

# LAWFUL ENLIGHTENMENT

The Path To A Rewarding Relationship

Justin J White

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*This short book was written to create positive intentions within; it is there to help you in life. It will give you the down to earth advice you need in order to help you achieve a great relationship, which could also contribute to improving other important aspects of your life. Feel positive while reading it and spread the great message to all those around you. Life is in your hands and your mind is in the universe. Stay true to yourself and always look forward.*

*The message is in your hands!*

*Heaven Flows where love follows,  
Hell remains in the negative brain,  
Keep sight of the positive side,  
The law of love resides inside.  
-Justin J White*

### ***Acknowledgement:***

I would like to acknowledge everyone who has entered my life, whether it's been for a short or long period of time. They have all played a part in bringing out the man I am today, from the things they have said to the things they have done.

All that has entered my life has been for a reason and I have taken the positives with the negatives, and made good situations and decisions from the both of them.

One woman I would like to express my gratefulness to is my mother, as she has played the most significant role in my life. She is one of the main reasons as to why I am the person I am today. I have always been able to talk to her about most things I go through in life.

I would also like to thank my father, as he is the reason why I am here today, surrounded by the most wonderful people in the world, giving me the opportunity to be able to help those around me.

I would like to show my appreciation to Sheila Valjee, NasrinYearwood, Sajel Karena and Paresh Karena for contributing to the creation of this book. I would also like to thank all of my close family including my friends, as they have motivated me and been there for me through my ups and downs. I am thanking them for their love and support, and for having such a positive impact on my life, making

me the man I am today. I would also like to thank my brother.

Furthermore, to all of those who have discovered and encouraged my potential and talent. They have enlightened me, and have shown me that I am someone important in this world and in their lives.

## *Loyal conduct – The first step to recognising yourself*

It's one of the best ways to be. The moment you enter this world you are devoted to yourself; carrying a unique purpose, nothing too big or too small. You are who you are and can be nobody else. Concentrate on the facts of who you are and disregard who people think you are which is merely their opinion of you, because you are beautiful, unique and only know yourself.

Have self-discipline. Wake up everyday and be grateful for your life, say it in your head or out loud **“I am very grateful for waking up today”**. You will then feel an inner sense of peace and with wonders your day will turn out good. When being original, people will always like you for who you are especially your other half or the person you are interested in, that in turn creates a positive image of you to the universe. Your inner state is merely what others cannot physically see of you but those who know you or get to know you will feel a sense of energy, which projects an outer image of how they see you.

Let me take you back to when I first started secondary school. I was the quiet one who sat in the middle of the classroom watching the funny students make funny remarks at the teacher. I wanted to be just like them: funny, cheerful and to stand out from the rest of them, so I attempted to crack silly jokes but nobody laughed. This was not the real me and had a negative affect on my image so I

had stopped and continued to be that quiet little boy who sits in the middle of the classroom.

Whether you're a man or woman, be true to yourself and do not worry what others think of you, because when your soul mate sets out to find you they will always look for originality, which is unique to you. Think about a time when you tried to be someone else, it could have been a pop artist, rapper, athlete or actor, you could never reproduce his or her exact persona because it's not you. There is nothing wrong with being inspired and looking up to these great people who have achieved great things in life, but always remember to be yourself.

As you become aware of your unique identity, you will come to realise the world accepts you more for who you are and your surroundings become clearer. Life becomes easier and you will begin to feel happier, beautiful and satisfied with yourself. You may have noticed that I keep mentioning **“yourself”**; this is because your surroundings and the way you conduct yourself in public give people a chance to recognise the kind of person you are.

Your inner state is your thoughts, and your thoughts become actions, every little thought requires you to carry out an action whether it's intentional or unintentional. So always remember to have a stable mind. The person who seeks an interest in you notices the way you conduct yourself, even if they are not aware of this, their

subconscious mind will register your actions and will determine their thoughts of you.

Learn to manage your feelings because they will manifest in your life. Learn to keep a stable mental image and not to let your mind go, no matter what. Your heart will tell you whether you are being yourself or not; whether you are conducting yourself appropriately in the correct environment, be it in front of or to the person who you like/love, or the public people whom you may not know.

There have been many times I have stepped out of my own character and during this period I knew it wasn't me and I knew the people knew it wasn't me. Don't cheat yourself out of proper conduct. If it isn't you, don't try. So be truthful to yourself, and you will be on the right path to creating that positive image.

Nobody wants someone who creates a negative image of somebody else. Have you ever come across a friend or relative who has a problem with their other half, or someone they are interested in, all because when in public they were acting different amongst others? This is what I mean by not being true to yourself and stepping out of character when being put into a change of scenery. This gives a false impression on what others will think of you including your other half or the person you like.

They will always say **“he/she are not themselves when around others”**, this goes against the whole rule of **“Loyal**

**conduct of oneself**'. It is damaging to your own health and well being, and in turn has a negative affect on any relationship you are building with your partner. Ensure you stop and think before making a decision, to carry out an act or figure of speech causing damage to your relationship.

### ***The synopsis:***

- Always be true to **yourself** no matter what the situation is.
- Stay mentally stable and try not to think out of character.
- The positive energy you create gives a positive image to the universe.
- Try to make wise decisions, because every action has a reaction.
- Love yourself for the person you are.
- Staying faithful to **yourself** always helps build your partner's personal behaviour, both mentally and physically.
- What you think of yourself, is your gateway to your soul mate.

### *Self control/discipline:*

Many people find it hard to come under self control and as a result they keep on repeating the same mistakes or continue with the same routine. One must take basic steps to acquire knowledge and channelling their positive energy to it. These steps are as follows:

- Strength
- Resistance
- Patience
- Self-preservation
- Optimism

Everyone has some sort of problem and wants to better their situation, it doesn't matter who you are, no problem is too big or too small. When two people are interested in each other or are already in a relationship, the two share an equal responsibility to ensure that each day runs smoothly. The self control/discipline comes into it when one or both have a temptation problem, whether it's cheating, abusing, saying hurtful things, arguing, or wanting to correct a habit they have.

**Strength:** This plays an important role where the two of you could share the strength to resist any sort of negative behaviour. It helps to overcome the negative side effects produced by the constant habit, or even if it's not a habit, the current situation taking place. Having strength from

you and your partner brings positive energy from inside and around you. It helps keep the peace between the both of you having a great and joyful day and possibly stress free. This is because you have created a positive situation out of a negative situation causing positive reactions, by having the strength to carry out such actions.

**Resistance:** This is related to the strength where you have to be strong to resist anything in life. Resisting and refusing to fight, say hurtful words, abuse, hurt or cheat etc, it gives both of you the opportunity to get into the habit of creating a pleasant environment. This also adds to anything outside the relationship. When you begin to implement this into your daily routine, you may begin to understand people more and achieve greater outcomes throughout the day.

Resisting anything negative in the day gives you the head start to the next day, making things easier. In other words, try not to come into contact with temptation to do something negative.

**Patience:** Having patience is a virtue, it makes you more aware of your previous outcomes as time goes on, it makes you more aware of the situations you have been in and are going through. This helps you to organise yourself and help soothe your partner's grief, temporary troubles you or the both of you are going through, and the differences you may have.

It even has an affect on you as you begin to handle situations more calmly, and learn how to channel your energy somewhere else or towards something that will better the day for the both of you. Things will look brighter, the world will seem happier with you and you will feel happier with the world.

Don't make being impatient ruin your happiness, or your counterparts happiness. Help one another to learn the ropes of your differences, and to understand the inner meaning to securing a better life for each other. Life is all about being patient with whatever you put your energy into, giving you more positive outcomes in life.

**Self-preservation:** This is all about protecting yourself from harm or destruction; it gives you an insight on how to maintain your physical, mental and spiritual state. In turn you will be able to psychologically motivate your partner to keep on striving for positive outcomes.

Always be consistent in striving for the best in anything you do. Be sure to maintain and protect yourself from destroying your happiness. This is because when you are in a relationship, or hold a connection with someone, the state you are in affects their well-being. Have you ever been around someone when they are sad, angry or thinking negative? You notice that you start to feel sad, angry or you begin to think along the same lines as them even if it's a **“what if”** situation you are thinking about.

This is because you are being dragged into their condition of anger, rage, or sadness and the energy they give off creates a field of negativity. Be sure to keep a positive mind set, to always strive towards the successful relationship or connection you want with that one person. This will protect you from damaging one another, ensuring that you never give up on each other.

