

*Yoav Berenson / The Alchemy of Love*

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***The Alchemy***

***of Love***

*The Journey to the Soul Mate*

*Yoav Berenson*

***The Alchemy of Love***

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**Thank you Karen, for the inspiration  
and for the wonderful experience  
that only few have the chance to undergo.**

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## *Preface*

The alchemy of love is a topic unfamiliar to many. I, myself, arrived at this wonderful experience a few years ago; until then, I was completely unaware of it. The moment I touched the alchemy of love, my curiosity was lit and from then on, I've dedicated much of my time to exploring this fascinating topic.

What is alchemy? Alchemy is an attempt to unite two pure but entirely different substances and create, through their unification, a new substance, which is pure in its own right. Throughout the history of humanity, alchemists have worked endlessly on trying to find a formula for creating pure gold out of different metals, but to this very day, much mystery still surrounds this endeavor.

The alchemy of love is an attempt to unite two pure but different elements - a man and a woman. Man and woman, by definition, are opposites. They are opposites from a physiological, as well as energetic and spiritual perspectives. Therefore, the difficulty in truly uniting a man and a woman into a single pure entity resembles the difficulty involved in creating gold out of various metals; the alchemy of love, too, is a field that still remains enigmatic.

The alchemy of love is, in fact, total love. Usually, this is not the love that we are familiar with from our everyday life, because the alchemy of love is still considered rare nowadays. As far as I can tell, this situation is on the verge of change, and in the next few years we will all be able to enjoy the alchemy of love. In the alchemy of love, there is complete unification between man and woman at all levels: their spirits unite into a single spirit, their consciousness unites into a single insight, and their emotions merge into a single feeling.

Each of us has been in this world numerous times. Each time, we've met our "soul mate," namely, a partner entirely compatible with us. Each time, we have failed in our attempt to reach the ultimate unification with them, in our attempt to touch the alchemy of love. In this incarnation, we each have another chance to make this giant leap. We all have the opportunity to create the most magical and beautiful experience that exists in our world.

This book provides the knowledge and the tools to embark on this wonderful journey. In a few sentences, I will try to summarize my message: in order to create a relationship that is based on the alchemy of love, we must change. We must learn to be the exact opposite of what we normally are in a relationship. Only when we change, do we achieve our inner

wholeness, and this wholeness is the key to the alchemy of love between a man and a woman.

It's very easy to remain just the way we are. The real difficulty is to change and become something different from what we are used to being. When we entered this world we were whole, because we were both masculine and feminine. When we grew a little older - we experienced a split: we turned into either masculine or feminine. Today, we must return to the wholeness with which we were born. We must also experience our opposite side. Only through this can we return to our lost wholeness, at which point we will be ready to create the alchemy of love in our lives.

From my personal experience and the experience of other people with whom I'd met as a spiritual counselor, it appears that the return to our wholeness is difficult and frightening to many of us. Yet, with persistence and a little bit of faith - the marvelous results do follow. And the results are, indeed, surprising and amazing. Not only do they touch our love life and relationships, they affect all of the areas in our life, because as soon as we change - our whole life, the whole reality in which we live - changes with us.

The objective of this book is to share knowledge. We live in the era of communication, in which knowledge becomes increasingly accessible to all of us. This is the time to use knowledge, in order to create a change in our life. The knowledge in this book is simple and easy. I made an effort to use clear language that everyone can understand, in order to be sure that the messages in this book are understood by all of us. I hope that this book will bring about a change in your lives, as it did to mine.

*Part I*

*Why do we Search for Love?*

# *Chapter 1*

## *We were Born Whole*



### *1. We were all Born as a Wholeness of of a Single Force*

*When we were born we were whole*

When we entered this world, we arrived whole and united. We were the product of a single power - the inseparable merge of masculinity with femininity. We were the product of an unexplained paradox that simultaneously contains two entirely opposite forces. This is the reason we were so natural and free in our early childhood. This is also the reason we were so loved. It's impossible to ignore a baby, a young child, because there is something so natural and beautiful about it, so simple and right, that makes us unable to take our eyes off of this phenomenon. Little children are a "sight to see" because they are wholeness. Young children embody a pure and unified wholeness: both masculine and feminine; both independent and dependent; both demanding and appeasing; both determined and confused; both aggressive and forgiving. Most of us had forgotten that this phenomenon used to be a part of us, so much so that only young children can remind us of what we used to be in our early childhood.

This inner wholeness with which we were born was the product of that same magical unification. It's the same natural unification that exists in every phenomenon which is a part of nature. Nature, too, is made up of inner wholeness. Nature, too, works as a whole that consists of two opposites: light and darkness, day and night, winter and summer, male and female. We are also an integral part of nature. And, therefore, when we were born, we operated with nature in natural harmony. We were natural - because we were whole.

*Our Wholeness Enabled us to Live and Love Totally and Completely*

As children, we used to respond naturally and freely to everything that happened to us. When we were hurt - we cried. When we were happy - we laughed. Because we were internally whole - every action we performed was complete and total. All of our senses worked without being blocked and without being inhibited. Everything we did was "Okay," and that's why we expressed ourselves freely and fully.

Young children know how to love. They don't need any guidance - only we, the adults, need guidance, because we had forgotten what love is. A little child lives and responds to others to the fullest extent; he hugs, kisses and touches. He feels, devotes himself to, and merges with the people around him. If he loves someone - he will love him completely and totally. If he hates someone - he will hate him completely and totally. All of his concepts are absolute. If he wants something - he will do anything to get it. If he's not interested in something offered to him - he will reject it with contempt. All of his actions are absolute, complete, and simple. He has no restraints and no constraints, because he lives and loves totally.

*The paradise we used to live in is a product  
of our wholeness*

So, the paradise we used to live in as children was a product of our inner wholeness. Because we were natural, spontaneous, free and real - our reality was paradise. Every occurrence around us was novel and fascinating for us, since we responded to it in a natural, new, and creative way. Paradise is not a place to aspire to. Paradise reflects a certain state to which we can return. We are paradise, only if we realize that we are wholeness, only if we accept the notion that our completeness is the road to our internal paradise that awaits within us to be rediscovered.

Hell, too, is not a place - but a state. Hell happens to us if we are divided, split, blocked, stuck, rigid and unnatural. Hell keeps on reappearing in our daily life, because we've lost our state of completeness. Every time we return to our complete

state - we feel in paradise. Every time we lose our completeness  
- hell reappears.

## ***2. Our Essence is Made up of a Feminine and a Masculine Side***

*We are all made up of two united forces: femininity and  
masculinity*

Our inner wholeness consists of a paradox of two entirely opposite forces. Two polar forces, which together make up a unified wholeness. Much in the same way that the earth is made up of a north and south pole - so are we. The global balance, just like our internal balance, is based on two equal but opposite forces: masculinity and femininity. The meaning of our wholeness is the simultaneous expression of these two forces, much in the same way that nature simultaneously expresses its polarity: when it's night in one half of the globe, it must be day in the other half.

Therefore, it's impossible to separate these two forces. It is not possible to express only one force, because, paradoxically, the existence of each force depends on the continued existence of the other force. We must understand that our inner wholeness expresses masculinity and femininity at the same time. It's our true essence - we have no other essence. We're part of nature, and are, therefore, subject to the same rules that govern it. To be both masculine and feminine at the same time - is natural. To be only masculine or only feminine - is unnatural and, therefore, false. It goes against our natural essence, and, as we shall see in what follows - it is the reason we cannot find the alchemy of love which we deserve.

*The masculine half expresses our  
independent side*

The masculine force expresses the independent, and the individual side that exists within each of us. That is the force that creates in us a sense of self and separates between our own

existence and that of our partner's. The masculine half represents our personal will. It equips us with the tools through which we can fulfill our needs and attain our goals.

The masculine force creates in us a variety of active characteristics, such as: self-focus, control, initiative, conquest, power and struggle, being demanding, criticism, determination, competitiveness, ambition, motivation, speed, boldness, rationality, practicality, extroversion, obtuseness and independence. With these masculine traits, we can affect our partners and lead them our way, instead of being influenced and lead by them. The use of these active characteristics makes it possible for us to make our partners do as we wish.

### *Our feminine half expresses our shared side*

The feminine force, on the other hand, annihilates our sense of self, since it expresses the shared side that exists within each of us. This force makes it possible for us to empathize with our partner. It deprives us from our independent existence, but gives us an existence inseparable from that of our partner's. The feminine half represents the desires of our partners, and it equips us with the tools through which we can satisfy them.

The feminine force creates in us a vast variety of passive characteristics, such as: the ability to focus on others, obedience, cooperation, compassion, submission, tenderness, self-sacrifice, pleasing of others, forgiveness, prudence and hesitation, concession, appreciation, slowness, fear, emotionalism, helplessness, introversion, empathy, openness, identification, and dependence. With these feminine qualities, we enable our partners to affect and lead us. The use of these passive traits enables our partners to make us do as they wish.

### **3. Inner Wholeness is a Paradox**

#### *Logical insight cannot throw light on a paradox*

The mind likes to find logical patterns and order. The mind prefers clarity over confusion. Therefore, the internal paradox within us is a phenomenon that the human mind cannot accept,

or even grasp. Logical perception can grasp one-dimensional but not two-dimensional concepts. Therefore, there is no need for us to try and understand a paradox - since it is impossible to resolve it through the mind. Only when we realize that life is a wholeness made up of two opposite poles, of summer and winter, of west and east, of left and right, of day and night, of cycles - will there be no need to resolve our inner paradox within ourselves, because it would resolve itself.

If we choose to view ourselves through the mind - we will never be able to grasp our wholeness. The mind is naturally inclined to separate things. Therefore, logical perception enables us to be each time either only feminine or only masculine - but never both at the same time - because the mind cannot grasp a contradictory state.

*The paradox disappears when we adopt a holistic approach*

The paradox ceases to be a paradox, it stops being a contradiction, only once we realize that nature and we, as an integral part of it, are circular. We're not a straight line - we're a circle. We don't need to reconcile the inner contradiction within ourselves, but rather we need to allow our polarity to be expressed. We don't need to project only masculinity or only femininity. We are free to express them both at the same time.

The holistic perspective accepts our complete self without separating it into masculinity and femininity. A holistic view of ourselves reveals our complete self. It uncovers not only the masculinity or only the femininity, but also their unification, the whole, the internal alchemy that exists in each of us. If we view ourselves in a holistic way, we will be able to revive both of these sides that exist in us, and, as a result, re-ignite our love life and relationships.

*Through our holistic understanding we can really grasp our wholeness*

Our wholeness is the unification of two opposites - a masculine pole with feminine pole. The significance of the unification of



these two forces is that we can be masculine only if we are feminine, and feminine only if we are masculine. If we are only masculine, not only are we unable to be feminine, we also cannot be completely masculine, because complete masculinity is a result of femininity. By the same token, it is impossible to be only feminine, because, in order to be completely feminine, we also must be completely masculine.

In order to have daylight, it must be dark in the other half of the globe. This is also how our wholeness works. In order for us to reach the peak of our masculinity, we must also discharge a massive amount of feminine energy deep within ourselves, at the same time. If we suppress one of these forces - the other comes out lacking and incomplete as well.

## *Chapter 2*

### *The Inner Split*



#### *1. We lost our Completeness*

##### *Once we Allowed a Split within ourselves*

*The inner split is a result of the imitation of our parents*

When we came into this world, we were whole, but, at an early stage of our childhood, a crisis occurred. We created a split in the alchemy of the unity within ourselves. We looked around, and wherever we turned we saw only one thing - a split. The one message we received from our parents and the society around us was - you must be split just like us. You cannot continue to be whole and united. If you remain the way you are - you won't be able to cope with the world, you won't survive. And we, too young to resist - received this message, internalized it, and created a split within ourselves. And this is how our inner unity began to crumble.

We broke our inner unity because we wanted to be loved by our parents, because we aspired to be accepted by the society into which we emerged. We created a split within ourselves that contradicts our complete nature. We imitated our parents and those who most closely surround us, in order to be just like them. When we realized that the way we are isn't "Okay," we changed ourselves so that we could be just like everybody else.

*When the split occurred within ourselves, we chose to be  
only on one side of ourselves*

Each of us experienced this split in a different way. Some of us chose to be only masculine, and others chose to be only feminine. Either way, we all followed our parents' patterns. The women among us internalized their mothers' split, since they were naturally inclined to identify with a female model. The men among us internalized their fathers' split, since they were naturally inclined to identify with a male model.

Whoever chose to side with his masculinity alone - lost a part of his femininity. On the other hand, whoever chose to side only with his femininity - lost a part of his masculinity. It doesn't matter which side of ourselves we chose to express - we all lost. We are all a product of division and incompleteness, instead of being a product of unity and completeness.

*Today, we no longer have the freedom of choice because  
our behavior is determined by a deeply rooted habit*

From that moment, when we chose to be either only masculine or only feminine - we lost our freedom of choice. This moment was sad and tragic for all of us, because from that moment on, we started paying heavily for this choice in our lives, our happiness, but especially, in our relationships. The only meaning of this early choice is that - we either adopt a masculine approach in our relationships, or we select a feminine attitude. At any rate, our notion of relationships is split and divided instead of being whole.

Today, we no longer enjoy genuine freedom of choice with respect to ourselves and our partners, because we are so caught up in our deeply rooted habit that we completely forget that we can be different. This habit is so deeply embedded in us that we believe that this is what we are - only masculine or only feminine. Our memory of the completeness we had is so vague and repressed that most of us have forgotten that this completeness is at all possible. We have forgotten that it is, in fact, the only thing possible. If we were to return to our inner completeness, to our freedom of choice, we would be able to react within a relationship in a masculine and feminine way -

simultaneously. Because of our habit - each time, we can demonstrate only femininity or only masculinity.

## ***2. The Inner Split Took away***

### ***Half of our Wholeness***

*Each of us was split into a masculine or a feminine side*

We all turned our wholeness and unification into a split and an internal void, but we each made a different choice, based on the split we observed, at the time, in our parents. As mentioned, the women among us internalized their mothers' split, while the men among us internalized their fathers' split. Thus, if your mother chose to be feminine with men - you will be feminine with your men as well. However, if your mother chose to be masculine with men - you will be masculine with your men too. If your father chose to be masculine with women - you will be masculine with your women as well. On the other hand, if your father chose to be feminine with women - so will you be, with your women.

Each of us selected the split of his parents, and this disease has struck roots in all of us. Since then, it strengthened its roots in our character, our "nature," our personality. It made us oblivious to what we were, and what we can return to - the wholeness.

*Men were split into feminine men and masculine men*

Men - when faced with a woman with whom they are having a relationship - can be divided into two opposite types - a masculine type and a feminine type. There is the masculine type who controls the women with him, and there is the feminine type who allows the women with him to control him. As a result of the split we created within ourselves, each of us tends to follow one of these types to a greater extent.

## *The active masculine man*

The active man is a man with a masculine, chauvinist attitude towards women. He's rough, rational, selfish, tough, stubborn, suspicious, vindictive, obtuse, determined, ambitious and very competitive. He's independent, daring, looks for challenges, tackles various obstacles head-on, is always one step ahead, and takes full responsibility for his and other people's actions. He seeks a feminine woman whom he can lead, guide, repair and mend. He looks for a girl who can admire him as an omnipotent man, and, from his perspective, a relationship is an attempt at being "God" through his partner, the girl.

As far as the active man is concerned, the woman is inferior - because he is in charge. He doesn't see her and isn't sensitive to her needs, because he is too busy being focused on himself and his own needs. He is the classical educator, and, therefore, he can lead his partner firmly, when necessary. He also knows how to take advantage of her weaknesses in order to subdue her and get from her whatever he wants. He demands perfection from himself and perfection from his partner as well. He cannot be satisfied, because he is never content. The masculine man is a man that doesn't reveal more than he wishes to. However, he knows how to expose his partner's thoughts and feelings. He loves instant gratification and hates to wait patiently. His motto in life is: here, now and fast. The active man is not influenced by opinions of others - he tends to stand up for his beliefs. He tends not to consult with his partner - he dictates his decisions to her. He is a practical person who is very much on top of things, and can, therefore, lead his partner easily - because he projects a lot of self-confidence and a sense of orientation. He talks very little to her, keeps his word, and he never just says things. He's focused, goal-oriented, and clear. When his partner tries to resist, he doesn't try to convince her, reason with her, or argue with her - he simply ignores her and does what he had decided to do in the first place.

The masculine man is usually an energetic and lively type of person. He takes life very easily, likes variation and constant change. He loves to be alone, kind of like a "loner," and doesn't see himself tied to any woman. The masculine man never clings to women. He knows how to free them of himself - which is exactly what brings many of them back to him again and again. When he is in a relationship, he reveals very little of himself and leaves plenty of room for mystery - this is the secret of his charm. The fact that he doesn't take women too seriously only adds to the sense of grace and lightness that he projects.

The active man is naturally drawn to weak and needy women. At first, he likes their weakness, because it emphasizes his role as the savior. The weak woman gives constant reinforcement to his being the knight in shining armor. But the closer the relationship grows, the sicker he becomes of the role he chose for himself, since he likes the role of the savior but not of the care-giver. He likes to be a savior, for a short while, but he doesn't like to care for his partner and to attend to her, on a long-term basis. Therefore, the active man is the one who usually initiates the break-up of the relationship, not only its beginning. He likes to move on to his new conquests and quickly gets bored with a long-term relationship.

### *The passive feminine man*

The passive man is a man with a feminine approach in the way he relates to his partner. He's gentle, sensitive, considerate, easy, conceding, forgiving, understanding, hesitant, and not competitive. He's dependent, timid, slow, lacks audacity, prefers to bypass obstacles rather than deal with them, reacts to situations and cannot take responsibility for his or others actions. He seeks a woman who would take care of him, lead him, guide him, and make all the difficult decisions for him. He seeks a mother, and, for him, a relationship is an attempt to return to the uterus.

From the passive man's viewpoint, the woman is the ruler - because he's the one who is inferior and weak. He is blind to himself, since most of the time he's focused on her, her needs and desires. The passive man is not an educator. He's too sensitive and gentle to lead his partner with determination, when necessary. Although he tries to convince her to follow him by talking to her, by reasoning with her and, sometimes, even by begging her - he finds himself, time and again, led by her. He can't deal with his partner, and in the power struggles between them - he's the first to cave in, because he's weaker. He views his partner as someone superior to him under all circumstances. He, therefore, tends to admire and, sometimes, even worships her, and he fears to ask her to change for his sake. He's very easy to please, because he settles for very little, and most of the time he feels fortunate simply because she chose him over others. The feminine man is a man who "sells himself short." He feels inferior to his partner and, therefore, keeps on giving to her endlessly without asking or expecting anything in return. He's an understanding, empathetic type, who would forgive his partner for things that she would never

forgive him for. The feminine man tends to expose his feelings and his intentions right at the outset of the relationship, while his partner remains enigmatic, leaving him in the dark. He's patient and would never pressure his significant other to satisfy his own needs. His motto in life is: Go slow, maybe it's going to work out next time. The feminine man is easily influenced by his partner's opinions and her wishes, and usually doesn't resist her. He's a day-dreamer, living in a fantasy, and he projects helplessness and incompetence in his daily life. He beats around the bush, usually doesn't keep his word, and often makes statements simply to please his partner. He's confused, impractical and, often, his intentions and wishes are not clear. He can't make up his mind, and instead of solving problems he waits, hoping that they would somehow resolve themselves. When his partner objects to his wishes, he withdraws; even if he puts up a fight, he eventually gives in, often times, apologizing.

The feminine man is an introverted, quiet and usually inhibited person. He takes life to heart and looks for stability and security in a woman. He hates being alone, because then he feels like an abandoned child. Therefore, he sees himself tied and committed to his partner, who functions as his life-saver. The closer they get, the less he sees her as a friend and a partner; he sees her more as a mother, someone to lean on. The feminine man is afraid to break away from his mother's protection, and, therefore, he also cannot let go of his partner - a fact which drives many women away from him. When in a relationship, he exposes his weaknesses right from the outset, along with his numerous negative sides, and leaves very little room for hope. On the other hand, the feminine man is a socially adept, highly moral, understanding, and concerned person. He's committed to one woman and would do anything for her - there lies the secret of his charm.

The feminine man is naturally attracted to strong, dominant women. Their power captures his heart, because he views them as his mother. The more in love he is with them, the more he clings to them. When his dependence turns into clinging - he is usually abandoned by his partner and is left stunned. It's difficult for him to come to terms with separation, and, therefore, even after her departure, he will continue to see his former partner as an integral part of him, because he perceives relationships as mother-child relations. The feminine man rarely initiates contact, and usually avoids terminating relationships. Even if he decides to terminate a relationship - he usually waits until his partner says something that would lead to the ultimate break-up.

*Women were split into masculine women and feminine women*

Women involved in relationships can also be divided into two opposite types - masculine and feminine. There is the masculine woman, who seeks a man to control; and there is the feminine type, who wishes to be controlled and lead by a man. As a result of the split that occurred in us, each of us tends to follow one type or another to a greater extent.

*The active masculine woman*

The active woman is a masculine woman in her relations with men. She's extroverted, practical, ambitious, self-serving, manipulative, independent, and always gets what she wants - whenever she wants it. She's free, functions in almost any state, is especially strong in tough situations, and doesn't let her feelings stop her. She treats men as some sort of game, and seeks male admirers who would look up to her. In fact, she's looking for a nice little boy. Relationships for her are a crash course in motherhood, a temporary stop in her long line of conquests.

The masculine woman likes to be in control. She sees in a man her own private pawn which she can position where she pleases. A masculine woman doesn't seek a stable and meaningful relationship. Even though, in many cases, she will bother to claim that she's looking for exactly this kind of relationship, in reality, the challenge of the conquest is what she finds exciting. The thought that she is about to conquer a man she likes and turn him into her "own" - is what is stimulating for her. The masculine woman keeps a safe distance from her man. She doesn't tend to expose her deep feelings for him. She always keeps her winning cards for herself. The masculine woman doesn't know how to devote herself emotionally to her man, and she cannot give him the feeling that she's entirely his. As far as she's concerned - no man can "possess" her. A relationship with a man that becomes emotional and "too close" a relationship - scares her, because she doesn't know how to face her feelings. Therefore, as soon as she feels threatened, she runs away from her man as fast as she can. The masculine woman is usually lively and energetic. She projects power and vivaciousness - and that is the secret of her charm. The fact that



she knows how to be courted, that she can flirt and send erotic messages only adds to her mystery and the yearning of men for her. She likes to initiate relationships with men, but does it on her own terms. She will insist that her man meets these terms, until he's well "tamed." The masculine woman does not let her feelings interfere too much with her life and her plans - by and large, she remains rational and practical. Even when emotionally devastated, she will repress her feelings and show a facade of "business as usual." For the masculine woman - all means justify the cause. She will use all of her skills to seduce a man or make him fulfill her wishes. Her best weapon is her sexuality and femininity, of course. The active masculine woman does not trust her men, because she's afraid they will leave her. Therefore, when she meets a man she likes, she will use two predetermined strategies: first, if he's a feminine passive man, she will come on to him, initiate a relationship and make him a part of her life. Second, if he's a dominant initiator, she will be evasive and thus try to catch his attention. By keeping her distance, she will try to attract him. This escape is designed to test how much he wants her and how much he would do for her. She will stop running only when she's positive that her man is hers - only then will she give herself to him. After a short while, though, her fear of being deserted will return, at which point she will start controlling him and his life. She'll try to cut his wings short, so that he can't fly away. But the tragedy is that, in any case, it is going to be her that will walk out on him. If he allows her to weaken him, she will leave him, since she will have already completed her conquest. He will no longer be a fantasy for her - he will be "too" available. However, if the man comes to his senses and starts developing his own power and independence - she will leave him out of fear of being deserted first. The masculine woman is terrified of desertion and, therefore, always walks out on her men.

