

Rule 7: Netzach, Venus, Victory; poise, charm, charisma, personal love, integration of the personality, personal attraction, magnetism, and self-expression.

Introduction

To review, the earth has the vibration of making something of value that endures. You enrich the world and life through your presence. When you do this well, it is as if your work on earth has been guided to accomplish something that transforms the world.

The sphere of the moon is related to the astral body. Here, unlike the earth, there is a sense of the unfolding of time—you perceive when and where all dreams are fulfilled. And you attain an inner peace with the universe that is reflected through the peace and serenity of your soul.

The sphere of Mercury intensifies the powers of mind. This sphere exists to solve problems and bring about the swift resolution of conflicts. Here there is an immensity of mental concentration in which you learn to consider and integrate all aspects of a problem. And equally you learn a level of conviction that approaches near certainty. It is like the highest faith that exists, not faith as belief, but faith as making the best possible choices and manifesting the best outcomes in every situation you enter.

Venus combines and harmonizes body, soul, and mind which are embodied in the previous spheres of earth, moon, and Mercury. With Venus, beauty, love, happiness, and bliss unite in a state of ecstasy. Your inner self and your actions are in harmony. Here beauty reveals divinity. And love is a means that through uniting with another our awareness becomes so expanded that we are prepared for the next great step which is to fuse all opposites within ourselves.

In doing so, the highest light of divinity is able to be reflected through us. This is no small task and thus the ecstasy of Venus empowers us to move toward this—to find the motivation and inspiration within

ourselves so that we become fully aware of the beauty and wonder of the universe that surrounds us.

The sphere of Venus enhances knowing who you are and what you are best at doing. As a consequence, you know how to maximize your positive influence on others and the world to the greatest extent.

It enables you to get the most out of any situation. You are not stuck in your thoughts or caught in your emotions or slow in your responses due to your body's habitual reactions. You feel invigorated, alive, and ready to engage what is occurring in the world around you.

There is also feelings of rapport, intimacy, and deep satisfaction that pervades this sphere. There is the sense of blending and joining energies, thoughts, feelings, body, and will so that the attaining of rapport between individuals is considered the highest wisdom and art. At the same time, this rapport is not a function of devotion, loyalty, or commitment to another. It is a way of seeing inside yourself and the other person and of bringing about the highest level of connection.

Here it is the most natural of things to weave two individuals' separate identities into a oneness sustained by a sacred space of the heart that is separate from the surrounding world. If there were a culture that embodied this awareness, the individuals of that society would have a vast variety of ways in which to share with each other all that they have ever experienced, all that they care about and love. Venus provides an assurance that no need exists within oneself which cannot be expressed and fulfilled.

But just because love is constantly being celebrated and cherished, it would not be wise to underestimate the power of this sphere. The spirits that dwell here know how to magnetize you so that you begin to see and feel as they do. Just as copper carries a current of electricity between two poles, rapport and intimacy serve to transmit the inner essence and spirit of one person to another.

And so, naturally, this sphere possesses profound knowledge of sexual magic, of personal beauty, attraction, charm, poise, and charisma. They are masters of art, of the mysteries of divine love, and the love bonding an individual to a deity or spiritual ideal. Here are found healers of

body, soul, and spirit. And here is the inspiration and wisdom guiding those who search the depths of themselves or undertake spiritual quests. The highest worship is performed by maintaining this flame of love within your heart.

It is possible to contemplate this sea of Venusian light from a state of mind that is calm, relaxed, and detached. Even so, the Venus oscillation contains a passion and a rapture which even the most intellectual and objective minds will find hard to ignore.

Basic Quality

Relate to others in an attractive, magnetic, and engaging manner. The essence of attraction is to draw things together. It enables us to closely associate with others through friendship, through work, and through love as we attain intimacy and union.

The reason attraction can be so overpowering is that attraction is magical. It is useful for creating things like a vision of one's path in life, one's highest ideals, the feeling of being one with another person, and the desire to care for others.

Virtue: Unselfish, empathic, poised, charming, charismatic, integration of the personality, personal magnetism, and self-expression. A beauty that draws together and harmonizes all aspects of oneself.

Vice: Lustful, selfish, deceptive, fake, jealous, entangled, entrapped, codependent, ruthless, envious.

Negative: treachery, betrayal, abandonment, rejection, divorce.

Challenge

Find someone or something you love with all your heart, soul, mind, and strength. You will never meet the person you are meant to be until you love with this capacity.

Magical Practice

“When you make the right commitments that bring meaning to your life, everything else falls into place. Everything else is the way it is meant to be. The struggle is then not a struggle. It is part of a flame of joy. You sense how the spirit within your is shaping your life experience into a reflection of love.”

--Trapi, spirit of Capricorn in the earthzone

Practice: Get your life together. Know where you have been, who you are now, and where you want to go.

Two Examples of Pursuing Life Goals

Tony Robbins: *Make a rigorous determination of where you are and what your goals are. Then make a hundred per cent effort to accomplish your so they are real.*

Ira Progoff—Intensive Journal as “Life Review:” *Review the major stages of your life. Note the boundaries that mark the beginning and end of those stages.*

Now ask yourself, What were my inner feelings during those stages. Next find an image or accurate description of what was going on inside of you. Compare the outer world events of each stage with your inner life. Notice when your inner and outer worlds were in sync and flowed together and when they had no link or were in conflict.

Work up to the present with this process. This enables you to see your life and yourself with both detachment and with compassion. At this point, with trust in yourself and an inner sense of strength, you can now

move forward into the next stage of your life which stands open before you.

Life Coach Toni Robbins

“Unleash the giant within.”



Toni Robbins Aura Readout

Inner Source of Inspiration: “Let’s work with large numbers of people and find ways to change them and the world.”

Outer aura: The most remarkable feature of Toni Robbin’s aura is how energized he is. He has a very self-contained and self-generating energy system. And while retaining his own energy, he manages to transmit some of his highly energized feelings to others.

Inner aura: Toni feels totally at home at a seminar surrounded by thousands of people. He says that every fourth day he is either leading a

seminar or on his way to one. He has literally worked with millions of people.

Personality: Toni is very direct, engaging, and a great listener with a skilled mind. He has a large repertoire of tested methods for assisting others to solve problems.

