

The Importance of Relationships

This article is based on a talk I gave in March 2013 to the Alister Hardy Society for the Study of Spiritual Experience (AHSSSE) at the University of Wales Trinity Saint David, Lampeter, Wales.

In my book, *Healing with the Feminine Principle*, in the chapter on Our Authentic Soul, I touch fairly briefly on building true relationships. This talk was an expansion of that section of the book.

The purpose of the talk (and therefore of this article) was to offer ideas for us to think about and build on as part of our soul's spiritual development.

As always, with anything I talk or write about, the content is significantly practical because it is the practical that creates space for the spiritual within us. The material and the practical are the vehicles for the spirit to learn and experience, which is what we are here for. The material or physical, emotional and spiritual are all inextricably linked.

I believe there is no purpose for the material other than as a vehicle for our progress spiritually as a result of living our practical lives. There is a misconception here which leads us to put too great an emphasis on the material and this seems to be where our current difficulties in the world arise.

But first I will describe a general overview of the masculine and feminine principles that I have highlighted in *Healing with the Feminine Principle*.



Each of us has masculine and feminine qualities, or energies, within us regardless of our gender. The strength of each of these qualities varies from moment to moment, hour to hour, day to day, as it does on a global level.

The *yin* and *yang* symbol, showing the balance between these energies has become very well-known, perhaps too well-known, so that it has become a cliché; unfortunately, there is nothing in western symbolism that is so elegant to demonstrate the masculine and feminine qualities within us.

The masculine (yang) quality is related to light and therefore to the seasons of spring and summer, when we have longer daylight hours. It has an active, creative quality – it is a fiery energy and it is the one we tap into when we are competing. The fieriness of this energy can tip over very easily from competition into conflict because it is such a reactive energy; this is when we impulsively think and do things that may get us into difficulty because we have not given them sufficient thought.

When we tap into this energy, we tend to take everything on face value and we engage in activities and theories that are a means to an end – and the means do not much matter as long as we achieve the end result!

The feminine (yin) quality, on the other hand is related more to darkness and therefore to the seasons of autumn and winter when we have shorter daylight hours. This energy is cool, though not cold, and detached. If we think of the still water of a pond, this symbolises the feminine quality within us. When we tap into this energy, we are responsive – we stand back and think before we do

anything, using our common-sense.

The feminine quality is about nurturing and using our intuition and inner wisdom to listen to what others need. It is a quality that yields – and often to the masculine principle.

These two opposing, yet complementary, forces consume and transform one another in turn, which is why the balance is constantly changing.

In our early years, we use predominantly *yang* energy because it is the creative, fiery energy we need to grow and develop; as we go through the middle years of our lives we should have a better balance of *yin* and *yang* energy, although this seems increasingly not to be the case. In our later years, we have a greater level of *yin*, or feminine energy having established what we *truly* need materially and hopefully accumulated much inner wisdom. In the West, we tend to resist ageing, and the Chinese say we use up too much of our *yin* energy in this; we should grow old gracefully!

The change in balance between the masculine and feminine principles

I believe that, over the last few centuries, these two energies have become seriously out of balance. We cannot say that this is wrong but it has certainly not been helpful – and there is little that is positive about it in many areas of life. I believe we should genuinely address this issue and do things in a different way.

Nothing progresses smoothly. If we plot our evolution on a graph, it happens in fits and starts and one of the ways we do this is by what we would term revolutions.

In Britain, in the 17th to 19th centuries, we had unprecedented population growth and we needed to provide more food to meet our needs. Thus there was a revolution through the mechanisation of agriculture. In the 20th century, chemical fertilizers and pesticides were introduced, and these are still used even more extensively now in the 21st century. Here, we tapped into a deeply masculine energy, deciding that they were a means to an end: even if that meant creating further massive problems, at least we were growing and raising the food we needed.

During the 18th and 19th centuries, we ruthlessly exploited our natural resources and this, too, is still ongoing, although we are now finding that much of what we have exploited in the past is now creating huge problems for us environmentally.

In the 20th century, the electronic revolution blasted on to the scene and is still with us in the 21st century.

All of these revolutions were produced by the creative, fiery masculine qualities within us all, with the feminine qualities viewed as less important – and now we have reached our current point.

What is reality?

Our 'reality' is not what most of us think it is. A relatively small number of scientists, who are able to think in a more creative way, are discovering that the world is made up of energy.