The masculine woman has the natural gift of making her man open up to her emotionally. This gives her a sense of power and control over him. As soon as he completely opens up to her, she becomes terrified of the intensity of his feelings, and leaves him stunned and surprised. She cringes at the sight of his weakness and his emotions, because deep down, she's afraid of, and is detached from her own emotional side. The masculine woman is usually attracted to feminine men, who are gentle and sensitive - but that is exactly the reason why she eventually leaves them - their increasing dependency is what scares her off. The masculine woman typically tries to castrate her man, and that is her tragedy. She fantasizes over a strong, confident man who would control her, but when she finds such a man, she gradually castrates him and wakes up one morning with a broken dream. The masculine woman gradually weakens her man and in the end, finds herself alone with her power.

## *The passive feminine woman*

The passive woman is a woman with a feminine approach to men. She's introverted, dependent, honest and sincere, trusts men, and waits for a man who would save her from her loneliness. She's inhibited, moody, needs constant male guidance, especially in tough situations where her helplessness is revealed, and finds it difficult to be rational. She treats men as though they are omnipotent, and seeks a father figure, who would teach her about life and care for her needs. In fact, she seeks a substitute for her father, and, for her, a relationship is an opportunity to return to a happy, care-free childhood.

The feminine woman doesn't know how to control a man. It seems that she always "falls" on men who take advantage of her innocence. As far as she's concerned, a man is omnipotent, and she's simply his own toy to play with. The feminine woman seeks deep and stable relations. Flirts and conquests are usually not part of her reality. She's not possessive towards her man, but rather gives him space that allows him much freedom. The feminine woman doesn't distance herself from her man. On the contrary, she tends to cling to him and to lean on him more and more. She exposes her deep feelings from the beginning, and admits to having a soft spot for him. The feminine woman likes to fulfill all of her man's desires. She's very devoted to him, and gives him the feeling that she's always going to be there for him. From her point of view - only a man can run her life, because, on her own, she feels helpless. The feminine woman is a dreamer, is influenced very easily by her man, and tends to repeatedly apologize to him, because she believes that she's the only one that carries the burden of guilt. She's very preoccupied with the thought that her man is away from her, and would do anything to get close to him. Even when she notices signs that her man is about to leave her, she will keep on believing and hoping until the very last minute that maybe he would change his mind. The feminine woman is usually introverted and quiet. She projects frailty and weakness - and that's the secret of her charm. The fact that she projects goodness, purity and virginity only increases men's attraction to her. She's afraid of initiating a relationship with a man and definitely doesn't determine her own terms. As far as she's concerned - the man is the one who decides. She is just there to accommodate him, and make sure that she remains within the boundaries that he has set for her. The feminine woman finds it difficult to be rational and lets her

emotions govern her life. If she's broken inside - it'll show. She cannot conceal any emotional turmoil she experiences.

The feminine woman is a very moral person. She would never impose anything on her man, and would never make him approach her through inappropriate means. She doesn't use her sexuality and femininity as a weapon against her man. On the contrary - the message she conveys to her man is that he can take her for granted, with respect to their sexual relations, as well. The feminine woman trusts her man and believes every word he says, because she's very naive and innocent. She lives in a world of purity and goodness and is, therefore, unaware of the possibility that her man may lie to her, or even desert her. From her perspective, he will always be there for her - much in the same way that she will.

The feminine woman has the natural gift of causing her man to be emotionally reserved. She doesn't signal to her man a maternal sense, but rather a childish one. The fact that her man doesn't feel the drive to open up to her makes him all the more stronger, and that's how she is controlled by him; and she's at his mercy. The feminine woman feels very insecure and constantly fears that she may have done something wrong. In her opinion - a man is always perfect. She, on the other hand, always requires improvement. She becomes apprehensive in the face of his power, his anger, and his criticism, and fears them, as she doesn't know how to deal with them. She is unfamiliar with her own masculine side and, therefore, responds with helplessness and despair, when he projects that he's displeased with her. The passive feminine woman is usually attracted to masculine men, rugged and rational - but that's exactly the reason why they end up leaving her. For the man, the feminine woman is something to toy with, something to pass the time with. The greater her dependency is, the deeper the contempt and repulsion he feels towards her are. The feminine woman tends to nurture and encourage her man. She only wants his best and would do anything to glorify his ego. She fantasizes over a tender and sensitive man like herself, about a man who would appreciate her, but because she remains unchanged, she always ends up with allegedly gentle men, who are actually powerful and rational. She always finds herself exploited and humiliated by men with no conscience.

### *3. We Seek our other Half in our Partners*

#### *Instead of in ourselves*

*The inner split creates in us a constant sense of incompleteness*

The split we created within ourselves creates in us a constant sense of lacking. This lacking is the cause of our endless quest for a solution. But all this time, the solution is right under our nose. We've created a split within ourselves - we can also create unification within ourselves. What each of us misses is the sense of completeness. What drives us is the search for the other half we gave up, the half we put aside. If we're feminine men - we're missing our masculine side. If we're masculine men - we're missing our feminine side. If we're masculine women, we're missing femininity. If we're feminine women, we're lacking the masculine power.

As long as we're split - the sense of lacking, the sense of missed opportunities will linger, because it comes from our core. It cannot be avoided, or covered up, over time. We cannot deny our essence, what we were when we were born. We need to acknowledge our wholeness, otherwise we will spend the rest of our lives with a constant sense of incompleteness.

*We fall in love with those who possess our other half*

Because we cannot suour yearning for wholeness, we embark on a search. And the objective of this journey is very specific: our subconscious directs us towards finding a complementary partner. To find a partner that has everything that we allegedly lack, so that the completion we long for will begin, and we will be able to make our way back to our lost completeness.

Therefore, if we are feminine men - we are attracted to masculine women. On the other hand, if we are masculine men - we're drawn to feminine women. If we're masculine women - we feel attracted to feminine men. However, if we're feminine women - we feel attracted to masculine men. Either way, the match between women and men is divided into two groups: one group includes feminine men along with masculine women,

while the other includes masculine men along with feminine women.

*The attempt to find our completeness through a complementary partner - is bound for failure*

Unfortunately, the attempt to return to our wholeness through a complementary partner - is doomed. The reason is simple: as long as we haven't succeeded in creating our inner unity - we will never be able to create a real long-lasting unification with our partners. The same reason that draws us to our partners is also the reason that eventually leads to our separation. A masculine woman will be attracted to a feminine man because of his feminine qualities, which she allegedly lacks, but she will never be able to accept him for what he really is, because she cannot accept her own feminine side. A masculine man will be drawn to a feminine woman because of the feminine features she has, which he supposedly lacks, but he will fail to accept her for what she really is, since he has yet to accept his own feminine side.

A masculine man is attracted to a feminine woman, because he cannot accept his femininity. Instead of loving his inner femininity, he falls in love with her femininity. This could serve as a temporary solution, but never as a real solution, because a day will come when he grows to hate her femininity, much in the same way he condemns his own femininity. A masculine woman will be attracted to a feminine man only because she has yet to accept her own inner femininity. Instead of uniting the masculinity and femininity in her, she falls in love with his femininity and tenderness. But the day will come, and it always does, when she will no longer be able to stand his femininity because she, herself, will have neglected to fully accept her own femininity. As long as she doesn't allow herself to experience her own, rather than his, femininity, she won't be able to truly love and unite herself with a man.

## *Chapter 3*

### *Back to the Wholeness*



#### *1. In Order to Return to our Wholeness*

*we must Awaken our Lost Half*

*If we express our lost half through our partners - we will  
continue to be split forever*

If we cannot love ourselves in our wholeness, how can we love completely and totally someone else? If a masculine woman does not love her feminine side, then how can she truly love the feminine side of the man she is with? If a feminine man does not love his masculine side, then can he really accept the masculine side of the woman with him? We try to attain our wholeness through our partners instead of through ourselves and, thus, compound the problem. Instead of changing, we grow increasingly split from within. A feminine man, who falls in love with a masculine woman, experiences through her his lost masculinity. Instead of discovering it through himself, he discovers it through her, but when she leaves - he remains split as ever. He was a feminine man, and with a masculine woman, he will continue to remain feminine, because when he's with her - he feels no need to change. He doesn't need to awaken his masculine side - he has her masculine side.

If we continue to express our lost half through our partners instead of through ourselves, we will always remain split. Our deeply rooted habit, engraved in us during our early childhood, is so strong that we're afraid to challenge it. We're afraid to "touch" it and alter it. The split has turned into our way of life to such an extent that we have stopped trying to get at our wholeness by ourselves. Instead, we let others do our job, and we do the job for others - and that way no one changes. A feminine man does the job for the masculine woman, because by becoming her partner he brings to her life the feminine side, which she lacks. She, too, does the job for him, because by being his partner she brings to his life the masculine side, which

he lacks. Together, in a relationship, they allegedly change, while, in fact, they don't change at all: he remains a feminine man, and she remains a masculine woman. Their relationship creates a temporary illusion, in which they each allegedly return to their wholeness. But when the relationship ends - the illusion is shattered. They each return to their natural size, to their familiar half, and then, they embark, yet another time, on the quest for their lost completeness.

*The way back to our wholeness is to invoke in ourselves  
the half we had given up*

The greatest fear that exists in humans is not the fear of death or that of a great disaster. The greatest fear that exists in us is the fear of change: self-change, internal change. This is the problem that prevents us from returning to our internal wholeness. We are afraid to act against our habit. We are afraid to change ourselves and to invoke the half we had given up. For the feminine man and the feminine woman - the notion of masculinity is what is most threatening for them. Therefore, from their point of view, a change that would awaken their inner masculinity is the most frightening and difficult one. For the masculine man and the masculine woman - femininity is the most frightening notion. Therefore, for them, a change that would kindle their internal feminine qualities is the change that they would find most difficult and threatening.

Change, renewal, growth, discovery and surprise - all create in us a fear of the unknown. But, for each of us, the unknown is different. For the feminine man and feminine woman - masculinity is the unknown, and is, therefore, what generates fear in them. For the masculine man and masculine woman, it is femininity that constitutes the unknown and unfamiliar, and, therefore, for them, it is the element that they fear most. If we don't accept fear as part of life, and if we don't do anything to awaken our lost half, we will never be able to undergo real change. We won't be able to return to our inner unification, and, as a result, to our union with a partner.

*Our destiny in this world is to perform internal self-correction and to aspire for completeness*

We came into this world for the purpose of self-correction. The objective of each of us is to perform his own self-correction. This is why we're here, why we received a life. We have our entire life here, on planet earth, to perform this correction, and if we escape and try to avoid it our entire life - we will return here another time anyway, in our next incarnation, in order to complete what we've missed out on.

Our destiny is to return to our internal wholeness and create the alchemy of love with our soul-mate. Our correction is the return to our inner unity, the return to our home, to the alchemy in us. For the masculine man and the masculine woman, the correction involves being feminine. To go against a deeply rooted habit, built over years, and shift to their opposite side. For the feminine man and the feminine woman, this correction involves the internalization of the masculine viewpoint, a perspective so foreign to them. And, so, eventually - we will all reach the same point and end up in the same state - internal unified wholeness of our masculine and feminine sides.

***2. If we Create an Opposite Habit,  
we can Finally Find our Way Back  
to our Inner Completeness***

*Our habit confines us to one side of ourselves*

The moment we've created a split in our wholeness, we've created the habit, the fixation. When we gave up our freedom of choice - we created the habit of our life. This habit is what confines us to one side of ourselves: either masculine, or feminine. This habit is built over years and is, therefore, deeply embedded within us. This habit controls our life, because it creates in us fixed patterns of responses. This habit makes us react to different situations in the same way: either with an only masculine or an only feminine attitude. At every step in our lives, we can see the traces of the habit. It accompanies us most of our life like a hidden shadow. It emerges from our subconscious every time we are about to take a different or a



new step. Each time we want to change, it bursts into our consciousness and tries to stop us.

This habit has a thousand faces and endless excuses. It will try to convince us in every possible way why not to change, because from its perspective, change is death. Every deviation from our regular pattern of responses kills another part of the habit, and this habit doesn't want to die. Don't be mistaken, this habit has a life of its own. It sees itself as our owner. It won't give up the control over us. As long as it lives - it'll cause death inside of us. This habit represents "fate," lack of control and lack of awareness. This habit prefers that we remain dormant, with our eyes shut, and that we not take away its control over our lives.

*If we choose to create a new opposite habit - we can finally return to our wholeness and freedom*

In order to be freed from the habit's grip - we need to create in us an opposite habit. If up till now we were feminine men or feminine women - from now on, we should build an opposite habit and be masculine. Instead of the habit of reacting in a feminine way, we must acquire the habit of reacting in a masculine manner. On the other hand, if up till now we were masculine men or masculine women - we must build in ourselves an opposite habit and be feminine. Gradually, we must replace our habit of reacting in a masculine way and begin reacting in a feminine fashion.

When we create an opposite habit, we are gradually being freed from the grip of our "natural" habit. When we internalize a behavior "foreign" to us, we are awakening our lost half. This half is "foreign" to us because we are not used to being in it. The habit has prevented us from experiencing this half our entire life. But now, as we are being freed from its firm grip, the road for experiencing ourselves in our wholeness is paved. With each step we make towards the unknown and the "foreign" - the internal block starts to crumble, and we enter a new world, we enter our other half. We discover ourselves, our wholeness, that half which, on the one hand, we feared didn't, but, on the other hand, always hoped, deep down, was part of us. Well, it's time to discover it.

### *The feminine woman needs to turn into a leader*

If up until today you were a feminine woman; if up until today you tried to fulfill your partner's wishes, were ashamed to say, were ashamed to ask, were afraid to put yourself in that place; if up until today you put his needs before yours; if up until today you were afraid to say to him also "no" - if all of this holds, then you were clinging your feminine pole, but, now, you're about to change. In order to move towards your masculine pole, you need to be superior to him - not inferior, as you were until today. That's why, from now on, you're going to put your needs before his. First you, only then him. From now on, you are the one that is going to call the shots, to decide, to initiate. Regain your lost self-respect, the very fact of your existence. From now on you will experience the conquering and active side in you. Finally, you have the chance to be the leader. This is your time to learn to become masculine.

### *The masculine man needs to be submissive*

If up until today you were a masculine man; if you didn't show any consideration towards her; if you always demonstrated your superiority, and never gave her even the slightest opportunity to approach you; if you always kept your cool; if you always thought and never felt, all this time you were clinging to your masculine pole; but, this time, you can change. In order to move towards your feminine side, this time you must be inferior, rather than superior to her, as you were up until today. That's why now you will learn how to be gentle and considerate. This time you will learn how to express your emotions and how to respect her too. This time you will treat her like a person with feelings. Moreover - this time you will allow her to demonstrate her power, her determination, her wisdom. This time she will be on top, and you will let it happen. It won't be easy, but you will let her control you. Don't let your ego stop you, don't allow your self-respect to prevent you from doing this. Don't resist, and don't panic - nothing bad will happen to you. On the contrary. True, your ego will be bruised, the kind of respect you were used to will be taken away from you, but you, yourself, won't be hurt. Your false ego and respect will be what's hurt, and that's how it should be in order for you to be a whole person, but you, yourself, will not be harmed. It's important that you remember that. Only if you remember this, will you allow

yourself to have the opportunity to experience your emotional, feminine, creative side, a side which she was on the whole time - only that way will you be able to fully understand her and yourself. You will be able to experience the tender, sensitive, accepting and considerate side in you. This is your time to learn how to be feminine.

### *The masculine woman needs to be lead*

If up until today you were a masculine woman; if you were always the initiator and couldn't find a man that could handle you; if you always felt frustrated with your power, because all men feared you, and you were left without the hug, the warmth that you were always after; if you always demonstrated power and strength towards men, then you were clinging to your masculine pole, but, now, you can change. In order to reach your feminine pole, you need to be inferior to a man - not superior, as you were up until today. From now on, you can let yourself be weak, be conquered, you can let yourself be a woman. Let your man control you, don't resist this process - that's how you're going to learn what complete devotion is. Go all the way with your softness. Let it happen, don't stop it, and don't fight it - just let go. Be what you never allowed yourself to be, for all these years. Let yourself rest, stop being on guard all the time. Let him run the show, because from now on you're going to play the role of the soft, feminine woman. You have a special opportunity to experience your submissive side, your passive side that wants to be lead. You have a chance to experience the sensitive, considerate, and giving side in you that wishes to come out. This is your time to accept your feminine force.

### *The feminine man needs to be an initiator*

If up until today you were a feminine man; if you haven't fulfilled what you always wanted to do with her; if you were afraid to go for it because you thought that it might hurt her, drive her away, make her hate you; if you always withdrew because of her power; if you admired her instead of getting to know her; if deep inside you feared her instead of being her equal, you were clinging to your feminine pole; but, from now

on, it can all change. If you want to reach your masculine pole, you need to be superior to her - not inferior, the way you used to be up until today. You have the chance to do what you always dreamt but never dared to. True - it's very scary, so don't let your feelings stop you. Do what you always wanted, and don't stop. This time you have the opportunity to stop fearing and begin fulfilling. Let yourself experience your masculine side, the initiating side, the deciding, determinant side. You can be masculine, entirely male, because it exists in you, and you've deprived yourself of it up until now. This is your time to learn to accept your masculine force.

*Our inner self-correction will occur once we move to the other side of ourselves*

Once we move to the other side of ourselves, whether masculine or feminine, a miracle occurs - and this miracle is called unification and inner completeness, or in one word: alchemy. Every time we move deeper into our lost half - a miracle takes place, inner unity occurs. And each such unification embodies an addictive sense of heaven. Each unification brings about wonderful consequences for us: discovery, surprise, power, control, happiness, love, peace, unity and harmony.

This inner self-correction is our destiny here. This is exactly why we are here. Every time we remain blocked - we experience a little bit more of hell. Every time we shift towards our other side - we experience a little bit more of heaven. If we stay the way we are and not change - the inner hell gains strength. The more we change - the deeper we step into paradise. Paradise is not a product of "good deeds." Paradise is the result of correction, effort, overcoming the difficulty that our habit poses, breaking through one of the many walls that our habit has erected. Paradise is a result of self-change.

### ***3. Inner Wholeness is the First Step***

#### ***towards the Alchemy of Love***

*As long as we were split - our relationships*

*were split*

As long as we continued to be divided and split, we consistently failed to create a whole relationship. The relationships we entered were always relationships, based on the idea of complementation, rather than completeness. We complemented our inner gap through our partners, instead of through ourselves - and that's how we remained split.

In a split relationship - we remain split. In a split relationship - no inner change occurs. Nevertheless, a split relationship creates in us an illusion of completeness. When we feel we touch our lost half through our partners, we are filled with joy and happiness. A split relationship offers us our lost half, but it does so externally, not internally, and, therefore, it creates in us a false sense of completeness.

*A complete relationship is a product of freedom of choice and not of habit*

A split relationship is a product of habit. A complete relationship is the result of freedom of choice. Over time, the habit makes something die not only in us, but also in our love and in our relationships, because we create a relationship that is based on mutual dependency - the man needs the woman's half in order to feel complete, and the woman needs the man's half in order to feel whole. In a split relationship, the man and the woman hold on to each other in a bear-hug, they are chained to each other. Therefore, they are afraid to break the hug, because without the hug the man and the woman will once again feel their incompleteness. On the other hand, in a complete relationship, each partner has the freedom of choice. There is no need to cling and to be chained to one another, because each partner is whole in him or herself - not only outwardly, thanks to the relationship - but inwardly as well.

Thus, if we create a relationship that is based on complementation rather than completeness, if we are afraid of change and prefer habit - the relationships we create will forever be transient. The love we feel is an illusion. It's an illusion, because it comes from the outside, not from within. You cannot love another completely - if you haven't managed to grow to love yourself entirely. Therefore, a split relationship is bound to crumble and fail. However, if we decide to change and exercise our freedom of choice; if we create a habit opposite to our "natural" habit - we create a firm and stable foundation for our relationship. We express whole, rather than split love, because the love we feel comes from inside, rather than outside. When we become whole - our love becomes complete and real, that is the meaning of the alchemy of love. The alchemy of love is complete and internal love. It's a product of inner wholeness and not of external completion. The alchemy of love can create an everlasting relationship. It can evolve, strengthen, and deepen, over time. Not only does time not harm it - time improves it. Like wine, over the years - the alchemy of love improves. As time goes by, whole and internal love gains strength, as the amazing journey of mutual discovery continues.

*The return to the inner wholeness is the key to the creation of a complete and dynamic relationship*

The most astonishing phenomenon in the process of unification and inner self-correction - is the change of roles. Instead of having each partner stay the way he or she is, the relationship turns into a lever for the process of mutual correction and mutual change. A relationship can become a miracle, if we know how to use it correctly. If you change roles, you not only alter yourselves - but also help your partners change themselves. For example, a feminine man creates a relationship with a masculine woman. If he changes and turns into a masculine man, he not only performs his own self-correction, he also helps his partner become feminine. Through his change, he changes her as well - from within. Therefore, don't let your relationships be lost forever. Turn them into a lever for internal and mutual change.

If understanding and consent exist in a couple, if there is commitment to change - it is possible to create a complete and dynamic relationship. In such a relationship, every day is a new day, since each day has in store a new change. Each day, the feminine man turns more masculine - and similarly, each day,

the masculine woman turns more feminine. The masculine man turns more feminine - and the feminine woman turns more masculine. This mutual process brings mutual happiness. It creates a double unification - internal and external. Each of them creates a unification within him or herself - and, as a result, their joint unification is created. The alchemy of love is the result of a true inner unification, a strong unification with an awesome and wonderful force, unification at all levels - spiritual, mental, emotional, and physical. A complete and dynamic relationship is a relationship of constant inner change. Therefore, the more profound the inner correction - the deeper the couple's love and unification is.

## Chapter 4

### *Food for Thought*



#### *1. Answers to your Questions*

*Question: How do I know whether I'm a feminine or a masculine man?*

*Answer:* Examine yourself according to your attitudes, not your actions. Don't look only at what you do - look more at how you do it. Check which thoughts cross your mind while you are with women. What counts more is the "how" not the "what." What's important is how, rather than what you say. It doesn't matter what you say or decide, the question is how you decide. If you make decisions about relationships quickly, with determination, initiative and independence - it indicates your masculine attitude. If you are hesitant, indecisive, fearful, if you seek advice, and tend to procrastinate and put off your decisions to the very last minute - that points to your feminine approach.