Inner personality: In spite of his outer groomed and well-honed personality, Toni is a wild man, out of control and excessively demanding that others change in their lives. As he says of himself, “I am obsessed with what makes the difference in the quality of people’s lives.”

Images come to mind like an elephant on a rampage or a bull charging a matador. But it is actually easy to understand if you translate his obsession into words. He says (my words), “I accept people exactly as they are and then I find ways to change their lives for the better.”

And this works for him because 1. People do make changes for the better (that is what they pay him for).

2. In practicing his methods without fully understanding why they work, people fall under his “authority.” That is, following his teaching is a little like riding a roller coaster—a lot of exciting things happen in a short period of time. At best, people attain their goals and at the worst they are stupefied but nonetheless in awe of his charismatic power.

Summary of Robbin’s System

Put yourself in your best state of mind. Identify your beliefs, your deepest values, and the standards you want to live by.

Answer the questions, “Who am I and who do I want to be?”

Define the goals that will give you meaning and make your life worth living, that inspire you and give you the drive to do the work you need to do in order to succeed.

Robbins: “Whatever you hold in your mind on a consistent basis is exactly what you will achieve in life. If you talk about it, it’s a dream. If you envision it, it’s possible. If you schedule it, it’s real.”

Relax. Now imagine that you have achieved your goals, that in every way they are real to you right now. Relish how this makes you feel and take note of the person you have now become.

Robbins: “Practice the future. Focus on where you want to go. Whatever you focus on that is where you are going to go and that is what you are going to get more of.

“Remember: your brain can’t tell the difference between something you vividly imagine and something you actually experience.”

As we move toward manifesting our goals, we are going to live our lives with joy and thankfulness. We are going to operate at a peak level of performance.

We are going to have loving and satisfying relationships. We are going to feel fully alive. And because from the core of our being we feel certain about attaining our goals, we shall make a total commitment and put forth a massive effort.

Robbins: “The state we are in in any moment powerfully impacts the meaning that we assign to something. So part of your life’s work is managing your state. Spend most of your time in pleasure rather than pain and the people around you feel less pain and a ton of pleasure.

“You are in control of how you feel in any moment of time.”

And at this point Toni turns into your football, basketball, or other coach who demands with great conviction that you do even more than what you at first imagined. And if you do not believe this is possible, his charismatic presence transmits to you that you indeed are capable of doing just that.

My question—What is missing from his system? Though Toni talks about it, his training lacks transcendence—there is no detached observer who is the playwright, director, and producer in the audience watching the play of our life unfold. The emphasis is on getting the script and scene right. The deeper meaning of life beyond the drama of action, of attaining goals, does not appear in this theater.

If you want that, you will have to turn to a method such as Ira Progoff’s Life Journal.

And if you want to ask questions such as “What are the deepest lessons in life for me to learn? How much time, effort, and what kind of commitment will it take to learn them? And when I have attained all my personal goals in life (if not before), what divine mission is available for me to accomplish?”

For the answers to these questions, you will have to contemplate in the vibration of Saturn or turn to the practice of magic.

A Few of Toni’s Strategic Interpretations:

“It’s never the environment; it’s never the events of our lives, but the meaning we attach to the events—how we interpret them—that shapes who we are today and who we’ll become tomorrow.”

“Nothing in life means anything but the meaning you give it, so please give your past events an empowering meaning to build powerful and empowering beliefs. Out of our deepest pain will come your greatest gifts—but this can only happen when you take control of the meaning.”

“Write down some events you think impacted you negatively, and instead of using it as an excuse to beat yourself up, look for a positive and empowering lesson: there are no tragedies if something good can eventually come of it. We are not our pasts unless we live there.

“Human beings have the awesome ability to take any experience of their lives and create a meaning that disempowers them or one that can literally save their lives.”

“Successful people ask better questions and, as a result, they get better answers.

“Questions accomplish three specific things: 1. Questions immediately change what we’re focusing on and therefore how we feel. 2. Questions change what we delete. 3. Questions change the resources available to us”.

“The brain will search and scan all the options available based on the question we ask ourselves. If you ask ourselves ‘how can I be so stupid?’ as many of us do, guess what? You will find a ton of reasons.

But if in time of difficulty you ask yourself “How can I turn this around?” your brain will deliver ways to turn it around.

“A problem-solving question: What’s great about this problem?”

“Emotional Mastery: the final goal of most things we do is to change how we feel. If you feel differently, you behave differently.”

“How am I going to live today in order to create the tomorrow I am committed to?”

Note: See the twenty hours or so of free videos of Toni Robbins on youtube as well as various essays written by him on the internet. Or consider purchasing actual products of his organization.

Ira Progoff’s Intensive Journal

The Protestant religion has an exceptionally strong tradition of hard work and single-minded focus on attaining one’s goals. This is based on a faith that connects the individual directly to God who then blesses you in your chosen path in life.

On the other hand, if we define a spiritual practice as an exercise in which you focus one hundred per cent of your attention inward for say a minimum of thirty minutes, then it is fair to say that the Protestant religion has no spiritual practices. When it comes to God, no one is listening. The obsession with studying the literal word of God pushes aside all desire to look within or to develop intuition or a contemplative mind.

In a similar way, Toni Robbins emphasizes focusing on one’s goals. He has some truly magical methods involving visualization and means for overcoming bad habits. All the same, he does insist that your goals have to be right for you. They have to fit you and be what is in your heart.

But Toni’s entire paradigm is based on, “What are your needs and problems right now? How can I help you succeed and free up the tremendous amount of energy you have within you?”

It is the world right now as we know it and ourselves as we exist within a society that is his focus. Wherever you are, live each day with gratitude and have those feelings right now that make you feel fully alive.

But Toni himself, in spite of all his philanthropic activities and amazing work on finance, is not listening. If he were, he would be giving seminars on how to eliminate corruption in government. He would upgrade his magic of visualization to eliminate wars. He would teach nations how to achieve their goals rather than just individuals.

Toni may have taught people from 100 different countries, but he has not yet learned to focus on solving global problems. Toni's net worth is around \$500 million. It would be nice to think that those whose net worth is \$500 million or more would be able to shift gears and ask, "What work can I accomplish that is of such value it will endure for all ages of the world and inspire anyone who is touched by it now or in the future?"

