

## Chapter 2



*Realities everywhere and  
not a single reality to  
drink—except yours*

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**A**t first blush most of us are living our lives in a manner similar to the people closest to us. Why? It'll be perceived by some that they live their lives like their friends because they all have the same reality.

In actual fact that's not true. Even your closest friends do NOT have the same reality as you. It's true that you're attracted to people who are similar to yourself. You might even be married to, or have a relationship with, such an individual. I suggest you want to cross the Rubicon, which incidentally, is a river north of Rome. Cross the Rubicon to understand from the perspective of the science of energy, 'what makes a couple'?

The common wisdom when it comes to couples is that 'opposites attract'. Like a battery, we've been taught to think in terms of opposites attracting. Do they? Opposites attract because the two individuals that are attracting each other are imbalanced energetically. It's most instructive to know that opposites attract each other and join forces in an attempt to make 'one'. They're actually joining together to make a whole. This is not bad, it just is. Understanding this however, will help you understand why some relationships last forever and why others fail.

Perhaps a woman has some fears. She seeks safety and is comforted by a man's energies of courage and his resourcefulness in moving through fear and getting things done. Perhaps a man feels his lack of receptivity and joy and seeks these energetic attributes in his partner. This example is a case where the energy of the half contributed by one individual, plus the half contributed by the other, together make one, a whole. As long as the people in our example couple grow at the same rate and speed, all will be well and they'll remain a happy couple.

The divorce rate reveals that everyone's not growing at the same rate and speed. Why do people get divorced?

Let's say that Dad works outside the home and Mom is at home with the children. I appreciate this is just geography, but it gives us a fun place to play. So let's say that Dad is engaged in a very active and thought-provoking

job surrounded by astute and informed colleagues, all of whom are growing and changing. On the other hand, Mom has her hands full with keeping the household together. Her job entails molding the young minds of a couple of toddlers. It's possible that in these circumstances Dad begins to change and grow, while Mom has her hands full with diapers and providing meals. In these circumstances Mom may be growing less than Dad. Pretty soon, what Dad was looking for in his wife, those energetic attributes of joy and receptivity, he's actually developing in himself. In fact, he may find he needs these energetic attributes to succeed in his job. An example might be if he holds a position in sales. Early in their relationship his wife was a good model for joy and receptivity. Now he's developing the awareness of those qualities within himself and integrating them into his daily life in the workplace.

If this trend in motion continues, he's becoming a more 'energetically' complete individual. As a more energetically complete individual he 'needs' access to the energetic field of his wife less and less to keep himself in energetic balance. Let's say he's now found joy within himself. He's grown and he's changed. His former lower vibration and lower awareness prevented him from seeing that joy comes from within. In the absence of having joy within he was augmenting his energy by accessing the joy his wife felt within herself. You could say, and it would be accurate in our example, that the joy in his wife actually catalyzed him into finding joy within himself, and in so doing he's become a more complete individual. This shift in 'energy' can create a wobble in the marital relationship. The relationship's no longer half plus half equals one because now he's three-quarters, so the relationship is now three-quarters plus half equals one. His shift means he's no longer interested in some of the things he used to be interested in at a lower vibration. This can start to become a problem if these are things he and his wife used to like doing together. Let's give a for instance.

Let's say his wife gets tremendous joy from bowling, going to movies, and going out for dinner. She's always been fearful of doing these things on her own because she feels

people will think her unattractive or unwanted. Formerly, our husband enjoyed doing these pursuits with her, because these pursuits gave her great joy. Her expression of the joy she was experiencing doing these things kindled within him that joy which he'd always been missing at the deep core level of his being. Now, however, he feels joy in himself, so he doesn't feel like he needs to go bowling to have it kindled by his wife. He never actually did like bowling; he just liked the joyful experience with his wife. Now he's finding joy in life and his interests have changed to reading books on quantum mechanics, cooking, and learning to sing. These are things he never used to do, and frankly his wife can't relate to them. She doesn't really care about the theory of string physics and she finds eating at home boring. She hasn't grown past her fears, so she's unwilling to use what she considers to be a 'bad voice' to learn to sing with her husband.

As a couple though, they want to do things together. However, his wife still really needs the energy of his courage and resourcefulness to balance her energy and feel whole. If he won't go bowling and to the movies and out for dinner, she's unable to experience some of the things that bring her great joy. If the couple doesn't keep up a high level of communication to assist each other as they're changing their energetic attributes, they're apt to drift apart and the relationship can fail. Now, I'm an equal opportunity writer, so let's reverse the tables shall we?

Perhaps Mom is raising the children but has formed a group of like-minded mothers who are very informed. They're pooling their learning to change their lives in dramatic ways. Perhaps they're doing yoga together and they've formed a book club and are reading and discussing challenging books. They take their children together into nature and share their educational experiences, perhaps even home schooling. They're keeping up with the latest insights and are discovering the resources within themselves. Their higher vibration pursuits are rendering them more fulfilled in themselves. Meanwhile, our guy has always enjoyed football. She used to attend the football games with him, not

so much because she liked football but because he used to play football and she could sense his courage when at the game. That sensing of his courage used to make her feel more whole. Her growth with her children and friends though has enabled her to find the courage within herself. She no longer needs that courage from her husband, she's found it within. He's perplexed that she no longer enjoys going to the games. He hasn't changed and grown, his motto remains, life is all about 'two and juice' and off to the football game. So now it's become a night out with 'the boys'. In this scenario the woman of the house is growing and changing and has moved through her fears. She's found the energy of courage within herself, no longer needing the man's energy to make her whole. Now she's the three-quarters and he's actually losing a bit of his confidence, so he's fallen from half to one-eighth.

Same results as above. A relationship in trouble.

In our second example, notice that the couple no longer even feels whole together. Her six-eighths and his one-eighth don't equal one.

Notice the subtle shift being made in this chapter as you're learning that reality is more than just what you believe, it's about energetic wholeness. You see, you can change your beliefs, and you can change what you do, but what really matters is your reality of you. Are you growing in vibration and awareness? Are you becoming one within you?

When a person becomes whole within themselves, and inspires their partner to achieve this as well, their relationship takes on magical proportions.