

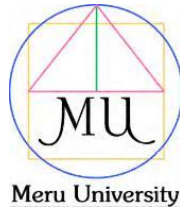


**Sanat Kumara and Lady Venus
on Co-creating Divinely
Loving Relationships**

with David Christopher Lewis



MeruUniversity.org



To view the replay of this class, go to MeruUniversity.org:

**MU2021_03 Sanat Kumara and Lady Venus on Co-creating
Divinely Loving Relationships: Your Marriage Made in Heaven
and Upon Earth**

If you did not attend the live class, log in and register for the free replay. We welcome donations of any amount.

Our mission: Meru University supports the advancement of spiritual seekers on the path of adeptship, initiation, and personal enlightenment through the love-wisdom teachings of the ascended masters revealed today through courses, workshops, seminars, and publications.

Our vision: Meru University students joyfully flourish through the practical application of the ascended master teachings and serve as teachers, ambassadors and spiritual leaders of higher truth.

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Overview

How do we balance our spirituality within a romantic relationship?

Answer: We co-create a divinely loving relationship in which both heaven and earth are balanced and in which our partner and we are honored in a dynamic and cooperative spirit of true friendship and mutual respect. In this class Sanat Kumara and Lady Venus overshine David and each student while providing Aquarian insights into how we can live lovingly and fruitfully together while still engaged in an initiate path toward complete union with God.

Our Venusian friends share keys such as: developing great communication and listening skills; appreciation, forgiveness and levity as healers; fun and creative activities that bring us closer; sharing household responsibilities to maximize time together; allowing space without being aloof or remote; optimism, positivity and lightheartedness to “tenderize” our souls and spirits; holding the high ideal, divine image and magic presence for our partner and ourselves.

In addition to the insights of the Kumaras, this class offers a musical meditation on divine love and a darshan where students asked questions of the masters. Prepare to be illumined, empowered and transformed within a beautiful love-field uniquely created during this class.



Note: This class will still benefit single people not currently in a relationship, for you can apply the spiritual wisdom to your inner relationship with your own Divine Beloved, whether in heaven or not yet discovered upon earth!

Being Equally Yoked and Remaining Positive & Virtuous

It is essential to be equally yoked to another—spiritually, mentally, emotionally and physically. Being within a certain plane of awareness and vibrational frequency is a must in developing and maintaining a

positive and lasting relationship. Your attraction must be within a higher spiritual dimension rather than being primarily or singly a physical resonance.

Remain positive, humble, understanding, forgiving and kind.

Meditate briefly on each of these as divine virtues within relationships. Thirty seconds on each one.

- ∞ Positive
- ∞ Humble
- ∞ Understanding
- ∞ Forgiving
- ∞ Serene
- ∞ Kind

Allow Mystery and the Sanctity of Divine Secrecy

Keep a little mystery. Share, yet allow enough personal space for each one's personal intimacy with the Divine. For example, don't read a spouse's diary. Some things are still sacredly secret. Mary kept all these things in her heart, the secret (crystal) chamber of the heart. Avoid attempting to pierce that secret space/place through human curiosity. When your beloved is moved to share something, it will happen naturally.

Sacred Space

Every soul requires time and space to have its conversation with God—in meditation, in nature, often alone (all-one).

Examples: Jesus in the wilderness; Gautama under the Bodhi Tree.



Appreciation

Lady Venus says that one of the most important practices to engage in regularly, even daily, is to show appreciation and gratitude to your partner. This alchemical activity seals the relationship in a sacred bond of brother/sisterhood and friendship. Just as we have practiced the “appreciation circle” in The Hearts Center, engage in your own personal means of lovingly highlighting the best and brightest virtues and gifts of your partner! It may even summon both divine and human kisses and hugs in response!



Forgiveness and Divine Forgetfulness

It’s best to leave the past the past unless you or your partner feels it’s important to offer to provide context in order to move forward on the path and make vital decisions. Avoid delving into areas that could erupt into divisiveness or intrude upon the delicacy of a new and budding relationship. You don’t have to immediately know everything about your partner. Deep psychological work done by each person will at times allow opportunities to share victories in overcoming personal problems or soul issues.



The deeper you go in Self-mastery, the more willing you will be to bear your soul in certain safe moments when the revelation of something deeply felt or experienced is okay because you have fully processed it through and through. You have assessed it completely and transmuted the core issue so you can release it. You’ve let it go and are no longer attached to it. Now it is no longer essential to remain silent about it. Resolution has occurred and sharing your experience can result in a victory celebration.