Am I complaining? No, I am not. I am just saying that Toni's approach goes in the direction of becoming, on retirement, a Jay Leno, who has had to build an airplane hangar to house his collection of 150 luxury cars and motorcycles. Robbins' methods do not go in the direction of producing a Ralph Nader or a Martin Luther King who challenge not themselves but society to live up to its ideals.

And so I present a second method for attaining goals that is more contemplative in nature and that involves listening to the process through which our lives unfold. This is Ira Progoff's Intensive Journal. Here is my simple paraphrasing and adaptation of one exercise at the beginning of his practices.

Steppingstones Exercise

<https://www.lifejournal.com/articles/the-steppingstones-of-ira-progoff/>

The Steppingstones portion of the Intensive Journal enables us to see our lives as a whole from the vantage point of the present moment. All the

diverse threads and themes of our life begin to weave together offering us strength and integration. We gain a generalized sense of how our life has been unfolding and its outer and inner movements. This activity generates new energy that helps carry us forward into the next phase of our life.

There is, for example, a feedback stream that is achieved simply by writing down in a detached manner the inner and outer events of our life. As we reread these entries at different points in time we develop a clarity and perspective on our lives amid the movement and change. A sense of personal integration generates greater creativity and spiritual growth.

Relax. Close your eyes if you like and be still. Allow your breath to slow and, without yet looking for details, sense the feeling of movement in your life. Get a sense of the continuity and flow of your life as it unfolds.

Observe whatever feelings, images, and phrases come to you. Notice the rhythms, tempos, and cycles of your life. Let them shape and present themselves in whatever form or way they wish. Trust yourself to watch this process unfold without the need to edit, evaluate, or comment on it.

Now write down a list of 8 to 12 “steppingstones.” To start the process you might simply write, “I was born” and continue from there. These are the events, images, sensations, thoughts, or milestones of your life that come to you as you review your life from the beginning to the present. It is a spontaneous process. Let your intuition guide you as to which events are right. You do not need to be concerned if they are not in chronological order.

Write a short phrase or sentence for each of these steppingstone that allows you quickly to bring to your mind what you are referring to when you reread your list. For example, you can begin with “It was a time when”

When you finish your list, read it over again. Read it from a neutral state of mind, again, just observing rather than commenting or evaluating.

Notice the patterns, themes, and the nature of these steppingstones of your life. What do you feel as you reread the list? What is the continuity or discontinuity? What does the list itself have to say to you?

Every few months, repeat the exercise. Notice the different things that come to mind at different points in time. Like hiking a trail through the mountains, the valley below appears in a different way according to the season and vantage point from which you gaze. The changes in your perspective may indicate for you the way your life is unfolding.

Building on this, a second exercise is to select a period or stage of your life from your list. Then go deeper into it, exploring it in depth.

For example, ask yourself questions about the period or start with general recollections. Feel free to use images, metaphors, short descriptive phrases, and sensory experiences.

Then go into more detail such as dreams you had, your hopes, ideals, goals, attitudes, relationships, frustrations, and feelings.

For example, you can focus on the inner flow of your life during this stage. What was going on inside of you amid the external events.

Find an image or accurate description of the inner flow of your life. Now compare the outer world events of this stage with your inner life. Notice when your inner and outer worlds were in sync and flowed together and when they had no connection or were in conflict. Note too in what moments, activities, or personal experiences did the inner and outer flow of your life best come together and in what events or ways were they most separate?

Work up to the present with this process. This enables you to see your life and yourself with both detachment and with compassion. At this point, with trust in yourself and an inner sense of strength, you can now move forward into the next stage of your life which stands open before you.

Ira Progoff offers quite a few additional exercises for fully entering into these different phases of life. For example, you may want to write dialogs between different aspects of your life during the time period, such as a dialog with family, friends and other important relationships; a dialog with your health; your work; your religion/spirituality; an important event; or cultural or societal norms, attitudes, or values of that period.

As much as I enjoy the Dialogue method in Progoff, I modify it at times so it becomes active listening in which I am both the listener and

the one speaking. Here is an example.

Jennifer: Why don't you tell me about that phase of your life when you were living out in the desert South of the Grand Canyon?

Jim: What about it?

Jennifer: You were all by yourself. Wasn't that kind of lonely?

Jim: I think I was too numb from my last year in college and I was still recovering from having been so involved with people day to day to feel lonely. No, I definitely was not lonely.

Jennifer: So this was a chance for you to take a break, step back, and unwind in your own way and in your own time? And in a way you seem to feel very grateful for having that opportunity, is that right?

Jim: It was far more than a break and stepping back. I was in complete withdrawal from contact with human beings. And grateful? I just wanted to connect to something real. Nature, the planet earth beneath my feet, the trees and rocks and animals—they were real. People seemed to me at that time to be obsessed with their social identities. I could sense the way individuals create illusions. Society was so conflicted in the late sixties and early seventies that it felt like a huge carnival with rides, amusements, haunted houses, all sorts of booths and games that test your strength, agility, cleverness, and will.

And I don't mind that. People are free to enjoy life and do with it as they please. Except in that 20th century they have discovered how to destroy all life on earth. That is what I object to.

Jennifer: So your "withdrawal" from human contact was perhaps more than just connecting to nature. As you talk I can see your body language shifting as if you are back there living again in that wilderness. There is a steel like quality about you now.

It is like you are not just into nature but into silence, an inner silence, a stillness like a mountain or a tree or a rock. Like you were after a way of sensing and a perceiving deeper than what is found in human interactions and conversations. And you weren't judgmental of human

beings but desperately seeking more than the wisdom of human traditions and religions, is that right?

Jim: Inner silence? Yes, the earth herself was my teacher. I wanted to see and to understand truth without having to rely on past traditions in which the so-called masters and priests, the gurus and wise men are so incomprehensibly insecure they actually compare themselves to each other and rank themselves one as more important than other. And so they do not learn from the sky, the ground, the trees, the sea and the rivers which are the real teachers on this planet.

Jennifer: You seem to have known what you were doing to be able to go off and live like that by yourself. Like you were activating some ancient knowledge you already possessed deep inside. All the same, maybe lonely is not the right word. Maybe in some way the extent of that withdrawal did affect you profoundly?