You must ask yourself - what's more difficult for you, what is less natural for you - to be feminine or masculine with women? Whatever feels easier - is you. Whatever is harder - is precisely your self-correction.

*Question: There are men with whom I feel masculine, and other men with whom I feel feminine. How can I categorize myself - as a masculine or a feminine woman?*

*Answer:* At the moment, you are both feminine and masculine. But in order for you to understand the meaning of your situation, you must first know where you came from and where you can head. There are three stages on the route to completeness. The first stage is the most split stage. It involves people who haven't started their process of self-correction yet. They're blocked within themselves, in the same pole they're familiar with, and in every relationship they create, they function only according to that pole. If we're talking about masculine women, then they always create relationships that are



based on their masculinity. They're always attracted to feminine men. If we're concerned with feminine women - they always get into relationships with masculine men.

The second stage in the process of returning to one's wholeness is the transitional stage. It involves people who've begun their process of self-correction, but haven't quite internalized it yet. Therefore, they will enter relationships, in which they will act in a masculine fashion, and other relationships, in which they will function in a feminine manner. If they are masculine women, they will usually create relationships, based on their masculinity. But, in some cases, they will dare enter an opposite relationship, in which they will express their femininity. Most of their men are feminine. Only a handful are masculine men.

The third stage is the stage of wholeness. People at this stage, are already deep into the process of self-correction. Most often they will choose to be in a relationship with someone very similar to them. For example, if we're talking about masculine women, they will, in most cases, seek a relationship with masculine men, and rarely with feminine men. In most of their relationships, these women will dare express their feminine side, and only on rare occasions, will they exhibit their "natural" masculine role.

Currently, you're at the transitional stage. You're creating relationships with feminine men, as well as masculine men. If you look closely, you will notice that one of these groups is larger. Use the larger group as an indication of which aspect, feminine or masculine, you need to work on. If most of the significant relationships you've had up until now involved feminine men - then you are a masculine woman with feminine tendencies, and you need to move deeper and deeper towards your soft, feminine side. If most of the significant relationships you've had involved masculine men - then you are a feminine woman with masculine tendencies, and you need to continue to move towards your masculine, leading side. And remember, the transitional stage is only a transient stage on your route to your wholeness. Your goal is to express simultaneously masculinity and femininity - with the same man. As your process of self-correction evolves, you'll be able to be both feminine and masculine at the same time, with the same man.

*Question: I am a feminine man in a relationship with a masculine, dominant woman. Sometimes I feel that I manage to "grab the reins" and have the lead. Does this mean that I am both masculine and feminine?*

*Answer:* You are still at the transitional stage, since most of the time you act "naturally," according to your feminine habit. You need to express your masculine side more - this is the process of your self-correction. The best thing you can do is to share this process with your partner. If she realizes that your self-correction is directly related to her own self-correction, you will both be able to advance much faster. If she understands that her self-correction involves the development of her femininity, and she won't be afraid to express that femininity, then you will find it easier to express your masculinity, and you will both be on the track to unity and unification.

Don't try to "grab the reins" only occasionally. Grab them - at all times. This is your self-correction. Even if you are "somewhat" masculine - you aren't nearly as masculine as you can be. If you're only a little bit masculine, consider how much masculinity you are giving up. Remember, you still have an unlimited amount of masculinity that you have yet to express. You must live your life, and through it experience your endless masculinity. Don't settle with bits and pieces of your repressed masculinity. Try to devour life, take in all the masculinity that exists within you.

*Question: I am a masculine woman. Recently, I've finally entered a relationship, in which I am able to express my femininity, and my partner is able to express his masculinity. When will I reach the point where I will be simultaneously feminine and masculine?*

*Answer:* You are on the right track. Now, you need to proceed along this path, and this path is endless. It's never ending. If you are a masculine woman, you express your masculinity naturally. Therefore, you don't need to be concerned with your masculinity, because your masculine side is with you at all times. Masculinity is your shadow, and will express itself in every act you do. Your problem is your femininity, because that is where you are blocked, where you express yourself only on very rare occasions. Therefore, every time you make a breakthrough in expressing your femininity - you simultaneously touch your masculinity and femininity - as a whole. But this moment is not eternal, it's temporary, because your feminine side is unlimited. You must continue to tear down more barriers, and jump through more hoops within your boundless feminine dimension. Each time you break through another barrier within your femininity - your reward will be wholeness. Every time you make one more step towards your femininity - you will touch the whole. Every time you increase your ability to express your femininity - you will also increase, to the same extent, your ability to express your masculinity.

This way you will become a more profound person and move more and more into your endless wholeness.

*Question: Why should I continue to work endlessly on my self-correction? Why is this process endless?*

*Answer:* You are boundless - and, hence, your internal journey must be boundless as well, because you are moving into yourself. The universe is boundless, therefore, the journey towards it is also endless. Endlessness is the essence of the universe - thus, endlessness is the essence of the journey into the universe. You, like the universe, are boundless, and, therefore, the essence of your self-correction is endlessness. This endlessness is the key to your success in a relationship. If you come to a halt on your journey - your relationships will break down. Your journey must be continuous - otherwise, the mystery of your relationship will disappear. When novelty and change are gone, life falls back into a routine. Mystery is the reason people embark on a journey together. If the mystery is gone - the journey stops and the relationship crumbles.

If you stop breathing - you die. If you stop your self-correction - you lead to your own death, and, as a consequence, the death of your relationship. Mystery is as essential for a relationship as oxygen is for the body. Without oxygen, there's no life. Without mystery - there is no relationship. Mystery is that endless dimension within yourself that awaits your discovery. If you wish to stop, not only do you stop advancing towards life, and towards mystery - you begin moving backwards, towards death, towards decay. Therefore, if you stop changing - your relationships will suffer from ups and downs. However, if you constantly change, your relationship will be free of these ups and downs. Your relationships will enjoy constant growth. Every change, every inner breakthrough that you undergo makes you and your relationship grow. If you stop changing - you and your relationship will begin to wither.

*Question: We are a couple, and we don't know which of us is masculine and which is feminine. Is there a way that we can establish which role each of us plays in this relationship?*

*Answer:* Masculinity and femininity are profound phenomena that extend deep into the root of your soul, because masculinity and femininity are endless. If you don't know which of you is masculine and which is feminine - you must search for the root of the split between you much deeper than where you are looking right now. You are looking at the trunk - rather than the

roots and, therefore, you cannot see your split. If you look deep down at the root, you will notice your split.

Your sexual relations are a good place to begin examining who is masculine and who is feminine. Look inside yourselves: which of you determines the frequency with which you engage in sexual relations? Which of you is the one that usually determines whether sex is had or not? Who is the one that establishes the sexual patterns? Which of you determines the positions in which the sexual relations are had, and which of you objects to some of these positions? To be feminine in a sexual relationship is to be willing to devote yourself to your partner, namely, to be willing to be, wholeheartedly, your partner's vehicle for fulfilling any fantasy he or she may have. To be masculine in a sexual relationship means - to fulfill your own sexual fantasies through your partner, without inhibitions, fear, and boundaries. One of you - the one that leads the sexual relationship, the one that decides when you will have sex, the one who sets your sexual boundaries - is the masculine partner. The other is the feminine one.

*Question: When I go out with a girl for the first time, can I know right away whether I am masculine or feminine with her?*

*Answer:* Yes, you can. You need only to pay attention to your inner feelings. If you like her, if you think she is pretty and attractive, if you try to impress her, if you feel excited, if you are afraid to say things she might not like to hear, if you feel the need to please her, if you find yourself asking yourself: "does she want me?", if you are focused on her, if you feel inferior and weak next to her - then already on your first date you are the feminine figure and she is the masculine one. On the other hand, if you are not excited by her or her looks, if you behave in your usual manner, if you aren't trying to impress her, if you don't hesitate to express your opinions freely and you're not making any effort to say things you know would please her, if you're relaxed and you don't nullify yourself, if you feel she wants you, if you are focused on yourself, if you feel strong and in control next to her - then you are the masculine figure and she is the feminine one.

*Question: When I try to awaken my other half, I feel as though I need to make a 180 degree turn. Is this the right way to perform my self-correction?*

*Answer:* Don't be technical - be qualitative. The objective of your self-correction is to awaken your other half. If you want to succeed, you need to avoid two things: first, don't keep on

clinging to the side you've clung to all your life. Second, don't flaunt this new side of you that you are just getting to know, and don't brag about it. You have to be natural and completely neutral. Let both sides flow from you together, let them blend one into the other. Don't cling to either of them - don't brag about them, and don't show them off. Simply let them derive from you freely and naturally.

While you're in the process of self-correction, your other half comes to life spontaneously. If you've been a feminine man your whole life, you may suddenly "blurt" masculine utterances. You will notice that you don't need to plan your change ahead of time. All you need to do is be attentive to the transformation that's occurring within yourself. If you plan ahead - it will create an unnatural impression, because planning such a thing is essentially unnatural. Your masculinity already exists in you, you don't need to plan it. Don't stop it, and don't force its expression either. Let it flow from you by itself, without your intervention. Allow the femininity and masculinity to be expressed effortlessly, without force, without obsession, without planning or intention. Let your wholeness flow out freely and simply observe the results. You'd be surprised at how easy it is when there's no plan. It is when you don't plan that the most beautiful and complete things happen to you. The most beautiful sentences you say are the spontaneous ones you utter as they go through your mind. These are "virgin," complete utterances - they haven't been tainted by your mind, your beliefs, or your fears. They come out the way they were created - pure and whole. So, therefore, let things happen on their own, at their own natural pace. Don't look for short-cuts, and don't try to stop processes. Don't become involved. Simply sit back and observe yourself. Observe your wholeness.

*Question: Why can't you provide us with specific tools to perform our self-correction?*

*Answer:* My way cannot be your way. My providing you with specific tools would, in fact, be a way of imposing my "way" on you. Each of us has his own unique way to perform his self-correction. The correction itself is what we have in common. Each of us must perform his self-correction - a feminine or masculine correction. But the manner in which this is done differs from one person to another. Each person can find only his way. No single way will suite all people, because, in essence, a person is compatible only with his own way - not to the way of others.

Moses, Jesus, Mohammed, Buddha and others, touched God. They reached revelation on their own, following their own path. The religions that emerged from these enlightened people have

attempted to draw millions of followers. This attempt is impossible, and this is the reason religions are a failure. Religion can serve as an aid, but never as a substitute for your unique path. We each need to seek our personal route to our wholeness, to our inner God. The moment we try to follow someone else's path, we miss out on ourselves, and that's why this way is false. Allegedly, it seems much easier to follow the path that someone else had already paved, because that is a "safe" path that had already shown successful. But, in fact, it's the most difficult, because deep down, we can never be committed to someone else's way. We are designed such that we find only our own way. For this reason, when we take the paths of others, something inside of us resists. Something within us rebels. Our unique inner need cries out, because it wants to attain the wholeness on its own. It wants to follow its own unique path.

*Question: If I am happy the way I am, why do I need to perform self-correction?*

*Answer:* If you don't feel the need to change yourself, then don't. Change is a product of a certain level of awareness. If your awareness is still blind to your wholeness, to your ability to undergo a transformation and to experience your other side, then it's a sign that you are not ready for change. Therefore, if you make a change now - it will be very unnatural, very unreal. You won't really understand what you are doing and the outcome of your efforts would have very little significance.

You must wait until you are ready. Don't make changes in your life simply because other people are doing so. Do what is right for you. And what's right for you, at this point, is probably to stay as you are - feminine or masculine. You aren't ready for the leap to the transition. So, wait. There's no need to hurry. Everything comes at the right moment. When you are ready, the right conditions for change will be formed. If you aren't ready, the change that you will be trying to make will be theoretical, it won't be an experiential change, because you aren't ready for this experience.

*Question: I am a very dominant, masculine woman but I am attracted to masculine men. How do you explain this?*

*Answer:* If you are a masculine woman - you seek masculine men, because they can help you perform your self-correction. But, actually, you are always attracted to feminine men. You need to make a distinction between complementation and completeness. Since you are a masculine woman - in most

cases, you will be attracted to feminine men, because you have yet to experience your wholeness, your femininity. Therefore, your complementary solution can be only one - a feminine man. On the other hand, if you are a masculine woman, your fantasy is to be with a masculine man. You dream of a dominant, masculine man who can handle you, control you, and enable you to be feminine for once. You're tired of running the lives of your men. You want someone new, exciting, strong, someone who can carry you away. Deep in your heart, you know that you can find these qualities only in a masculine man. Yet, in order to be in a relationship with a very masculine man, you must allow yourself to be a very feminine woman. You must prepare yourself for him. If you let yourself express your sensitivity and your weaknesses - you will be ready for a man who is able to express his masculinity while with you, because you will have made room in yourself for his masculinity. If you continue to express your masculinity alone, you will allow only weak, feminine men into your life, because you will have already filled the space of your masculinity. Only when you express your femininity, do you create space within yourself for a masculine man, because you've changed, and you no longer occupy the masculine space within yourself. Therefore, the day you allow yourself to enter into a relationship with a man that is stronger than you - is the day you'll enter your feminine world and awaken your feminine side.

*Question: I am a masculine woman that gives a great deal to my partner. How can it be that I am both a masculine and a giving woman? Isn't that a contradiction in terms?*

*Answer:* It doesn't matter what you do. The question is, again - how you do it. What you think as you act. You need to examine your approach to giving. If you are masculine - your attitude towards giving will be masculine; you give in order to take, your giving to your man is not unconditional, you give him something in order to have him give you something in return. If you were a feminine woman, your giving would be unconditional. When you are feminine, your giving is such because that is the way you feel; you aren't busy bookkeeping, you give without expecting anything in return from your partner, because you enjoy the very act of giving. If your giving is masculine - then it is aggressive giving. If your giving is feminine - then it is driven by devotion.

As a masculine woman, your giving is motherly. You give to your man in order to mold him, control him, "nurture" your little boy. You give him what you think he needs. However, as a feminine woman, your giving can be very pure and child-like.

You give him only what he asks for. You give him what he wants, what he thinks will do him good. As a masculine woman, through your "motherly" giving, you decide for him what he needs, what he feels, what he requires. You treat him as a child who doesn't know what he wants. As long as your approach to giving remains unchanged - your giving will remain masculine. Only if you express your feminine side - will you be able to give like a child, rather than like a mother.

*Question: I believe in communication between partners. Often my girlfriend and I argue for hours, until we come to an understanding after which we make-up. The only problem is that our discussions last a very long time. Why can't we reach the desired outcome faster?*

*Answer:* If you find yourself carrying on and on until you get to the point - you are a feminine man. A feminine man talks a lot - but does very little. The more you talk - the less you do. The long discussions that you have are your refuge, your escape from doing. Instead of using your energy for change and activity, you talk. You are afraid of doing, changing. This is the whole meaning of feminine communication.

When there is a sense of connection and inner unification - there is little need for words. However, in the face of an internal split - even conversations are usually of little value. When you love - there is little need for words - because there is a deep and inner understanding, that goes far beyond words. When you fight - there is a need for a great deal of words - and they, too, don't always bring you back to your unification and wholeness. Your wholeness will be the result of actions, of change - not of words. If you want to turn into a masculine man - focus your communication. Turn it from feminine communication to masculine communication: be concise and to the point, don't be excessive with words; say what you have to say - and no more. Say what bothers you and state exactly what you would like to see happen. Give your words power. Stand behind your demands. Don't retreat, don't squirm and don't justify your claims.

Masculine communication is meant to express power and strength. You don't use your power, and that's why you waste so much energy in long and tedious conversations. If you learn how to communicate properly, you'll see that the less you say - the more you'll gain. Your communication should be the outcome, not the reason. You're not focused on your needs. This is the reason your communication is feminine - confused and unfocused. When you have these long conversations, you are, in fact, trying to understand yourself better through them.



You are trying to establish, through the discussions with your girlfriend, what it is you really want. Therefore, don't search for your answers only through communication with your partner. You don't need her in order to understand yourself. Try communicating with yourself instead of with her. Try to understand yourself by yourself - you're a big boy now. When you reach resolutions and decisions - go with them to your partner; that's the way you can create masculine communication. You are dependent on her because you cannot conduct a conversation with yourself and reach clear conclusions at its end. If you talk to yourself more - you will talk with your partner much less, and get much more from her. Because you don't know how or are unable to state what you want - you wear down the two of you in lengthy conversations. If you know what you want - you're going to be much clearer to her and to yourself. Things will be much simpler. Both of you will gain from this and save yourselves valuable time, because you will tell her what you want, and she will know what it is you want. This is the whole meaning of masculine communication.

*Question: I am a masculine woman who would like to experience the feminine side of myself. If my feminine partner is unaware of the message this book conveys, how can I change our relationship without his cooperation?*

*Answer:* Agreement between two people, is always a good thing, but not a necessary thing. You don't need your partner's full cooperation in order to begin your process of self-correction. The consent of your partner is not needed, because what is at work here are the laws of nature. You're both influenced by the same force - the balancing force of nature. The ocean doesn't need the river's permission in order to allow its waters to flow into it - the laws of nature are what determine this. Therefore, you, too, don't need your partner's approval in order to have him change and become masculine. The moment you turn into an ocean - the river flows into you, because your surface is the lowest. By the same token, if you change and become feminine, your man will automatically become masculine. This is an automatic process which occurs also subconsciously.

By changing from within and becoming a feminine woman - you turn him automatically into a masculine man. If he still refuses to act in a masculine manner - it's a sign that, at some level, you are still resisting your femininity. If you turn into a truly feminine woman, complete and devoted - he will automatically turn into a masculine man, without any resistance,

because, together, you are built like an equation. When your side of the equation changes, a change on the other side of the equation necessarily follows.

*Question: Ever since I can remember myself I've been passive and feminine. That is what I am. I don't feel that I'm repressing anything in myself, isn't it possible that this is simply my character?*

*Answer:* Your "character" is identical to your "nature." This is only a play on words. You were born feminine and passive, and are, therefore, unfamiliar with other types of personalities, or nature, but, it doesn't mean that you don't possess the nature that is opposite from your own - namely, the masculine nature. You are born with two hands, but, if throughout your whole life, you grow accustomed to using only your right hand - does this mean that your left hand doesn't exist? Does this mean that you are unable to use your left hand? Of course not. You have the ability to use your left hand, only you prefer to use only your right one, because this is the only thing you know, and this is what you are used to. You "like" being feminine, because you have internalized your parents' relationship. Your father was feminine, and your mother was masculine. This is the relationship you know best. That's why this is what you "like" - this is what you define as your natural "character." And it's true - this is how your character was molded, but it's not your essence. Completeness is your essence. Your parents drove you towards the feminine pole within you, and that's how your character was formed. However, in your essence, you were born whole - and that's how you always remained. You simply stopped being aware of your wholeness.

You are confusing your personality and your habits with the essence of your being. If you want a true relationship you need to return to your wholeness - because that is your only essence. This, of course, requires both awareness and effort, because you're naturally inclined to be passive. In order to be active and masculine, you will need to make an effort, cope, overcome, err and try again - changing is not an easy task. That's why you seek approval for your passivity - so that you won't have to make the effort. But by preferring convenience - you are letting something die within yourself. You neglect the most fundamental things in yourself - your wholeness and your true power. Instead, you prefer to remain split, be a victim of your "character," which is a shame, because you're the only one who stands to lose here.

*Question: I am a masculine woman. I enjoy the control I have over men, and I have no desire to change that,*

*because it gives me much pleasure - I always get what I want. Why should I change, if, according to you, I must be submissive and fulfill my partner's needs. What would I gain from that?*

*Answer:* If you don't want to change - you won't be able to. In order to want to change, you must understand what your alternative is. If you still find meaning only in your masculinity, it's a sign that you have no understanding of what it means to devote yourself to a man. Change is meant to add something to your life, rather than to take something away from it. It's meant to make you complete, not to split you up. It's there to help you regain part of your personality, the same part that you lost years ago. You are afraid that your submission to your man will force you to give up your power, but this isn't so. Your full power can be derived only from your femininity. As long as you stay masculine - you hold on to only a half of your inner-power. If you turn into a feminine woman, you will double your power.

You ask "what will I gain by changing myself?", while the real question should be "what do I stand to lose by staying the way I am right now?". If you are a masculine woman - you can't fall in love with a man, because a person on his masculine side can never fall in love emotionally. Only a person on his feminine side can fall in love emotionally, because the feminine side is the emotional side, and the masculine side is the rational side. You are a masculine woman, and, therefore, your relationships with men are based on rational love, rather than emotional love. In rational love, you derive satisfaction from power, conquest, and control, but you lack the main component - emotion. It is only in emotional love that you can finally feel. In rational love, you only think you feel, but, in fact, you feel nothing. If you want to continue loving your men with your mind, you are probably too afraid to love them with your heart. Only when you overcome your fear of your own feelings - will you allow yourself to fall in love with a man emotionally.

You live in your own bubble of rationality, and you ask "what's in it for me?". It's like a man, who has spent his whole life in jail, and at a very old age, the gates of the prison are opened for him and he's told: "Go, you're free." And he replies: "Why would I want freedom? I'm happy here. I don't want out; what do I have out there that I haven't got in here?". If you don't set yourself free - you'll never know what the world has in store for you. You've gotten so used to the cage you are in, you're so conditioned to loving only in the rational masculine way, that you aren't even capable of seeing what it is you are missing. You prefer - out of ignorance - to settle for crumbs, for love that is subject to rules and has boundaries, instead of diving into

emotional freedom, into unbounded love, into true merger. This is the meaning of the feminine love you are missing.

*Question: I feel like a masculine woman, but my father was drunk and violent, and he terrorized my family. He was very masculine and my mother was very feminine. How do you explain the fact that I became a masculine woman and not a feminine one?*

*Answer:* You are confusing your father's behavior with his attitude. Your father's violent behavior is so-called masculine, but his approach - the roots from which he originated - are very feminine. Society tends to associate violence with masculinity and tenderness with femininity. In effect, exactly the opposite is true. Violence is the vehicle of the weak, while gentleness is the vehicle of the strong. A feminine man isn't capable of being firm, determined and decisive with women, because he is gentle, sensitive and soft. Because of his frustration with his inner disability - his lack of ability to express his masculinity - he turns, in some cases, into a violent person. Because of his weak, feminine attitude - he uses force and violence to deal with women. He doesn't know how to be firm with them - therefore, he treats them violently. A real masculine man doesn't need to resort to violence. He simply projects masculinity, and can, therefore, afford to be non-violent.

You are a masculine woman because your mother was not a feminine woman, but a masculine one. She was a masculine woman because she was in control of herself - that's why she was masculine. Your father couldn't control himself - that's why he was feminine. Your father had no self-control - that's why he was drunk and violent. By drinking he escaped into his own world - a world of fantasies, confusion, and chaos. He spent his entire life only in one world - the feminine world.