Our reality is simply a huge number of bundles of vibrating atoms in the shapes we know as physical presences – tables, chairs, buildings, cars and so forth.

These structures are more energetic than solid – what makes them solid is the space between the

atoms, which scientists have labelled a 'field'. This is a simplistic way of describing quantum science, which has sometimes been defined as the science of what is not there!

This phenomenon is referred to in a slightly different way in the Chinese text, the *Tao Te Ching*. This text describes a potter shaping clay into some form of vessel. The benefit is derived from what is there and the usefulness comes from what is not – the benefit is the vessel itself but the usefulness comes from the space in the middle.



We could describe other aspects of life in the same way, for example, relaxation, one of the most important tools for good health and well-being. The benefit is in allowing the time for relaxation; the usefulness is in allowing ourselves the stillness to just 'be', rather than 'doing', within that time.

Life could also be described in this way. Life itself is the benefit but what we do within that life, from birth to mortal death, is the usefulness of it.

The reality of our bodies

Our bodies are also not solid structures but, like everything else, bundles of energy in the shape we know as a body. The reality is that our bodies are more water (about two-thirds of the total) and space than solid material – and, of course, water is also made up of atoms that are more free-flowing than in 'solid' objects.

Scientists have now demonstrated that intention (through thought) is key to bringing into being much of what most of us have believed was impossible. The reality is that our thoughts have a huge impact on us and the world around us, but we are usually not aware of our influence.

The reality of our thoughts

There is a school in the West of Ireland that has the motto:

'The mind altering, alters all.'

This is such a wonderful theme for the education of young minds – it allows them the freedom to think in every direction and to know that they will be supported in feeding their minds so that they can develop creative thoughts into adulthood.

This is a particularly important aspect of our existence here because for most of us the masculine principle has become so assertive that our thoughts have created more solidity in the illusion around us. We have come to believe not that our life here and the material or physical around us is a means to an end but that it is the end in itself – for many, there is nothing further.

The paradox here is that our perception of the material has increased and has been made more 'solid' by our thoughts, while our perception of the power of our thoughts has been reduced.

Everything here is made up of energy. This includes us, but we have largely lost sight of our brilliance, our spiritual selves – even many of us who call ourselves spiritual have not really

understood this.

The route to the 'solidity' of the material

If we go back to the point when we originally came here as souls, the only physical or material things were our bodies and the environment. Indeed, we were, and still are, an integral part of the planet – our bodies are made from the same material as everything natural around us and our bodies go back to the earth when our souls release to Spirit.

We had to be resourceful in order to survive in a physical sense and the masculine principle excelled in creativity. We made shelters for ourselves so that we could be as warm and safe as possible – but we were still in touch with nature and we worked with Mother Earth for our physical survival.

Fast forward to the last hundred years or so and we have become further and further detached from Mother Earth and Nature – and Spirit: we live, work and play largely within structures.

Our experiences of Nature often happen in vehicles of one kind or another. We spend little time walking in nature, exploring the plants, listening to birdsong, or marvelling at the wonders that Nature provides for us. Instead we use noisy 4-wheel drive vehicles, motor bikes, mountain bikes – we pit ourselves *against* nature.

Our relationship with the Earth has changed dramatically. Most of us have ceased to love Mother Earth and the nature upon her; where there is no love, there is no care, as we are now seeing in the damage we have done over the centuries.

We take our presence here as a right; if we viewed ourselves more as guests, we might have more care with the Earth – currently we could be described as the guests from hell!

The most important aspect of life here on Mother Earth

Despite all that we have created on a material level since we originally came here, the one thing that remains just as crucial as it was at the start is relationships.

Relationships between souls then and now are the core of our relationship with the world. They are the basis of our survival as a species; all our relationships have a deep and profound effect on us as individual souls and as part of a global community.

They are a means of learning at a deep level, so we need to sustain them, but a large proportion of us tend to mistrust one another, as we know from the words we have created, like racism, sexism, ageism, elitism and homophobia. If we add to the mix those who would seek to steal from others, defraud others, and harm others physically and emotionally, it becomes obvious that basically, we are living in fear of one another and what might befall us through the process of living life.

A few years ago, at a workshop, I asked everyone to write a list of everything they feared. All the lists were collated (anonymously) and we looked at it together afterwards. We were all surprised by the length of the list and I have since added to it, as a result of discussions with my healing clients about their fears. The three fears that arise time and again are uncertainty, change and fear – these are the big fears and many of the others arise out of these.