Jim: I admit. Looking at my own behavior during that stage of my life I desperately wanted to be a part of some community. But I had already had a wide range of experience with different social groups that I could easily see the negative aspects of any group in which I tried to participate.

Jennifer: So balancing your need to connect against your ingrained bullshit detector, you ended up invariably on your own, is that how things turned out over and over?

Jim: Exactly.

The above exchange enables Jim to “move” from one place of feeling and understanding in himself to another place. Seeing the past more clearly through the assistance of a good listener, he is able to better sense where he wants to go next with himself.

All the same, this is Jim’s discovery process. It is his path. You cannot walk it for him. No matter how wise or experienced Jennifer may be, she will never be able to say to Jim, “Jim. Look. This is what you really want and this is how to get it.”

It is very tempting for opinionated individuals, extroverts who are impatient for quick results, or for those trained in diagnosis to want to just tell someone what the events of their life mean. If you want that experience, you can join a traditional religion. They have creeds to believe that explain everything or dynamic methods to unpack your emotions and attain your goals in the fastest way possible.

If, on the other hand, you want to view your life from a place of stillness where you can hear the still, quiet voice of conscience speaking to you, then a seminar like the Intensive Journal would be more appropriate.

Summary

I offer these two very different sets of practices so that you have a context for viewing the methods, groups, or institutions that appeal to you.

The purpose remains. The goal is to acquire an integrated personality that brings together your body, soul, and mind so they are in harmony. Treat each part of yourself with respect. Unite them so you attain your greatest strength.

Common Virtue: Empathy

To accurately “read” what others are feeling and thinking; seeing through another’s eyes, feeling what they are feeling.

From Wikipedia: Empathy is the capacity to understand or feel what another person is experiencing from within the other person's frame of reference—i.e., the capacity to place oneself in another's position.

There are many definitions for empathy that encompass a broad range of emotional states. Types of empathy include cognitive empathy, emotional empathy, and somatic empathy.

These emotional states include caring for other people and having a desire to help them; experiencing emotions that match another person's emotions; and discerning what another person is thinking or feeling. Some believe that empathy involves the ability to match another's emotions, while others believe that empathy involves being tenderhearted toward another person.

Compassion and sympathy are terms associated with empathy. Compassion is often defined as an emotion we feel when others are in need, which motivates us to help them. Sympathy is a feeling of care and understanding for someone in need, including a feeling of concern for another, in which some scholars include the wish to see them better off or happier.

The ability to imagine oneself as another person is a sophisticated imaginative process. However, the basic capacity to recognize emotions is probably innate and may be achieved unconsciously. Yet it can be trained and achieved with various degrees of intensity or accuracy.

The paradigm case of an empathic interaction involves a person communicating an accurate recognition of the significance of another person's ongoing intentional actions, associated emotional states, and personal characteristics in a manner that the recognized person can tolerate. Recognitions that are both accurate and tolerable are central features of empathy.

People seem to recognize the feelings underlying bodily movements and facial expressions in another by associating them with expressions in oneself. Humans seem to make an immediate connection between the tone of voice and other vocal expressions and inner feeling.

Empathy as a Statement of Fact Followed by a Question

Larry King, a famous, TV talk-show host, often uses questions that establish empathy with the guests on his show. He will begin with a statement of fact and then follow with a question.

For example, Larry to guest: "You mentioned that this is a new job assignment for you in a field in which you have no previous

experience. I am guessing that you have had moments of doubt about your abilities in the first few months?”

And then, even though the guest is on TV with millions of people watching, he will say something like “No one has ever asked me about this. Yes. It was a terrible struggle until the second year.”

Although Larry had never met his guest before, Larry had just coaxed his guest to disclose something personal that he had never shared with anyone else. Even on a linguistic level, empathy is very powerful tool.

Try the above form of empathy. While listening to what someone says, state a fact that you and the other person regard as true about the other’s experience with the topic. Then ask a question that links the statement of fact to something the other person has not yet disclosed.

Examples: “You have a job that requires secrecy. Does keeping secrets from your friends and family present difficulties for you?”

“You have been moving between different jobs, advancing as you go along. Is it hard to formulate specific career goals with so much change?”

“You know a great many people, yet you choose your friends very carefully. Is it hard at times to keep your personal life separate from your career?”

Exercise: Imagining Yourself As Another Person

A therapist I knew mentioned that, when all else fails in a counseling situation, he imagines he is the other person. Invariably, that gives him the insight he needs and also it creates a rapport with the other person. When you imagine you are another person, people suddenly feel connected to you.

Try this. Imagine you are inside of another person’s body sitting as that person sits. You imagine that you are speaking with the other’s voice and using the other’s body language.

Going further, you imagine thinking the other’s thoughts, possessing the other’s memories, seeing through the other’s eyes, and feeling the other’s feelings. You explore another’s self-image until you notice a

specific, concrete, and physical sensation in your body that arises in response to imagining you are the other person. When you get this sensation of being the other person, focus on it. Allow it to tell you something new about this person.

Then ask yourself,

What is this sensation like? Is there an image or symbol that you could use to express it? What does it tell you about this person and the inner flow of the other's life? Do you sense how that individual feels right now or do you get something deeper like the force that shapes this person's life?

For example, with a young woman whom I consider to be amazingly complex, I get a sensation in my belly as if I have just eaten a piece of Godiva chocolate. It is sweet, warm, and satisfying. The sensation tells me that in spite of my ideas about her, she actually is what she appears to be—a sweet, young, and a loving woman.

With a stock broker whom I just met, I get a sensation of being very relaxed, laid back, and easy going. This sensation is in complete contrast to his physical appearance which is tense and in control. I ask him about this. He says he is looking forward to retiring and that I seem to know more about him than any of his friends.

Getting physical sensations in this manner gives a direct body-to-body and heart-to-heart connection to another person. For a brief period or longer, you are now connected to this person in a way that no one else in the world is. Consequently, you may notice an instant change in your body language and that of the other person.

Among other things, there is as I mentioned greater rapport. You and the other may feel more relaxed and comfortable so that words are no longer needed to confirm or validate the relationship. The level of connection is more fundamental than that produced by conversation or social interactions.