*Question: According to you, I should be more masculine, since I've spent my whole life being feminine. Correction towards masculinity involves learning to take from, rather than to continuously give to my partner. I believe that giving is good. What's wrong with giving to my husband?*

*Answer:* We all have a selfish side. We all want to receive too - not just to give. So, please don't try to be righteous and say that giving is always "good," because morals have nothing to do with giving or receiving. Morality simply grades your actions - it establishes whether something is "good" or "bad." Morality determines that giving is always "good" and that taking, or

thinking of yourself is egotistical, and is, therefore, always “bad.” What morality doesn't deal with is the question - where does your giving come from? What is the meaning of your giving? Morality continues to split you, since it makes you give automatically. Your self-correction will transform this inner-split into unification and true completeness. It will turn your giving into absolute giving and your receiving into absolute receiving.

Instead of aspiring for moral distinction, a “good grade” for your giving - look for a challenge. Look for something you haven't done yet in your life. Look for something that would require an effort, something that would push you to your limits. Your habit is to give and sacrifice for your husband, therefore, you “naturally” continue to give to him, all the time. For you, giving is relatively easy because it doesn't really require an effort on your part. You are so used to giving and sacrificing that you don't even give these actions a second thought. You don't really need to make an effort - because you do it automatically. However, taking from your husband, demanding from him what's yours - is much more difficult for you, because you're not used to taking. Therefore, your inner self-correction involves learning to stand up for yourself and demand from your husband more and more. If you are successful in applying this principle, you will see a gradual decrease in your automatic, robot-like giving. You will also notice that your husband will begin to give you more, because you will have created a space in yourself for your receiving. If you give him less - he will give you more. This is the meaning of your self-correction.

*Question: If my self-correction requires the development of my masculinity - does this mean that from now on I need to stop giving?*

*Answer:* Of course not. You just need to give less - you need to learn to give only what you really have. You can't give more than what you have. If you lack wholeness, then your giving is necessarily split: you give, but you really take. If you continue to give without learning how to receive - your giving is meaningless. Your giving is tainted by your taking. You give, but you don't give completely, from all your heart. Deep inside, you are filled with rage, you are bitter, you are angry - because your repressed masculine side is crying out - and all of this negative energy is manifested in your giving. At the moment, you cannot give out of true love, out of wholeness. You give only remnants, because your love is split, your glass is half empty. If you truly want to give - give only what you really have and learn how to demand and get more.

*Question: I am a feminine man. According to you, my self-correction is to become masculine. Masculine sexuality requires that I do what I really want with a woman. Isn't that rape?*

*Answer:* There is a huge difference between rape and masculine sexuality. Technically, the sexual act of a rapist and that of a man having masculine sexual relations can appear to be identical, but the source of their actions is completely opposite. When they are engaging in sexual relations, their consciousness resides in completely opposite places.

The rapist is a feminine man who cannot move to his masculine side and, therefore, fulfills his sexual needs through violence. On the other hand, masculine sexuality is a result of a feminine man who has found his masculinity, and, now, is in his dominant, masculine side. He doesn't need violence in order to express his masculine sexuality - because now, this is the way he really is. This is the reason that rape is a crime, while masculine sexuality is a fabulous, and fulfilling phenomenon. The rapist tries to bypass his self-correction - that is why he is a criminal, not just on moral grounds, but because he's going against the laws of nature. In male sexuality, the feminine male doesn't bypass his self-correction - he performs it. Therefore, not only is he not considered a criminal - he is actually being rewarded. He's changed himself, he's worked hard, and now he's being rewarded - he can engage in masculine sexuality, he is free to build a bridge between his sexual fantasies and his reality. This is his reward. His consciousness has managed to shift from his feminine side to his masculine side. He succeeded in tearing down a barrier within himself, and from that moment on - the barrier is gone forever, because he now has the ability to cross that barrier.

You need to understand that a feminine man who has performed a masculine correction does not need to force himself onto a woman at all. Before even laying hands on her, he wins her over through his consciousness. His consciousness is masculine, and, therefore, everything that occurs after his conquest is a direct result of his masculinity. The woman will not resist him. On the contrary - she will do anything for him, out of full consent. She will satisfy him with the most sincere intent, because he makes her feel feminine. His consciousness is masculine - therefore, he causes her consciousness to become feminine.

Nevertheless, masculine sexuality can sometimes turn into rape. If , in your consciousness, you return to your feminine side - you will no longer be able to engage in male sexuality, because you've become feminine again. If you continue to engage in

masculine sex, while your consciousness is in its feminine state - you may find yourself committing rape. Therefore, you must be very aware of yourself. As long as you feel that you have the power that the masculine consciousness provides you with, you can do anything with a woman, without meeting any resistance on her part. But, the moment you shift your consciousness to your feminine side, you will feel your power disappearing or diminishing. In such a state, you won't be able to fool her or yourself, because you will both feel that something is gone. That power that derived from you, that masculine consciousness that enabled you to perform your masculine sexuality - is gone. And the moment that happens - the woman will suddenly begin to resist. She will no longer be as cooperative as she was before. Therefore, if you are unable to regain your power - don't let your primal instincts or your fears drive you. It is such a fine line that a sexual act that starts off as masculine sexuality can turn, in a split second, into the beginning of a rape. For this reason, you must be very aware of the existence of the power within you. If it weakens or suddenly disappears - never apply physical strength. You don't need to resort to violence, you don't need to become a rapist. You've already discovered the masculine capability and the masculine force that you have in store. You don't need physical strength. Look once again for your inner masculine force, and then you will see that you can once more engage in masculine sexuality, in a passionate, free, and uninhibited manner.

*Question: When I awaken my lost half, how far should I go?*

*Answer:* Take it as far as you can. For as long as you live, you will continue to move towards your other half. Your entire life is, in fact, a continuous movement in this direction. You are endless, you have no boundaries, and for this reason, I cannot tell you to stop at a given point. If I do that, you will think that you have some sort of constraint. You are moving towards your endless wholeness, and this wholeness is boundless. If you don't move towards the absolute, the endless you will never grasp the full meaning of the process you are undergoing. Life is endless, but only once you cross an imaginary line which you thought existed in you, only then can you truly grasp your endlessness and your boundlessness. If you don't cross your barriers, you will always continue to believe - out of ignorance - that you are truly constrained, that you really have limits.

When you are moving into your lost half, each time you tear down another barrier, jump over another hurdle, and this is your destiny, this is the meaning of your growth and expansion. You can grow and expand only if you embark on this journey. If you stop moving towards your lost half - you, in effect, start

regressing, because nothing stands still in this world. Everything is in motion - all the time. Therefore, if you stop - you are, in fact, turning back. And if you backtrack - you lose everything you have achieved, including your relationship. Your relationship is based on this motion. If you sense fear and thus stop - you butcher love, because you are bringing the motion to a halt. In fact, you are killing yourself, since you are depriving yourself of moving farther and farther into your wholeness and endlessness. Therefore, you must go as far as you can, and you must constantly move into your unknown side.

As long as you are alive, you experience constant growth. Thus, this process has no predetermined end point. It's a never ending process, and that's the whole beauty of it. Growth is an endless process of discovery. Every day you discover something new in yourself. Every day you can tear down a barrier that resided in you. Every day you make another small step within your wholeness.

*Question: How can I know if I am really progressing towards my wholeness?*

*Answer:* If you are afraid, that means you are in motion, that you have walked through the gate and entered your "foreign" half. If you feel secure - you are standing still. As long as you are afraid, as long as you are not sure of what awaits you, it's a sign that you are in the realm of your subconscious, that you are moving within your "lost" and subconscious half of yourself, and this is why you're scared. But, this is the whole meaning of your self-correction. When you perform this inner self-correction, you finally gain control over your fears, your established patterns of behavior, your habits. This process must be intimidating, because this is a new and different situation for you. But, instead of running away from the fear and the habit - you are coping. However, if you feel secure, it's a sign that you are walking along an already familiar road. It's a sign that you are in your consciousness, in your predetermined, set patterns. You are returning to your prison, to your familiar shelter, where you are controlled by your patterns.

Don't let your patterns determine your behavior. Try something new, try to act in a way that you've never acted before. Don't repeat yourself, don't turn into a robot or a machine. People aren't machines - they are an ever-changing phenomenon. Alter yourself, and see how you enter your wholeness. The moment you enter your wholeness you will feel fear mixed with excitement. You will feel alive - the way you've never felt before. This feeling is so strong and exciting - that it can't be missed. As soon as you take the first step - you will already



recognize the whole, you will already feel it. The whole is of intense power. When you touch your wholeness, it touches you back, and the touch of wholeness is the most wonderful touch that exists in our world.

*Question: Aren't sadistic-masochistic relations a reflection of whole sexual relations, given that they are based on a form of balance?*

*Answer:* These relations are balanced, but, in a split, rather than in a complete way, because each partner always has the same designated role. The masochist always remains the masochist. The sadist always remains the sadist. Only if they are capable of exchanging roles, will they be able to attain complete balance. If the sadist can turn into a masochist, and the masochist into a sadist, then they will achieve a complete balance, because they both will have experienced both worlds, the two forces: masculinity and femininity.

*Question: I am a feminine guy. In order to become masculine I need to be cold and rational with my partner, an attitude that seems inhuman and unnatural to me. Why should I be the "bad guy"?*

*Answer:* "Bad" and "good" are relative terms. Sometimes, being "bad" is good. And sometimes being "good" is bad, because good and bad make up one whole. To be moral is to be "good" and avoid being "bad." To be human is to be everything, not just a fragment. To be a human means to be a whole, not a half. To be human not only involves being warm and sensitive, but also being cold and rational. To you this may seem inhuman and unnatural, because you aren't used to this part of yourself, but, in fact, this is the most human and natural thing that exists. It is man's most valued virtue - to be everything.

If you continue to be only "good," not only are you denying yourself of your humanness - you are also denying your partner of her humanness. If you cling to your feminine attitude - you are forcing yourself to be only emotional, thus forcing your partner to be nothing but rational. In this way, you both lose a half of yourselves, instead of gaining your wholeness.

"Good" and "bad" together form a whole. If you are only good - something is lacking in your goodness, because behind your goodness hides your badness. Good and bad are two sides of the same coin. You try to play the part of the "good guy," but you can't be truly good if you aren't sometimes bad, because then your "goodness" is pale, unnatural, technical, automatic and lacking. What is lacking in your goodness? It is lacking

badness, depth, maturity, completeness. Therefore, your goodness has no significance without your badness. If you truly wish to be good - be bad as well. Only then will you find the true meaning of your goodness.

If you are a feminine man - you are split. If you are split, your goodness is also split. Only if you are whole, will your goodness finally be whole. You are trying to create an impossible reality. You are trying to be only "good." You are trying to create an everlasting summer, while the weather keeps on changing. You don't live in a greenhouse - you are a part of life.

*Question: Is the alchemy of love eternal?*

*Answer:* Of course not. Love constantly changes - because you constantly change. Life never stops. You cannot put love on hold. If you do so - you will kill it. Love is a live and dynamic phenomenon - it cannot be put on hold. And there's no need to put it on hold, all that one can do is to experience and enjoy it.

The alchemy of love is true love. That is to say, the alchemy of love is not an illusion - it is reality, the truest reality that exists. Yet, even the alchemy of love cannot be eternal for us, because it is ever-changing. If we don't change with it - we cease to be in it and, thus, stop feeling it. Even the alchemy of love can slip away from us, if we stop changing. If you continue to change, at all times, your love still won't be eternal, but it will be constant, because at every given moment you will experience complete, true, and dynamic love. You and the love within you will unite into a single wave. You will change together, and this way, you will be able to continuously feel it. In order to experience the alchemy of love constantly - one has to change constantly.

*Question: I'm a masculine woman who feels attracted to women. Why am I not attracted to feminine men?*

*Answer:* Your father was a very passive man. He was so feminine that your subconscious identifies your male model with women, rather than men. That's the reason you're attracted to women. You're a very masculine woman, just like your mother, that's why you've acquired her contempt and her sense of superiority towards men. That's the baggage you're carrying around. You need to start relieving yourself of this baggage. You need to understand that you are such a masculinized woman - that there's almost nothing feminine left in you. Your subconscious views you as a man, not as a woman. Therefore, it will only draw women to your life. You are overly masculine - that's the source of your attraction to women.

If you want to change the situation, you must weaken your masculinity, and increase your femininity. This is a process after which you will start viewing women and men differently. If you persist and devote yourself to your self-correction, if you give yourself a real chance to change, you will experience new and surprising sexual experiences. You will see that over time, you will be able to allow men into your sexual life, not only women. If you evoke enough femininity in yourself, there's a good chance that some day, you will fall in love with a man.

But all of this will never happen, if your mother doesn't change. You must realize that you're not alone in this. You've absorbed your masculinity from your mother. And, you are still doing so to this very day, because you're connected to her. If you perform some real change in yourself - it will also have to entail some sort of change in your mother. If your mother doesn't show any change at all - it's probably because you haven't changed either. If your mother changes - then you're on the right track. It's a sign that you're changing yourself. And the moment you change yourself - your whole reality will start to change. At the beginning, you will notice a change in your immediate surroundings: in your mother and in your father. Later, you will see the change in more and more remote circles. Only if you are aware of this process - will you notice it.

*Question: At the beginning of my relationship I was feminine. When I tried to become masculine, my partner simply walked out on me. Where did I go wrong?*

*Answer:* If your man left you - that means that he found it difficult to change at your pace. It means that he didn't want to change the way you did. Usually, the rate of change in a relationship is not simultaneous. Maybe you felt more ready for change than he did. It's possible that, for him, this process requires more time. The pace of your change and your progress frightened him - so he ran away. He didn't leave you, he ran away from you. He ran away from you, because had he stayed, he would have had to change, and nobody likes to change. We all fear change. That's why he ran away, to find a different feminine woman with whom he could continue to be masculine, to live the life he's used to, according to what his habits dictate.

The loss is yours, as well as his. You've missed a chance to experience with him your masculinity and your wholeness, and he missed a chance to experience his femininity and his wholeness. Had he realized that your change was in his favor too, he might have given your relationship a second thought, before taking off. What he failed to realize was that he was offered a barter. In exchange of your making room for his femininity, he was to enable you to express your masculinity.

This way you would have gained your lacking masculinity and he would have gained his lost femininity - and everyone wins.

*Question: I live with a woman whom I love very much. But there are situations where I feel that I hate her to the same extent that I love her. Why?*

*Answer:* Because you haven't accepted half of yourself. You hate her because you hate yourself. If you are a feminine man - you hate your masculinity, because it's your barrier, which is why you hate her masculinity too. If you're a masculine man - you hate your femininity, because it's your barrier, and, therefore, you also hate her femininity. You're split, and thus your love is split - half love and half hatred.

*Question: At the age of 13 I was raped over a period of three years by a man, who was my mother's boyfriend. Since then, I live under the impression that I'm a victim, because my femininity was violated. How can I return to my femininity?*

*Answer:* You're a masculine woman, because your mother is also a masculine woman. The fact that it was a your mother's boyfriend who raped you when you were young, only brings out your and your mother's masculinity. Usually, masculine women are very aggressive towards one another. They are willing to do horrible things, even to harm themselves - just in order to win a battle between each other. What you're describing here is a terribly violent relationship. Subconsciously, this horrible rape, committed by your mother's friend, was the only way for your mother to control you. And for you, at a subconscious level, the rape was your only way to get back at her. Your mother tried to control you through her boyfriend, by indirectly inflicting you with suffering and pain. She used him to impose on you something you didn't want. You, on the other hand, had used him for three years to avenge her femininity by giving emphasis to your youthfulness and to your young and virgin body.

This terrible rape didn't violate your femininity, because back then you had almost no femininity - you had a great deal of masculinity. This whole tragedy was a result of an extreme power struggle between you and your mother. Your mother's boyfriend was just a pawn in the awful game you played. In order to regain you femininity, you need to stop the violence between you and your mother. You have to evoke the soft, emotional, and tender sides in you. You have a chance to bring your femininity back to life. It's not the rape that violated your femininity - it's your mother who did so; and her femininity was violated by her mother, and so on and so forth, over

generations. You came into this world in order to cease the opportunity and change the habit of all the women in your family - to stop being only dominant and masculine. Don't try to blame anyone. Simply try to work out the problem for yourself. Try to act in a way different from the one you are used to. If you manage to be truly feminine - you will have performed your self-correction, and the correction of all of the women in your family.

*Question: How do you explain the phenomenon of homosexuality?*

*Answer:* Homosexuality is a common phenomenon among feminine men. Their internal imbalance derives from placing too much emphasis on their feminine traits, instead of their masculine ones. Feminine men are most "naturally" inclined to be attracted to men. The reason for that is simple. They are usually frightened, hurt, and terrified of the idea of a woman, as a result of the trauma they've experienced with their mothers. A mother who overly dominates her son might lead to his becoming a homosexual. Choosing a man over a woman is the son's only escape from his mother, because every woman he may date will remind him of his mother. Because of his extreme femininity - every woman he is attracted to will be dominant and very bossy. And the more feminine he is within himself - the more masculine his woman will be - all in his attempt to reach some sort of internal balance.

*Question: How, then, do you explain the lesbian phenomenon?*

*Answer:* For women, of course, the opposite holds. Lesbian behavior is common among masculine women. Lesbians are very dominant and strong women, who escape men in favor of women. Lesbians are, by and large, very masculine women. They are frustrated with and in despair from the men in their lives, because their fathers were very weak, and failed to project to them any real sense of security. The level of frustration in these women is so high, their lack of confidence in their fathers is so immense, that they can no longer trust men. That's why they turn to women. The greater the damage to the father-daughter relationship is, the more likely the woman is to become a lesbian.

As far as lesbian women are concerned, there's only one strong sex in the world - the female sex. Only women can be trusted to be there and stay there. As women, they are naturally attracted to strong figures. But, since their male model was destroyed, given that their fathers were weak and failed to project strength

and power, they seek strength in women. They are drawn to the strong sex - and, for them, the strong sex can only be women.

Masculine women, in fact, hate men. Many of them date men and even marry them, but the hatred never disappears, because their attitude is masculine, not feminine. Many such women experienced rape and molestation by men in their childhood. They develop the hatred and contempt towards men at a very early stage in their lives. At a later stage, they enter into relationships with men only for the purpose of revenge, and, therefore, they fail to create emotionally stable relationships, or they become desperate and seek the sense of a secure relationship in a woman, rather than in a man.

*Question: How do you explain the division of male and female roles in homosexual or lesbian couples?*

*Answer:* Every relationship is based on the principle of connecting between active and passive, between masculine and feminine. Partners are never equal in terms of the direction of their energies. Whether homosexual or lesbian - in any case, one partner has feminine energy, while the other has masculine energy. Therefore, in a homosexual or lesbian relationship, too, one partner must play the masculine role, and the other the feminine one. Together, they create a balance, just like in an ordinary relationship. This balance is always kept, because nature operates according to the principle of balance.

*Question: I live in a religious, observant society, which is unwilling to accept women as masculine beings, but as submissive ones. How can I perform my self-correction in such a context and become masculine?*

*Answer:* Your level of awareness is no longer compatible with that of the people with whom you live. You now have a higher level of awareness, and that could be a problem for you. On the one hand, you can't just close your eyes and return to a lower level of awareness, without lying to yourself. On the other hand, you cannot apply this new knowledge, because of the strong resistance you may meet in your environment. And in your situation, you won't be able to fight such resistance, because you're only at the beginning of your process.

Thus, the only way for you is to get away from your environment, for a little while. Otherwise, in no time, you'll find yourself standing out, and you don't want to be conspicuous. You can get away for a short while, in order to create a new environment of awareness, with people who share the same level of awareness as you. There, you can remain the

way you truly are, without feeling like an outcast. You need a supportive environment, an environment that will allow you to stand out and be different, that will allow you to deviate from the values that your society has tried to instill in you.

You've accepted their values until the moment you felt the need to follow your own way. Eventually, you will realize that every person is a product of himself and not of his environment. Each person has the right to stand out, be unique, be different and individualistic in the society he's part of. At the moment, your environment doesn't allow you to be unique, because you pose a threat to the moral code upon which it is built. You, in your uniqueness, are threatening the very foundation of your society, which is why it is trying to protect itself. It does that by attacking you, by trying to get you back on track, by trying to make you behave like everyone else.

If you want to return to your wholeness, you must create a balance between your desire to be an individual and your desire to feel that you belong. Initially, you can join a society that would substitute your own, because, currently, your society does not allow you to be individualistic. At a later stage, after your inner faith grows stronger in this alternative society, you'll be able to return to your original environment and still be yourself. When you truly grow stronger, you'll be able to go there, without being affected. You'll be able to maintain your individuality in the place from which you emerged. You will no longer feel the need to escape to an alternative society. You'll be able to return to the place that's right for you - the *milieu* of your childhood. Only this time, there will be a difference. Not only the power that you project will stop your environment from resisting you, it will make other people join you, over time.

*Question: Does being a feminine woman mean being weak, and does being a masculine woman mean being strong?*

*Answer:* Our power is embedded in our wholeness, namely, in our ability to choose. Therefore, "weak" and "strong" are relative terms, because their origin lies in a split. Power is an absolute term, because its source is unification. You either possess power, or you lack it. You can be "weak" but still maintain your power. You can be "strong" and lose your power. Therefore, you must understand that there is no relation between power and your being masculine or feminine.

Your power lies only in being whole, because only once you attain your wholeness, can you, for the first time, truly choose to express your masculinity with your femininity. If it is you

that chooses to be weak with a man - then you're not for one minute losing your power. Your very choice is what is maintaining this power, and the fact that you are weak is the result of your choice, i.e., of your power. You are not choosing to be weak for him, but for yourself. You want to be weak sometimes, in order to experience the wonderful feeling of weightlessness, of temporary blindness, of lack of direction, of complete merger with your man.

Therefore, the real question that you must ask yourself each time is - am I the one who determines what I am, or not? If you're the one that initiates your weakness, then, in spite of the fact that you are functioning as the weak one, you are the one who is in power, because you are the one that brought the situation about, you didn't let anyone force it on you. If you are the initiator of your "strong" control - then you also have the power at all times. But, if you continue to be split - then you can only react and not choose, because you don't have two options to choose from. Without the power of choice, you're left with no choice but to react, in accordance with your habit.

## ***2. The Things that People\****

### ***who Returned to their Wholeness Say***

*\*The names of these people have been altered, in order to protect their*

*privacy*

*Ronen (29), a feminine man who's turned to his masculinity*

"My whole life I was afraid of women. I always looked for ways to please them - but never succeeded, and, in the end, my weakness always drove them away. The inner self-correction I began is an, undoubtedly, amazing experience. It simply works. I started behaving around women with less and less fear. I stopped taking everything they say so seriously. Now, I am doing more and more of what I want. And the amazing thing is that this change only increases women's attraction to me. Sometimes, I have a feeling that the women I meet are looking for a man that is capable of facing them. The point at which I started initiating and leading - was the point women started to admire me. It's a wonderful feeling of freedom and happiness. A whole new world has now opened up to me."

*Merav (22), a masculine woman who discovered her femininity:*



“I think that until I started undergoing my self-correction, I haven’t ever really fallen in love with a man. I’ve always controlled my men, and God knows there were many, despite my young age. Today, things are entirely different. When I decided to stop resisting men and start trying to experience devotion - my whole world turned around. Suddenly, I started feeling things. I let myself be what I am - the little girl. This new role gives me so much that I’m sorry for all the years, during which I deprived myself of this. Today, I enjoy doing things that I never did in the past. I cook for my man, I wash and iron his clothes - but this time I utterly enjoy it, because I know that I’m doing this not only for him, but also for myself. I’m experiencing my emotional side - the side I’ve never experienced, and it’s wonderful. I finally feel truly feminine. For the first time in my life I feel not only independent, but as though I belong.”