This is a disturbing commentary on the way we live our lives and it goes a long way to explaining

why stress is at pandemic proportions, and also perhaps why we react as we do to many of those who govern us, who have power over us in all areas of life.

If we are to resolve many of our current crises in health and social care, politics, finance – in fact, in every aspect of life – I believe we have to change the way we engage in *all* our relationships.

We have tried just about every other solution to our problems and they have not worked. We have tinkered around the edges of changing the way we approach life, but I believe it requires us to be much more radical – and it is much more urgent than we might think.

The way we relate to one another

Everyone has a persona that they project out into the world; it is the way we want to be perceived by others. It is the 'mask' we all wear. Some people's masks are very thick, almost impenetrable; others are a thin veneer. Others are on all points between these two extremes. But most of us would not sense this because we have lost the knack of seeing beyond the mask – in fact, we have lost interest in others for its own sake. We are self-absorbed. Most of us take people on face value – the habit of masculine principle.



In general, we no longer communicate with one another soul-to-soul, we tend to communicate more commonly mask-to-mask, not wishing to look beyond those masks. And yet, each soul is a mine of information and experience that we can learn from and this is part of our spiritual learning – but we have to be paying attention to become aware of this.

When we let the mask drop away, the face can reflect the presence of the soul within. Everything that has happened in a life is etched on the face as we get older – in the lines, the curve of the mouth, the shape of the face, the softness or hardness of the eyes. When all aspects of the face are brought together they show us the expression of that individual life; the atmosphere, feeling and thoughts of that individual's life. It is a visible presence – if we choose to notice.

The way we walk, how we stand, how we use our bodies, all tell us a huge amount about a person. The way someone uses their hands tells us a lot about them. If they snatch at things, if they grab them, it is often the way they live their life. If they touch things gently, or even caress them, they are often of a sensitive nature.

These traits are demonstrated in the many tasks we undertake in a day, but if we have too much mechanisation or electronic gadgetry much of that information is lost because we only have to press buttons.

The practice of writing enables us to form the letters more clearly and beautifully. We can tell a great deal from someone's handwriting; if we spend too much time on a keyboard, this skill is lost, very largely. How we write, how we express ourselves in writing, and verbally, speaks volumes about us as souls and, if we are paying attention, it enables us to communicate more openly with one another to improve our relationships.

This so important because each of us is a beautiful spark of the Source – we are inextricably linked one soul to another and to our originating Source.

We cannot gather much that is meaningful during a lifetime to take back to the Source, in order to enrich the whole, if we are not focusing and participating fully in all our relationships.

When we begin again to communicate in harmony with our souls, I believe this will go a long way to resolving the difficulties of the world.

Currently, we all have a degree of mental and physical awareness of one another. We have worked tirelessly on this for centuries now – dealing with what is in front of us, but we still do not focus too closely on whatever has taken our attention.

We are usually thinking about the past and regretting many things, or worrying about what may come back to bite us in the near future. Or we are thinking about what we are going to do or, more likely, acquire, next. This is happening often whilst we are doing two other things at the same time. Focusing fully on what is directly in front of us or who we are interacting with, and nothing else, is what creates better relationships and better memories. When we focus fully on something or someone, we are engaging energetically.

Energy is never lost – it can only be transformed. We may not own something now that we did in the past, but that does not mean it no longer exists. Depending on how focused we were at the time and our ability to recall memories of events, we can mentally go back to a time and place to feel and experience an event once again. By doing this, the event becomes part of us and is not lost.

Memories are treasures that can be retained for further pleasure at a later date – individually and, more importantly, by sharing with others to enhance our relationships. Many very old people find it upsetting that most of the souls with whom they shared their youth have passed over to Spirit. They have no one with whom they can talk about shared memories, and this often makes them feel as if they are on the periphery of society.

It takes about eight seconds to transfer to our long-term memory something we are focusing on in the moment – many of us cannot even concentrate for that long!

Children, of course, find retaining memories much easier. They have little past to remember and they do not have the experience to be able to speculate on the future. I believe this has a great bearing on why older people remember their youth better than what happened last week. When they were children, they were fully focusing in the present; this is often not the case now, perhaps because they are trying to shut out a changing world.