I taught a woman this form of empathy. Just after imagining that she was one with me, she paraphrased my conversation with her. As she did so, I felt that her words were like my own voice speaking to me from

depths inside myself. I do not recall ever having had this experience before.

Almost everyone has had a life-long friend. In talking to such a person there is a feeling of trust, relaxation, an effortless ease and satisfaction that accompanies the conversation. Yet no friend I have ever known speaks to me with a voice from the depths of my heart. This kind of empathy allows you freedom of movement so your consciousness can move back and forth between yourself and another. In so doing, you discover an energy and connection that joins both of you.

People often ask me, How to I make this relationship work? How can I overcome the barriers separating myself and this other person? How can I enhance the relationship so we feel really close to each other?

If you want help in a relationship, there are all sorts of things you can do. You can work with a counselor. You can create special experiences which the two of you share only with each other. You can help each other learn something or be there to help the other work through some sort of problem. You can really listen to the other person without trying to insert your own judgments.

But if you want the spice of divinity or the blessing of Divine Providence in your life then think about making an effort that no one else you know is doing. As in the stories of the Buddha walking down the road, imagine you are the other person. Study the other as if you are reviewing your own life. Do it once a week. This is not “falling in love.” This is creating a sacred space through your art in which two separate people can meet and feel they are one.

I used to do divorce meditation. A divorcing couple is assigned a male and a female mediator who work together as a team. We would separate the man and woman who were getting divorced and listen carefully to each of their stories. The common denominator which was always there in each divorce was that the married couple lacked empathy for each other. For example, the man thought his wife’s role as far as taking care of the children and the house should have been easy for her to perform.

She thought his role as a husband in making money should have been easy and certainly more enjoyable than what she was doing. They could

not grasp the other's actual situation. They had ideas in their minds that prevented them from sensing what the other was feeling.

In mediation, we consider both points of view, what each feels, what each thinks, and the conflicts they have with each other. Then, combining empathy and clarity, we assist them to discover their common ground and how they can move from the present into a negotiated settlement that both parties can accept and live with.

In addition, if you are dealing with an individual in conflict or a negative individual, you can often dissolve the negativity or the confusion by doing this: Visualize the other person's "better self," who he is meant to be, the individual having learned all that he needs to learn to be creative and fulfilled. But live it also. Imagine that what you are seeing is real right now and you are in the future with this now fulfilled person.

The most skilled empaths do this spontaneously. They can not only sense your feelings and memories as if they are their own. They live and experience your future as well. The mind can choose to believe something. But if in your heart what your dream is already one hundred per cent real, then your dreams shape the world around you. And they create a path from where we are now to where we can one day be. The dream becomes reality.

To perceive another as yourself is to destroy all that limits the body, soul, heart, and mind. Time and space dissolve in the presence of such perception. All spiritual realms open their gates and welcome you. All races of beings come to consider you as one of their own.

And if you persist in this practice, every creature that exists becomes your friend; when you speak, it is not another person's voice they hear in their ears but their own voice that rises from the core of their being.

A Few Basics

Part I: Use your imagination in asking the questions, "What if I were this other person? What is this other person feeling? What does this individual think and why do those thoughts arise in that person's mind?"

And also, “What is it like to be in that individual’s body, to have grown up with that individual’s biography, and to have faced the conflicts and sought the goals of this person’s life? What was it like making those choices that defined this individual’s life?”

Part II: Ask yourself, “What are others’ innermost desires and needs?”

Make a picture and feel this picture as real of what this individual would be like when his needs are met, his desires satisfied, his conflicts resolved, and his dreams fulfilled?

“What is this individual’s better self? What are they like when they have become whole and complete inside?”

As you do this, you become the other’s conscience. Learn to speak to others with the voice at the core of their being.

This act of imagination and empathy changes your relationship to others and has a strong effect on them.

Part III: If you give anyone enough one on one attention you can get that individual to do or to feel nearly anything.

This is seen in the story, *A Christmas Carol*, by Charles Dickens. In one night, three ghosts review the past, present, and future of the life of Scrooge. This graphic and living life review leads Scrooge to ask, “Why show me these things if I cannot change the man I am?”

You could say this level of empathy and life review awakened Scrooge’s will, conviction, conscience, and his feeling resulting in a one hundred per cent commitment to fulfill a new set of life goals. Put simply, our work is not to pursue narrow and self-serving ends. The new Scrooge: “Our work is the world.”

Magical Virtue: Magnetic Love

Magnetic love is holding another within your heart. It is caring for another as if the other person is part of yourself.

It dreams the other's dreams as if those dreams are one's own. In doing so, it creates a sacred space in which two become one. It is a sharing, but this sharing also includes everything the other person is and everything you are.

Take a look at romantic love. People often say,

“I was in love with you from the first moment we met. I feel like I have always known you. Until we met, I did not know what was missing from my life; I was only half alive. Now I feel complete.

“You are a part of me. I can't imagine living my life without you.”

Exercise: Recall briefly times when you experienced some of these moments of enchantment—for example, feeling you were meant to be with someone or that you shared special moments together that you could never have experienced with anyone else.

Note the difference between happy, balanced, harmonious, and satisfying expressions of love and those which are more needy, hungry, out of control, and painful.



Eros and Psyche

In the Greek myth, Aphrodite gives Psyche four tests that she must pass if she is to marry Aphrodite's son, Eros. In the fourth test, Psyche journeys into the underworld of Hades. There she has to fetch a vial of the Elixir of Eternal Beauty from Persephone, the consort to the god Hades.

It is no small feat for a mortal to negotiate with goddesses who are indifferent or opposed to her quest. And yet there is another, a fifth test, if we can put it that way. The king of the gods, Zeus, in disguise assumes mortal form and appears in front of Psyche. And he asks her, "Tell me, young woman. What do you really want?"

And Psyche replies, "To look at a man and feel that his innermost desires I understand. I wish to be one with him so that all separation is overcome. I want my words to be as real as the sun, the moon, the stars, the earth, the mountains, and the seas when I say to my lover—'There is nothing in you that is not a part of me.'"

And Zeus responds, "Until this moment love such as this did not exist. What being, mortal or divine, could ever have imagined or dreamed of a love so fine?"