**Optimism:** This is all about being confident that you will have a successful outcome in each and every situation you are put in. It could be something from work, something you are trying to achieve or likewise conserve the relationship or connection you have with someone.

Remain optimistic about the relationship you hold and the things you are doing to prevent a negative outbreak, as having confidence is extremely crucial. Stay confident in that every time something negative makes its way into your life, you either turn it into something positive or reassure yourself that it will turn into something positive.

The relationship you hold with someone creates your reality of what happiness is, according to how your life currently is with that person. So it is very likely that if you stick to the steps above, you will achieve a remarkable difference in your life style, with both you and your partner experiencing a rewarding relationship.

### *The synopsis:*

- To have **optimism** and that is to ensure that you are confident that an outcome will be successful, is to have **self-preservation** from harming your physical, mental, and spiritual state. This is by having **patience** with whatever you put your energy into.
- To have **patience** is to **resist** any temptation to carry out any negative act verbally or physically, whether its lust, harm, hurt, abuse, or insult. Having the **patience** to always try to **resist** temptation, will always ensure that you maintain your position which will eventually become a habit.
- To show **resistance** towards any negative situation requires you to have the **strength** and courage to do so. The **strength** and courage comes from the heart, this is where every step is kept.

Now you can see how each of these steps have an interconnection with each other and lead back to the inner state of the person. This shows that everything you do and say comes from the heart and no where else.

## ***Love, Honour and Respect:***

**Love:** Many people have their own interpretation of love, and therefore use the love for many different cases where they may abuse, or carry out such daunting behaviour against their partner. Love does not hurt, anger, envy or hate, it's not evil, bitter, cold or jealous.

Love is always good, calm, and warm, it's charming, immortal, and forever happy. It will always find its way towards you, whether it's someone helping you out, giving you a compliment, or smiling at you. It never lies. If it lies then it's not love. Don't be disheartened if you have loved and had a bad experience, as love still requires a learning process. Without bad experiences you will never know what it's like to love, because you would never know what it's like to hate. Feel content when your partner or person of interest shows love, be grateful and show affection.

**Honour:** Honour is about giving value to the people, yourself and your partner; it's about how much you consider someone to be worth. You honour your parents for the things they have done for you, likewise you honour your partner for being there for you.

Honour your partner similarly, just like you honour your mother and father, because they will help build your family. They are the mirror image of your soul. They help create your meaning of love and strengthen every aspect of your

reality love life. This will create the bond between you as a family and in turn you will value your family limitlessly.

**Respect:** Respect is merely due to a person's position. When you are a little baby you are taught manners and how to respect people, it's a learning curve and requires understanding over a period of time. An example is a guru, rabbi, or leader, someone who instructs or teaches. These people are respected for what they do and the position they hold.

Respect is one of the most important aspects of a relationship. It brings together the foundation of love and honour by the way you treat yourself and others. If you love and honour yourself, you will love and honour others accordingly, including your partner. Keep in mind that being respectful to someone is entirely down to the individual's decisions as to what they respect them for. However do not lose sight in a way that you may respect someone for an obvious wrong doing, while ignoring a good deed.

### ***The synopsis:***

- Love does not lie, cheat, anger or envy.
- Love is calm, charming, immortal, and forever happy.
- Stay devoted to love one another, and you will learn many paths of love.
- Honour your partner, just like you would honour your mother and father.
- Do not lose sight of self respect as this will determine your respect for others.
- To develop respect is to love and honour.
- Honour means worth and value. Respect is due to the authority of a person.

## *Communication – The key concept:*

Communication is very important in a relationship. It creates a strong bond, and this is what holds the relationship together. This is the key concept, as without it you cannot hold a relationship together. Things will fall apart and you will both go astray.

It is even vital in everyday life amongst your family, friends, and work colleagues and is what creates a sense of awareness of what is going on around you. It lets you know anything because communication comes in many forms and can be expressed in many forms. If you are lacking in this field you may feel that you are out of touch from the world, your family, and friends. You may also feel like this about other things that are important to you, even if you don't make the effort to follow up on them. It is also possible to feel distant with people even if you are making close contact with them; this is because you are not communicating effectively with them.

Communicating with your other half or person of interest is essential, whatever the communication is, nothing is too small. Little things such as **“how did your day go?”** or **“what are your plans for the following week?”** are crucial and can make a real big difference to you and your partner's lives. This is the icing on the cake and can solve many problems in a relationship.

Think about a relationship and how they are; if you have any issues with your partner. It could be their attitude, something they may be doing wrong or something that irritates you. The solution to this is to **“communicate,”** get it across to your partner or person of interest of what bothers you. If you hold it in, nothing will get solved and it will just break you apart. Let them know you have a specific or a few problems, understand each other’s differences and similarities and what could be done to overcome these issues. This can come in the form of speaking or writing.

**The best way to communicate:** The best way to communicate varies on an individual basis as everyone responds differently to different situations. Some may prefer to communicate through text and some may prefer to communicate through written notice to their other half. However it is more likely that face to face communication is the most effective, and has more of a positive outcome than text messages or a written note.

- **Face TO Face communication:** Personally, this is the best form of communication overall because it is physical: you can both see each other's expressions, emotions, and body language. This provides a full open view of how you both will react and things can be dealt with very quickly according to expressions and emotions.

This lets you open up directly to your partner or person of interest, and creates a big difference to the way the relationship ends up in the long run. It has both short and long term positive affects and increases your ability to communicate with others outside of the relationship, i.e. friends, family and work colleagues. This will make life much easier for you, and you will begin to realise you will be more of a happier person in life with everything instead of feeling distant from close contact.

- **Written:** Some people find it easier to communicate this way; it could be in the form of a note or text message. This form of communication can have a negative impact on your love life as you cannot view expressions or reactions, nor can you view body language or emotions. Your partner or person of interest may take things in the wrong way, misinterpretation can take place, things get twisted and this can result in long term negative affects.

The short term affects may look positive for a while, however in the long run communication between the both of you becomes more distant. Talking on the phone becomes text messages, in which physical contact may become remote. A note may be seen as more effective than a text message, because it shows more effort has been put into this form of communication. It is more emotional and can be understood in a better way. It can give your partner or

person of interest an image of how you must feel, what you may be doing to overcome the issue, and the energy you are using to put into the relationship. This is an alternative to text messages however cannot be carried out all the time as reading a note may become tiring over a period of time. Text messages are a quick and easy way to get a message across besides face to face conversations.

**Overall communication:** A face to face conversation rather than a text message is more than likely the best way to communicate. More results and better understanding can be achieved through face to face conversation, and a better sense of awareness is put across to both people who have some form of relationship between each other. You can have record breaking achievements throughout your relationship through face to face communication. On the other hand text messages are more of a quick way of communicating everyday things and should not be used to solve problems in a relationship.

Do your best to use the face to face method to get your message across. Express every feeling possible and show understanding through reactions and emotions. This code of conduct will ensure that you keep up to date with your partners issues and any problems that arise, as well as things that are going on outside of the relationship.

**Comfort zone:** If you feel that face to face communication is too much for you and you want to stick to text

messaging, then you need to come out of your comfort zone. This can be achieved by taking things slowly, step by step. First you can mention a few things face to face and as things get better you can introduce more complicated situations. This will enable you to establish your partner's differences easier and to communicate more effectively with confidence throughout your relationship.

### ***The synopsis:***

- Use face to face communication and avoid text messaging.
- Be consistent by communicating with your partner, person interest and the outside world frequently.
- Show support to all who communicate with you.
- Communication is the key to a successful relationship.
- Express and get your message across using various methods e.g. body language, emotions and reactions.
- Come out of your comfort zone if you are use to sending text messages.
- Record breaking achievements in your relationship are possible alone through face to face communication.

### ***Moral conduct – The path to righteousness:***

The term Moral conduct is one of the most important aspects for an individual to have. This also relates a lot to having self control/discipline, which I spoke about earlier. Moral conduct varies from person to person, and everyone has their own belief on what is right and what is wrong. On the other hand some things are obviously wrong such as:

- Abusing someone.
- Looking down on people who are less fortunate than you.
- Disrespecting your parents who have looked after you all their life.

There are things that you can argue for and against about what is having right or wrong morals, as it is down to one's individual beliefs.

- Is it right or wrong to take from the rich and give to the poor?
- Is it right or wrong to seek revenge because someone attacked your family member?

