

THE QUEST FOR BALANCE & WHOLENESS

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To be whole and balanced is to develop the integrity of every aspect of self. Within the context of the soul's development, I believe it means being conscious of and integrating all parts or sub-personalities within us, i.e. the lover, caretaker, tyrant, teacher, mother, father, manipulator, critic, etc.

Relationships provide a means to externalize our inner striving for balance and wholeness. The process of searching for the perfect mate forces us to evaluate our needs, strengths, weaknesses -- our soul's level of evolution. The stronger our attractions, or the more intensely we fall in love, the more our unresolved issues surface.

All too often relationships are addictive or dysfunctional. According to Anonymous groups, 97% of families are dysfunctional, where the emotional needs of the child are not met. Consequently, most families relate to one another within patterns which are unhealthy. Whichever patterns are familiar from childhood will be the patterns we equate with love since parents are usually our first love relationships.

Healing and growth in relationships are enhanced when we realize that the qualities we want in a mate are in fact the qualities we need to develop in ourselves. The qualities we dislike in our partner reveal aspects of ourselves which are often our shadow and need to be understood and embraced. When we consciously accept that our partner is our mirror, we can gain greater awareness about ourselves through our partner. In this way, we can make the transition from addictive to creative relationships.

The path of inner healing requires balancing the masculine and feminine components within the psyche. Feminine qualities such as the capacity for relatedness, love and surrender must be complimented by masculine traits such as protectiveness, strength and aggressiveness. A man completes his maleness as he develops his inner feminine receptivity and learns to soften his power; a woman completes her femaleness as she develops the power of her inner masculine to protect her vulnerability. Our capacity for genuine relationship grows as we become complete individuals.

Real human love means to identify with another, affirm their value and sacredness as they are, in their totality with their shadow side and imperfections. "Flesh and blood" love has to do with commitment. It means being willing to experience the ups and downs in relationship. It means learning to balance our needs with those of our mate's without compromising our integrity.

The path of enlightenment brings to consciousness the divergent, conflicting aspects of our psyche and unifies the "heiros Gamos." As we join these parts, we create the Divine Marriage of polarities within. In our search for romantic love we are searching for

this inner ideal, this path to the inner world. We seek wholeness and God through relationship. As we merge with both our internal and external mates, we come closer to reaching true fulfillment and self-realization, integrating the Sacred and the ordinary, the Divine and human in our love relationships.

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