At times, a simple or even a complex confession may occur that will benefit your soul as you get it off your chest. A profound catharsis relieves you of the pressures of holding something within that

continues to impact your spirit and sense of Self-worth. These confessions can lead to greater honesty and openness about what is important. Listen deeply and avoid any judgment or recrimination. Sense how your Presence is bringing you to a more heightened state of inner peace through the alchemy of reconciliation through confession.

Use Your Cosmic Eraser

Here is a simple transmutation/forgiveness exercise:

Choose to be a fast forgiver and a past forgetter!
See yourself at a chalk board with your cosmic eraser.
Forgive your partner now for anything that has happened in the past that has caused inharmony.
Make the motion of actually using an eraser and see the event and record completely erased on the board.



Say: I consciously erase this memory now from akasha!
I consciously use my cosmic violet eraser to transmute this, cause, effect, record and memory now! It is gone! I AM free! Now laugh with all your heart!

A Short, Fun Cosmic Eraser Prayer

Here is another little prayer you can give:

I erase in God's own name
Using sacred violet flame,
and the love inside of me
through Venusian Alchemy
every sin; for now I win!
All my past, it's gone at last!
Ha-ha-ha-ha-ha-ha-hah!
Ra-Ra-Ra-Ra-Ra-Ra-Rah!
Victory! Victory! Victory!



Forgiveness and Levity

Forgiveness heals. You become lighter when you forgive. This special lightness also brings spiritual levity. You may desire to laugh as a sign of your victory in overcoming through radical forgiveness. This laughter elicits the joy of God and spiritual happiness that are won through mastering self, step by step. Every step you take upward through loving forgiveness will bring you closer to your divine ideal. Beings of levity will help you on your ascent and accelerate your Self-mastery through the joy-field that you will maintain because forgiveness keeps you in a perpetual state of grace.

Developing Listening and Communication Skills

Meditate together in silence. Afterward, take turns sharing what you experienced while meditating. Listen deeply and note any common themes or experiences. Reflect together on what these may mean within your relationship and within the context of your spiritual life—both as individuals and as a couple. Write in your journal any key insights, inner directives or loving revelations. If possible, use color to draw a simple picture that objectifies something joyful and significant that arose within your meditation or during your sharing. Doing this exercise regularly will yield great results and help you to maintain a healthy psychological and emotional relationship.

Set aside one day a week where you will be a sharer and another day where you will be a listener. When sharing, attempt to communicate with complete clarity. Look directly at your partner's eyes and face and see and feel him/her mindfully understanding what you are saying and feeling it deeply inside. Ask him/her to repeat back to you the key elements of what you shared. Without judgment, assist as necessary in helping him/her to recall the primary message and the key points. By insuring a more complete remembrance, listening improves.

When listening, focus completely on what your partner is saying. Avoid all distractions and zero in on the meaning of the words as well as the feelings behind them. Don't analyze from your own perspective in an attempt to respond. Just be still and listen with your entire being. Turn off the voice in your head that desires to react, judge or give feedback. Let your only feedback be a smile, a nod of understanding and pure compassion and empathy. By living in your Presence while connecting with your partner through deep listening, you are also developing greater emotional intelligence.



Fun and Creative Activities

Lasting relationships require common activities that are fun and creative. Set aside a date night where you can enjoy each other's presence, play a game, watch a funny movie or engage in a creative activity that benefits your family, your community or the world. Doing what brings you both joy may take some discussion.

Try this short exercise: Each partner spends 3 minutes writing down fun and creative activities that can be done together. Compare notes. Rank the ideas based on how much you mutually like them. Then set up biweekly date nights on your monthly schedule to insure you'll do it!

Sharing Household Responsibilities

Mutually sharing various household chores is a great equalizer that will help to maintain harmony and familial peace. Going the extra mile to serve your partner in a selfless and mindful way shows them you care and that your partnership is real. If you feel it's appropriate, keep a written or computerized schedule of whose responsibility and/or turn it is to cook, do the dishes or laundry, clean the bathrooms, take out the trash, mow the lawn, etc. A loving, lasting and luminous partnership is won through actively showing you care and participating in the daily

work that allows you to maintain a clean home and a healthy environment.

Maximizing Your Time Together

Discuss ways that you can maximize your time together, especially if one or both of you work outside your home. Find common times to “chill and be still”, to go for a walk and talk and to simply enjoy one another’s presence.