- Is it right or wrong if a woman cheats on her husband because she found out that he had cheated on her?

These are the type of arguments that can arise from what is having the right morals for someone to have.

Being able to have the right principles is very challenging and tough; on the other hand it is very rewarding and gives you great satisfaction. To have the ability to control your emotions and behaviour using the goodness of human character, in a relationship or towards the person of interest, has a huge impact on everything as a whole. It will save your relationship from a lot of havoc and creates peace of mind for the both of you.

Make it acceptable to treat your partner with respect and not to make them feel inferior, even if it's just someone you are interested in. Discipline yourself where if you have the urge to cheat, channel that energy towards your other half to say why you should not cheat. Stay clear of hurling abuse, and for the men:

- **Be reasonable not to feel superior over women, but to create a sense of welcoming control.**

As for the women:

- **Support the man mentally, stimulate his brain, motivate him to strive and channel his energy towards a successful life.**

These are short sentences but very powerful in keeping a relationship stable. You will be a much happier couple because you are directing your morals to something positive. Whether it's lust, emotional control, or controlling a balanced life style and diet, it all makes a big difference to the way you think.

If you show negative morals towards your other half it can be very damaging to your relationship, and it will spiral out of control and eventually go downhill. There are ways to try and have positive, or shall I say, good moral behaviour, but it requires you to:

**Practice:** Practicing on how to be reasonable and supportive towards your partner or person of interest comes with great patience. Practice on how to channel your energy away from temptation, abusive and negative behaviour. Controlling things such as lust is hard and takes great determination to manage the things you want and crave; it requires you to distant yourself from tempting things such as porn, and nudity environments.

As you may know things such as porn can weaken the bond in your relationship, and you can begin to show little interest in your partner or person of interest. You may view your relationship differently and your sexual expectations

may be over the top, also you may start to go looking elsewhere to fulfil your desires.

**Overcome:** To overcome such desires divert your attention away from material such as porn, which could even be brought upon by peer pressure. Keep your mind active by putting your energy into necessary things, it could be reading up on how to generate money, planning on how to open up a business or even watching movies or doing other things you enjoy. This will enable your lust and cravings to calm down day by day, week by week, month by month, and before you know it, you will feel more eventful.

In between these stages you will also be able to concentrate on how you can make your relationship better. Your energy will be transformed into newer and greater things, you can provide for your relationship or the person of interest.

When you put your sexual desires into something else, that energy will be transformed into good energy and your mind will be more occupied by things that matter and are beneficial to you. You want your mind to be having positive moral attitude towards life itself and your partner; this will enable you to save yourself and your relationship.

***- Your mind will be saved from destruction and corruption.***

**Be Consistent:** Being consistent with diverting your energy into other things that are beneficial is very essential. It will get you into a good habit to be consistent with good moral behaviour. Consistency is something that should be in your 3 groups of interest. Not only does it put you into a habit of working towards good things in your relationship, it also creates a good image and attitude to the outside world. Everything in your life will change, more positive and good energy will be generated, your family, friends and work colleagues will see you in a better light. Also these people will see you as a person with good morals.

What more could you really ask for, when everything is going better for you because you was consistent throughout. You disciplined yourself thoroughly to ensure that you overcome your bad habits which you have been rewarded for. So once done you should praise yourself and feel satisfied, for all the good that you have done for yourself and your relationship.

*Feel it, live it and breathe it.*

**Observe:** At this final stage you should observe your behaviour, pay attention to your habits and any other things that may lead you astray. It is very easy to fall back into the same loop you were in before and you can be misleading again. Notice your behaviour pattern and anytime you feel that you are getting back into the same loop, stop, think and ask yourself, **what am I doing?** When you ask yourself this all the time, it will become a

common thing to remember exactly what you're doing. So keep in mind that having good and positive morals also leads to self satisfaction of you being proud of yourself.

- *Now you're on the path to righteousness.*

### ***The synopsis:***

- For men: be reasonable not to feel superior over women, but to create a sense of welcoming control.
- For women: Support your man mentally, stimulate his brain, motivate him to strive and channel his energy towards a successful life.
- Practice channelling your energy away from lust and temptation.
- Be assertive in supporting your partner, or person of interest.
- Be consistent in having good habits.
- Observe your behaviour, pay attention to your habits and anything that may lead you astray.
- Be proud of yourself for having good morals.

## ***Religion and Ethnicity – Restricted rules:***

### **Religion:**

There are many different religions out there and as a result, may restrict the access to love someone or show your interest in them. Many of these religions carry their own rules; however all are similar to each other that they all teach us a set of rules, morals, and discipline. As people some of our parents and us make it unacceptable to love someone that is not of the same kind as you. This makes us lose out on valuable love and happiness, resulting in an unhappy marriage or unhappiness with life and the lack of freedom.

Just because you fear what the public, your family and friends may think, it does not mean you should restrict and limit yourself. Love doesn't discriminate; it is not selective and doesn't ask for anybody else's opinion. If others don't approve of your relationship or the person you like due to their religion, then try to make them understand. A lot may not understand but at least you attempted to make them, and may your family disapprove, then it's entirely up to you what you choose but just remind them that love has no limits.

All religions teach you respect, love, loyalty, honour, and many more great things to lead a good life and help other people. It mainly carries the same moral values as one another however people act and speak different due to the

religious culture they are brought up in. If you find that you like someone but are of different religion, then it's entirely up to you to go ahead with things, if it feels right do it, if it doesn't, then don't. Religion separates us as humans but it doesn't teach us that we cannot love someone who's of a different religion.

Have you ever seen a Christian with a Muslim or Hindu, a Sikh with a Hindu or a Buddhist with any of the others mentioned? It does exist which shows that love is endless and it's very possible to go for whoever you wish for. People need to understand that it is not religion that makes it difficult but it is us humans who make things difficult, through divide and conquer, disapproving of one another's happiness and being hateful to ones differences.

Remember we are all one, and we own the right to the freedom of our happiness, go for who you wish to be with, but be wise in who you choose. If you like someone who is different but fear that you maybe rejected by love ones, Then:

1. Stop, think and reflect on what you really want.
2. Think about the risks: the advantages and disadvantages.
3. Ask yourself, could I get my loved ones to understand?

4. Ask for advice from relatives of your religion and close peers who are not of your religion.
5. Know the worth of the situation.
6. Make your judgement based on the overall satisfaction of, if you think it is right.
7. Take action, be prepared for obstacles, and be ready to show what love really is.

These steps will give you an answer to whether you think it is right to enter a relationship, that you may find difficult to get into. As for step 7, I mentioned to; **“Be prepared for obstacles.”** Keep in mind that this is not something negative being put across, but is something we face each and everyday of our lives. Being prepared for obstacles means that, we have the ability to communicate appropriately when needed, we can stay one step ahead of what is expected, and we can control our emotional and physical behaviour.

*- So if you intend on entering a relationship with the differences of religion, feel your heart with the meaning of true love.*

## ***Ethnicity:***

Ethnicity is described as a specific group of people with sub-groups, such as:

- Black - British, Caribbean, African, other etc.
- Asian - Indian, Sri Lankan, Pakistani, Chinese etc.
- White – English, Irish, Scottish, Welsh etc.
- Other Ethnic groups.

All of these Ethnic groups have either a strong cultural background or some sort of cultural background. Most people from these backgrounds may consider themselves completely different, from others who live on the same continent, i.e. Indian's and Pakistan's African's and the Caribbean's. Furthermore those who beg to differ may restrict themselves from indulging in any other cultural activities. Also they may see it as a 'no go' zone due to family pressure, or because they are worried about what the public may think about their situation.

You have to remember that we are all equal, and having an open mind to different cultures is a good thing. We can see the differences we have amongst each other, as well as the similarities we carry with each other. This also relates to religion as culture is some what derived from religion, but

having a different ethnical background has more of an effect on a relationship or the person you like. Being of a different skin colour has an impact mentally and physically which could be a good thing but shouldn't mean a bad thing to you, even when based on your personal opinion.

If you feel that you like someone who is of a different colour or ethnic background, but feel that family, friends and members of the public will not like it, do as you feel and stand up for what you believe in. One who stands up to what they believe in even if they stand alone, will be more happier than one who sets out to satisfy the others around them. Being with who you want to be with and doing what you feel is right that makes you happy, breaks a barrier for those who may be in the same position as you. This creates a lot of confidence in others and produces a positive image to the public. Whether people frown upon it or like what GOD has made, in the end it all comes from a positive mind set.

