybe forgot, but that he, as a sexual therapist, sees the symptoms of, and that all my these problems can well be just consequences of that. So it opens yet another possibility: that this can now be resolved, and I will become happier and calmer.

I wonder how I would react to you now. :)

still yours, Olj."

We talked after that and I felt free.

On the weekend, by the way, when I was feeling I become dependent again, I was remembering this dear quote by AH I saw not long before the weekend:

"We want to give you our intense appreciation
for your willingness to come forth into this physical body,

into this time-space reality,
with an eager willingness to expose yourself to the contrast that abounds.

with the intention of giving birth to new desires,
that you knew full well in the giving birth to them,
that there would be a period of time,
that you would not be vibrationally up to speed with them.

But you never for a moment
expected to be unhappy for a moment in the becoming of something
and that is the thing that we really want to impart:

we want you to understand that it is the becoming that we're all constantly about,
that is the deliciousness of life

and when you for some reason or other,
in your screwy, lack-consciousness format,
come to some perspective that you're not in the process of **becoming**,

when you perceive that you're withering
when you perceive that you're dwindling
when you perceive that you're pinched off
when you perceive that life should be better for you than it is

those perceptions are your irrational conclusions that are not based upon the reality of the
vibrational universe in which you live.

You cannot cease to be.
And so you don't need to worry about anything.
you don't need to worry about not being up to speed,
because it doesn't matter, your stream is flowing.

Your work is just to relax and allow who you are
to float easily
in the direction of who you have become."

I was sitting there, saying: "It's not what you do. It's what I am *becoming*." Becoming. *I* am becoming.
Felt good to say and feel it. :)

Several more pieces that come to my mind now

1. "I wish myself into your arms

To know that all I need is everything." -- Roddy Frame

These words mean a lot to me. I do need (now my NLP master recommends me to replace it with "want") everything. I'm not after only something small and insignificant. And that gives me the feeling that it is an ongoing path, and I learn greatly and significantly as I go.

2. "If God looked directly into your eyes and said,

"I command that you be happy in the world for as long as you live,"

What would you do?" -- Richard Bach, *Messiah's Handbook: Reminders for the Advanced Soul*

3. There's a clip on YouTube, "Fred", it gives some further **very** dear explanations:

<http://www.youtube.com/watch?v=3jVBREiJ2aw>

4. A woman said, she doesn't trust men. AH replied to her: "And we want you to not need anyone to behave in such a way that you could trust them, because that's conditional love."

I didn't want my love to be conditional, so I just tried to *tune me* into loving and appreciating him where he is, and loving and appreciating myself where I am.

5. Some things are just meant to be a dangling carrot. I love this thought given by Bashar:

"No expectation!

The key to manifestation is zero expectation that it *must* turn out the way you think it should.

So, follow your excitement, do the best you can to take a step *in the direction* of activating your highest joy,

But do so understanding that it may not be necessary for it to carry itself out to its logical conclusion for you to have moved in the direction you needed to be moved in.

Because sometimes your Higher Self will dangle something that excites you more than anything else, in front of you like a carrot, just to get you to move in that direction,

It may not be necessary for you to actually get the carrot.

So just move in the direction of your excitement.

But don't have the assumption that you must [have it exactly], in order for your excitement to be fulfilled.

Take it as far as you can, and when you can take it no further, allow yourself to simply sit again and see, what is the next most exciting thing.

No matter if it seems connected or not, act on it, because it is the excitement, that tells you that it *is* connected to anything else that contains the same degree of excitement;

And even though it may *seem* to be a roundabout path, it is actually the straightest course to follow."

6. Everything - Lifehouse:

"Find Me Here

Speak To Me

I want to feel you

I need to hear you

You are the light

That's leading me

To the place where I find peace again."

I feel that the whole process of it is *bringing me home* - with the world, with myself.

Currently, I feel peaceful and content. Sometimes. :) And somewhat floating, flying - now that the driving motor that moved me so much time, is released.

Life opens to me new sides I'm all tingling about. And I feel - *I* did it.

And it's not that everything is so smooth and easy now in my new relationships. But when I pay attention, that I feel bad, I'm trying to find from which thought, and it usually is something about *them* - what if they don't want to speak with me, what if they react in a bad way, what if.. Then many different tools help me, but mostly I now use these three:

New tools

1. Neal Donald Walsh said, that we're too involved in what other people want. That it's better to always release the thought of what *they* think and start always ask ourselves, what *we* want here. "What do I want in this situation?"