Make a spiritual practice or maybe even a game of enjoying each other’s Divine Presence in the Now. Set aside five minutes to be still, look into each other’s eyes, consciously behold their Presence and see it as a living reality overshadowing or within them. See if you can find one new virtue or divine quality to focus upon and accentuate through immaculately viewing your partner in the light!



Optimism, Positivity and Lightheartedness

Consciously choose to remain optimistic and positive. Feel the same divine lightheartedness that drew you to your partner and your partner to you at the onset of your relationship. Did you know that matchmaking angelic beings were involved in helping you find each other?

These angels passed the torch to loving relationship angels whose responsibility it is to help you maintain harmonious and angelic lives while living, working and loving together! Honor these divine beings by thanking them and inviting them to communicate anything that will be helpful as you strive together toward oneness and your victory in the light of your Presence.

These special angels will “tenderize” our souls and spirits so that we can dine together on divine light, love and levity. Choose to maintain a tender regard for your beloved partner and to speak in ways and with words that honor their Higher Self, their Buddha nature.

See and feel your heart being “tenderized” now! Experience how the angel assigned to you and your partner is “seasoning” you both with special divine herbs and salts so that you will always maintain a positive, harmonious and loving relationship, even in tough times!



Holding the High Ideal

What is the High Ideal? How can you hold and maintain it in a relationship?

Do you focus on the “Magic Presence” of your partner? Share now aspects of your High Ideal or your individual or collective Magic Presence that you both experience on a regular basis. Or if this is new to you, discuss how you may begin to spend time and energy together moving forward by focusing on a High Ideal or Magic Presence.

Sharing by the Kumaras

The more you give, the more you’ll receive from above. The more you love, the greater the love you’ll receive from above. Learn to receive as well as to give. Receptivity creates sacred space for a greater abundant life.

Aspects of an abundant life:

Abundant consciousness, positive attitude, earnest expectation, noble heartset, loving mindset.

The Mystery of Co-Creation

Engage in co-creative acts, works and fun with your partner.

Set aside time for co-creation.

Determine the purpose, the goal, the ideal. Keep it fun and deliciously real!

Muse on it; meditate on it; contemplate it, sun-elate it!

See it happening. Sense it happening. Feel it happening.

Know it happening. It is happening!

Be youthful & truthful; happy & clappy; arty & hearty!

Now co-create something every day!

Something simple, sweet and fun.

Something shining in the sun!



Darshan

Students Ask Questions of Sanat Kumara and Lady Venus

Question 1: If you have an ascended twin flame, what would Sanat Kumara and Lady Master Venus recommend you do in that relationship? What are the key points?

Answer:

Focus on oneness because energetically you are always one anyway. And to think of yourself being away from or separate from an ascended twin flame is already problematic because in your hearts you

are already one. The spiritual energy field of the collective oneness exists in each of your hearts already. Draw unto and within your heart your beloved to dissolve your sense of separateness, that they're ascended and you're not. Feel the ascension currents within the heart of both of you and feel the oneness of the relationship within your heart, because in reality you're never separate. You've never been separate in the reality of this divine relationship.

It's a higher love field that you enter where you coexist as already one and then all separateness or feeling that they're there and you're here dissolves because you're both where you are right now in eternity, in oneness, in God's eternal presence and there is pure joy there. Move through your life knowing that your oneness is true; your oneness is real, that you are already yoked

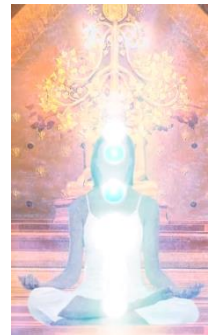


permanently in the heavens and in the light field of the ascension currents, that there is no separation, there is no me and you, you and me, needing to get together or unite. The need is dissolved; the union is complete; the beingness is perfect; the oneness is always.

Now, the same words could be expressive of you and God, rather than thinking of you and your twin flame. You and God are already one. You and God coexist in eternity, in the eternal Now. You and God have always been one because God is inside of you and you are part of God—there is no separation. When you actually spiritually feel this, mindfully understand it and emotionally lock into it through love and the purity of your heart yoked to your great beloved, then no matter whether you are with another person in a relationship or not, you're fulfilled in that state of oneness, in that state of grace. There is really no greater grace than to know God inside of yourself, to feel God inside of yourself, to experience God as your reality. You can label it as an ascended master: El Morya, Lanello, Mother Mary, Jesus, whoever—it's all God. All of those identities are part of a greater Divine identity, which is beyond our human state of reasoning and knowing and feeling in the universality of the singularity, the unified field of beingness who is God.