So do as you wish, stand up for what you believe in and try to get family and friends to understand your situation and how you feel about someone. If it doesn't work for you at least you have tried, and if it does it's your opportunity to break barriers, to show that we are all equal and that GOD has created beautiful things.

***- Standing for positive things is the key, and striving for happiness is worth the hassle. Treat everyone equal as we***

*are one, and show to the world that Love discriminates to none.*

### ***The synopsis:***

- Go for who you wish to be with.
- Be prepared for obstacles, and fight for your love.
- Stand up for what you believe in, even if you stand alone.
- Treat everyone equal, as we are all one.
- We own the right to the freedom of our happiness.
- Those who beg to differ create barriers around them, which may have a negative impact on their love life.
- Breaking barriers to show that love doesn't discriminate, creates confidence in others who are in the same or similar position to you.
- Having an open mind to different cultures is a positive thing for your love life. It exposes you to new things, and shows your other half and their family that you are interested in their culture.

### *Saving a broken relationship:*

Saving a broken relationship can cause a lot of mental and emotional stress, it can also bring you on the brink to a nervous breakdown. Such symptoms may include anxiety, panic attacks, insomnia and hallucinations, which is a big problem in our society and needs to be tackled in the correct way.

#### **What is the correct way?**

There is no specific correct way of dealing with this, however it can be dealt with from all different angles depending on the couple and how they deal with things. The main concept is to communicate with each other. Without communicating you could never solve relationship problems. Take steps in solving problems such as:

1. Find the root cause of where the problem stems from.
2. Then figure out ways to solve the root cause to the problem.
3. If it's financial and you cannot solve it quickly then work around it i.e. find out what can be done in the mean time, or look for an alternative, because: **there will always be one.**

4. Anything else can be worked on by discussing with your partner the failures in the relationship, which resulted in the root cause to the future problems occurring.
5. Once steps 1-4 have been taken, ensure that you both have a mutual understanding of each other's wants and needs.

To save your relationship invest in it with great intention, put all of your energy into it if you consider it to be worth it. There is nothing better in life than to love and feel loved, to feel satisfied and content with life itself, and to make your partner feel like the most special person on the planet.

**Forgiveness:** This is just the latter of it; it is the essence of saving a relationship, and everyone at some point of their life needs to learn how to forgive. Forgiveness is important in our day to day lives, as people may do different things that we may find offensive, hurtful or spiteful. At this stage an apology maybe accepted or rejected, and to reject means to not forgive which is the reason as to why you may hold a grudge against someone.

This is important in a relationship as any grudges are held against your partner may result in neglect. Whether it is for a short period or long period of time it can still cause a detrimental affect on your relationship. Always learn to forgive, and if you find it hard to forgive seek help such as:

- Consult a close friend or someone you can talk to about your problems to do with forgiveness.
- Carry out research on how to get over an insult or problems you have with forgiving your partner.
- Talk to your partner about how to learn to forgive them, for something they have done wrong.

Seeking help can be very embarrassing and hard to come by, but when you take action I can assure you that you will never regret it. You will forever feel grateful and happy for the results you obtained from it.

**Forget:** Most people will tell you to forgive and to forget but the problem is that most people will never forget. As much as someone says they have to learn to forget they will never forget. At some point they will always remember what had been said or happened at that specific time of their relationship.

There is nothing wrong in not being able to forget, the thing that is wrong is when you hold it against your partner. What needs to be done is to forgive and put it past you about what had happened at the time of your relationship. This maybe a hard challenge because everyone takes things differently, some may find it easy and some may have a great deal in being able to get past what had

happened. If you find it difficult to forget about what had happened, then:

- Think about a time you did something wrong and someone had forgiven you, or moved passed what had happened.
- Mediate on moving forward in life with your partner, think about the positive things you can make of when moving forward.
- Concentrate on all of the good things that have happened in your relationship.

So as you can see forgiving is different from forgetting as, forgiving requires you to reunite with your other half, and come to terms that you are no longer holding something against them. Whereas forgetting is all about putting past what had happened at the time, and to move forward. Forgiving and moving forward in life with your other half is crucial to saving your broken relationship, and saving it can save the both of you from receiving a lot of mental and emotional stress.

*- Live, learn, laugh, smile, move forward and forgive.*

### ***The synopsis:***

- Find the root cause of where the problem stems from, in order to solve any problems.
- Discuss with your partner the failures in the relationship.
- Never hold grudges against your partner, they will feel neglected which can be very detrimental to your relationship.
- If you encounter any problems while trying to forgive, seek help from a relative or close friend.
- There is nothing wrong with not being able to forget, the only thing that is wrong is for you to not help yourself move past the problems.
- It may be very challenging trying to forget, mediate on moving forward with positive thoughts.
- Concentrate on all of the good things about your partner and your relationship.
- Ensure that you both have a mutual understanding of each other's wants and needs. This will enable the both of you to understand each other thoroughly.

## ***Help thyself:***

Helping yourself is one thing that you and only you can do, nobody can help you primarily however they can help you secondarily. It's up to you to be able to help yourself in any situation, whether it's to make improvements in a relationship, sort out a disagreement with someone, take an opportunity or let go of something that hurts but is for the better of you. Never rely on anyone to make you happy because only you can make yourself happy. I don't mean as in another person cannot make you happy by adding to your happiness, I mean never rely on someone else's feelings or life to determine your happiness.

Create a sense of self awareness that you are here for a good reason, and that you should be happy for everything you have in your life. Whether you consider it to be bad things or good things in your life, the outcome will always make you a stronger person and that is what you should be happy about and grateful for. Help yourself in terms of taking action, even asking for advice is a form of helping yourself because even though it's someone else's opinion or fact, it could help you with the decisions you make in life.

When you're in a relationship help yourself to see where improvements can be made. If you are working towards a relationship, help yourself where you can already see the differences you both have, that may cause conflict between the both of you. This can be achieved by not changing

yourself specifically to satisfy the person, even though they have taken you for who you are, but to accommodate by understanding and looking at their differences in a positive way. When I mean a positive way, I mean you wouldn't have liked the person in the first place if it wasn't for their flaws, which adds to their attractiveness. So help yourself and be grateful for what you have got, and give thanks to the universe and GOD.

To help yourself you should:

- **Know thyself.**
- **Let go.**
- **Take and create opportunity.**

**Know thyself:** You should always try to know yourself and what you want in life. If you feel that you don't know what you want, then work around what you like or what you think you may like. Try to know how you are feeling at every moment in time; know what you're thinking and what sort of relationship you want to have. Write it down so you can always remember it. This tells you that knowing yourself helps you to help yourself and a relationship you are trying to get into or keep. It helps you to determine what sort of person you are and what you should look for when seeking a relationship, or when you are already in one but trying to improve on the grey areas.

Knowing yourself can be quite difficult in a sense that anyone can say that they know themselves, but make contradictions by carrying out the opposite to what they have said. Know where you want to be in life, make plans and if your primary plans don't work, always have an alternative. Being prepared in life also gives you the opportunity to know yourself even better and giving yourself tests, goals and aims also makes you know yourself even more.

Know who you are and what you are; see yourself in a positive light. If you feel that you cannot see yourself in a positive light due to your circumstances, look at all of the good things in life you can be happy for.

Try and gain a deeper understanding of yourself. Get into the mood of being self centred when or if you meditate, to be able to help yourself with your own wants and needs. Then when you are comfortable with yourself being self centred, meditate on your partners wants and needs or the person you are developing a loving relationship with.

This will enable you to keep calm and have control yourself, which is also helping yourself and the sake of your relationship you are in or getting into. That's why helping yourself, and knowing yourself act in parallel with each other to achieve pleasing results.

**Let go:** This is essential to your health. It can save you from draining your energy on things that are not worth

your time and effort. Letting go of something for the better of you is helping yourself escape the turmoil you put yourself through. It could be a previous relationship that you were in that was no good for you. When I mean no good, I mean as in you were not happy or you were constantly being cheated on, or your partner was always causing you grief.

Some people always constantly stay in the loop of being in an on and off relationship that is not going anywhere. They tend to hang onto something they know will never last or make them happy, yet they don't want to let go. In order to let go of something you first need to realise your worth and know that you have great potential in meeting someone who will cherish you. This has got nothing to do with materialism, and is purely based on the mental attitude towards one another. Being cherished by someone means to feel protected and being taken care of in a loving way. To show support whenever it is needed and to show your partner how important they are to you.