Zeus raises Psyche up and makes her a goddess, placing her among the other gods and goddesses of Olympus. For though once a mortal, her love was immortal, timeless, and divine.

Psyche's choices reconstitute the archetypes in the collective unconscious, or put simply, she encourages the gods of Olympus to become more mature. Zeus discovers there is more to love than just lust and so he overcomes his mad passion to seize mortal women to satisfy himself.

Eros has been operating like an impulsive child, out of control and without conscience. But it is not Eros that Psyche has to negotiate with. It is Aphrodite, the mother of Eros. She, as a goddess who acts from behind the scenes to exercise power over everyone, especially her own son.

Eros has no chance of psychological development without Psyche originating a new form of love, turning even Zeus into her ally. In the end, Aphrodite affirms that Psyche has passed the fifth test: to reach the heights of heaven and to survive the dark depths of the earth, love must mean more to you than own self.

The Magnetic Fluid

From the water element we described in Yesod, we can extract a more subtle vibration. We can call this the magnetic fluid. This magnetic force is analogous to magnetism in nature. It is cool and contracting. It is soothing, vivacious, and calming. It purifies and renews. It reveals what is missing from life and acts to make others feel fully alive.

In psychological terms, it is empathic, sensitive, and responsive. It draws together, bonds, joins, and unites. It accepts and affirms. It shelters and protects. It heals and makes whole.

In spiritual terms, it presents us with feelings of wonder, ecstasy, and beauty. Like Psyche's quest, feminine magnetism reveals the deepest feelings and mysteries at the core of the self.

Try this: Visualize someone in front of you. Now imagine this individual feeling whole and complete. Whatever is missing is now present. Desires are satisfied, purposes accomplished, and dreams fulfilled. Put together a feeling, a thought, and a picture of what this might be like for the individual.

This involves an act of daring—you accept the person as he or she is right now and you also dream what the person can be. To love is to accept as someone is now and yet also to dare and to dream what the person can be.

The Ocean of Love Exercise. In this exercise, we put together physical sensations and feelings. Though you will not find a discussion of this in any texts of psychology, some people do this spontaneously. It is one of the powers of love.

Imagine that you are in the center of an ocean of water. This ocean extends in all directions around you. Imagine the water of this ocean as being cool, perhaps blue green, pure, and flowing.

Now, add to these imagined sensations of a physical ocean the feeling of love. The water becomes a presence that is nurturing, healing,

renewing, and fulfilling. It brings to life whatever it touches. We are now within and part of an ocean of love.

Some will be able to imagine the sensations of water surrounding them but have difficulty adding the feeling of love. Recall again that the sea brought life into being and that it sustains life. The magnetic field within the sea offers us dreams of the way our consciousness can be expressed and extended. Once you sense the feeling that is inside water, the sea becomes a powerful symbol. It embodies the sensations and feelings of all-embracing love.

Take a few moments to explore this imagery. Imagine that you are this sea of love. Identify with this vast field of energy without referring back to yourself as being in a specific location or even having a bodily form. You are love, and this love is everywhere.

Now, again visualize someone in front of you. Visualize the person's body as a hologram, as being empty inside. Next, imagine that as the sea you begin to flow down through the top of this person's head into his or her body and out of the person's feet.

As you do so, sense everything within this person. Your cool, flowing water heals, purifies, harmonizes, and nourishes. Pain and tension dissolve. Frustration and unhappiness disappear. The individual feels whole, complete, happy, and serene. In effect, you are uniting the individual with this sea of all-embracing love.

As you perform this exercise, retain the feeling that you are the entire ocean. Your energy and love are inexhaustible and everywhere. As the ocean, you are pure receptivity, and no obstacle limits your power to flow and to remain pure.

One woman to whom I taught this exercise was able to produce strong sensations of flowing water combined with love in other people who were in no way psychic. It took two minutes to teach her the exercise. A minute later, with this simple meditation she was extending her aura through the body and mind of another person with effects that were unmistakable.

Another woman said to me after practicing the exercise, "I already do this every day with my boyfriend. I just never put it into words the way you do."

You can also use this meditation for healing. Hold another's hand or place your hands on a part of another person that is injured or needs healing. As you do so imagine this blue-green watery magnetic energy is flowing through the other person restoring them to health.

Some women naturally extend this magnetic love to their partners. Like romantic love, it creates a dream like mood of being joined together. And also like romantic love, it is an awakening and an enchantment that whispers of fulfillment, secret ecstasies, and a final end to loneliness and separation.

But unlike romantic love, its power is not derived from meeting human needs. It is a force of nature that is soothing, calming, and healings. If you relax and imagine a peaceful state of mind, you can produce a feeling of peace. But that is not the same as spending months out in the wilderness where you feel connected to the planet earth.

Similarly, you can love and care for another person. But that is not the same as feeling there is a boundless source of love flowing from you through the other person. Because magnetic love is a force of nature, it is not prone to the insecurity, jealousy, and possessiveness of romantic love. There is an inner bonding and secret sharing heart to heart.

Divine Virtue: Purity of Motives

To maximize your charisma and powers of attraction, others need to sense that you have pure motives. In this sephirah, we learn to be dynamic, in charge, assertive, direct, and persuasive. At the same time, for our charisma and powers of attraction to be effective, we learn also to be unselfish. People need to know that they can trust you, that if they work with you and trust you, they are not going to be disappointed or mistreated.

To be unselfish requires the three previous sephiroth: the magical virtue of Malkuth—of feeling solid inside, Yesod's ability to cultivate the best internal feelings, and Hod's ability to have a clear mind amid confusion. Then we are able to take responsibility for how we affect others.

To have pure motives you have to be able to recognize when you are being exploitative or abusive. And that requires self-reflection.

Someone may be predatory, exploitative, or coercive in regard to sex. But they may deny doing so not just to others but also to themselves. Especially people with power compartmentalize their emotions. They need to do so to maintain control over themselves and others.

Denial does not produce a trustworthy person. The narcissist also is not trustworthy. They use other people as a way to meet their own needs. Being responsive or helpful to someone else is only a means to an end—getting what they want. And then some people believe their own lies. Survival for them requires continuously deceiving and playing others.