And then in my thinking this, I connect with my dream, and so with my Inner Being, and - feel better. :)

I also realize with much more knowledge and confidence, that I can *anticipate* it coming. And I do. :)

2. I remember the point about *becoming*, and I'm saying to myself: wait a minute. It's not what *they* say or do, it's **I'm** becoming. **I'm** becoming "your wife as it is in the Vortex" - it isn't even related now to one particular person, I more feel the wife of that image of my husband in the Vortex. Have yet to see him more clearly. :)

"**I'm** becoming."

And then I come back to my center and it all comes into proportion.

3. I start tuning in into the good stuff that we have together:

"He cares for me.

It's the truth and I want MORE of it in my life.

I like his loving eyes.

It's the truth and I want MORE of it in my life.

I like that there're things in which we seem to understand each other.

It's the truth and I want MORE of it in my life.

I like it that many things open to me now with his help.

It's the truth and I want MORE of it in my life.

I like it that he gave me so much.

It's the truth and I want MORE of it in my life.

I like to enjoy, how good a person he is.

It's the truth and I want MORE of it in my life.

I like to feel it, how big he is. (as a human being) :)

It's the truth and I want MORE of it in my life.

I like to feel his strength.

It's the truth and I want MORE of it in my life.

He is a good person.

It's the truth and I want MORE of it in my life.

He is good to me.

It's the truth and I want MORE of it in my life."

and then it comes to:

"What am I being bothered all about, at all?.. All is well, even more than well! All is just fantastic."

I'm getting a relief, think about him with love, look at him with enamored eyes, and it all turns into a better place.

I feel then that I did the work of fine-tuning myself into the best of what we have together. I feel I'm engulfed in all the good feelings of our interaction, and I *stop being put down* by those things that bothered me before. Meaning - I just did the important job of allowing more good-creating energy to flow through me, into my life, to create something very very good for me. And I feel better. :)

The best thing to remember here is that when I meet the contrast, feel bad, then align and feel better, life becomes better than it was before I met the contrast. Which is understandable - meeting the contrast, I gave birth to new desires, then aligning with them I include living them in my life.

It's the job of *deliberately enjoying life*, no matter where I am. :) Sometimes I am good in it. :)

When it's harder, I'm just reminding myself, that when I feel I *need* to be loved, it means, I'm not in the state of being loving.

So what is this story for me?

A story of a girl, that went with her dream, after her heart, in spite of it all, and got the Prince of her Dreams. She doesn't know if this Prince will be with her for a long time, she just knows she can bring more Princes into her life, and they will be better and better. :)

A story of a woman, who trying to stay true to herself, even through pain and confusion, gathered all her courage, and did small, small steps, sometimes they were so small, that seemed invisible.. But they brought her to the place, in which no one, including her, ever could fully believe. Except for AH, of course. :)

I came where I wanted to come. I feel I *nurtured* this energy in me, and now I can live it physically, too.. Even when I'm not with my Prince, I can feel and enjoy this energy now, and that gives me a wonderful feeling of independence.

And now my new beacon feels like.. what Story Waters said: "There is no need in final destination, when the journey is love." Little by little, now I'm starting to discover it in my own life.. I think, this is what Tantra really is - enjoying the moment of NOW.

How I use this *science of feeling good with my health*

It truly was my life-saver. There was a weekend when I thought I had cancer. During the nights, I was waking up with the panic attacks. Diligently, I took a pen and a paper, went to the living room, turned on the lights and sat there, trying to find my way to little-little-little-little bit better thoughts.. And in several sometimes hours I was coming to the feeling of true invincibility. Of feeling my power. It was amazing. I think I could never believe it was possible if I didn't experience it myself.. I *developed* hope.

I learned from AH that the body reflects not just our thoughts about our body, but in general, our approach to life. When we give up on some major dream, thinking it's impossible, it closes the life flow and causes diseases.

And in order to get healthy again, I *had* to become happy. At any price. Dropping all my excuses why my dreams can't come true. I *had* to believe in them, to allow this Source energy to flow through me, healing me.. So I did, all I could.

One interesting thing happened then.. Remember Moran said in the girls meeting, that where there is fear, always is curiosity, too? I discovered it then.