The only way to cope with the faster pace of life, and with the information overload we feel in present-day experience, is to focus on as much as we can in the present moment, take it all in, and improve our filtering system for retaining what we know we will need, and then discard the dross. And the information we retain includes that which we obtain through focusing on all those with whom we come into contact – this is the most crucial area because we are exchanging energy with everyone we interact with.

There is no relationship that is so trivial we have no need to focus on it – we pay attention as much out of respect for whoever we are interacting with as for gaining information.

Thoughts, emotions and health

Scientists have now established that there is a two-way communication between our thoughts and every cell in the body.

In my healing work, I find that most of those who come to me have emotional difficulties which have helped create their ill health. I am not suggesting that every illness is caused by our thoughts and emotions, but this is very often the case. These same people have very limited spiritual awareness, and they also have difficulties with relationships.

Spiritual and emotional awareness are bound up in one another and in our relationships – soul-to-soul communication can reduce or even eradicate fear and mistrust, which are two strong emotions that can cause ill health.

Fully opening to the soul in a human body, and allowing those two entities to have mutual respect, gives us a fuller and more rounded sense of who we are, and the means to gather more insight into other souls.

Everyday life

So, I believe we have a mountain to climb here to bring us back to soul-to-soul contact as a routine part of life. And, at present, we seem to be doing many things in the most difficult way possible.

For example, using as much electronic communication as we are currently, often almost to the exclusion of face-to-face contact, means that we are missing out on the other languages that we use – those of the body and the intonation of voice. It is far more difficult to assess how someone really feels when we use electronic communication and we can be far more abrupt and rude when we do not have to communicate with someone face-to-face.

We stay at home a great deal more for our entertainment, often through electronic interfaces, like TVs and games consoles. This limits our opportunities for wider interactions with more souls, to give us experiences from which we can learn.

Our everyday personal and business transactions are much more complex than they have ever been and, for the growing elderly population, this can cause great distress, but even for younger people it can make life much more complicated than it needs to be.

The way we engage in intimate relationships has changed dramatically. The speed and order in which we pursue this kind of relationship now means that we have already moved in with someone and probably had children before we have got to know them. Nurturing children, or just having them living with us even if we choose not to nurture them, requires a great deal of time and emotional effort; it is almost impossible to get to know a partner when we have this level of distraction.

Consequently, these relationships are breaking down much more quickly, and the whole situation is much more complex because it involves a large circle of other souls and, most importantly, impacts on the children in an intense way. Getting to know someone before moving in with them and having children means that if the relationship proves not to be viable, it is a simple process to simply call a halt to it and walk away with little effect on anyone else.

As a teenager in the 1960s, I agonized over how we were treating one another and what we were

doing to the Earth, to the point where I actually lost sleep worrying about it. I talked about this to someone I knew who I would describe as a very wise woman.

She was very blunt with me and told me that I could agonize all I liked but I was not actually helping the situation practically, and that there was a solution to it. She told me that I needed to keep my little patch of the world right by thinking and acting in a way that I knew I would be able to look back on comfortably. I needed to work at relating to everyone positively and constructively. She went on to say that if everyone did that, those little patches would eventually join up and things would get better, but she warned it would be a painfully slow process – and she was not wrong!

There will always be those who will try to wage war and disrupt all the good that any of us does, but I believe it will gradually become more difficult to do this as more and more of those patches join up.

I have kept to this philosophy as far as possible for the whole of my life. The occasions when I have forgotten and allowed people to provoke me are etched in my memory as ‘cringe moments’, and I try very hard not to give them thought energy, having learned from them and moved on.

The grand scale vs the smaller scale

So, in *all* our relationships, basically we need to follow something that has been around forever:

The Golden Rule: Treat others as you would like them to treat you.

But even this is problematic. The creative masculine principle has now brought us to the point where everything has to be big. When things are big they become impersonal, and the feminine principle has more difficulty in surviving and thriving.

Our relationship with money is now fraught because sums of money are made and lost, now, that are so big we cannot imagine them as coins and notes. In one way, money has less value now than ever; in another way, it is the most powerful motivator for many people. Material possessions mean everything because the means to thrive and survive has become an end in itself.

We have lost sight of the fact that money is simply a symbol of the exchange of energy between souls for goods and services. When we deal with one another soul-to-soul, our relationship with money changes, as does the value we place on those souls with whom we are interacting.