Also, a religion's outlook can produce fanaticism, blindness, and insensitivity to others. Those committed to ideologies define themselves as being right and everyone else as wrong. Fear and insecurity destroy trust because the focus is on protecting oneself or not being harmed rather than genuinely assisting others on their own terms.

Some people rationalize their behavior, excusing themselves or justifying their actions again without regard for the other person. Some people are rigid in their conformity to social standards rather than making their own observations and drawing their own conclusion. Then, in spite of all their moralities and ethics, they cannot tell the difference between when they are doing good and when they are doing evil.

I once told a cashier in a small store in Los Angeles that she did not charge me enough and I paid her the difference. The owner of the store happened to be sitting nearby and heard this exchange. He was so impressed we began talking. He ended up telling me the story of his life. He had been the highest ranking covert operative in the U.S. at the time. He had a higher security clearance than the president.

A lawyer I know represented the wife in a divorce case. The husband was so impressed by how fair the lawyer was that he ended up hiring the lawyer to run all his businesses. If someone acts with integrity and is clear and honest in a difficult situation, you know that that individual is trustworthy and would make a great friend.

Most people do not need to worry about having pure motives. They know who they are. They usually live by the standards of conduct

consistent with their upbringing. But for those on a journey who wish to transform themselves and the world—these individuals will need to be clear and transparent about what motivates them. And they will be unusually careful to always be honest and fair in their interactions with others.

Dream: Oneness

The Outer Vibration of Venus

As we might expect of a planet named after a goddess of love, Venus offers dream like enchantments. These enchantments can be separated into outer and inner set of effects. We can experience the outer vibration of Venus as an attractive force, almost like a tractor beam, connecting one person to another. .

And with this attraction, you have a heightened awareness of your own body. You experience things you never felt before. Such feelings can be captivating and hypnotizing. At times, it is almost like being possessed by something in yourself you never knew was there.

Overwhelming desires and the possibility of shared intimacy with another force everything else in your life off to the side. Your mind narrows its focus down one individual with a possibility of gratifying the deepest needs within you.

There is a story of Kama, the Eastern version of Eros with his bow. Brahma, the creator, gives Kama (erotic desire) power over all beings in heaven and earth. No one is free of his influence or beyond his reach. “For what purpose do I exist?” Kama asks Brahma. Brahma replies, “To insure each has a part to play in the unfolding of the world.” No one is left out. Hidden within the primal and primordial powers of erotic attraction is a force that unites us all.

The Inner Vibration of Venus

The outer vibration of Venus, then, can be overpowering. It captures and it binds. It is intoxicating—the mind hypnotized, the emotions infatuated, and the body enthralled. For what cause? Again, as Brahma explains, “To insure each has a part to play in the unfolding of the world.”

By contrast, the inner vibration of Venus is not a whirlwind of desire. There is no tempest raging, no thunder rolling, and no lightning striking. It is not like a wave rising, cresting, and breaking, unleashing the passions of an entire sea.

The inner vibration of Venus is feeling that, without barriers or boundaries and without separation you are one with another. The inner connection is so complete that as Psyche would assert: “Everything within you is a part of me.”

The inner vibration of Venus is a different way of being. We could say that such love is not of this world. But that would not be correct. To love is to dare and to dare is to both accept the world as it is and to dream what the world can be.

The prophets of old liked to say, “It shall be so; the voice of the Lord has spoken it.” But love such as this has no need to assert its power because it arises from the center of the heart. All things are derived from and depend upon it. For those who fully experience this dream, it annihilates loneliness and is the guide and guardian who offers the keys to all mansions of the soul.

I imagine that in being around those who have an inner sense of oneness with another there is a feeling in the air of springtime, sacred holidays, and bliss. You feel cleansed, purified, and healed. If you relax and drink it in, you sense that beauty is everywhere.

It is a different way of being in that all parts of yourself are in harmony. The deepest inspiration within you is near at hand and ready to draw upon as you need.

Or as Zeus said to Psyche, a woman who experiences inner oneness with another, “Until this moment love such as this did not exist. What being mortal or divine could ever have imagined or dreamed of a love so fine.”

There are stories about magicians who prematurely contact spirits of the sphere of Venus. In one story, the magician asked a spirit associated with the placement of Venus in his natal chart, “What can you teach me?” The spirit replied, “I can teach you about love.”

Shortly after this interaction, the man fell madly in love with a woman he already knew. The relationship was wild, crazy, enthralling, and overwhelmingly passionate. But it was too much for him to handle. He soon wanted his own life back. So he evoked the spirit again and thanked her but said he no longer needed her assistance.

Spirits of Venus often refer those who seek to experience the mysteries of love back to the previous three spheres of Malkuth, the Moon, and Mercury. There the individual can learn to meet his basic needs. He can experience peace and well-being, be grounded and have a satisfying life. He can gain a sense of being whole and complete in himself and a part of nature. And he can learn to sharpen and gain a kind of mental enlightenment that frees him of illusion and false attachments.

At this point, the dream of oneness can become fully operational. Your connection to another is direct, immediate, perceptually real, and satisfying in every way possible. You have done your homework if get here.

All the same, the dream of oneness is itself a kind of spirit guide and inner guru. It continuously reminds you of what is possible and that oneness with another is already alive within you.

Initiation

Some people from childhood have been off balance, out of sorts, awkward, or in some ways wounded, withdrawn, or even mean spirited and exploitative. In the initiation of Netzach, the individual's personality is integrated. This integration brings together and harmonizes the strengths and qualities of the three previous sephiroth to overcome one's limitations.

Again, to review, there is the feeling of being grounded and a part of nature of Malkuth. This greatly reduces social anxiety and insecurity. The individual learns to be calm and centered in Yesod so that the erratic

impulses and mood swings produced by the subconscious are minimized. And there is a sense of sustaining a clear mind amid confusion found in Hod. The individual is fully responsive to circumstances while approaching problems with confidence and conviction.

In Netzach, then, the individual is caring, attractive, and poised during times of stress, conflict, and disaster. Even during difficulties, this individual is able to bring out the best in others. There are situations of danger, fear, and great uncertainty we encounter in life. This individual, however, has that charisma of someone who exudes a feeling that, on some level, we have already overcome our limitations and won the battle. He brings courage and promise to every situation.