*Orit (46), a feminine woman who was ready to accept her masculine side:*

“At the beginning, it was very difficult. I had to start with the little things - that was the extent to which I couldn’t be assertive with my husband. I remember the first time I uttered the word ‘no’. I was so proud of myself. Since then, I’ve changed quite a bit: today, I take care of myself. I’ve stopped sacrificing my whole life for him. What surprised me most in this process is that my husband appreciates me more since I’ve changed. I feel that the balance of our forces is the opposite of what it used to be. Today, he’s very considerate, very careful. In the past, he used to take me for granted - today, he doesn’t. He’s become a real romantic, and all thanks to the changes I’ve undergone. I have no doubt that my own change has changed him as well.”

*Alon (57), a very masculine man who evoked his feminine side:*

“All my life I had been the dictator in my family. I think that my wife and children actually dreaded me. For them, I was the ‘bad guy’. Since I’ve started performing my inner self-correction, I’d undergone numerous changes, which yielded many transformations in my life. The first thing I did was to cut down the number of hours I spend at work, so that I could spend more time with my wife, my children and my grandchildren. Today, my career is less important to me, because I’ve discovered a whole new, much more fulfilling world. I’m only sorry for all those years, during which I’d neglected to be with my family. It seems I looked in the wrong direction. Today, I’m very committed to my family. My family is at the top of my priorities, because regaining their love gives me much pleasure. As a result of this correction, I turned into the ‘good guy’ of the

family, and in all honesty - it's wonderful. I discovered that I'm a natural parent and a natural family man, which is what allowed my wife to go back to school and continue a career she gave up long ago. I'm happy to exchange roles with her. We're both happy."

*Ronit (29), a masculine woman who found her femininity:*

"At the beginning, the whole idea of self-correction sounded artificial to me. I was required to act exactly in a manner opposite to what I was used to, and, at the time, it simply seemed impossible and absolutely illogical. But only when I tried it, I started following the logic. Only when I started to give in, when I let myself be much softer with men - did I realize that I was doing all of this only for myself. My biggest surprise from this journey was that funnily enough, it was only when I let myself be weak that my self-confidence rose. All these years I've tried to create the impression that I'm a strong woman, but inside I was very weak. Once I expressed my weakness, I felt a lot of power and strength. Today, I no longer fight with my man. For the first time in my life I don't feel the need to attract the attention of other men. I feel very relaxed and tranquil in my relationship. The moment I learned to be committed to one man, I stopped kicking and fighting. Finally, we no longer have power struggles - only love."

*Idan (26), a feminine man who was surprised at his male sexual side:*

"The process of self-correction has influenced my sex life dramatically. Before I embarked on this journey, I was sexually very inhibited. I never dared to express my sexuality and primal instincts. I was totally unaware of that side of myself. Today, things are different. Today, I let myself do all the things that I have always dreamt of. I've realized many of my sexual fantasies, which is something I never believed I would do. Today, I can talk to my girlfriend about sex and sexuality much more freely. I feel like a whole new world has opened up for me. Almost every day I discover something new about myself. I think that this is the first time in many years that I feel alive."

*Limor (37), a feminine woman who woke up to witness her masculine and career-driven side:*

"I was married for eight years. Throughout that whole period, I was under my husband's care. Most of the time I was home, while he provided for me and for the children. We almost never went out, and I had no friends, with the exception of a high

school girlfriend. For me, my marriage was a boring routine, and I felt I was fading as the days went by. I started the process of my self-correction shortly after I divorced my husband, and it's the most wonderful thing that has ever happened to me. I've changed a lot. Today, I go out frequently, I have new friends, and I feel as though I were reborn. I found a job, and, in the evenings, I attend classes at the Open University. I ran into my ex-husband a couple of weeks ago, and he asked that we consider the possibility of getting back together. It's weird, but I had a feeling that he was falling in love with me all over again, only that this time, he's the weak one and I'm the strong one. I don't want to get back together with him, because today, I have my own independent life. I take risks - something I never did when I lived with him - and I discover every time, that I have a very dominant and daring side. That's my revelation."

*Omri (41), a separated feminine man, who walked out on a relationship that was based on complementation, after discovering his masculinity:*

"Throughout my whole life I've grown to know one side of my character, the feminine, gentle, considerate side. Over the years, I've learned to accept myself for what I am. When I married my wife, Ruthie, who was always very dominant in her attitude towards life, I felt she complemented my weaknesses, and our relationship was very good initially. But something was always missing, and over the years, it became more and more obvious. Only after I began my inner self-correction, through which I discovered my masculinity, did I realize that my relationship was an acceptance of my crippled masculinity. When I discovered my initiating, active, and strong side - I was astonished. I felt as though a new 'me' was formed inside of me. I finally realized what inner wholeness is. My wife feared my transformation, and she found it difficult to change, for the purpose of discovering her own feminine side. Today, we're separated, because being together made it difficult for us to change after all these years. I feel that every day, life sends my way new opportunities to discover my masculine side - and for that I am very grateful. Today, I feel more masculine than ever, because I've learned to overcome those fears that stopped me in the past from daring and trying new things. I am constantly undergoing renewal, because every day serves as another step towards my masculinity, and, perhaps, this is the whole meaning of my life here."



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*Part II*

*What is the Alchemy of Love?*

*Chapter 1*  
*The Meeting between*  
*a Man and a Woman*



*1. Man and Woman are Equal but Different*

*Man and woman are opposite equals*

Man and woman are like night and day, like black and white, like east and west, like left and right. They are totally equal, but, at the same time, they are complete opposites. The contrast between a man and a woman creates a natural tension between them. The equality in a man and a woman enables them to connect. The tension that exists between them creates their desire to join and become whole. The equality in men and women creates their perfect compatibility.

A man is not superior to a woman, nor is he inferior to her. A woman is neither inferior to her man, nor superior to him. Man and woman are equal opposites, and that's the whole beauty of this phenomenon. On the one hand, one should acknowledge the total equality between a man and a woman. On the other hand, it's necessary to be aware of the complete contrast that exists between them. That's the secret underlying the understanding of relations that are formed between man and woman. Man and woman are two qualities, which are equal yet opposite, that only together manage to create the quality found in complete alchemy.



*The equal aspect in a man and a woman is their  
potential energy*

The equal aspect in a man and a woman lies in their potential energy. The potential energy of a man and a woman is endless, and, therefore, their potential energy is equal. The potential force and power in a woman is equal to that which exists in a man.

Usually, it's common to point out the differences between man and woman, and, thus, miss the qualities they share. One must realize that all people are, in fact, a form of energy, and, thus, all people have the same potential energy. This is the reason why all people are equal. There is no "more" and no "less," when it comes to people, because all people possess unlimited potential energy.

*The difference between a man and a woman is the  
direction of their flow*

Along with the equality that exists between man and woman, lies also the difference between them. This difference is not in quantity, but rather, in direction. Male energy flow in a direction opposite to that of female energy. Male energy flows in a top-down fashion. Female energy flows in a bottom-up manner. This difference is merely natural, and shouldn't be judged in any other way. A tree grows upwards - its roots grow downwards. There's no question of "good" or "bad." There's a natural reality of wholeness.

Many try to assign different qualities to men and women. By doing so, they miss the truth. The truth is that men and women do not differ with respect to their qualities, but rather, they differ in terms of the direction of their growth. Recognizing this difference in flow is crucial for the understanding of what underlies a relationship between a man and a woman. It can facilitate our attempt to grasp the objective of the joining of a man and a woman, the reason they form a relationship.

## *2. Man Needs Earthiness -*

### *Woman Needs Spirituality*

#### *The male embodies potential spiritual energy*

Man possesses potential spiritual energy. Man was formed in the image of God, and, therefore, contains an unlimited amount of potential spiritual knowledge. But, since man was created in a spiritual world, he is in need of earthiness. For him, earthiness expresses the ability of realization. All spiritual knowledge becomes meaningless, if one cannot put it to use in everyday life. Any type of knowledge remains theoretical, if one doesn't know how to use it, and how to apply it.

A man cannot realize his spiritual potential without a woman. He is able to realize a small portion of it on his own, because of his own feminine side. However, he cannot realize his whole potential without a woman, because he's naturally made up of male energy. This is why, for example, a man cannot bear children, or breast feed them. For that, he needs a woman.

#### *The female embodies potential concrete energy*

Women possess potential concrete, material energy. The woman was formed from the man's rib, and, therefore, she has indefinite earthly potential abilities. Given that the woman was created in the world of matter, she needs spirituality. For the woman, spirituality expresses the spark of wisdom, the very seed from which she can create matter. There is no significance to material ability, if it isn't based on some plan, or spiritual knowledge. If there is no spiritual guidance behind the physical action - then the physical action has no meaning or direction. You can't build a house properly without a floor plan, without a basic scheme. One has to think before one acts.

A woman cannot realize her spiritual potential without a man. She is able, to a small extent, to realize some of this potential, thanks to her own masculine side. However, she cannot realize her spirituality, to the fullest, because, in essence, she has feminine energy. This is why, for example, a woman needs a man in order to conceive children, and then breast feed

them. Only with the help of a man can a woman form life, and, thus, continue the endless cycle of human life.

*In the absence of contact between a man and a woman,  
no link between the spiritual and the concrete can be  
made*

The point at which a man and a woman meet is where the spiritual world and the material world meet. The man governs the spiritual kingdom. The woman governs the material kingdom. The meeting of man and woman yields the wonderful connection between these two worlds. It creates a contact between the plan and its realization. Between the idea and its execution. Between the seed and the soil. Without the contact between the seed and the soil - the seed will go dry and fail to carry out its mission to sprout and strike roots in the soil. And the earth will remain virgin and arid without the seed. Only the meeting between a man and a woman creates a connection between the seed and the soil - and the result is the flower.

The connection between the spiritual and the material is, in fact, God's plan of creation, because only the connection of a man and a woman can create a new life. It is only the meeting between a man and a woman that can create a true wholeness. The merger of two opposites creates the alchemy of wholeness. The split of two opposites creates incompleteness and complementation. Without the joining of a man and a woman, none of us can create the perfect connection between the spiritual and the earthly within us, between the masculine and feminine sides, of which we're made up.

### ***3. The Secret of the Attraction between Man and Woman***

*A man and a woman are the two components that make up the complete formula of life*

The world we live in is entirely made up of complete opposites. By nature, complete opposites tend to be drawn to each other. Man and woman are complete opposites that are naturally

attracted to each other, in order to create life. To create life within themselves, and to create new life from themselves.

The complete formula of life is made up of two contrastive components: man and woman. The formula cannot work, if one component is missing. Each component is essential. The one cannot exist without the other. That is why the connection between man and woman is crucial for the creation of life; it is vital for the activation of the formula of life.

*The attraction between man and woman is designed to encourage us to live a complete life*

The natural attraction between man and woman is designed to encourage us to live a complete life. It's there to help us touch, once more, the perfect wholeness. A complete life is, in essence, the alchemy of life, a life of natural flow and renewal. Much in the same way that the tension between the spring at the top of the mountain, and the ocean at its bottom creates the river flow, the tension between the man, who is at the highest place, and the woman, who is in the lowest place, creates the flow of love.

However, when there's no connection between a man and a woman - there's death. Just like triver, the waters of which can become lifeless, if stagnant. Running water is the only water that is drinkable, because stagnant water contains the energy of death, of nullity. Only running water contains the energy of life, of renewal, and of flow. Only the tension between a man and a woman can give rise to the flow of life, and to love between them.

*The meeting between man and woman is the realization of our essence*

Our essence involves living our wholeness. Our way of realizing our essence is to perform an inner self-correction, and, thus, recreate the deep union between our masculine and feminine sides. The point at which man and woman meet is where this correction takes place. A feminine man and a

masculine woman are naturally attracted to each other, in order to perform a mutual correction. He will become more masculine, she will become more feminine - and, thus, they will each turn into a whole, and their relationship will become a complete wholeness. By the same token, a masculine man is naturally attracted to a feminine woman. If he turns more feminine, and she more masculine, they will each experience inner unification, and together they will create between each other a harmonious relationship based on alchemy.

The joining of a man and a woman is amazing and wonderful. It's designed to enable us to perform the correction of our life. It's there, in order to awaken us from within. This is our destiny on this earth. As soon as a man and a woman succeed in creating harmony and unification within themselves - they create harmony and unification between each other. Whoever succeeds in attaining inner wholeness, will create a complete relationship. Whoever performs his self-correction - turns his life into a journey of completeness. The purpose of the joining of a man and a woman is precisely that. It's designed to enable us to perform a mutual correction, and, thus, return to our lost unification, to our magical paradise, from which we were banished.

## *Chapter 2*

### *The Desired Unification*



#### *1. The Game of Chairs*

*A relationship is a sophisticated game that involves two seats*

So, a relationship is a sophisticated game that involves two seats - a feminine seat, and a masculine seat. Each seat, on its own, is the product of a split. The two seats, together - are the result of wholeness. The feminine seat represents a feminine approach to life, while the masculine seat represents a masculine attitude. Together, they form the complete, real view of life, and of relationships.

A feminine man and a feminine woman clings to one seat - the feminine seat. They don't remember how to sit in the masculine seat. A masculine man and a masculine woman sit only in the masculine seat - because they can no longer find their way to the feminine seat. If each partner occupies one seat - there's no game, because the motion ceases to exist. And when there is no game - there is no relationship. The whole objective of a relationship is to generate a change of seats between the man and the woman.

*The objective of each partner is to occupy both seats at the same time*

A relationship is a highly sophisticated game of chairs. The objective of each partner is to occupy both seats - the masculine and the feminine - simultaneously. Our logical perception finds it difficult to grasp this situation. For the logical perception, this game seems impossible, and, therefore, most people cannot create a relationship that is based on the game of completeness.

They create a relationship that is based on the game of completion, a relationship, in which each partner occupies only one seat. But, a relationship is not based on technical equality - "I'll take this seat, and you'll take that one," but on qualitative equality - "let us both sit on both chairs." Therefore, only our holistic perception can grasp the meaning of this fascinating game of completeness.

A feminine man and a feminine woman cling to the feminine chair, most their life. Only if they perform their inner self-correction from the inside, can they take up both seats simultaneously. A feminine man and a feminine woman, who invoke their masculine side - create within themselves a wholeness that allows them to occupy both seats at the same time, because they don't cling to either of the chairs. If you don't cling to any seat - then you can occupy both seats at the same time. A feminine man and a feminine woman, who undergo self correction, stop clinging to the feminine seat, and, thus, create within themselves a wholeness of two chairs. By the same token, a masculine man and a masculine woman cling, throughout most of their life, to the masculine seat. If they move to the feminine seat, then it's a sign that they have chosen not to cling to the masculine seat, it's a sign that they are not clinging to any chair - and, therefore, they are in both seats at the same time.

*The moment that one of the partners remains seated only  
in one chair - the game is over*

At the moment that one partner chooses to cling to one chair only - the game is over, because the movement stops, because the wholeness is gone. A relationship is based on constant motion, on life, on flow, on renewal, and on wholeness. If the motion stops - a short circuit is created, the relationship is put on hold. If the wholeness is gone - a split is created, and every split is a short circuit. If each partner clings to one chair only, then it means that he is becoming obsessive. If he clings to the feminine seat - he is being obsessively feminine. If he is clinging to the masculine seat - he is being obsessively masculine. At any rate, the wholeness and the free bi-directional flow are gone. When one partner clings to one seat, then that partner is no longer performing his self-correction, and is, thus, failing to fulfill his destiny in life. The game of relationships is designed for that sole purpose. Therefore, a relationship breaks down, as soon as the process of inner self-correction comes to a halt.

There's no need to cling to anything. There's no need to be either feminine, or masculine. If we're only feminine - we're always going to be the ones falling in love, and never the ones being fallen in love with. If we're only masculine - we're never going to fall in love, but everyone else will fall in love with us. There's also no need for us to sometimes be masculine and sometimes be feminine. When we're masculine - we hurt our partners, and then, when we return to being feminine, we apologize to them. If we're feminine, we sacrifice for our partner, and then, when we return to being masculine - we seek revenge, and make our partners pay the price. Instead of all of this, one could be both feminine and masculine at the same time. In this case, we both love and fall in love, all at the same time - this is the alchemy of love. Then we're free to be everything: masculine and feminine, as a single entity, that exists at the same time. If we cling to one side of ourselves - we lose, in effect, everything. We end up giving up the other seat, and losing the seat we've clung to, because when we cling to one single seat, we take away its beauty. Each chair does not stand in its own right - it's dependent on the other chair. If we give up one chair over the other - we, in fact, lose both. If we shift from one seat to the other - then we live a life of ups and downs, a life of extremes and of exaggeration, a life of imbalance. Only when we manage to occupy both seats simultaneously - do we live a complete life, in which our alchemy enjoys constant growth.

## ***2. It Takes Two to Tango***

*It takes the consent of two, in order to be able to play the game of chairs*

Instead of being only feminine and living a life of blind love; instead of being only masculine and living a life of planned love; instead of being, at times, masculine, and, at times, feminine, living a life of struggles and reconciliation; instead of all of this, you can play the game of completeness and balance, and, thus, live a life, where the alchemy of love is constant. But, for that, you need two players, who really want to take part in this game. We need a man and a woman, who are willing to go all the way in this game; who are willing to devote themselves to the game, and make a commitment to this game, which is the most thrilling, and exciting game in this universe.



In order to play the game of completeness, its ground rules must be spelled out, understood, and agreed upon. A couple, where the man is feminine and the woman is masculine, must share the following understanding: the feminine man must make a commitment to himself, by which he will stop being the victim, and start being independent. He will have to grow out of the habit of clinging to his partner, and of being dependent. He will have to learn how to cope on his own, how to be independent, whether with or without her - always. The masculine woman, on the other hand, must make a commitment to herself, whereby she will learn how to devote herself to her man, and be committed to him. She must learn how to give up her need to feel in control, and learn, instead, how to give in, and how to be feminine, gentle, soft, and sensitive from within. She will have to learn how to express her true feelings, and how to be sensitive to her man's needs - at all times.

On the other hand, a couple, where the man is masculine and the woman is feminine, must share the following understanding: the masculine man must make a commitment to himself, whereby he will try to learn how to express his feelings and his weaknesses more. He will have to commit himself to learning what it means to be in a relationship, and to be in a partnership - for good. The feminine woman, on the other hand, will have to make the commitment of growing up and maturing. She will have to learn how to manage things on her own. She will have to stop believing in her sense of helplessness that she's so accustomed to, and start proving to herself that she has an initiating, leading side. She will have to express herself, without seeking the approval of her partner - from now on to eternity.

*The greater the agreement betwthe partners is - the more exciting the game becomes*

The inner correction increases, as the agreement between the partners becomes greater. This phenomenon is simple and beautiful, because, in your wholeness, you make your partner feel whole, real, and alive too. You're helping yourself to be what you are, and, as a result, you're helping your partner to be what he is. Your wholeness enables you to understand your partner, because you're occupying two seats - just like her. Consequently, you respect her contribution to your self-correction and to your essence, and she, in turn, shares the same feeling, because you're helping her perform her own correction.

When a couple gets the hang of the game - they stop being opponents. They're no longer on two opposite sides. The two of them are on both sides. Therefore, they respect each other, and are deeply committed to each other. Now, we're talking about a game with prizes. The deeper you move into your wholeness - the deeper you make her move into her own wholeness. And that's how you both discover new things about yourselves, you both experience new experiences, and you both tear down old barriers within yourselves. You both share the success. None of you can take the credit - because you're both absolutely equal. Instead of being at war - you cooperate, because you've discovered the formula of the alchemy of love. You're touching the formula that's allowing you to grow together. No one wants to give up a formula that works. Neither of you will want to give up this amazing journey. But, it is only together that you can embark on this journey, because it is only your partnership that is giving rise to it.

*The lesser agreement there is between the man and the  
woman - the more fierce the  
game becomes*

When the understanding is gone, or forgotten - then it's a sign that both partners have decided to stop playing the game. Instead of continuing the process of self-correction, each partner dwells in his chair, refusing to look at the other side of the picture. Instead of understanding, mutual respect, willingness to help, and unlimited sharing - there are power struggles and war. Each partner tries to drag the other partner to his own chair, to his own split perspective.

The lesser agreement there is between a man and a woman - the greater the short circuit between them is. Their wholeness turns, once more, into a split - and the couple returns to its previous state - two opposite halves. When two split opposites meet - there always is a short circuit, and every short circuit is a source for a loss of energy. Instead of finding their wholeness and their endless internal energy, they're trying to suck up each other's energy. Power struggles and aggressiveness are generated as a result of lost energy, or of lack of energy. Inner wholeness gives each partner all the energy he needs - from within himself. A split gives rise to a lack of energy, which leads each partner to seek the energy he lacks in the other. Instead of trying to get the energy we seek from our partners, we can generate this energy

from within ourselves. When we do that, we no longer need struggles and aggressiveness. The war is over, because no one lacks energy.

### ***3. The Alchemy of Love:***

#### ***Simultaneous Masculinity and Femininity***

*When a man and a woman unite - they disappear and exist at the same time*

When a whole man and a whole woman unite - they disappear and exist at the same time. They occupy both seats, the masculine and the feminine, simultaneously. Therefore, if they are present in two places at the same time - they are, in fact, in neither of them, and that's the meaning of their unification, in terms of alchemy. They are in a different place, a new place. They enter a totally new dimension, which is difficult to grasp or to understand - it can only be experienced.

A man and a woman, who want to experience their wholeness - must stop obsessing over their "natural" side. They should express their lost half to the fullest, and, thus, allow their masculinity and femininity to merge one into the other. They simultaneously become gentle - but determined. Emotional - but rational. Masculine - but feminine. Because they are masculine and feminine at the same time - their split is gone. Now, they are beyond any familiar definition, because they are beyond their split. It's impossible to define their state, because they are both feminine and masculine at the same time. If they are both feminine and masculine - they are, in fact, neither feminine, nor masculine, they are something else, something new. Therefore, when a whole man and a whole woman are unified - they, in effect, disappear, because they are present in two places at the same time, but, they are, actually, not present in either of them. They arrive at a different place that is called: unification, and the alchemy of love.

*The merger of the man's energy and the woman's energy  
creates a new kind of energy*

The new dimension into which the man and the woman enter, is a dimension of pure and absolute energy. The merger of the man into the woman, and that of the woman into the man, creates the energy of the whole, the energy of the source of life. When they merge, they connect at a higher frequency, which exists at a spiritual level.

Their alchemy of energy, generated as a result of the contact between the wholeness of the man and the wholeness of the woman, is unfamiliar. It's a new and rare energy that allows them to touch their very deepest essence - their divine essence. All people are God's offspring - and God is the absolute whole. Therefore, when a whole man and a whole woman merge, they create, once again, the absolute wholeness. And, when they touch the whole, they feel how the whole touches them back. This kind of merger is - unforgettable. Its power is so immense, its connection is so deep, that it reaches all the way into the tip of their consciousness. It elevates them from the physical level to the spiritual level of the soul. Their whole essence is brought to life in such an encounter.