We are now so cynical about the providers of goods and services that we know, beyond a shadow of a doubt, that supermarkets and stores are only interested in profit. Companies try to deceive us into thinking they are offering us great service – but we know they only offer us enough to make us spend more.

And this is all because everything is on a grand scale. Bringing it back to a local level gives us a greater opportunity to deal with one another soul-to-soul. You cannot deal with your local supermarket manager on a soul-to-soul basis – it is impractical, and he or she would not be interested anyway.

The recent horsemeat scandal shows the danger of the grand scale in the food industry. It has become clear that we now have massively complex food supply chains which make monitoring almost impossible. Tapping into the feminine principle means we nurture ourselves by keeping

our food local, and safer; we engage in creating meals rather than buying ready-prepared food, and make it part of the ritual of eating together.

And, most importantly, the feminine principle enables us to treat local suppliers with the respect with which we would wish to be treated ourselves. We can try to get to know them so that we improve our relationship with them and help them reciprocate. This cannot happen on the grand scale.

Our schools, universities, hospitals and other public services are now operated on such a large scale, as commercial businesses rather than as services, that the souls who use them no longer feel they receive personal attention. Each client is simply a commodity – just one soul in a sea of unfeeling souls.

Governments are alarmed to find that many more souls are now living alone, which is another factor in the current housing crisis. We often hear the comment that it is so easy to be lonely in the midst of a crowd. Soul-to-soul interaction would help to alleviate this.

Soul-to-soul communication would take the mistrust and fear out of international negotiations so that we could all work towards the same end of taking care of ourselves only in harmony with taking care of the Earth.

We would never exploit any resource without knowing how we could deal safely with whatever residue it leaves on the Earth; and if we could not find a safe way of doing that we would not use it at all. This would be the top priority of our scientists and engineers because soul-to-soul communication would necessitate thinking much more about the impact of whatever they develop on other souls.

We would have a greater chance of avoiding wars because we would understand that all of the Earth's resources are here for us to use during our very temporary existence here; they belong to no-one and to everyone. We cannot make war with other souls when we are content and happy with our lives – soul-to-soul interaction would help bring this about.

Soul-to-soul interaction in personal relationships

The biggest area where soul-to-soul connectivity would make the most difference – because it is where it starts – would be in our personal relationships with our family, friends and close circle.

Intimate partnerships are much more transient now – 2 to 5 years in a relationship is viewed as long-term. One of the reasons for this, I believe, is that we are not thinking in terms of our partners as true soul-mates in most cases. Soul-mates are simply best friends who have penetrated the masks and that is what a partner has to be – when the excitement of the physical reduces, we have to have something to sustain a relationship. Having your partner as your best and truest friend is the greatest relationship there is.

Because we are not embracing soul-to-soul relationships, we delude ourselves that the lives of our children are unaffected by the break-up of their parents' relationship when deep inside we know it is the case. There is always some good that comes out of every situation but most of the emotions surrounding such a heart-breaking time are negative, and continue to be so for many.

Soul-to-soul relationships also give us the will to try to understand our children and get a better quality of interaction with them that will last for the whole of this lifetime with them. It also helps

our children to understand our concerns and our love for them which sometimes necessitates courses of action that seem harsh or heartless to them. If we communicate with them soul-to-soul, it reduces the likelihood of rifts within families – and this applies to all family relationships.

Soul-to-soul relationships enable us to support one another in all situations, from someone in our close circle, to work colleagues, to someone we meet fleetingly. Even our fleeting relationships are important, though clearly not as intense.

If we balance the masculine and feminine qualities in this arena of relationships, the ripples go out to affect every other area in life. This is where it begins. Someone who has a close and loving relationship with their intimate circle usually has better relationships with everyone else they come into contact with, or at least they have better strategies and tools for dealing with difficult relationships more effectively.

For many people, learning again to treat those close to them with the love and respect they would like to receive would change them out of all recognition, and change their interactions with everyone else in their lives.

Our need to belong

We are all little bundles of emotional frailty – even those we perceive to be strong, as a result of their impenetrable masks, have numerous areas of themselves that are obstacles to their feeling truly comfortable with other souls. These are also obstacles to enlarging their inner wisdom. The mask of the strong person gets in the way of their learning.