This courage is an inner attitude. It derives, again, from mastering the three previous sephiroth. But it is also produced through acquiring a massive amount of experience.

Over and over the individual has solved problems and had success in his endeavors in many areas of life. The individual is not just attractive and confident. He is wealthy in life experience.

A little humor might help to illustrate this. From the movie series, Mission Impossible: “Your mission, should you accept it, is to learn to love yourself, not in a narcissistic way, but so as to know yourself in every aspect. Your mission is to love another with all your heart, soul, mind, and strength.

“And it is to find some work in life you can also love with all your heart so that there is no end to your desire to pursue it and to perfect it. And your mission is to find and cultivate lifelong friends who are so close to each other that each of you feels he is living to some extent the other’s lives along with them. And, as if crafting a plan that you seek to fulfill over the entire course of your life, you accomplish something that in a profound way enriches the world. And finally, amid all of these activities, find within yourself and identify with the dynamic powers unfolding the universe.”

“This mission, should you accept and accomplish it, completes your initiation into the sphere of Netzach. At which point you will be able to look back and say, ‘My life is all it was meant to be.’ Good luck.”

Mystery: The Zen of Love

The Detachment Part

Romantic love comes with a strong sense of bonding. Two people have a special and usually exclusive connection. And yet, with romance, there may also be co-dependence and entanglement. An individual may strive to see another in terms of what is hoped and wished for, rather than what is actually in front of him. Even when there is an acceptance of the other as he or she is, there may also be a compelling desire to change the other person, to make him or her better.

In the long term, for love to be effective, it helps to perceive one's partner with clarity. This requires freedom from ego, from attachment, from possessiveness, and denial. We can turn to Hod to assist us in this endeavor.

Enlightenment in the sphere of Hod/Mercury is seeing the world as it is free of bias and presumption. To review one process relating to clarity of mind: Imagine you are in an empty space. There is nothing present. And since nothing is present, there is no attachment and nothing to attach to. There is no envy that reaches out and tries to take something. There is no greed that would aggrandize itself by adding to its possessions. There is no jealousy that worries about something taken away. And there is no anger when something opposes its will. There is nothing to hold onto and nothing to lose.

There is no ego present and so there is no one threatening or attacking, no one here to be threatened or attacked, no attack occurring and nothing to attack with. And so there is no fear and fight/flight does not appear.

The idea is to become in one's awareness a kind of magic mirror. You want to reflect with great clarity what is before you.

The Love Part

Retaining our sense of being within a vast space of nothingness, imagine another person present “in front of you.” It is not like I am here and she is there. Rather, you are the space within and around this person. There is no need to refer back to someone such as yourself who is observing.

Now look around in this vast, empty space. You do not see any national boundaries, no rivers to cross, no mountains to climb over. There are no fences and barriers between you and the other.

And there are no social boundaries. No rank and no class structure. No ethnicity and no language barriers. No age difference and not even a gender. “There is nothing that separates” in this space. “There is only oneness and so perfect love.”

You are in a vast, empty space. This space is your awareness. And you are perfectly one with whatever appears here. Get a sense for this way of removing the outer form and yet blending and merging with the inner soul and spirit of another. If you can produce a sense of oneness, then you are creating a state of profound love.

The Zen Master of Love

What does this mystery of love feel like? We have encountered this before. It is cool and calming, nurturing and strengthening.

It is soothing as in draining away tension. It revives and restores. It is relaxing as in being free of anything constraining you or weighing you down.

It is releasing, offering a refined pleasure, satisfaction, and comfort. It is accepting, banishing any hint of rejection, guilt, sorrow, sadness, or loss.

It is healing, cleaning, renewing, and rejuvenating. It is endless in giving.

It is embracing, sharing, friendly, and offering a feeling of being home. It is uniting, creating intimacy and offering a noble and loving

community. And it is so still, it grants visions of the past, present, and future.

Return again to visualizing another person before you. Now ask yourself, “What is missing from this person’s life?” Take a few moments to sense the answer. It could be happiness, contentment, satisfaction, joy, being fulfilled, or dream made real. It could be the individual wants a stronger sense of self-esteem, respect, or dignity. He might want to feel his actions justify having been alive.

Part of this multidimensional awareness is sensing what another person can become. See if you get a clear picture in your mind of what a more fulfilled, more complete, and happier person would be like.

Perceiving in this way—detached and yet at the same time one with the other person—has an effect on that individual. On some level, it offers the experience of oneness free of any bias, possessiveness, or selfish intent.

The challenge for the sphere of Venus goes like this:

When you love, love with your whole being—with all your heart, soul, mind, and strength.

You will never know who you are until have this experience.

A spirit of the sphere of Venus named Hagiel said to me, “There comes a time when you care for another as you care for yourself. Certainly, lovers feel a part of each other.

“But you are not getting your money’s worth, are you? You are nowhere near the full effect unless you feel you are within your lover living her life as if you have become one being.”

The detached empty space of our mirror like consciousness has various qualities. It reveals the original nature of people. It generates a very high level of empathy that intuitively can sense what is inside of others and what it is like to be them. And it presents options—new ways of acting that come across are just as real as what the individual is now doing.

In the mystery of Yesod, the Moon, we ran into an amazing obstacle. Different religions do not share each other's dreams. And yet the astral plane sustains all of us as well as all paths of life. It nurtures all beings.

We could say that at this point in our unfolding of the Tree of Life that we come to a state of mind in which we embrace an individual from the position of universal love. We are accepting and supportive in every possible way. We seek the best for the other.

And yet we are not being invasive or manipulative. We are not offering remedies or solutions. We are here playing the part of the astral plane itself that sustains and nurtures. We are 100% present within and a part of the other's person's life.

As I mentioned under the Dream for Netzach. A feeling of oneness like this is a different way of being. Love has the power to annihilate every barrier that separates.

The mystery of love, if we embrace it, joins together a marvelous sense of transcendence with a physical, emotional, mental, and spiritual experience of being one with another. When you meditate on another person, allow yourself to practice within this state of heart and mind

Netzach/Venus offers us a completely different way of knowing ourselves. When you love from a state of oneness, you have entered a different world.