*The energy of the alchemy of love is the strongest in the  
universe*

The alchemy of love is the product of unification. The two forces, of which the universe is made up, turn, in a split second, into a single force. And the result is - immense force. The alchemy of love represents, in effect, the source of our creation. It changes our outlook of the world. Instead of viewing the world with one eye, we suddenly see the world with two wide open eyes. We witness the gentlest emotion, and the quickest mind. We experience the most wonderful tranquillity, and the deepest desires and drives. Not only do we see our side - we also feel the other side. This is a very powerful experience. This is enlightenment.

The alchemy of love brings reality to us the way it really is - a connection between the spiritual and the concrete world, between the masculine and the feminine force. The alchemy of love allows us to experience this truth at all levels: we can feel

the consequences of the alchemy of love in our communication, in our sexuality, in our partnership and commitment, in our true essence, and in the godliness that blows inside of us. Through the alchemy of love, we unite into a single entity. A man and a woman, who create the alchemy of love, turn into a single soul. Externally, they remain two allegedly separate people, two foreign bodies, but deep down, they become a one essence, one force, one energy - one wholeness. They're no longer separate - they are totally united.

## *Chapter 3*

### *Two People - One Soul*



#### *1. One Communication*

*Language is a technical way to bypass*

*the inner split*

Language is a means through which one can convey messages, without connection, without unification. Communication is a completely different thing. Communication takes place only when a man and a woman merge. Split people need language in order to communicate, in order to understand each other, because language is a technical way to bypass the inner split inside of them. Language, by definition, is a limited means, because it is a product of a split: it's not a natural phenomenon, but rather an acquired one, because anyone can learn any language, it's just a matter of time and practice. Language is limited, because there are many sensations, and messages that cannot be conveyed through language. Language creates barriers and misunderstandings, because language cannot reach our deep layers. Language is superficial, because it only touches the tip of the iceberg of inter-personal communication.

The language we were taught, as children, confused us. It created in us a false impression that we are separate. It convinced us that without language, we cannot communicate with others. But, we're not dependent on any language, because we've always been united. Language was the result of the inner split that we had created within ourselves. Language gives rise to barriers within ourselves, much in the same way that it generates barriers and misunderstandings between us and our partners. Only the alchemy of communication can express our unity. We were never separate. We were always whole and united, and, despite the fact that we had forgotten this, this ability of ours existed in us all along. Through our alchemy of communication, we suddenly remember that we can

communicate from within - not only externally, through language.

*The alchemy of communication between a man and a woman is communication without language*

The alchemy of communication is beyond language, because it is beyond the split. The alchemy of communication is the result only of wholeness and unification. Therefore, the real communication between a man and a woman is communication without language. Language is merely a technical means; but, the most natural way for a man and a woman to communicate is not through language. Most people neglect to remember that it is possible to communicate without words, without language, without body-movement, and even without eye-contact. People have forgotten that, but that doesn't mean that such communication does not exist.

The unification of a man and a woman re-kindles our inner communication, which has been engraved in us all along. Inner communication is not another language, because language is a technique we learn. The alchemy of communication, on the other hand, is a natural phenomenon that does not require learning. It's something natural, something that comes from within, a vague memory of the wholeness that we enjoyed in our early childhood. The alchemy of communication is a natural phenomenon that comes to life again, as a result of a deep, and unified relationship between a man and a woman. Telepathy, for example, is a form of communication. Telepathy is not language, and, therefore, it cannot be acquired. One cannot take a course in telepathy, because telepathy occurs on its own. It occurs only when there is unification, because telepathy is communication between a man and a woman who have evolved into one wholeness.

Whole and loving people no longer need language. They've discovered in themselves something new and far stronger. They're no longer dependent only on language, because they can receive, and pass on messages, through other means. For instance, through a look in the eye. There is much more of a message in a look in the eye, because that's where communication exists, and communication is something far more concentrated than language. What we can try to say through language in a half hour, an hour, two hours, and sometimes even in weeks, or years, we can say in one loving look. Why is it that more often than not, so many loving couples

tend to look each other in the eye, and say nothing? It's very simple, because a look is much more efficient. The message is much more concentrated.

Language is finite, communication is infinite. Language is a very limited phenomenon - communication is boundless. Communication can convey messages of higher order that language simply does not encompass and cannot carry. Therefore, when we start communicating, we cannot even begin to know where we can end up with our inner communication, to which sensations and message we can be exposed through it. We can communicate from very deep layers, because our ability to communicate comes from within. Communication is not a matter of skill, or of learning, because it exists in us from the moment we are born. Therefore, the more connected we are to ourselves, the more capable we are of communicating from deeper layers.

Loving people sense things, because loving people become sensitive. They sense very small things, because their sensitivity is growing. A gut-feeling is also a form of communication. When something happens to our partner, we know of it, because we communicate with him. We no longer need a phone line in order to know how they feel, because we have a private line that goes directly to them. The more sensitive we become to our gut-feeling, the more sensations we have, and the more messages we get. All we need to do is to be sensitive to the phenomenon. This phenomenon is ongoing, although people are simply unaware of it. It's there all the time, one only needs to attend to it.

*Our inner unification allows us to talk to our partners  
exactly in the same way*

*we talk to ourselves*

When we connect with our wholeness, we connect with our partner, because as soon as we create our inner unity, we discover that our partner has existed in us all along. That's the whole beauty of it. It's so simple that it is practically impossible to believe. Our partners are not separate from us, but rather, they are an integral part of us. That's the reason we can connect and communicate with them so easily. We're not separate - we are united. As soon as a man and a woman unite, they turn into a single entity, and then, they can communicate with one



another exactly in the same way that they communicate with themselves - it's exactly the same thing.

The alchemy of communication enables us to talk to our partners in a similar way that we talk to ourselves. We can transmit to them thoughts - and they will receive them, wherever they are. We can transmit to them feelings - and they will sense them, wherever they are. The alchemy of communication comes from a dimension higher than that of language, and that's why all the barriers that language erects fall apart, as soon as the alchemy of communication appears. The alchemy of communication is beyond time, place, or distance. Through the alchemy of communication, we can transmit and receive of messages, under any condition, in any place and from any distance. The alchemy of communication is constant and direct line to our partner.

## ***2. One Sexuality***

### *Sex without unification is contact and not touch*

Physical contact - is not necessarily a spiritual touch. Sex without unification is merely superficial contact of the body. One body touches the other, while the soul and the spirit of the man and the woman are split and apart. Split man and split woman cannot merge with each other, because they still haven't attained their own inner wholeness. As long as they cannot reach unification - the sexuality they create is partial sexuality, limited sexuality, technical sexuality.

Without unification between the wholeness of the man and the wholeness of the woman - the sexuality they create together is split sexuality: their feelings are suppressed, their desires are inhibited, their thoughts are separate, and their intentions are - different and split. Split sexuality is one that involves a dominator and a dominee, someone masculine and someone feminine, someone who initiates and someone who reacts. In split sexuality, the man and the woman don't touch each other, they merely create friction with one another. They cannot penetrate one another. Physically, the man penetrates the woman's body, but he doesn't penetrate her soul. Physically, the woman contains the man in her body, but she doesn't contain his soul.

*When a man and a woman touch each other - they  
disappear into each other*

Only when unification between the wholeness of a man and the wholeness of a woman is created - can they really touch each other. They are able to merge into one another. And, when they merge - they disappear. The sexuality they create together is complete - therefore, there is no dominator and dominee, there is no one who is masculine and no one who is feminine, and there is no one who initiates and no one who reacts, but rather there is complete, harmonious equality. Unification is created. They both move as a one unit, they both operate as a one body, they both feel like a one, complete, and unified soul.

Whole sexuality is sexuality that takes place simultaneously, at all levels: the spiritual level, the emotional level, the instinctual level, and the physical level. In the alchemy of sexuality, all dimensions open up. In the alchemy of sexuality, there is complete satisfaction of emotions, desires, sensations, thoughts, and intentions. Everything flows in one direction, at the same rhythm, and at the same frequency. Therefore, when the alchemy of sexuality takes place - the man and the woman disappear. They totally forget themselves, because they no longer exist. They lose their boundaries. They go passed their limitations. They merge into one another - and, now, it is impossible to distinguish who is who.

*The alchemy of sexuality occurs simultaneously in the  
man and in the woman*

The alchemy of sexuality is one sexuality. Therefore, it takes place both in the man and in the woman, at the same time. Given that the two are inseparable, they both experience the same sensations, at the same time. Their timing is completely identical. Their sensations are - completely identical too. Their thoughts are - the same thoughts. Their orgasm happens at the same time, at the same moment. They move with the same wave, they ride together on the same frequency, and, therefore, everything that happens to the man - also happens to the woman. They respond to their joint sensations. They don't stop in order to ask the other - because they already know exactly what the other feels, thinks and wants. They simply flow with the incredible force of the alchemy of sexuality.

In whole sexuality, a man can experience not only his orgasm - but also that of his partner. Similarly, the woman experiences not only her own orgasm, but also the peak of her partner's sexual excitement, because their orgasm is joint. Much in the same way that they share the whole process of the intercourse, they share its explosive peak. They both take part in the same journey. They both run the same course, on the same track. The alchemy of sexuality is sexuality of two people - but of one soul. Therefore, it creates great intimacy. Therefore, it creates an unbreakable union between the man and the woman.

### ***3. One Truth***

*Disagreements are the result of a split  
between partners*

Disagreements between a man and a woman are always the result of an inner split. Once the unification is gone, the split reappears, and with it, the misunderstandings, the disagreements, the differences, the struggles, and the arguments. Friction and fighting are the product of distance and of separation. When each partner is separate - there exist different desires, different opinions, different understandings.

When there is a split, it creates a divergence between the man's desires and the woman's desires, between his views and opinion and hers. And, if their split continues, if it grows and expands - their desires, too, grow more and more apart. And the more the split grows, the more aggressive and bitter the struggles will become. The more distanced the partners become, the harder and more desperate the war between them will turn.

*When a man and a woman unite - they touch the same  
truth*

However, when a man and a woman unite, they touch the same truth. Therefore, all of their disagreements disappear. When they touch one joint truth, they cannot fight, argue, resist or contradict each other - because they view, feel, grasp, and understand the truth in exactly the same way.

Through the union of a man and a woman, they discover one truth, a joint and completely identical truth. As long as they are united, they see life eye to eye. They don't need to compromise, give in, or agree. They are simply united. When no barrier stands between a man and a woman - everything is shared and identical.

*The alchemy of truth naturally creates one, shared  
desire*

Once there is a single truth - there is a single desire. The alchemy of truth naturally creates one joint desire that a man and a woman share. This desire is a natural product of their inner union. They discover that they want exactly the same thing. They discover that they have nothing to argue about - because they are both moving in the same direction. There's nothing to fight over - because there's a single, natural desire.

In a split relationship, a relationship that is based on complementation, rather than on completeness, the couple usually has different wishes. As far as they are concerned, the truth is different, because they each see the truth from his or her split point of view. The true reality is one. But, when we are split, we distort the real reality, because we look at it only from one perspective - masculine, or feminine. Therefore, when one partner wants to leave, the other wants to stay. When one wants to rest, the other prefers to stay awake. And, in the face of different desires, the couple starts, in the worst case scenario - to fight. And, at the very least - they try to work out a compromise. In a whole relationship, on the other hand, there is one desire, which eliminates the need to fight, to work out compromises, or to make sacrifices. The synchronization, and direction are identical - because the desire is identical. The couple operates in complete harmony, because they operate as one body, as a single wholeness.

#### ***4. One Commitment***

*Infidelity and divorce are the result of  
lack of unification*

When a man experiences the alchemy of love - he sees other women, but he doesn't look at them, because he's connected to his own woman. When a woman experiences the alchemy of love - she meets other men, but she thinks only of her own man, because she feels like an integral part of him. A man and a woman who are in love with each other, in terms of alchemy, are committed to one another, because they're connected to one another. Separation, infidelity, and divorce, however, are the result of lack of internal commitment in a couple. They derive from the isolation and from the loneliness of the partners. They take place because of the split that occurred within the unity of the couple.

The highest commitment that each of us has is only to ourselves. A man and a woman who are in love, in terms of alchemy, see themselves as a single wholeness, a single entity, and, therefore, they are committed to their relationship to the same extent that they are committed to themselves. Infidelity and divorce are the result of lost unification. As soon as the unity is gone - loneliness comes to life, and with it, our self-commitment. The mutual commitment disappears, because the unity no longer exists. The couple is split - and, therefore, each partner can, once again, be committed only to himself.

*When we merge, we are no longer alone -*

*we are one*

The alchemy of love creates unity between a man and a woman, and, as a result, the commitment between a man and a woman becomes mutual. The merger turns the man and the woman into one. Therefore, their commitment to themselves is identical to their commitment to their partners. The unification of a man and a woman changes them. They are no longer alone - they are one. They are no longer a man and a woman - two separworlds - but rather a single man-woman entity. They are one complete person.

Once we are no longer alone - our commitment towards our partner undergoes a dramatic transformation. We no longer view our partners as separate entities. From now on, we see them as inseparable parts of us. The merger breaks down all of the barriers that exist between a man and a woman, which is what naturally turns their commitment to one another into absolute commitment. They no longer need moral commitment. They've reached the ultimate commitment - the alchemy of commitment.

*When the alchemy of commitment is created - our  
commitment to our partners is identical to our  
commitment to ourselves*

When a man and a woman fall in love and merge, in terms of alchemy - they turn into one entity with one soul. Therefore, anything that happens to one partner - necessarily affects the other, to the same extent. Because they are inseparable - their commitment is mutual. If one partner hurts himself - he also hurts the other, to the same degree. If one partner is hurt - so is the other. They are both one body, and, thus, anything that happens to one partner, directly affects the other.

Often times, we break our commitment towards our partners, because we think we are separable. In the alchemy of love, the term separation doesn't exist. In the alchemy of love, there is unification. Therefore, hurting your partner is an act of self-destruction. It is like a man, who has a gun in one hand, and uses it to shoot himself in his other hand. No one does such a thing, unless he believes that his other hand does not belong to him, is not connected to him. But, in the alchemy of love, everything is connected. The man and the woman are two halves of one wholeness, two parts of one soul. You can't hurt your other side - because that side is an integral part of you. It's kind of a "trap." If you hurt her - you hurt yourself. If you hurt yourself - you hurt her. Therefore, you cannot feel anything but committed to her. The alchemy of commitment is real commitment, not commitment that is based on moral considerations, righteousness, or fear. The alchemy of commitment is the most egotistical commitment that exists - and, therefore, it is the strongest form of commitment.

## *5. One God*

*The joining of a man and a woman is not a meeting of two - but rather, of three*

The joining of a man and a woman is not a meeting of two worlds, as is commonly assumed. This joining is the meeting of three worlds: the world of the man, the world of the woman, and the world that's created, as a result of their unification. When a man and a woman unite in the alchemy of love, there are three forces that operate in the relationship: the man, the woman, and God.

When we perform our self-correction - we discover the internal God that exists in each of us. But, when we merge with a partner, we discover the absolute completeness. And that absolute whole is God. It is an experience that cannot be arrived at alone. You can touch it alone, through the union that exists between your own masculine side and feminine side, but you cannot exhaust it on your own. In order to exhaust this experience, we must merge with a partner completely. Therefore, only the joining of a man and a woman creates the third force - God.

*The alchemy of love creates God*

The alchemy of love is the way through which a man and a woman can touch, together, the same God. Not their private God, but their joint, whole God. The God that they both exposed, through their very merger. When they create God, through their very encounter - they touch the most magical, amazing, and profound phenomenon that exists. Their connection naturally takes the form of spirituality.

The alchemy of love is a phenomenon that is beyond words, because it touches the essence of life, it touches the source that makes the world and the whole universe go around. This is such a mysterious, and deep phenomenon, that only the merger of a whole man and a whole woman can unravel. This revelation is reserved only for those who are willing to touch it.

*When a man and a woman unite - God passes through  
them*

This phenomenon called "God," is of extreme importance to the nature of the relationship between a man and a woman. As soon as they create God, through their very unification - their entire relationship takes the form of deep spirituality. Through their merger, they feel God, they sense him, they connect to him, they touch him.

Every time a couple merges - God passes through them. As long as they stay united - God remains with them. He surrounds them, he influences them, he guides them. In fact, he fully shares their life. He accompanies them at every given moment, when together, or apart. To every single action they perform, He gives an air of spirituality, a form of mysticism and mystery. Every action - whether big or small - is interpreted by them as spiritual. They act in so much harmony, that everything they do is, in effect, part of the grand scheme of the universe. Their awareness of God is very high, because they practically touch him, they virtually feel him, they are, in effect, creating him.



## Chapter 4

### *Food for Thought*



#### *1. Answers to your Questions*

*Question: You present here an idea of an alchemy of love that sounds like a utopian ideal. Does it really exist? Can it be realized?*

*Answer:* This idea is considered an “ideal,” because, to date, it is still rare. The fact that now, most people are unaware of it doesn’t mean that it doesn’t exist, or that it is incorrect. In the present reality, it is truly an ideal. But, the more people undergo self-correction - the more common and real this ideal will become.

Every ideal precedes its time, otherwise it wouldn’t be considered an ideal at that given time. But, the very fact that it is an ideal, doesn’t make it impossible. At the turn of the century, Jules Verne wrote a story about a journey to the moon. At the time, it was considered science fiction. Several decades later, this “ideal” turned into reality. Therefore, the distinction between an “ideal” and reality is only a question of time. Reality is tied to the present - while an ideal is tied to the future. Thus, an ideal is the future reality. The alchemy of love, too, is the future reality. Today, the alchemy of love is still considered an ideal. In five or ten years from now - it will turn into a common phenomenon. There won’t be any need even to write about it.

*Question: What do men and women seek in each other?*

*Answer:* The man is the king of the spiritual kingdom. The woman is the queen of the material kingdom. This means that in the spiritual world, the man is very earthly, whereas, in the material world, the woman is very spiritual. Therefore, in the world of thought - men reign, because that’s where they feel at home. They feel secure and in charge of the spiritual dimension. Women, on the other hand, are the absolute governors of the practical world. They are more practical than men, they are

much better survivors than men, and they surpass men in the way they cope with the limitations of the material world. If women governed the earthly world - then the world would be a better, and more beautiful place, because this is their own home court. This is the reason women are more spiritual than men in everyday life, because they are more ready to deal with the constraints and difficulties of daily life. This is the way they are built, both physically and spiritually. However, women cannot reach spiritual places that men can. This is the home court of men. Men are very earthly in the spiritual world. They can move very skillfully through the dimension of thought. Therefore, men are those who lead the world of thought: most philosophers, scientists, thinkers, prophets, and ministers are men. It has nothing to do with discrimination against women. It is simply the strong side of men.

The difference between a man and a woman gives rise to their attraction. Every woman is attracted to a man whose spirituality is earthly, namely, a man who can bring his spirituality to her. Women seek men with a thinking ability which is broad and deep, but also anchored in everyday reality. Women, however, take a dislike to men who say lofty things, because they don't understand them. Such men speak a language that these women are unfamiliar with. They seek a wise, knowledgeable man, who can transfer to them his spirituality, through an earthly language - a language that they understand. They seek a man who combines earthiness with his spirituality. Therefore, women seek in every man the king of the spiritual kingdom, the man who completely governs his kingdom - the kingdom of spirituality. Man, on the other hand, seeks a woman whose earthiness is spiritual, namely, a woman who can bring her earthiness to him. Men are attracted to a woman who is practical and aesthetic, who is a doer, but whose actions have not only earthiness, but also an air of spirituality. Men dislike a woman who clings only to her earthiness. They find it difficult to communicate with a completely material woman, because such a woman cannot speak their language - the spiritual language. Therefore, they seek a woman who combines spirituality with her earthiness. Men are attracted only to a woman who can speak their native language, because in every woman, men look for the woman who reigns the material kingdom, the woman who completely governs her kingdom - the material kingdom.

A woman can feel the spiritual dimension only through her man. A man can feel the earthly dimension only through his woman. For example, when a man has sexual relations with a woman, he doesn't seek only the physical relief. Although most men are unaware of this, men, in fact, seek the security found in earthiness, in physicality. They want to merge with a woman, in

order to experience, for a moment, the sense of security that the woman projects, the essence of the woman - matter. Men seek solid ground and stability. By merging with a woman, they merge with the earth, they come down to earth. It's the only thing that can give a man the real sense of tranquillity in the concrete world. Only through a woman can a man attain a sense of belonging, a sense of connection to the material world. Men, by definition, are detached from earth, because they are born into the spiritual dimension, where they spend their whole life. Therefore, any possession a man may have, with the exception of a wife and family, cannot give him a true sense of tranquillity and security. By nature, a man needs sexual relations more than a woman. This is not because men are sex maniacs, but rather, because they suffer from chronic detachment. For them, sex is a way to feel truly attached to matter. Men need this security more than women, because a woman, by definition, belongs to the material world. She is a part of the physical world, she was created in the physical world. Man was created in the spiritual world. Therefore, in the material world, in which we live, a man will never feel that he belongs, unless he has a woman beside him. As the saying goes: behind every great man there has to be a great woman.

For women, the situation is, of course, the opposite. In every woman, there is a part that wants to be a man, a part that seeks the male experience. A woman doesn't fall in love with her man's body, or money. We're not talking about the number of orgasms a man can give a woman either. Although many women are unaware of this, they all fall in love with one thing in a man - his spirit, his intelligence, his way of thinking. Women fall in love with a man's mind, with his natural inner spirituality. For example, when a woman has sexual relations with a man, she is, in fact, in search of his spirit. Through his body, she tries to connect to his spirituality. A woman who falls in love with a man regards him as a vehicle that allows her to reach great heights. A woman, by nature, is connected to the earth. The stability of earth is painfully familiar to her. She wants to fly, she yearns to rise, to ascend - and that she can do only with a man. A woman can't rise alone to the spiritual world, because the key to this world is in the hands of the man. Women seek in men the unknown, the new, the refreshing, the intoxicating.

So, women seek the knowledge in men. Men seek the contact, the stability, and the security in women. The man is - the wind. When he has sexual relations with a woman, he descends, through her, towards earth. There, he receives the emotional security, the stability, the sense that he's returning to the uterus, to mother earth, to his origin. Therefore, his growth is symbolically from top to bottom. The woman, on the other

hand, is - the earth. When she has sexual relations with a man, she ascends through him. She receives the inspiration, the uplifting, the exaltation, the mobility and the freedom that she so needs, and so lacks in her stable, material world.

A woman cannot realize her earthiness without a man. A man cannot realize his spirituality without a woman. Without a woman, a man's spirituality is meaningless, because there's no one to absorb his knowledge, his essence. He has nowhere to plant himself. Without a man, a woman's earthiness becomes meaningless, because she doesn't have the see, she doesn't have the spiritual knowledge that she's so desperate to absorb and apply. Men possess spiritual knowledge, but they do not know how to apply it in the material world. Women have the skills required for the application of knowledge in this world, but they lack the spiritual knowledge itself. That is what men and women seek in each other.