It is the human condition to want to belong in some way during our time here on the Earth sphere. Everything we do is targeted towards the ultimate goal of feeling a sense of belonging – not just fitting in and compromising at all costs but a sense of actually feeling comfortable with our visit here. The feeling of belonging is something we are all always seeking in whatever we do.

Reading the last few paragraphs of this article may have given you the feeling that you would like to tell me how naïve it all sounds and how soul-to-soul relationships cannot possibly be viable in today's world, but the logic of my thoughts follows.

The easy route or the more difficult route

For centuries, our growing cynicism in all our relationships has led us to feel more suspicious of one another, fighting more wars; it has given us shorter, less satisfying, personal relationships, created protectionism, judgement and criticism of one another to make ourselves feel better or superior, leading to élitism and fear, and many more emotions that are difficult to live with.

I would suggest this demonstrates very fully the deeply unbalanced society we now have; one that is so entrenched in the masculine principle, particularly that of simply reacting without thought to others' words.



I genuinely believe we come here to try to learn and experience in a way that enhances the Earth sphere in a spirit of love and co-operation, not in a way to damage or disrespect it. Successive generations have just spiralled down into a deeper forgetting of that purpose, and so into cynical exploitation of their fellow travellers on this journey.

Many people might say, 'But we need challenges in life – we need conflict to make life interesting.' I believe that it is far more challenging, and ultimately more satisfying, to work out our differences lovingly and peacefully – and perhaps that is why we avoid it.

Deep inside we know it is far easier to fight wars, damaging and annihilating everything other souls have worked so hard to create, including lives and relationships. A pivotal minority have little interest in taking the more courageous path that requires more thought about how to resolve differences – ultimately using a greater intellectual and emotional capacity.

This forgetting has brought us to our current point, and we will not be able to retrieve the situation and resolve our global economic and environmental crises with the same attitude as we got into them.

Just as we have to change our way of living to resolve a cancer because we cannot resolve it with the same lifestyle with which we created it, so, I would suggest, we have to change our way of thinking about life, and by so doing bring a better balance of masculine and feminine energies to the world to resolve our difficulties.

A 'spiritual shift'

I keep hearing about a 'shift in energy', a 'spiritual shift' that is taking place and is going to sort everything out. I have been hearing about it for years from those who claim to have some special connection with those in Spirit, and to receive messages from them.

It is interesting that those who have near-death experiences never return to tell us that this 'shift' is actually taking place. On the contrary, they tell us more about how we need to change the way we think and view the world.

This 'shift' is often talked of as if it is something some other power is going to do *for us*; that it's effectively outside of ourselves. It is not. The responsibility is ours and we have to take it on, joyously and passionately.

There will be no 'shift' until we make it happen. What many souls talk about is yet another illusion – or delusion. It seems to be a means to an end to keep us in perpetual hope without having to actually do anything productive to bring it about.

Our connection and our reconnection

The only realities on this planet are our souls, and the interactive connection between souls and with the Source.

Most souls are loving and compassionate – but as with all things, it only takes a minority that has great will and strength (and therefore hugely powerful thoughts) to tip the balance over, and then a larger number of souls will follow on. That can work for good or not so good – the choice is ours.

Everything is tangled up together – what we do to ourselves we do to other souls and to the planet

because we are constantly exchanging energy with one another as a result of our relationships. Because of that entanglement, good relationships offer us unending joy and fulfilment. There is nothing so wonderful as spending time with someone, learning about them, trying to understand their viewpoints (even if we disagree with them), eating with them, exchanging banter and afterwards feeling the satisfaction and warmth of a happy, enjoyable and honest interaction with the masks off.

And this can be with strangers – but perhaps we should be starting with our close circle. We can never know everything that goes on in another's head but currently, because we are communicating with the masks, we probably know much less about the people we are close to than we think.

Listening with the nurturing feminine principle means that we respond more sensitively to others and this encourages them to be more open with us. You need never have another boring conversation all the while you are looking for opportunities to see behind the mask and to communicate from the heart and soul.

I believe we have to make a radical change in our thinking so that we will understand the joy of the responsibility we have to every soul and everything else on this planet. Soul-to-soul relationships are the only way this will happen and the only way to heighten our enjoyment of our short time on this planet.

One last thought for you to ponder in the coming days: I believe we are much closer to bringing about the destruction of the planet than we realise; but equally, I think we are closer to finding a resolution to our problems than we believe – if we could just allow ourselves to understand and believe in the power of our thoughts to bring that about.

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