Don't hang onto someone that doesn't cherish you, and give you a sense of how important you are in their life. Never down play the importance of your partner's role in your life or someone you are working on a relationship with. Let go of the past and look towards the future, let go of the pain and sorrow that's being caused, and take each and every step towards your future feeling like you have won. As I have stated, the only way to achieve this is to

realise how worthy you are for someone to treat you right and with respect.

This is very difficult but can be done and will take a while to move away from for some people, as some people can move away instantly while others it can take several months or years. To speed up the process take action, and rely on yourself to improve yourself, concentrate on your health and well being and in no time you will feel happier than ever.

**Take and create opportunity:** Taking and creating an opportunity is the final step in moving on in life to help yourself. To create opportunity is to put yourself in situations that will allow you to move on. This can come in many forms such as looking for a new job or wanting to win the lottery. A prime example of creating opportunity that I will mention is to:

Go to an event and meet someone new, this will allow you to help yourself by diverting your attention away from the previous latch on you had, to someone else who was causing you harm. Taking the opportunity to better your life and make yourself happier is the greatest thing you can do to let something go and help yourself. Can you see how **helping yourself** and **letting go** are all interlinked to creating opportunity for yourself, which in turn lets you get to know yourself even more and what you want in life.

This also lets you get out more, clearing your mind, and making space for new things in life. When one door closes another one will open or several doors may open depending on situations and circumstances. It is true and helpful to your spirit. Things will change and meeting new people will constantly remind you that there is a lot more out there.

Take opportunity where it is present; never watch an opportunity slip by even though many more will be there along the way. The one opportunity you miss may be the best opportunity you will ever come across in a particular situation.

Therefore to help yourself, you have to know yourself and what you want in life, and to help yourself you need to let go of something that is not worth your time and effort. Eventually create the opportunity to help yourself in order to know yourself and what you are aiming to achieve. At this stage you will be on your way to bettering yourself and happiness in life, especially when meeting someone new and getting into a new relationship. Furthermore if you are trying to better the relationship you are in, helping yourself and your partner will help you to do so.

### ***The synopsis:***

- Never rely on anyone to make you happy.
- Help yourself, take action and ask for advice.  
Don't hold back as every little helps.
- Know yourself and what you want from life, don't let anyone tell you what they think you want from life.
- Set goals and targets and be prepared to avoid disappointment, because you will know yourself more and want you want from your goals and targets.
- Let go of things, people or a relationship that drains your energy, hanging on will only keep you in the same loop.
- Concentrate on your health and well being, your energy is important to your happiness.
- Take opportunity so that you can give someone else the opportunity to get to know you.
- Create opportunity for yourself and try to not let it slip by; it may be your best opportunity, if it happens to slip by then keep looking forward.

## *Value:*

Looking at yourself as a valuable person is of great importance, it gives you and others an insight on how you see yourself. A man or woman may value themselves at low standards and the reason for this could be due to many things such as:

- Financial circumstances (Not having enough money).
- Previous relationships (Bad experiences with multiple relationships).
- What others think of them (Others looking down on them).
- Feeling uneducated (Dropping out of school, college or university).
- Poor job prospects. (Feeling like you have very limited skills).

The list goes on, and whatever the problem is don't lower your self value. See yourself as someone who is important, without having a big ego (thinking you're more important than others). Believe you can achieve anything you put your mind to and that there is always light at the other end of the tunnel.

Value yourself as someone who is capable of being in a good relationship, and don't have a belief that you're only capable of being in a relationship that won't last. There are people out there who are encouraged to believe by others that there is no such thing as a good man or woman, or there is no such thing as a lasting marriage or descent relationship. If there wasn't, then why is it still happening in our life time? Why do we still see couples happily married or in a good, strong happy relationship?

This is because it still exists, both partners believe in a lasting relationship, and a marriage to death does them apart. Believing is some what achieving as the two of you work together to meet and retain this criteria. Feel worth it and mentally stimulate your brain to accept this, love yourself for who you are or no one will love you for who you are. Stay enthusiastic about yourself, feel the enjoyment in accepting you and passionate about your future with your partner or if you are single your partner to be.

If you are single and a person who values themselves at low standards, because of any of the 5 points I have mentioned or for any other particular reason, then put that behind you. Take a moment and think about all the things you should be grateful for in your life that others do not have across the world. If it's because:

**Financial situations:** Then be grateful for what you do have and what else you can achieve in the future, only look

down at people if you are helping them up so you both can look up together. Stay humble and confident that your financial situation will get better, and if you feel that this is hard, then at least be assured that your great personality will let you win a relationship. If you are already in a relationship and feeling the hard financial situation, then be strong and confident together, make plans and back ups. Use your communication skills and know that the two of you together are one, stimulate each others minds to pick each other up when falling down.

*- Working together makes the dream work together.*

**Previous relationships (bad experiences):** Look at the reasons for why you are not in that/those relationships now, and believe in your mind that you will not get into another bad relationship. Feel the change in your mind to know that the reason why you are not in one is because you are going to meet someone very special and important. Believe and feel confident that they will change your life and give you the opportunity to look at things differently. The past is the past for a reason, and an ex is an ex for a reason, look on the bright side that you have learnt and became wiser from your previous relationships.

*- The previous experience is always something you will learn from.*

**What others think of you:** Put yourself in their shoes for a minute, do they really care about what you are doing? Do

they really think about you, when you are not in their presence? I really doubt it, and if they do then you must be doing something right that it is of great importance to them. Do not worry about what others think of you, even if they look down on you, just do you and keep on improving yourself. Concentrate on what you are doing and not them, because you are important to yourself and there is someone or many people out there who have love for you.

*- What others think of you are their opinions, so don't take it to heart and concentrate on yourself.*

**You feeling uneducated:** Look at what you are educated on, everyone has some sort of knowledge and just because you dropped out of school, college, or university, it doesn't mean you are not educated. If you feel that you do not know much in general, then help yourself and better yourself by reading books or looking online for information you want to know. Do your own research and Remember, **“you can only help yourself,”** it's up to you to educate yourself, because someone can only educate you to a certain degree, the rest is up to you. Take action and when you do, be proud of yourself because each and every step you take you educate yourself more.

*- A high school dropout can always be extremely successful, put your mind and energy into what you want to do, and you will see tremendous results.*

**You have poor job prospects:** Look at the current skills you possess, you can always make good use of them. No matter what the situation is, what you consider as poor skills can always be made into something amazing if you use them in the right context. What is the right context? That's for you to decide what is required for your specific skills, and if you cannot decide at least use it to your advantage. Broaden your skills, look above the horizon, do things and activities that will give you the opportunity to gain more skills and use them. Whether it's reading, sport, a hobby or gift, expand on it, because you never know the wonderful things you can make of it.

*- Look up, be confident, and make your skills count.*

To summarise, when I mean value yourself and look at you as a valuable person I don't mean give yourself a **“price tag.”** Never put a price on yourself; never value yourself according to money, because no one is worth the value of money. Whether you're a man or woman, putting a price tag on yourself is very disrespectful, and gives people the idea that you may have low self esteem and that you lack confidence in yourself.

Giving yourself a price is not worth it and gives people the opportunity for them to take advantage of you. Look at all of the reasons why someone should not give you a price, it is well damaging to your mind set and you can end up in the deep end of life. It can lead to unhappiness and it doesn't show you how to love with good intention, it also

makes you materialistic and keeps you in an unrealistic world. So value love highly, and show that you are worth more than a piece of paper that has a value on it.

*- Everyone on this planet is worth more than money.*

### ***The synopsis:***

- Do not have a big ego and see yourself more important than others.
- Believe you can be in a good relationship, if you choose to believe so.
- Accept yourself for who you are, be enthusiastic and passionate about your future with your partner.
- Don't look down on yourself, there is always someone who will value you, and see you as an important person in their life.
- Educate yourself, it is very important to do so.
- Don't lower your standards because of bad experiences in your previous relationships. Learn from them, it makes you wiser.
- Develop your skills, be confident, and make good use of yourself. It will help you to value yourself and others highly.
- Never label yourself with a price tag; it gives people the opportunity to take advantage of you. No one is worth the value of money.