It was like, when I calmed down my panic, to see a little outside of it, I started to feel that some part of me was celebrating in the curiosity. It as if said: "You, with all your fears of everything, would never come here intentionally. So at least we can see here, how it looks. And it is interesting here, isn't it?!" :)

I felt as if I was on the other end of the fear.. :)

Here's an example of one such process, I did it in the morning before going to my biopsy

(in the left column, I was coming with better and better feeling thoughts, climbing the ladder. In the middle column, I wrote what I liked in life, to raise the mood in general. In the right column, I wrote how I would want it to be. The numbers state, in which order I filled the table. As you see, I was jumping from column to column, writing to where it was easier to find what to write at that point):

<http://www.think-to-feel-better.com/blog/wp-content/uploads/2010/12/twist-fw-table.png>

Can you feel there how my mood was improving? Amazing, isn't it? This is the power of using our mind in the right way. :)

And I don't even know what the best part in it is: the immediate relief, or seeing after that, how things from the right column, little by little, without fanfares, almost invisibly, move to the middle one.. ;)

Later, I attracted Lara, an amazing healer. In one healing session, she removed almost all of my pains, I could easily walk again.

She gave me a list of the food that *matches exactly my energy*. So now I can eat what exactly is good for my health and beauty. It feels amazingly tasty (even though the food is pretty simple), and I can maintain a slender body without effort. It feels like it felt after doing fasting (I did some in the past): the body feels clean, comfortable, with no garbage.

When I see all kinds of modern diets, I feel.. pity. Out of several even vegetable oils, Lara showed me that some of them are good *for me*, and some are bad. So if I used any general diet, I wouldn't be getting the same result..

Lara said, that if I weren't doing that energy work, no one, not her, nor anyone else, could bring me out of it.. She said, that maybe it's the purpose of all that situation: for me to realize my true power.

I have this manifesto I created for myself:

Standpoint of a Deliberate Allower :)

"I'm delegating solving this problem to the Universe

and since I, dealing with this contrast, gave birth to something really wonderful in my Vortex,

I will focus on connecting with my Source,

to connect with what I put there in my Vortex,

to feel these wonderful things that I put there,

to feel reconnected with mySelf, the Expanded Version of Me,

with my newly added power.

As long as this contrast still feels like a problem that should be solved,

it simply means that there still are some benefits in my Vortex, which I haven't connected to, yet.

So I'll wonder, what they are? how they feel?

And I feel and appreciate my love and my power."

Delegating things to the Universe, gives such an ease of mind.. that I can **allow** it to happen, instead of **making** it happen. Can you feel the difference in the basic premise of these two approaches?

I so love how Story Waters is saying it: "To control is to be blind to the beauty of unfolding." The secret is, to *feel our way* to believing that this beautiful unfolding is what is going to take place in our particular case, too...

How I used it to get my first inside orgasm, at the age of 37

I started with the desire to feel it. Then did some focus wheels (it's that process of finding better and better feeling thoughts). In them I realized, that if I would be experiencing a vaginal orgasm, it would give me more sense of *together*, during the act. And then I realized, that I already could start feeling more *together* with my partner. This way I started to live some of it, immediately..

I was working my way to hope, from the feeling that maybe for me it's just not possible.

And then Moran, for some completely different reason, recommended to me the book by Margo Anand, "The Art of sexual orgasm". I found there some the G-point description (it all turned to be so simple!), and started to massage that place. Feeling nothing.

But as AH say, aligning the energy builds the physical.. Working to hope helped me to keep this going. I think I wasn't really developing the physical sensation there, I think more it was - I was checking, how far the energy was built, if it already manifested. :) And little by little, I started with the combined orgasm (clitoral + massaging the G-point), and then one day I experienced pure vaginal.. I was stunned. :)

I think mostly even not by this experience itself, but that I was feeling *normal*, and also - I realized I never fully believed I could do it.. Just little by little was going there, and it paid off.

I think now, that in achieving something, when it's on the brink of manifestation, it feels especially far and impossible.. Don't you ever lose hope.

And what you could do about that man at work, who doesn't want to let the sun flow to you?

You start with the feeling of helplessness, maybe even despair:

"He doesn't let the sun come to me, and I can't do anything about that."

Then you may go to some self-blame:

"Why do I not do anything to move to a different place or somehow else solve it?!"

Do you feel a little relief in it from just feeling helpless?

Then you may go to get angry with him:

"This bastard cares only for himself!! How dares he?!!"

Do you feel a little relief from blaming yourself? In blaming someone else there is some *worthiness* added, and so you may feel better.

Then you could find something defective in him, then feeling less anger:

"Well, poor bastard, he can't make himself feel better in any other way."

