

case studies

February/March 2013 Healing 1.0: Finding The Beloved One

When I was in my teens and early 20s, I somehow had the notion that romantic love was the holy grail, and I had the idea that it was very much within reach, perhaps just around the corner.

But as time went on, I realized that finding this holy grail might not be as simple as I had assumed. Eventually, and seemingly by accident, I found my way to a meditation master from India. So I asked the master--said to be the embodiment of the mythical, magical, wish-fulfilling tree--for a happy, fulfilling relationship. Alas, to my dismay, Prince Charming didn't show up at my door the next morning, the next week, or even the next year.

Instead, as I would enter the meditation hall to be in the presence of the master, I would hear her tell me on the inner planes, that what I really needed was to love my own Self. I found this terribly unfair. So unfair, in fact, that at first, I was sure I must be misinterpreting the message. Looking around, I could see hundreds, if not thousands, of people who were entangled in romantic love. They didn't necessarily love themselves. Why was I being set such an unreasonable goal?

But since Prince Charming didn't just show up, I had plenty of time to contemplate the inner message I was receiving. Eventually, I began the long, hard task of learning to love and trust my inner Self, the wise, all knowing part of me that is one with the Divine.

Slowly, and with great effort and focus, I began to see and let go of many layers of self-doubt, self-criticism and other patterns that didn't serve me. It was a very long and arduous process. And it is ongoing. But I have made enough progress to say that I'm very grateful that I was given the teaching to connect to my true Self and find the flame of Love within.

There is nothing more valuable or precious than to connect to the Divine Beloved within. Over time, I became more stable and content within myself. Finally, when I no longer needed someone on the outside to give me what I was missing on the inside, I did find my life partner.

If there is one thing that can help us on our journey towards the Divine light, it is to know that the outer is merely a reflection of the inner. The true power always lies within, and the Beloved is always there, waiting for our embrace.