## ***Broken family – Challenging self confidence:***

In this chapter I will emphasise on why someone who considers themselves to have a broken family, may find it difficult to be in a relationship. I will also give advice on how to overcome such confidence.

What is a broken family?

A broken family may be considered as someone who doesn't have both parents living at home or around supporting. A parent not showing interest in their kids, and someone who has family problems i.e. mum getting abused, or the family's relationship is un-secure between the parents. This can have a negative affect on you while growing up all the way through to adult life, which can destroy self confidence and any positive thoughts to secure a long lasting relationship.

One may find it difficult to get into a relationship if they consider themselves to have a broken family; this is because they may lose self-confidence in seeing their parents not getting along with each other. They lose faith and feel that they have to keep their standards low, as well as they will never find anyone they consider descent to like them. They may also feel that this sort of life is **“normal,”** as in there is no such thing as a peaceful loving relationship that can last as long as they live.

**Arguments:** You have to understand that arguments are normal, but that doesn't mean because parents argue that the relationship is not going well. This is part of the relationship however in extreme cases major everyday arguments may be detrimental to the relationship.

*- Do not feel that just because you see extreme cases of arguments that your relationship will turn out the same. It's each to their own and it takes two to tangle.*

**Parent/parents showing no interest:** Sometimes a parent may not show interest in their kids, they may never ask how their day went or what they did or the activities they engage in. They show no form of important communication with their children, which creates a poor relationship between them when they grow up. It becomes more damaging when both parents don't show no interest, which could leave the kids to grow up to stray away from their family.

At this stage they may feel that no one will want them due to not having a successful family bond, because everyone who looks for a relationship looks for a successful family. **This is not necessarily true.**

*- If your parents show/showed no interest in you, then turn this negative opportunity into a positive opportunity. Give to your children what you did not receive. You will be blessed.*

**Abusive parent/couple:** When a parent is abusive to their partner or if both are abusive to each other, this has a very negative affect on kids. It can go one way or the other, they will either grow up to abuse or they will grow up to be strongly against it. Growing up to be strongly against it is a good thing, however growing up to be that abusive person or getting abused is completely wrong, and following those footsteps are dangerous to you and your partner.

*- Being abusive or staying in an abusive relationship is no good, turn away and look towards the light. Do not follow the footsteps of your parent(s) who was/were abusive if they were.*

### **Overcoming low self esteem with a healthy mindset:**

Whatever the situation is in the family, stay positive, and visualise a good relationship in your mind without abusive behaviour. Always keep in mind and remember that there are loads of people in difficult situations and some even worse than yours, think about those who have made progress and are now in good relationships.

There is always light at the end of the tunnel, and there are always good things out there that you can seek. Keep a healthy mind, be affirmative, and don't let anyone tell you less. Look around you and look at some of the healthy relationships that are present, you cannot tell me that you are not capable of achieving this. It is a fact that some

people that have these relationships were in a worse off position than you are or were.

Evaluate your self esteem and see where you are with that, be honest with yourself and if they are low, picture success with a relationship. Also picture success with your career path and this will produce happy emotions for yourself. Remember that no one is perfect and can never be perfect, but you need to learn to see your imperfections as to what makes you perfect. This is where you will be able to feel the love for yourself, the happiness you create for yourself, and at this stage you wouldn't feel any need to reject yourself.

It is all in the mind, the way you think, the things you do brings out what you see around your outside world, and only you can help yourself in these situations. Anyone can tell you things, but you need to concentrate on developing this mind set for a better outlook on yourself and your life. It is within you, and you are capable of achieving anything you put your mind to, so always remind yourself of the good relationship you can achieve through your thoughts.

Learn to be emotionally strong so that your mind set can be emotionally stable with your thoughts, in which you will be emotionally healthy. Do not turn to the world and ask for their approval to determine what you will achieve in life and in a relationship, and do not certainly revisit your past by thinking about what happened back then. It is all about now, the present and the future, and if you find that you

are dwelling on the past, stop, as well as think about what you are doing and use this opportunity to wonder why you are not physically living in that situation now. This will make you understand that it's for a reason and that reason is because what lies ahead of you is better. Furthermore it gives you the opportunity to better yourself with a healthier life and with healthier thoughts.

So just know that you can change the low self esteem issue but it may not be an easy ride. However it is highly likely that if you try hard and want to make that difference to your life, you will succeed. You do not need other people's opinions, also do not see new situations as a threat but as a good challenge to complete, get over and be a stronger person.

***- No matter what position you are in, you can always find a great relationship.***

### *The synopsis:*

- If you consider yourself to have a broken family, do not let this impact your thoughts negatively towards a relationship.
- Turn every negative situation in your family, to a positive outcome you can give to your family and relationship life.
- Always keep a healthy mindset which keeps you emotionally healthy.
- Do not look for other people's approval.
- Create positive images in your mind, it keeps you happy.
- Evaluate your self esteem, and when you feel it slipping away, be honest with yourself.
- There is no such thing as **“I am not good enough to be in a good relationship,”** look around you because love is all around you.

***The necessary steps towards a good relationship:***

Having to be ready to take the necessary steps in life to create and have a successful relationship, is a question you may want to ask yourself. Are you ready to make such a commitment? Are you willing to make such a commitment in order to be trusted and vice versa?

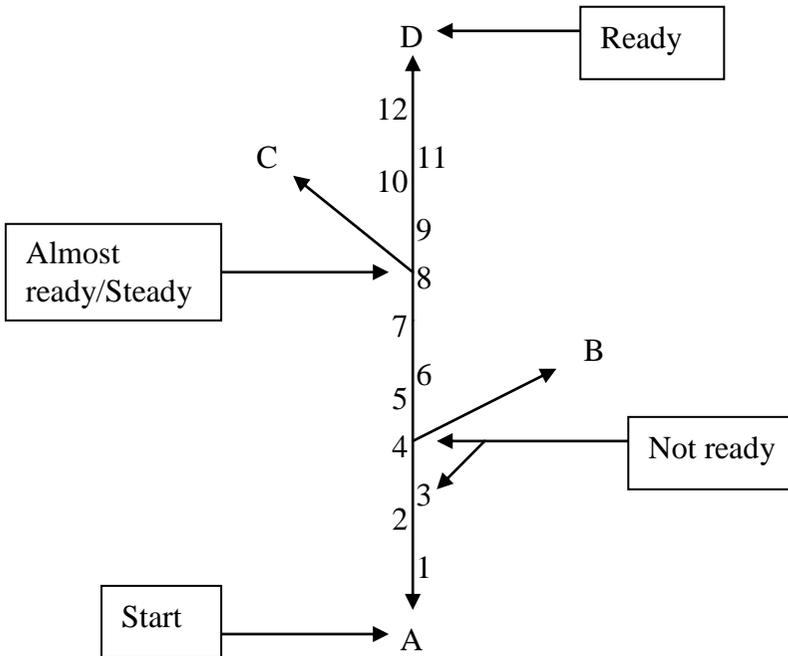
If yes, there are steps you will be taking forward, but you must make sure that you take more steps forward than you are taking backwards to start off with. Furthermore you want to avoid taking any steps backwards as this may cause you to be un-certain about yourself, and what you want while you are preparing for or while you are in a relationship.

Taking steps back is not a bad thing but requires you to be cautious because it can turn into a negative situation. Taking steps back gives you the opportunity to re-evaluate your circumstances.

Such circumstances can arise from personal issues surrounding your personal life, or trust issues concerning the person of interest, or because of a current/pervious relationship.

The first thing you want to do is to have a piece of paper in front of you, and on this piece of paper draw four points like **“Diagram A,”** called **“pointing towards unity.”** You

can use this one or you can draw your own, it doesn't matter as long as you can make sense of this or your own drawing, that's all that matters.



**Diagram A – “Pointing towards unity.”**

Every time you ask yourself a question and realise that you are ready, take a step forward to the next number. If you find that you are taking a step backwards from **step 4 to 3**, or that you are stuck on **step 4**, then you should consider

yourself **“not ready.”** However if you reach **step 5** then you are on the verge of becoming steady, and you need to ask yourself more relevant questions. If you find that you are stuck at and/or lie between **steps 6 and 8**, you may want to re-evaluate your decisions and ask yourself, why am I stuck here? If you are above **step 8** then you are considered to be ready but you just need to work a little, but more on what you want and what you are ready for.