*Question: Why isn't there a meeting between feminine men and feminine women, or between masculine men and masculine women?*

*Answer:* This type of meeting is unnatural, and, therefore, it doesn't take place in reality. If it were to occur - it would give rise to a short circuit. Male energy in a man, which tries to connect with male energy in a woman, creates a short circuit, and that's why this contact does not occur.

Every joining of a man and a woman is done in order to yield self-correction in them, to give rise to a change within them, and to create between them mutual productivity. Therefore, there are only two types of relationships that allow this: feminine men with masculine women, and masculine men with feminine women. This is the only way that contact can be made, without a circuit break, because the direction of flow is always opposite. The feminine man is diametrically opposed to the masculine woman. The masculine man is diametrically opposed to the feminine woman. Only this opposition allows them to connect and to be mutually productive.

A feminine man will not be attracted to a feminine woman - because there's no tension between them, and, therefore, no contact can be established between them. By the same token, a masculine man will not be attracted to a masculine woman - because they are identical, rather than contrastive. The contrast is necessary for the rejoining, for the impregnation. Just as there is no joining of two eggs, or of two semen. It is only the contrast between the egg and the semen that allows them to connect and create a new entity of alchemy.

*Question: Why isn't a feminine man attracted to all masculine women, but only to some of them? Why isn't a feminine woman attracted to all masculine men, but only to some of them?*

*Answer:* Men and women possess equal potential energy. But this is not to say that all people are, in effect, equal. Their potential is equal, but the question is, where they are, in terms of the realization of this potential. How much of their potential have they already realized? The more feminine a man is - the more masculine the woman he is attracted to is, because they have both realized very little of their potential wholeness. The more feminine a woman is, the more masculine the man she is attracted to is, because they have both made only a few steps towards realizing their wholeness. The balance is always kept, and, therefore, the joining of a man and a woman depends more on the level of realization they are actually at, rather than on their potential wholeness.

The idea underlying equality among human beings, which was the basis for the creation of the socialist ideology, was correct. Only what is at hand here is the equality of potential, rather than actual equality. The communists tried to create an unnatural situation, in which all people are at the same point, in terms of their thoughts, their desires, and their financial state. It was a large-scale attempt - but it failed - because not all people are at the same place, in terms of their awareness and realization. Everybody moves along the endless road towards their realization of their wholeness, but each person is at a different point along the way. Each person advances at his own pace. For example, a feminine man progresses, throughout his whole life, towards his infinite masculinity, because this is his wholeness. A masculine woman advances towards her infinite femininity, in order to realize her wholeness. They can establish a meeting point only if both of them have made exactly the same headway. They will be attracted to each other only if they have both realized their infinite potential wholeness, to the same extent.

*Question: What is the outcome of the agreement between partners upon a process of mutual correction?*

*Answer:* Respect and deep appreciation towards one another, a sense of partnership, and a true sense of belonging. A woman respects a man by virtue of the fact that she's undergoing her self-correction, and a man respects her, through his own self-correction. When there is mutual understanding, the struggles and competition between a man and a woman turn into mutual support and mutual success. We are all selfish. We all want,

first and foremost, to satisfy our own needs. Therefore, the union of a man and a woman may turn into an arena for fierce competition, if the notion of a relationship is misinterpreted. When you grasp the meaning of a relationship - you realize that it is the most egotistical, and, therefore, the most correct thing. You help yourself, because this is the only way you can help your partner. When your partner helps himself, you know that, in fact, he is helping you. When you help yourself, you know that you're helping not only yourself, but also your partner. There is no concession and there is no sacrifice - there is an amazing wholeness.

Agreement is the basis upon which the process of mutual correction is founded. In a relationship between a masculine woman and a feminine man: if the masculine woman changes and becomes feminine, she isn't performing only her own correction, but she is also performing her partner's correction. In her femininity, she facilitates the man's conquest of his lost masculinity, and, thus, helps him perform his correction. The more feminine she becomes - the more conquests of her man's masculinity she allows. In a relationship between a feminine woman and a masculine man: if the masculine man performs his correction and advances towards his femininity, he opens the door for his female partner to perform her own correction successfully, because he is enabling her to take on the masculine role in the relationship. Therefore, agreement is the key for mutual correction. In the absence of agreement - everybody remains in their traditional roles, no change takes place, and if one of the partners tries to create a change from within himself - he faces resistance and struggles from his partner.

*Question: To what extent does the alchemy that you are talking about relate to other spiritual teachings?*

*Answer:* The world is divided into two centers of gravity - west and east. The western spiritual attitude is: there is no God, there is no fate, there is no divine guidance - human beings are the only rulers. Therefore, it all depends on what the human being desires, and, attainment always involves a struggle. In fact, the west represents the classical male attitude. In the east, the opposite is held. In the east, they argue: nothing depends on us. Everything is "Karma," fate, and divine touch. It is necessary to flow with God, not to resist him. Therefore, the east, in fact, represents the classical female attitude.

Both attitudes are correct, but, despite the truth in what they say - the two approaches are also wrong. Each point of view is right, because each one represents one side - a masculine force or a feminine force. They are both wrong - because neither of

them sees the other side. The only place in the world, the energy of which can simultaneously contain masculinity and femininity - is Israel, because Israel is situated in the middle, both geographically and spiritually. It is located at the point where west and east meet. That's why the whole world looks up to this country. That's why we generate so much interest. The desire to bring about peace and harmony to the middle east derives from the fact that what becomes of the world depends on what happens in Israel. Only we, the Jews, can create the alchemy of love and spread it around the world. Only we, the Jews, were chosen of all people, to carry out this very responsible task.

The east is feminine, and is, therefore, against the mind. The west, on the other hand, is masculine and is, therefore, against emotion. Today, the west is starting to change, and so is the east. Today, in the west, it is argued: it is necessary to think less and feel more. In the west, there is a quest for the other side, because rationality didn't bring happiness to the west. Rationality brought with it achievements, technology, and control over the world - but it failed to create in the western people a sense of satisfaction, tranquillity and happiness. Therefore, over the past few years, the west has started importing many eastern spiritual methods, feminine attitudes that are based on emotion. In the east, on the other hand - an opposite movement has begun. The east is becoming more rational, because emotion has brought with it tranquillity and relaxation, but, from a material perspective, it failed to bring satisfactory achievements and independence. Israel represents the struggle between the east and the west, because Israel is the center of the world. Therefore, the greatest form of polarity exists here, in our part of the world, in the form of the Arab-Israeli conflict. Israel itself is experiencing constant division between the right and the left wing - without any decision being made. If Israel becomes united - if it will be a nation of alchemy, it will lead to a world-wide correction, because this situation will bring tranquillity, peace, and harmony to the whole world. But, it all depends on what happens in Israel. It all depends on the attitude of the Jews. Will the Jews grasp the paradox of wholeness and realize it? If so - the whole world will be salvaged. If not - life will be very difficult to live in the face of hatred. If so - Israel will become the powerful center of the world. If not - Israel and Jerusalem may be destroyed for the third time, and the whole world may be swept into a cycle of hatred and violence, into a third catastrophic war.

*Question: What's the difference between the term balance and the term alchemy?*

*Answer:* These are two entirely different terms. People take the notion of balance as a form of a compromise - and that is a

major disaster. They say: here's a masculine half, and a feminine half. All that needs to be done is to balance these halves, namely, to try to get to the middle. It's a terrible mistake, a real tragedy, because this notion is incorrect. If you balance your feminine half and your masculine half - you are left with a half, not with a whole. In order to be whole, you need to be completely masculine, and that's where your femininity becomes whole - this is alchemy. You're not trying to balance the two - you are trying to unite them. If you are a feminine man, you are half feminine, and half masculine. Because you cling to your feminine half, you cannot be more than half masculine. But, when you perform your self-correction and realize your masculine half - you turn whole. Your masculinity is, now, whole, not split, and, therefore, your femininity is also becoming whole. You've become a wholeness. You are a man that is whole, both from a feminine and a masculine point of view. This is alchemy.

Consider politics - it's the same thing. There is a left wing and there is a right wing. It is well known that most voters vote for the main stream parties. What does a party do, in order to be mainstream? It takes the right wing views and the left wing views, and tries to find a compromise. The party puts it in writing, through its platform, and this platform constitutes its policy. It's a disaster. There's no need to make one's positions vague, not even in politics. It's necessary to take the right and the left - and unite them, rather than balance them. True unity. Supporters of the left wing will grow to support the right wing, and the supporters of the right wing will grow to support the left wing - only then will unification and wholeness be observed in the people.

*Question: You talked about one sexuality that is whole sexuality. Can you elaborate a little more on the notion of the alchemy of sexuality? What does it include?*

*Answer:* There are three dimensions, along which sexuality can take place. One dimension, which is the most common one, is the rational dimension, where rational sexuality takes place. Rational sex is technical sexuality, sexuality of performance, sexuality of a robotic nature that repeats itself. Rational sexuality is sexuality that can be observed in porn films, or in couples for whom sex has become routine. No emotional or instinctual aspects are expressed. In rational sex, there is only technique and mechanical action: certain and predetermined positions. It has no novelty - it is repetitive. This is a-sexual sexuality, in which the man and the woman are almost completely detached from one another. The only contact they have is physical. They have no spiritual, or mental connection. They are, each, in their own world. They are, each, alienated in



their own bubble. They are detached from the full range of their emotions and instincts.

The second dimension is the instinctual dimension, where instinctual sex occurs. Instinctual sex is animal-like, spontaneous, and it satisfies very deep and natural needs. There's no thinking or planning in this sexuality, and it involves no emotion. It involves pure and powerful instincts. An uncontrollable impulse to satisfy one's sexual drive. Such sexuality can be observed in many cases of rape, or in very aggressive relations between a man and a woman. The departure from the rational, robotic sexuality paves the way for a great deal of anger that has been suppressed over the years, and this energy seeks a way out. It comes out in many ways, including sexual ways. Instinctual sex is meant to express anger, violence, power and frustration. It's a kind of sexuality that satisfies the desire to avenge. The woman and the man are in a state of a split, but they get one step closer towards their wholeness, because they stop being robotic, they stop suppressing their instincts. They express their instinct, and are, therefore, complementary - but, they have yet to touch their completeness.

The third dimension, which is the rarest of all, is the emotional dimension, where emotional, intimate sexuality can be experienced. Emotional sexuality is meant to express - at least at first - pain that is based on past vulnerability. It involves crying, and the exposure of inner vulnerability, and weakness. After being relieved of the pain, this dimension becomes the only one, in which pure emotionalism can be expressed. Emotional sexuality is united sexuality, an ocean of endless emotion. In emotional sexuality, there is full emotional contact between a man and a woman. Both partners merge into each other emotionally. In emotional sexuality, there is no rationality, or instinct. It is sexuality that has a slow, gentle and intimate rhythm.

The alchemy of sexuality includes all three dimensions - the rational dimension, the emotional dimension, and the instinctual dimension. The alchemy of sexuality creates an alchemy among all of these pure dimensions - into one single essence. In the alchemy of sexuality, there is no rationality, emotion, or instinct - they all exist, together, in one form. In the alchemy of sexuality, it is no longer possible to distinguish the man and the woman. They become one wholeness that cannot be divided. When the alchemy of sexuality occurs between a man and a woman, it is impossible to point out one specific dimension, because all three dimensions merge into a new, pure quality.

In fact, the alchemy of sexuality unites all four elements of the universe - earth: body, fire: instinct, wind: mind, and water: emotion. In the alchemy of sexuality, the body, the instinct, the mind, and the emotion unite into a new, pure dimension of alchemy. This is the fifth dimension - the absolute dimension of alchemy. In the alchemy of sexuality, a man and a woman forget themselves. They both exist, allegedly, in separate bodies, but, in fact, they don't exist in the body, the mind, the instinct, or the emotion. They are in a different place - that of the utmost, absolute wholeness. In the alchemy of sexuality, the couple touches the fifth dimension, they create the fifth element of the uni.

*Question: When is it desirable to establish sexual contact with a partner?*

*Answer:* If you want to attain the alchemy of sexuality, you must first get passed the obstacles that the head and the heart pose. Only then will you be ready to move on to the body. Sexuality starts in the head, then, spreads over to the heart, and only then reaches the body. Only in the end - never at the beginning. Therefore, the onset of every relationship must be dedicated, first of all, to the head. When an affair between a man and a woman begins, the most appropriate place to start the relationship is the head, because the head is the number one enemy of love and of the alchemy of sexuality. The mind is naturally inclined to create barriers, to propose definitions, and constraints. The mind is an entity that separates, compares, defines, creates limits and comes up with rules. Therefore, the first thing that is recommended is to create harmony and unity between the man's head and the woman's head. If no union is created between these two heads - no true union of instincts and emotions can take place. Many couples try to go around the head. They are not aware enough of the disharmony between his head and her head, because they are too preoccupied with their sexual needs. They allow their bodies to drag them towards sexuality, instead of focusing on the source first. They think that if they achieve sexuality - they achieve a relationship, but that isn't necessarily so. If they start with sexuality - that's all they will end up with. If they don't begin their relationship by treating its source - they will pay a heavy price, in the end, because their rational contrast will not allow them to establish an instinctual and emotional connection. And without such a connection - their relationship can only be transient.

Rational harmony and unification between a man and a woman means - a long period of meetings, in which they get to know each other better. Meetings of communication. They must grow to know each other very well, before taking the next step. By nature, the mind is a suspicious creature. Therefore, if the mind

continues to suspect the other - emotion will fail to appear. Mutual feelings appear only once rational union, in a couple, takes place. As soon as their communication is on the same wave. After a long period of getting to know each other, the couple can undergo rational union. Only as soon as they are transmitting on the same wave - can their emotions start flowing freely. As long as their minds don't join - their emotions will be hidden and inhibited, because the mind controls the emotion. The mind won't allow the emotion to be fully expressed, until it is entirely clear about what's going on. Until it is sure that the other side thinks like him, talks like him. It's necessary to make the mind realize that a partner is not an "enemy," but rather, a friend. That the other is not separate, but rather an integral part of us. If the mind continues to be suspicious, it creates emotional mistrust between the partners. It stops them from revealing their true feelings towards each other. If the mind still believes that the other partner is an "enemy" - then we're going to witness a struggle between the man and the woman, that would be manifested in their sexuality. It would be expressed in rational sexuality. As long as they continue to have a rational struggle - they will have a sexual struggle. They will try to get closer, but the mind will stop them from being sincere, because it is still on guard. The mind protects the emotion. It wants to prevent the occurrence of additional harm, and until it trusts the other partner, it will continue to stop the emotion from being expressed.

The second stage happens on its own. As soon as rational union is created - emotion starts to flow. The mind loosens its grip over emotion, and the mutual feelings start to surface. At the beginning, the flow is slow and weak. If you enter sexuality before the emotion is released - you observe instinctual sexuality. While the man and the woman are starting to grow closer, they still continue to suspect each other. This situation yields an instinctual struggle between them. It gives rise to instinctual sexuality. Only if one continues the process of opening up emotionally - does the flow increase. Only then, are trust and mutual emotions established. And, it is this trust that allows them to put aside the masks and the defenses that they've created, in order to survive in this world. They allow themselves to feel deeper and deeper emotions towards each other. It is only then that they start feeling connected, at an emotional level. Emotional unity takes place only when there's an overflow of emotions between a man and a woman. When there is a sense of partnership, identification, great empathy, and a desire to love and to hold one another out of compassion, and not out of sexual attraction. When the emotional identification is overflowed, only then does the final phase arrive naturally - the phase of sexuality. If at this stage there still is strong sexual attraction, it is possible to finally attain

sexuality. Only after you arrive at rational union and full emotional openness, only then will the instinctual attraction turn into a sexual explosion. Sexual explosion is the result of unity at all levels - rational, emotional, and instinctual.

The alchemy of sexuality is, then, the result of unification and harmony among the mind, the emotion, and the instinct. First, it is necessary to create rational harmony between the two partners. Then, they should be allowed to undergo emotional merger, and if they exhibit, in addition, instinctual attraction - only then can one expect to observe the alchemy of sexuality. Only when the minds of a man and a woman are united, when their emotions are combined, and when their instinctual attraction is strong - only then does the amazing phenomenon, called the alchemy of sexuality, occur. The alchemy of sexuality is a sexuality, in which all the gates open up: the rational, the emotional and the instinctual. Only if a couple is united, along all dimensions, and there is no boundary or barrier between them, do they turn into a new, different dimension. An absolute dimension of alchemy.

*Question: How will I find my soul mate?*

*Answer:* You've already found it, but you're not looking in the right place. Look within yourself. If you're compatible - then the compatible partner will come along. But, if you are not compatible yet - she won't appear, but others will, in an attempt to help you find your wholeness, to help you change and become suitable for the right girl, who is already inside you. They will help you find your complete soul - and, then, you will find your soul mate.

Your soul guides your life in such a wonderful way that you don't need to search for your soul mate. Every time you understand a new spiritual principle, your soul creates for you situations that test the extent to which you understand that principle. You are being tested, in order to help you implement this principle in your everyday life. Once you are receptive to a new level of awareness - life sends you opportunities to realize it. Not only to understand it as a philosophical concept, but also to know it at a personal and experiential level. Therefore, take note of this - if you have really opened yourself up to what has been said here - expect the near future to be a period, in which you're going to be put to many tests. You are to expect various "bizarre" events. You will feel as though someone is testing you. It is your soul that is testing you, it is your soul that wants to help you advance and grow. It is that wholeness which exists in you that wants to help you attain your wholeness, on your own. It is your soul that is pushing you towards your soul mate. Thus, every time you touch your wholeness - love will appear in

your life. Every time you neglect your wholeness and return to your split - your love will be lost. You will meet up with your soul mate, when you are complete. When you let your complete soul guide you.

*Question: Many feminist women may object to what you are saying. Are you against feminism?*

*Answer:* Actually, feminism is almost gone, by itself. There are very few feminists in the world, and their numbers keep on dropping. Today, many women no longer identify with the ideas this movement advocates. The notion of feminism is a reaction to the notion of chauvinism, which is why it is important that it came about. But, like every reaction, the feminist movement was extreme. This extremism, is the problem, because you can't create harmony and cooperation, when you adhere to extreme ideas. Therefore, any extreme idea is transient, whereas only ideas based on alchemy are - eternal.

Feminism started off on the right foot. In a world, where men had absolute control, women tried to hold their heads up, get out and work, take over jobs previously held by men, be properly paid, be independent, etc.. The beginning was good, but then women's appetite for power soon followed. This is when the first signs of extremism appeared. Women became too career-driven. A certain group of women, who stood behind the feminist idea, advocated a new, and extreme line of thinking - to prove that women are better than men. They didn't settle for equality, they went on a vendetta. They wanted to show to all men that women are better than they are. That men are inferior to women. It was a miserable mistake, because what women actually tried to do is to prove that they are men - which is impossible.

The losers, as far as this attitude is concerned, were the women themselves - not the men. Women were forced to pay a mentally heavy price, just in order to prove this unnatural theory. These women tried to change the laws of nature, and the laws of the universe. They tried to demonstrate that they are better than men, but the laws of nature are not subject to change, and, according to the laws of nature, all men and women are equal, but different. The feminist endeavor failed, because it is impossible to show that women are better than men, much in the same way that it is impossible to illustrate the opposite. But this human attempt was, and still is, at the expense of the quality of life of many women. Women, who tried to prove that they are better than men, have paid with their femininity, their motherliness, their sense of family. Because they invested all of their energy in their masculine and dominant side, they've created incompleteness within

themselves. The mind, the aspiration for achievements, the need for competitiveness, have gradually taken over their emotions, relationships, and their inner peace. These women gave up the family values of unity and togetherness, they gave up a stable relationship with a man, they diminished - because of their careers - the intensity of their relationships with their children - all in order to prove an ideology that can never be proven - because it goes against the basic laws of nature. The feminist leadership took advantage of the sense of discrimination that was fostered by many women, for many years, in the attempt to revolutionize the world, to attain female control over the world. But, today, more and more women rebel against their own leadership. They realize that this leadership is extreme. They are no longer interested in ruling the world and driving men away from it. All they want to do is to return, in a more balanced way, to the traditional role of the woman.

Feminism enabled women to taste the taste of power, for the first time, and, therefore, women refuse to return to their inferior role. This is the contribution of feminism. Feminism motivated women to shift from their inferior role to their traditional role. The attempt to take this one step farther, and turn women's world into a governing, controlling world is the greatest tragedy known to women in the modern world. The world-wide feminist leadership failed. Today, men do not need to resist feminism - women, themselves, resist it. Women who try to be men - hurt only themselves, and this is why the attitude of women towards feminism has changed.

*Question: Why does feminism need to disappear, when there still exist societies, in which women are inferior to men? Isn't it too early to part with feminism?*

*Answer:* The feminist movement emerged in the west. It is now moving, like a wave, from the west to the east. We are witnessing the downfall of feminism in the west, because it had already reached the east. In eastern countries, and in third world countries, feminism is rising - and that's good. But, in the west, it is declining - and it must decline. In the west, it is now possible to reach unification between men and women. In the east, the process of women's growth is at its peak, and, therefore, in the east, feminism must continue to prevail. The effect of feminism in the east will wear off, at a later stage, when the eastern women taste more power. Eastern women have a greater desire for power than western women, because they were discriminated against much more. This wave is a world-wide wave. Now, it's in the east, because it had already left the west. Feminism must disappear from the west, because it poses an obstacle for the creation of alchemy between women and men. The east will reach this phase, at a later stage.

*Question: From what you say, it sounds as though you think that women are inferior to men? Is that, indeed, the case?*

*Answer:* Of course not. A woman is equal to a man, but she is different from him. This is the thing we must remember. The nature of a man and that of a woman are completely different. Their nature is entirely polar. But, it doesn't mean that they are not equal. Their equality is qualitative. Their direction is opposite. A man heads downwards, because his energy comes from above. A woman head upwards, because her energy bursts from underneath.

It is impossible to even discuss notions, such as superior and inferior, strong and weak. These are incorrect terms for the description of a man and a woman. A man and a woman possess energy that heads in different directions, but is of equal potential. A man and a woman are two sides of the same coin. A man and a woman are two autonomous halves that, together, form a complete wholeness. Is the night inferior to the day? Is the summer stronger than the winter? Of course not. It is impossible to pose such questions, and, therefore, no one asks them. By the same token, it is impossible to pose such questions with respect to a man and a woman, because both man and woman are also phenomena of nature, they are part of nature, and, in nature, there is no question of judgment, only of wholeness.

*Question: You talked about one truth that comes out of the alchemy of love. How can it be that two people view life in exactly the same way?*

*Answer:* We're all connected, because we're all one entity. In our root, we're all connected to the same place, the same source. Therefore, when we reach the root - everything seems the same to all of us. Therefore, when we manage to touch the root of our self, we view life, together, in the same way.