We classify and we name angels and we name all these masters in our preambles. We could just say “In the name of God I AM” and then give the prayer. That would be just as powerful if you know what it means and what it relates to. All of our preambles could just be “In the name I AM, I AM” and then give your prayer. Yet you have to know what that I AM is by experiencing the allness of God within yourself, the feeling nature of it, the divine intensity of it, the glory of it, the belovedness of it. When you are in love with God totally, there’s nothing greater than to feel the divine reciprocity already arising within you in response to your love, which really is no longer a giving and a taking or an act and a reaction. It is just the isness of beingness in that state of perfection.

Those who merge with God in the ascension experience this isness of the perfection of that oneness, and they have that sense that there is no separation; there is no you and me, us and we—it is all just one. It is hard to describe it humanly with words because it just is. It’s a beautiful field of love and light and levity. Now these words may seem to some people like “Oh well, that’s high falutin. And it’s all mystical and it’s all an ideal that I don’t relate to.” I can assure you when you have the experience and you know God intimately within yourself through that oneness state, it resolves everything and you don’t have to struggle, strain, stress over anything. You live in this beautiful field of light, and it’s just perfection; it’s beauty.



In our activity we still say “commune with the angels and ascended masters daily.” What are we really saying though? We are communing with God because we are one with God. We commune with God; we are God; we are One. We focus on our Oneness. Every prayer is an OM; every prayer is an entrée point or a portal for Oneness. We don’t seek through prayers to change something outside. What we seek or what we are doing is we’re resonating with all truth, all light, all love. We are increasing the intensity of that love through our focus, our determination, our joy, our harmony, our peace. We are enlivening and enriching it and expanding it. That’s what we do in our sessions. We’re

expanding the love and the light. And the more focused we are on God the I AM, the greater the love field we have entered and the greater the light that we will be emanating from our collective singularity awareness.

I don't know that there is really any more teaching I can give in the future beyond this teaching that would bring a greater level of illumination or understanding to anything. I feel this teaching today is the completeness of everything I've striven for, everything I've desired to accomplish, fulfill or be because I feel that Oneness in this moment; I feel that unity. And not that we won't have Heartstreams but this is the Heartstream, the teaching, that if we all really understand and feel and know, we won't have any more questions. Right? Why have any other questions after this? Should we ever have a darshan again? I don't know! Maybe. Yet to me, this is the highest teaching—this is Oneness. Yet to reach that Oneness, you have to have love and that's what this class is focused on, pure love.

Question 2:

Based on what you just said, “no separation”, could you say that every loving relationship you have is really with your twin flame?



Answer:

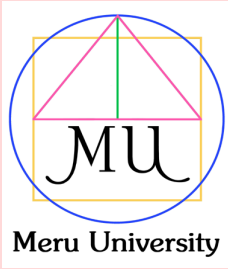
Yes, because an aspect of your twin flame is within every relationship because your twin flame is inside of you and even if you sense your twin flame as being separate, when you are in any loving relationship you're accessing the divine love that is also within your twin flame. From now on, do we even call it a twin flame anymore? You've become one flame. You're one flame. It's like in the Bible, in Revelation, the two shall become one. Let no man try to put asunder these two that have become one. The oneness is pure love and when you're in pure love with any beloved, any person, you're accessing the same love that you have always had with your twin flame and with God. It's the same

divine love, just expressed maybe uniquely through that personal relationship with that particular partner.

When you see your beloved as fully God and know your beloved as God, that brings the highest love into the relationship and then it is a beautiful, beautiful thing because there's no separation. Even if you're not physically united, even if you don't have sex any more with someone who is your beloved, you can still maintain Oneness through the sense of the perfectionment of that love field of pure light, which is unity. It's a higher unity than just physical attraction or physical unity.

For some it may still be important for them while in physical incarnation to experience it through sexual relationships, yet at a certain point that's just a vehicle for that Oneness state of unity to be expressed. And it's not the end all and the be all. Having sex is not necessarily a compromise, yet it's just a portal for experiencing true Oneness. So really what you seek is Oneness through love and when you have that then the relationship is complete—it is whole, virtuous and pure.





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