Some of the questions you may want to ask yourself when working towards each step are:

1. **Are you ready to trust them?**
2. **Are you ready to commit to one person?**
3. **Do you feel like this is the right person for you?**
4. **Are you happy with the way they are so far?**
5. **Do you feel that you need more time with them, to decide on your answer to question 4?**
6. **Are you willing to support yourself financially, even if they don't support you financially?**
7. **Do you feel safe with them in private?**
8. **Do they want what you want in life?**

**9. Could you wait until you are married to this person, to have sex with them?**

**10. Ten years down the line, could you see yourself with this person?**

These are just a few questions I have given to you, as guidance as to what you may want to ask yourself. The questions you ask yourself may be totally different to what I have given to you, as long as your questions are relevant to a relationship or to the person you are pursuing. This will enable you to be in a good position to take these steps and make your decision.

You may want to visualise yourself taking one step forward, and with each issue you address and the answer being yes, then keep moving forward. If the answer is no and you are finding that you have to take steps backwards then:

- **Write the issue down and find the root cause as to why the answer is a no, if you don't already know.**
- **The main aim is to reach the finish line by having to not take any steps backwards.**

This method is good and allows you to thoroughly investigate yourself, in order to prepare or know if you are ready for a relationship. It allows you to know yourself

even better, know what you want at the current time, and lets you know what you need to do in order to move forward for a good relationship.

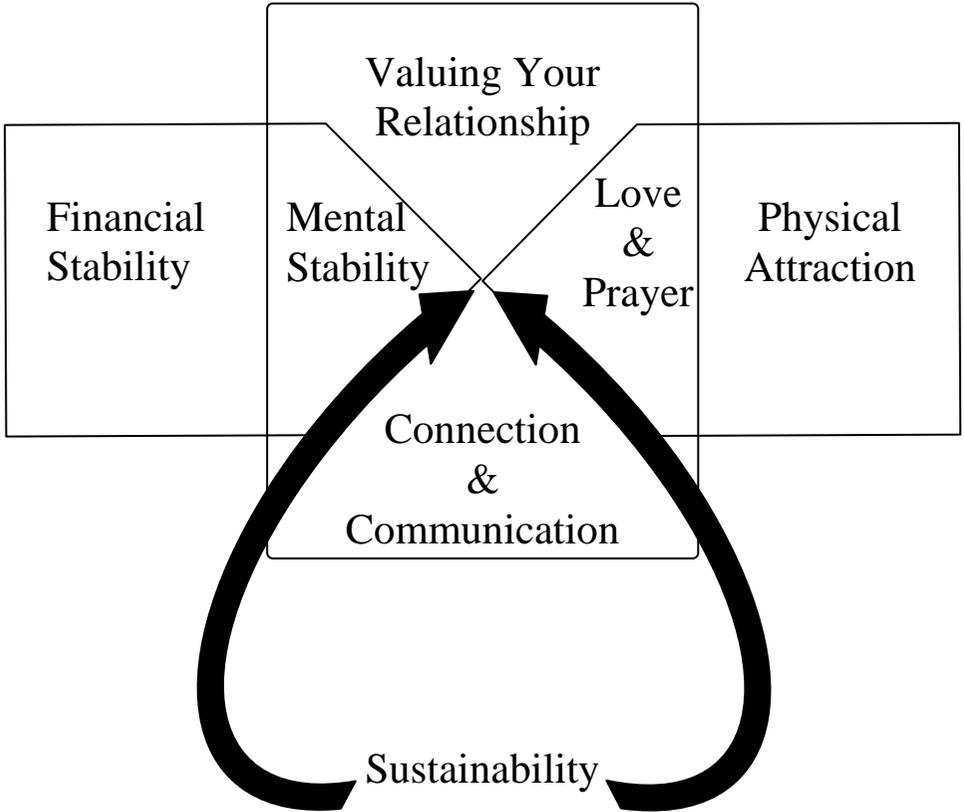
### *The synopsis:*

- Are you ready for commitment?
- Make sure that you are taking more steps forward than you are back; if you feel that you are ready for a relationship.
- Just because you take steps backwards it doesn't mean it's a bad thing. This will enable you to evaluate your situation thoroughly, and will avoid you from feeling the need to force yourself into a relationship when you are not ready.
- Follow **Diagram A – “Pointing towards unity,”** if not then make your own similar drawing to make sense of it. This will give you an insight of whether you are ready to pursue a relationship or not.
- Write out a bunch of questions you want to ask yourself.
- If you feel that you are stepping backwards, then: find the root cause as to why you said no. If the answer is simply a no because you just feel that you aren't ready, then leave it at that.
- This method lets you know yourself even better.

### *Sustainability in a relationship:*

Sustainability for a relationship comes down to the simple fact of what we need in able to keep the relationship going, and what we need to keep the family tied together if you have any children. It also comes down to being able to maintain the conditions in which happiness exists for the couple or family, and what you need in order to continue to live under these conditions.

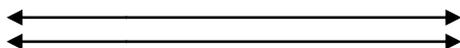
When looking at **Diagram B** below called “**J-White’s Strategy,**” this is a simple diagram depicting what you need to have in order to keep a relationship sustainable. The outer parts of the wing which consist of “**Financial stability**” and “**Physical attraction**” are much less important than the four inner points. These two points are only there as a bonus to add to the relationships attributes, and are not fully necessary to sustain one.



**Diagram B – “J-White’s Strategy,”**

As you can see meeting at the centre point is crucial, it's what brings all four of the inner points of diagram B together in order to sustain a relationship. These four main points have nothing to do with materialism, superficiality or money, and are only related to what's on the inside of a person which brings together the whole emotional, mental and spiritual connection. When you can see all of these inner characteristics of a person, you begin to feel a deeper type of physical attraction in which the outer appearance doesn't matter, but what you see on the inside is what makes them a beautiful person.

### *Valuing your relationship*



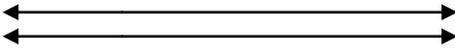
### *Connection/communication:*

Valuing your relationship works in parallel with having a connection with your partner. If you value your relationship it will give you that connection you need in order to communicate with them effectively. To value your relationship is to see what it is worth; it is to see how far you will go to keep your partner and family happy, also to keep them close to you and one another. Of course, doing the wrong things and going to extreme lengths to keep your family happy should not be an answer to a problem you could be possibly facing. An example of this is: you lose your job and in order to obtain money you risk your connection with your other half and family by stealing from people. This doesn't mean that you do not value your

relationship, but it means you are taking a risk in losing that connection with them because you could go to jail for it, under certain circumstances.

The way you should value your relationship should always be viewed in a positive way. So no matter what the circumstances are, you should always try to maintain that connection and communication between your family and your partner. Also always establish what is right from wrong especially when being put in a difficult situation. To keep the connection is to always speak when something needs to be addressed, and to share thoughts and feelings in an appropriate manner. Furthermore you should make corrections where disruption may occur within the family and/or relationship.

***Love and Prayer***



***Mental stability:***

Love and prayer works in parallel with having mental stability, when you show love and pray to whoever you pray to, this will give you a sense of security and keep you mentally stable. Being mentally stable gives your partner and family security, they trust in you, believe in you, and they believe that everything will be fine as long as they are under your wing. It only takes one of you to be mentally stable for you to affect your partner, and this is the ultimate goal for you to keep each other and your family mentally

safe. Mentally safe means to be able to stay sane, keep one another's minds on the right track, and remain focused on important things.

Praying goes a long way, and to love incorporates everything that is positive. You should pray in order to stay mentally stable. When you pray and are mentally stable, it makes your family feel the love around one another, happiness is present and positivity is in the air. This gives your whole family the energy of one part to remain sustainable, and is not the only two things you need in order to fully sustain a relationship. Although prayer is the most important aspect, you still need the other parts, such as a connection to keep the relationship going.

- **Feel passionate about love, and it will stay with you and follow you everywhere.**
- **Stay mentally affectionate and it will guide you when feeling lost.**
- **Be equitable and no one will feel unloved.**

### ***Financial Stability:***

Being financially stable is part of sustaining a relationship physically, but not mentally, it can only buy the things you need and want and it can keep you happy to a certain extent. Money can give you the security to do all of the extra things you want to do in life, and can change lives for

the better for you and your family. One thing it cannot do is save your relationship through a rough period that is not related to money but more of an emotional and/or mental matter.

I am not down playing the role of money, however be aware that being financially stable is only one part of the relationship and adds to diagram B as a bonus. What really matters is how you deal with money securities, and what you consider to be an appropriate amount of money for your partner or family to have.