Then you could find some use in it, finding peace with the situation:

"Wait a minute, but what if this situation is here to teach me to get truly independent? What if it's my life's way to push me into the direction, where I define what will be in my life? I do want to use it more. After all, let's face it, even though I'm really frustrated in this situation, but it's not something big like stopping my money flow or any other big loss. Maybe on this, let's face it, uncomfortable, but pretty minor situation, I could train myself into directing my vibration into better feeling places? Victor Frankel found good thoughts under much worse circumstances.. What if my life cares for me in this way? I want really to see into it more.."

Then next time you look there and instead of feeling helplessness and anger, you may start feeling curious: "What is life trying to teach me in this way? How can I live a fuller life out of what I'm learning here?"

And you feel "maybe it's not that closed. Maybe there is a chance that I will get my sun somehow."

Then you start remembering, or imagining, how it feels when the sun comes to your workplace. What you love in it the most. And you get immersed in it so much, that it stops bothering you that it still is not so in your physical life.

And then don't be surprised if you get moved to a different room. Or you start speaking with the bastard and he suddenly agrees to get 50-50 on the sun time, or you get switched in places, or he forgets at all that he didn't want to open the window (it happened so at my work :)).

But maybe the most important part of it is, that you show yourself that you can deal with the circumstances, and that you can direct your life into a better feeling place, even when it looks like nothing could really be done there.

Bashar says, "It's simple mechanics: positive meaning in, positive effect out." This way it looks pretty simple. :)

Afterword

It took me several days months to write it all down. It was brewing inside me, writing itself through me.

One day, it will all become a book, probably called "Broken Heart as the Best Starting Point for the Happiest Relationship, Ever: *how to live the life of your dreams, starting NOW, especially if it still hurts like hell*". I've been thinking about creating this book through all these years. It was hard to get it out of me as a book, but it was easy to write it in this email to the loving you. :)

My acupuncture therapist said I should write it on my wall in huge letters: "Don't stop sharing your thoughts!!". :)

And I'm here to confirm you that you, I guess, so aligned with your dream of having your happy family, that it led you to the right question, and so you're on the swiftest path to getting it physically.

Why? Because you didn't come and say: "Where are those dating sites? I have to start looking for him", you came and said: "How do I feel better?", and this will really bring to you the Husband of Your Dreams faster than you ever thought possible. :)

You will meet him and recognize him at once, and you will also know your power and your true independence and have the happiest life, ever. Now pay attention to how this thought feels. :) And so where it leads you. :)

And by the way, do you understand now better why you were so happy after the Tantra weekend? And how you can bring yourself to that state again?

Have a happy-happy day :)

Loving you SO very much,

Your Olga.

P.S. Want one more piece to feel good about? Here it is:

"Your world is preparing for a level of unconditional love never before seen on your planet. Even in ancient times in cultures far more connected to spirit than your own, never before have you gone THROUGH the darkness and into the light. And the love, once regained, will be profound. And it will never be lost again." -- Bashar

:) my love to you,

your Olj.

One more afterword, two years after sending that email...

As I wrote in the email, I intended to make it the first chapter of a whole book about finding soul mates in a process that feels good.

But some other projects took place.. and this manuscript was sitting, patiently waiting.

Recently, a dear friend asked a question on this subject. As an answer, I sent to her this book chapter. And her reply was so .. touching, that I decided to release it now as a book onto itself. And if the next chapters come... they'll know where to find me. :)

Not everything that's written here, is what I think now, - of course I went forward, a lot. Even the Law of Attraction for me now is better formulated as Law of Expression. But that's a whole new book... let's meet there!

Happy love to you, dear reader! :)

If you liked this book, let's meet again! :)

You can find more delicious stuff at my blog:

<http://think-to-feel-better.com/blog>

<http://www.think-to-feel-better.com/blog/free-downloads/>

<http://www.think-to-feel-better.com/blog/self-coaching-pages/>

Try this focus delight:

<http://www.think-to-feel-better.com/blog/self-coaching-pages/focus-gym-1/>

Focus delights are my invention, initially for myself, – they are like focus wheels, but very easy and playful. You just choose what feels better of the suggested thoughts, or come up with your own, and your mood shifts very subtly, but very quickly and powerfully. Such a pleasure to feel it.

Find me on Facebook:

<http://facebook.com/olga.farber>

Send me a message! :)

Check for my new books:

<http://amazon.com/author/olga.farber>

I will be happy to hear from you.

And finally, if this is calling you, check this:

<http://www.think-to-feel-better.com/blog/my-coaching-service/>

It is always a pleasure to fine-tune together.