It is way less important than being mentally stable. Without a family connection, love, mental stability, and value, your relationship can never be sustainable. Maybe for the sake of having money it can seem that way, but your mind and spirit will be distant from that secure connection you should have with your family. This is one thing that has its positives and negatives, and if you look at them on the negative sides it's a positive thing to have money, but the negative sides are worse because there is nothing to spiritually and mentally uphold your family beyond this.

A real life example are cases we have seen where people have been depressed while still having a lot of money, and things have ended because of this. They are going through a divorce and are/or jealous of their previous partner moving on etc. This is just an example that goes to show that it's more convenient to have a bond, a connection, something that ties them together spiritually. This way they

will not fall apart and can always work on ways to strengthen their financial security.

Of course you need money to survive but that's only for the necessities you need in life, such as food and water for survival purposes and a roof over you and your families heads. Of course you are thinking that if you are going through a mental rough patch in your relationship and don't have financial securities, that it can still end which may drive you down hill. Also to a certain degree money can change the way you think and your mood, and having it can save you from heading down a steeper hill. This still does not determine the sustainability of your relationship.

You can have all the money you like but what happens if you lose it all? Things will begin to deteriorate, your family will be worried and reality will kick in for you. This is where you have to be prepared for your downfall, and this includes not just your downfall but your families too. This is the stage where all four important inner points of diagram B come together, and will sustain your relationship with you and your family. Love, prayer, staying mentally stable and keeping a strong mind to have that connection with your family is the big plus. This is where money doesn't fall into it and you need to stick to these inner points to stay on top and work as a team. Without this there is no sustainability.

So as you can see the main four points of Diagram B are what really matters, and will forever hold you and your

family together to a very strong degree. The financial security aspect of it just gives you an extra degree for strengthening your relationship physically.

*- Every little helps but concentrate on what's important.*

*- Look at the bigger picture; what matters comes from the inside.*

***Physical attraction:***

Physical attraction is yet again another one of the outer points of Diagram B and will not sustain a relationship. This is the very least important of them all as looks fade and don't stay the same forever. It may be important to a certain extent in every individual's eyes, however everyone has their own perception on what beauty is. The clothes you wear, the sex appeal you have, and the material things such as cars all contribute to the physical attractiveness of an individual.

Eventually all of these things in a relationship may no longer satisfy you, and under these conditions are where the real attraction is. The attractions I am talking about are emotional, mental, and spiritual; these are the real core of what sustains a relationship and not what is on the outside. Below I will state what each consists of:

1. **Emotional attraction** – This is a powerful yet humble form of attraction; it comes from within

and is needed to keep your partner intact with you. It is what one feels towards you, and how they can interact with you on a deeper level than just saying a bunch of words.

2. **Mental attraction** – Is all about how you mentally view your partners mind set, how you think they are from their mind set, and what draws you to the way they think. It gives you an insight to why you like the way they are, from the type of things they say, to the type of things they do. Mentally stimulating your brain and supporting your partner mentally keeps you both attracted to each other.
3. **Spiritual attraction** – Incorporates growth and wisdom, intuition and faith all come under spiritual growth, it is a supernatural force and only the individual can make their own sense of this. It is about growing with your partner, feeling that strong sacred/holy connection, and feeling like you have tied your souls together as one.
4. **Personality** – Your personality is what brings all of these various attractions together. The way you are gives your partner their perception of you. What you give out to them is what you will or should get back. If you are strong minded, enthusiastic, calm, and approachable, these are just a few to mention, you will be liked by many and easy to get along with.

### ***The synopsis:***

- The four inner points of Diagram B are the most important; it's what will keep your relationship sustainable. The two outer points just add as a bonus to the sustainability of the relationship.
- The spiritual, emotional and mental connection is what makes your partner or person of interest look beautiful.
- Do not let materialism, superficiality or money get the better of you; these won't keep a relationship going.
- You need to value your relationship to keep your connection going, and you should pray and love in order to keep you and your family mentally stable.
- Concentrate on what's important in your relationship. What you consider important varies amongst individuals, however just make sure it makes a difference.
- Maintain the conditions in which happiness exists, and where you sense unhappiness, communicate with your family to see how you can improve.

### ***Prayer – GOD and the law of attraction:***

Prayer is the most important aspect of this whole book; it brings confidence, faith and belief that one will achieve the greatness of a successful relationship. Prayer is the law of attraction, it helps the individual or couple look forward to making things happen for them.

This law of attraction will ensure that GOD brings great things to them, and this law will happen for you if you believe that it will. The law of attraction is GOD in act. It is neither man nor woman, black or white, thick or thin. It is the universe and everything within it that makes up one. Pray to the GOD that made you, pray for help and even if you feel like you do not need any help, still pray, and be grateful for everything you have and pray for the less fortunate. Whether you are religious or not, be thankful for the life you have and feel it, and if you have a good relationship then praise the universe for it.

Life comes with many ups and downs, many tests and battles. Whether they are in relationships, money problems, downfalls or family problems, each has its own test. We have to learn as humans that life is not perfect and nothing can turn out exactly the way you want it to be at a given time, but can be very close to what you want at the time. You have to persevere in remaining positive so that you will eventually achieve what you want to and if you do not, at least you have tried and won't wonder, **“what if?”**

Trying is the best thing that you can do, and if it is not meant to be, then it won't be.

Praise GOD even if you feel that nothing good is happening in your life, because on the other side good things are coming towards you. It could be a new love life, some money, a new job or a holiday that is being paid for. If you pray you will one day at least receive something good. Praise GOD for the great mother and father he has given to you, and if you feel that's not the case, then give thanks that you are here to make someone else's life better and happier.

Remember that you are here for a purpose and that there is someone out there for everyone, and that you are going to make them an even happier person than they are. Praise GOD as if you have already met your partner and that you are very grateful for receiving their love. Pray for better days, and even if you feel like your life is going very well, you should still pray because at any given time you could fall.

Pray that you will always remain a good person and have good intentions from the heart, pray that you remain loyal, happy, disciplined and in self control. Pray that you remain with good morals and that your attitude to life is very positive, because that is what's important. Nothing beats life when you are that positive energy, and the people around you can feel it, this is the drive that excites life in you and others.

Prayer gives you a relief from stress, although you sometimes may doubt and not feel this all of the time, at times it does. You will feel positive in every aspect including meeting a new partner, even if you don't already have one. At least when you pray and put your mind to positive things, it gives you new hope and something to look forward to in life, this also gives you a new line of sight to imagine how your future could turn out. Creating positive images gives you positive thoughts.

Obviously some people may ask the question, why should I or why do I pray? Well there is more than one answer, in fact there are many answers, and one simple one could be:

- So that GOD can make your life easier and better.

One thing you have to understand is that nothing comes easily and quickly, and some things come to others early in life and some things come late. If you ask the question: why should I pray? Someone can turn around to you and say the above statement, however you cannot take it word for word, except you can only have hopes that things will change for the better. If you see things in life that you believe are signs then take it that way, take it as it is, trust your instinct.

Prayer is active in all religions and you do not have to be religious to pray. It is the law of attraction and the cosmic order to think positive, believe positive and have positive faith. To believe positive and have positive faith all comes

down to your thoughts and actions, and also what you believe in about yourself.

So remember just pray, stay happy, live life and keep on smiling. Hope and believe that better days are ahead, whether it's a relationship, life in general or job prospects, nothing stays the same. You also have to be willing to make that change, and you have to help yourself in order to be helped.

**- Pray with positive and humble intentions, and you will feel positive intentions come back to you.**

### ***The synopsis:***

- Prayer is one of the most important aspects of life; it gives you faith in all walks of life.
- Just because you are not religious, it does not mean that you cannot and should not pray.
- Praise GOD even if you feel like nothing good is happening in your life. There is always a good outcome in the long run.
- Praying can help relieve stress and boost spiritual happiness.
- Prayer is active in all religions, and can change your whole life before you even know it.
- If you see things in life that are a coincidence, then take it as a sign.
- You are here for a purpose; there is someone for everyone out there.
- Persevere in prayer, even when you are in a difficult situation.
- Pray with good intentions.

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Love does not hurt, envy, degrade, nor is it jealous, evil, or spiteful. It's always positive, successful, appreciative, and nourishing; which creates a respectful approach to yourself and your partner/spouse.

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