The problem arises, when we fail to touch our wholeness, our source. If we're split, we touch only one half of our wholeness, and that's how we also view life. We see life through one half: in a masculine or a feminine fashion. If we're split - the reality we live in will always be split as well, because reality is the result of the way we look at it. If we attain wholeness, then our reality, too, "becomes" whole and united, because we look at it from a whole perspective. The absolute reality is always one. Most of us can't see it, because we ignore it, suppress part of it, as a result of our split. Therefore, once we're whole, we can

finally see the whole reality, the reality as it really is, the absolute reality of alchemy.

*Question: What can stop the struggles between two partners?*

*Answer:* Aggressiveness and struggle are only one side of the equation. If we look at both sides of the equation, we will understand where the aggressiveness between partners comes from. Aggressiveness is on one side of the equation - while resistance is on the other side. Nature always involves balancing forces. Therefore, there cannot be a situation, in which one partner will be aggressive and the other one will not. Every battle between two partners is the result of mutual aggression. The difference is that one partner is expressing his aggression actively, while the other is doing so passively. One is violent, while the other is resistant. At any rate, they are both aggressive, and, therefore, they get involved in power struggles.

In order to diminish the force of the struggle - it is necessary to gradually change one side of the equation. If one partner stops being aggressive, then the other partner will have to diminish the extent of his aggression, because the natural balance will require him to do so. Nobody abuses a corpse. We're cruel and aggressive only towards those who show great resistance towards us. But, in the absence of resistance - there is no longer a need for violence. Therefore, if we stop resisting our partners, they won't have to impose on us anything. If we stop being violent towards our partners - they will no longer feel the need to resist us. This is how we gradually weaken our equation of violence.

*Question: What is the contribution of sincerity to the alchemy of a relationship?*

*Answer:* Sincerity creates unification. When partners are completely sincere with one another, a natural overlap between their wishes is created. Their desires merge, their intentions become one entity that is headed in one mutual direction.

In the absence of honesty, there is deceit, and deceit guarantees a struggle. When there is no deep sincerity between partners, most of the time, their desires are different. Their intentions are not one, but rather two. Their aspirations are headed in different directions, which is how we get struggles between the partners. They are in constant conflict. Couples start to fight. Every partner tries to convince the other to join his camp, his desires, and that is a tiresome situation. This battle can wear one out. Some of us are willing to fight, and, for some us, this is the only



thing we know how to do. Sometimes, we seek partners only in order to fight them, in order to subdue them. But, still, this thing is very tiring, because it never ends. Even if we win, we know that we haven't really won, because deep down, we know that we can't ever really beat our partners.

Eventually, after numerous arguments and struggles, we will become tired. There will be very little room in us for the little victories. We will no longer have the strength to prepare ourselves every hour, every day, for a battle with our partner. At this stage, most of us are already worn out, and, therefore, we tend to seek a compromise as a solution. Indeed, we can believe that through a compromise we can stop the war, but, actually, we don't stop fighting, we only save energy. We're trying to generate consent, we're trying to make up rules for the war. Instead of preparing for battle, each time, we preserve our force. But, notice that we are still at war. We fight, because we still perceive our partner as an enemy. Only this time, we're trying to reach some sort of agreement with this enemy. However, this agreement does not reflect true consent, it reflects technical consent: "once you win, and at another time, I win. Once we do what you like, and at another time we do what I like." We are willing to lose only because we know that next time around, we will win. This is not internal consent - this is a forced compromise. We compromise, because we have no choice, no other alternative, because we're tired and worn out.

Instead of fighting, or proposing forced compromises, we can try and be sincere. When we're sincere, we never stand to lose, but we also never win - because the need for a struggle is eliminated. In honesty, there is no struggle. In honesty, there is no power at all. Deceit requires a lot of effort, but honesty is effortless, because it comes naturally. When a couple is sincere, they no longer fight. Instead of animosity, there is something new that exists between them. In sincerity, there is a merger of desires. Our own desire is that of our partner's. If we are honest, then we will suddenly feel that we are after the same things. Our decisions will be the product of one, joint desire, not of a fight, or a compromise between two different desires. Our sincerity can lead us to a place of partnership and harmony.

What is honesty? Honesty is what we really are. Honesty is who we really are. Honesty is our ability to listen to ourselves from within and say what we have heard, even if it embarrasses us, even if it makes us feel ashamed, even if it hurts our self esteem, or our ego. Honesty forces us to let go. If we're sincere, we must give up many things, many barriers that exist in us. We cannot continue to be truly honest, if we don't give up deceit. We cannot continue to conceal things, and still think that we are sincere people. Honesty is absolute, thus, we are either

completely sincere, or we hold back, lie, distort, misrepresent, or embellish reality.

*Question: What is the meaning of the alchemy of commitment?*

*Answer:* Married couples, who commit themselves to each other, say: “we are committed to staying together, till death do us part.” And what about the period after death, what then? Allegedly, couples are no longer committed to each other, which is a very disturbing thing, because it implies that they perceive death as being superior to life.

This approach is mistaken, because it is manifested not only after death, but far before that - during life. It is manifested in their whole attitude towards life. A relationship that is based on complementation, creates a false distinction between life and death, and, thus, it misses both. If the commitment needs to last until the moment of death, then death must be more important than life. But, how can one make the most out of life, if death is so important? This is how one misses the point of life, because death is an integral part of life.

The alchemy of commitment is something completely different, because it also gives rise to commitment after the moment of death, and, therefore, it has real commitment to life. In a relationship, which involves alchemy, there is commitment both to life and to death, and that's why it involves, in effect, absolute commitment. A man and a woman, who create the alchemy of love, know that they are inseparable - even after death. No matter what, they will return to each other in their next incarnation, to complete whatever they have missed in their present incarnation. Therefore, as soon as a couple realizes that they have nowhere to escape to, as soon as they realize that they will keep on meeting each other incarnation after incarnation, their attitude towards their relationship completely changes. They perceive their commitment not as something transient, but rather as something eternal, and this is a much more serious approach to commitment. This is very serious commitment. Only with such commitment, can life and death be experienced to the fullest.

In fact, with such an approach, life and death cease to be opposite, they become complementary. It allows the relationship to undergo constant renewal, because the couple no longer fears change. Because they no longer fear death - the man and the woman aspire for constant change, renewal, and a new life. For them, life and death are one thing, not two, and, therefore, they are willing to experience the two in their relationship. The alchemy of love creates commitment to life,

because death is accepted as an integral part of life. Therefore, the alchemy of love gives rise to boldness, passion, experientialism, and courage. The alchemy of love is not afraid of risks - because, in fact, the couple has nothing to lose. The minute the fear of the concept of death and finality disappears, the way for infinity is paved. Therefore, when we create the alchemy of commitment, we can fulfill, through our relationship, all the things we dreamt of, but never dared to do.

## ***2. The Things that People\* who have***

### ***Experienced the Alchemy of Love Say***

*\*The names these people have been altered, in order to protect their privacy*

*Yoram (26) met Michal (24) two years ago. He tells the story of how they grew closer:*

“We met in a family gathering. I remember that we talked for hours, and we didn’t even notice that everyone had already left, and that we were the last ones to stay. Over the next few weeks, we spent a lot of time together. What did we do? We talked. We talked a lot. It may sound funny, but this almost all we really did. We found common language, and my feeling was really good, because we were on the same wave. The conversations that we had were surprisingly free. Every time a new idea, or a new topic, came up, and we would talk about ourselves for hours. After a few weeks, I felt as though I know Michal very well, and that I am close to her in a way that I never was with any other girl. Until that point in time, we were strict about not having sex. We both felt that it was too early, and that it would ruin the beautiful, and pure thing that we’ve created together. We wanted our sex to be pure, much in the same way that our communication was. And, indeed, when it happened - it was incredible. We felt that it was worth waiting for, because it was explosive. I remember us saying that we wanted it to be ‘love-making’, not ‘fucking’ - and that’s how it was. For the first time, in many years, I cried with Michal freely. Our sexual contact was so tender and protective, that we felt that we can allow ourselves to open up completely. In general, our physical communication was identical to our verbal communication. We simply flowed as one. I had the feeling that neither I, nor she, were there - only ‘we’ were there.”

*Uri (31) and Na'ama (29) have been living together for about a year. Uri tells of*

*their special sexuality:*

“I’ve been involved with many women, over the years. I’m a very instinctual guy, but with Na’ama, it was different from the very beginning. In the past, I’ve had aggressive and very instinctual sex. I liked it, and so did my partners, but, I always knew that something was missing. When I fell in love with Na’ama, something changed in me. Our sexuality is different. First of all, it isn’t aggressive. I don’t feel the need to be aggressive with her, because we flow, together, anywhere we want. I don’t feel the need to force things on her, because she shows no resistance whatsoever. Our sex is gentle, slow and very emotional. We talk, in the process. It’s like a journey, like a voyage. And every time, the journey changes. This is the amazing part, because the positions are usually the same simple positions, only their substance is so powerful and surprising, that every time we go to bed, we enter a fascinating experience. In the past, I considered experiencing an orgasm at the same time as my partner, as an achievement. Today, it happens to us all the time. We are so perfectly coordinated, that we know exactly when it’s going to happen.”

*Eran (22) and Shelly (20) fell in love two years ago, while in the army. Shelly describes their communication:*

“When I met Eran, he was a very skeptical person. He didn’t believe in spirituality and in all sorts of super-natural phenomena. Today, after two years together, Eran lives this world as a natural part of his life. It all started when we felt, at the very beginning of the relationship, that we’re transmitting thoughts to one another. Eran would look at me, and I knew exactly what he was about to say. Or, for example, when Eran used to call me from his military base, I would always predict the call one or two minutes before the actual call. The stronger our bond grew, the more telepathic we became. In the evenings, we would sit and look at each other, conveying messages to one another, through our mind - it was wonderful. The communication between us is the basis for all the rest. Our heads are amazingly coordinated. We don’t need to talk much, because when one of us, for example, decides where to go, it usually expresses what we both want. My feeling is that we’re connected, which is why our communication is very simple. We never argue, because we both feel what the right thing is. It’s as though we both receive the same message at the same time. ”

*Ayelet (36) and Gal (39) were single, until they got married three years ago. Ayelet tells the story of how they met:*

“My whole life, I’ve waited for the right man. When I was about to lose hope - he came out of nowhere. The first thing I felt, as soon as I laid my eyes on Gal - was a divine feeling, it was like some sort of sign from God. I felt as though I knew this man, and that he was sent to me by some guiding hand. I had a feeling that I knew this man from somewhere; perhaps, from my previous incarnation? I was the one who approached him - something I had never done before. I don’t know where I got the courage from, but, it was as though I was drawn to him by a strong, but gentle power. Ever since we’ve met, this divine feeling lingers on. One could say that God is with us at all times, at every given moment. We feel shielded, as though there is something that is protecting us. Meeting Gal gave me everything I had hoped for. Ever since we’ve been together, we’ve been leading a very special life. It used to be the case that I would make decisions beforehand and then try to carry them out. With Gal, it’s different. Neither of us is the one who makes the decisions, we make them together, simultaneously. Sometimes we have the impression that God is guiding us, along some sort of path, and because we are sensitive to this phenomenon, we receive it with love, and devote ourselves to the guiding hand. We lead an unconventional life. Every day is a new day. We’re not planning anything ahead of time, because every day, something new happens. Even though we don’t know what life has for us in store, we are confident that we’re on the right track. We’ve done many things that we wouldn’t have, unless we trusted in God. It’s very frightening to live a life that involves no planning, but the feeling that god is with us in our relationship, gives a sense of great security that everything we do is right, even if we don’t understand our actions beforehand.”

*Eynat (23) and Avi (27) met four years ago. Avi tells of their alchemy of commitment:*

“Until I met Eynat, I never was committed to a relationship and to deep involvement with a woman. When I met her, something happened, something that changed me. I have experienced things that have made it clear to me that I am connected to her much more than I thought. I remember one time, when Eynat went on a short trip to Eilat. It was Thursday, and she was supposed to be back that Saturday. On Friday, I started feeling strong pains in my stomach, and only on Saturday night, the pains went away. On Sunday, when I met up with Eynat, I found out that she also had an upset stomach, while in Eilat, and

that she was bedridden until Saturday night. This case is one of many cases. We feel connected, and, therefore, things that happen to one of us always affect the other, in almost the same way.”

*Ariel (34) and Dalit (26) met six months ago. Dalit tells of their telepathic communication:*

“The communication between us is so easy and simple, that it’s almost hard to believe. When we found out that we are connected through our heads, our communication completely changed. I don’t call Ariel at work, I simply communicate messages to him, through thoughts. I focus on myself and send him messages, which he receives. For example, a couple of days ago, I wanted to tell Ariel something really important, so I focused on myself and transmitted a message to him, in which I asked him to call me. A minute later, he called and asked if everything is all right. I told him that I had something to tell him, which is why I asked him to call. He said that he felt my calling him, which is why he phoned me. This is an example of how we communicate.”

*Adi (28) and Danny (29) have been living together for five years. Danny tells of their alchemy of sexuality:*

“For me, sexuality is a magical thing. Once, sex used to be a way for me to satisfy my physical needs. Today, it is a meant to satisfy my emotional and spiritual needs. When we physically connect, I feel as though I’m actually leaving my body and heading to a different, magical place. I feel that I have no limits, that I can glide wherever I want with Adi. For us, sexuality is like a dream. We embark on these journeys outside of our bodies, and it’s all thanks to our mutual touch with one another. It seems as though our connection tears down the barriers that exist within us. When I’m with her, I feel like I’m losing myself, like I’m merging with her into one entity, into one thing.”

*Sharon (24) and Noam (26) fell in love about six months ago. Noam tells of their sincerity:*

“Ever since we’ve been together, we hardly ever argued with each other. I don’t remember when was the last time we fought, because it was a very long time ago. If we fight - it’s always because lack of sincerity. Most of the time we’re honest with each other, which eliminates our need for fighting and arguing. But, when we do fight, we know that we’re not connected at a deep enough level, that we’ve drifted away from ourselves, from our honesty. Every time we have an argument, we try to arrive at the truth, and the truth is always one. If we’re



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*Part III*

*Why do we Escape Love?*

# *Chapter 1*

## *Why do Couples Break up?*



### *1. Split People Break up*

#### *in Order to Discover their Wholeness*

*Split people get tired of their fixed role*

Split people can create only a relationship that is based on complementation. A relationship, in which each partner plays a fixed role. The man plays a certain role - the woman plays the opposite role. If the man is a feminine man, then the woman will have a masculine attitude, and, thus, each partner will play his or her role throughout the entire relationship. However, if the man is masculine, then the woman will have a feminine approach, and each partner will play his or her role for the duration of the relationship.

The reason split people break up with their partners is that they want to discover their own wholeness. Split people have never touched their other side, and that's why they tend to get sick of their fixed role, at some point during the relationship. Sometimes, the need for change emerges after a few months, and sometimes it arises after several years. At any rate, at some point or another, they feel the need to rediscover their inner wholeness, at which point the external completion of their partner turns from a blessing into a curse. As long as they didn't look for their own wholeness - their relationship was a blessing. But, as soon as they start searching for their own wholeness - the relationship turns into a curse, because in most cases, the other partner is not willing to exchange roles. As soon as one of the partners clings to his or her fixed role, the other partner will find it difficult to perform his or her change, within the relationship, because he or she may feel that the other partner is holding him or her back. If the couple doesn't share an agreement with respect to the exchange of roles - the change in the relationship becomes almost impossible, because one partner wants to change, while the other refuses, or is afraid to.

Therefore, most split people, who are in search of their own wholeness, tend to break up with their partners.

*Infidelity or temporary separations signify the desire for a safe change*

Nowadays, many relationships suffer from the phenomenon of infidelity, or from temporary separations. Our great difficulty in, and the extreme fear of performing our inner self-correction and moving to the other side of ourselves, makes us search for easy and safe solutions. Inner self-correction involves such a dramatic and frightening change, that it threatens the foundation of our relationship. Therefore, most of us prefer to find safe ways to perform it, without letting the relationship that we already achieved slip away. The hard, but most correct, way is to perform the correction with the partner - because that is why the relationship was formed in the first place. But, because this way requires the consent of both partners - people tend to rediscover themselves outside of the relationship. They tend to awaken their other side of themselves not with their partner, but with alternative partners.

Infidelity or temporary separations signify the desire for safe change. On the one hand, the context of the relationship is maintained, and, on the other, a possibility arises for change with another partner, who isn't familiar yet with our habits, for whom we are still a blank slate. And, thus, with one hand, we still hang on to our habit - our predetermined game, which is the only game we know how to play in our relationship - and in the other hand, we try to create an opposite habit, a new habit with a different person.

*Only final separation allows people  
to rediscover themselves*

The process of inner self-correction is literally a process of rebirth. It is manifested in all of the areas of life, and, therefore, it requires a lot of personal freedom. The return to our wholeness is a process of rebirth that involves great changes in our personality and in our behavior. Because this change is so

deep and vast - its performance with a familiar partner is almost impossible, because it requires a simultaneous change in both partners. Usually, the rate of progress and change is not identical in the couple. Sometimes, one of the partners may not even want to change, and other times, he or she may simply lag behind. In any case, this disharmony gives rise to many conflicts between partners, that, in most cases, lead to a breakup.

Just as the birth of twins is not simultaneous, and it's always the case that the birth of one twin precedes by several seconds that of the other, the process of mutual birth in a couple, too, usually doesn't take place simultaneously. That is the reason couples tend to break up, for the purpose of the process of their birth. Final and total separation from a partner is the way to perform real and thorough change within ourselves. As long as we hold on to an existing relationship, with one hand - the process of our rebirth will be more difficult and more painful for us. Final separation signifies the willingness to perform real change - not only safe change. As long as we're split - rebirth is a process that has to occur when we are alone. The first time that we try to touch our wholeness - is the time that involves the greatest effort. In order to complete ourselves for the first time, from within - we must break up with our partner, because he or she constitutes an impossible burden on us.

## ***2. Complete People Break up***

### ***in Order to Return to their Wholeness***

*The alchemy of love is not eternal*

The alchemy of love is the result of mutual correction of both partners. Therefore, the alchemy of love doesn't necessarily guarantee indefiniteness, because it depends on the constant continuation of the process of mutual correction. As soon as this process comes to a halt - the alchemy of love disappears, and then the relationship within the couple can turn once more from inner wholeness into external complementation. This process of constant correction requires a lot of effort and awareness, and that's why many complete partners return to their traditional roles - without even being aware of it - and lose the alchemy of love that they have managed to touch.

Complete people, who have managed to touch their wholeness, and who have created, together with their partners, the alchemy of love, must persist with their process of inner self-correction. Once this process stops - the split enters their relationship. They, once again, lose their unification and start drifting apart. Therefore, even complete people break up with their partners in order to return to their wholeness, but, for them, the process of separation is not necessary. Because they have learned, together, how to create the alchemy of love - they don't need to be alone through their return to their wholeness, because they have already acquired the tools to make the leap to the other side of themselves. However, there are many cases, in which even complete people cannot maintain the love that exists between them, and they prefer to put an end to the relationship, in order to return to their wholeness. The main reason for that is fear. Most complete couples are afraid to continue carrying out the process of correction continuously, because it drives them deeper and deeper into themselves. This process requires to undergo endless changes. Therefore, most of them seek convenience, rather than correction, they look for an opportunity to rest, rather than to make an effort. They are so sure of the love that they managed to attain, as a result of the effort that they have put in their correction - that they believe it will last forever - but that isn't so.

### *Inner wholeness requires constant change*

The alchemy of love is not eternal - it requires constant change on the part of both partners. Once there is no change - the love disappears. We cannot lean on love - we must create it, because, even if we have already touched our wholeness and thus created the alchemy of love, this is only the beginning of the journey. The joint journey into the alchemy of love is endless, which is why it requires constant change.

In order to preserve our inner wholeness, we need to realize that it requires constant daily nurturing. Our habit involves sinking into one side that exists in us. Much like the force of gravitation, our "nature," too, is to fall back into our split, our traditional role. Therefore, every day, each hour, involves an effort against this force of gravitation. This effort is what creates the wholeness. Without this effort, we are sucked back into our fixed role - into femininity or into masculinity. Only when we make an effort to act against our "nature," only when we perform changes in our habits, do we create wholeness between two opposite forces - the force of gravitation and the

force of growth. The force of our habit drags us down, the force of our freedom of choice pushes us up. Together, these two contrastive forces create a wholeness.

*Convenience and habit are the worst enemies that our wholeness has*

Wholeness requires constant nurturing. Wholeness is not a target that needs to be conquered - it's a way of life, a way of thought. Unfortunately, most of us forget that we need to stick to this way. We can't rest on our laurels. We must not believe - mistakenly - that if we have attained, for one moment, our wholeness, that this moment will stay with us forever. Humans are a changing phenomenon, much in the same way that life continuously moves on. At every given moment we must change, if we want to live a real life, a complete life.

Therefore, convenience and habit are the worst enemies of the inner wholeness that exists in us. Our "natural" habit sucks us back, time and again, into the split. It makes us turn - without noticing - into split people. Convenience, on the other hand, drives us towards a dormant life - it takes away our alertness and our awareness. Considerations of convenience are the most destructive to whoever wants and aspires to lead a full life, because it robs us from our awareness of our wholeness. When we feel comfortable, we stop making an effort, and when stop stretching the limits, we return to what we always used to be. That's how we miss out on our wholeness, our complete life - the dangerous, the exciting, the adventurous, the unknown, the new, and the thrilling.

### ***3. Separations are the Result of Fear of Change***

*People tend to change others, instead of  
changing themselves*

The most frightening thing for people is the need for inner change; a mental, emotional, rational and spiritual change. That's why most of us prefer changing others, rather than first changing ourselves. But, the changing of others is impossible.

We cannot change others, if we don't change ourselves first. Sometimes, we think that we have succeeded in changing someone - but if we, ourselves, haven't changed, this sense is only an illusion, because, over time, these people return to their old habits. If we haven't changed ourselves, the "change" that we have supposedly created in other is unnatural and temporary. We are only lying to ourselves. We are only deluding ourselves that, this time, things will work out. We rely on a false hope, and this hope always shatters right before our eyes, at some point or another.

One of the most beautiful things about changing ourselves is that this change brings about change in others as well. Change is "catching." As soon as we change something within ourselves - we immediately notice its effect on the people that are close to us. Therefore, the way to bring about change in others - is to create change in ourselves. This approach is very simple. Instead of worrying about changing others, all we need to do is to concentrate on our own change - and all the rest will happen on its own. If we change - all the people around us automatically change, our whole reality changes, and our whole life changes.

*Fear of self-change is the main cause for failure in relationships*

The main reason couples break up is the lack of willingness and fear of performing self-change. Instead of performing a personal, inner self-change, each partner desperately tries to make the other partner change - unsuccessfully. Fear of change makes us miss the only place that allows us to change - ourselves. If we try to change others, without changing ourselves first, we bring about our next breakup.

A feminine man, who builds a relationship with a masculine woman, can't ever turn his woman into a feminine woman, without changing himself first and taking several steps towards his own masculine side. If the feminine man continues to maintain his feminine attitude towards women - the woman that is with him, or any other woman that he will meet in the future, will always be masculine. If he's a feminine man, and he is trying to turn them into feminine women, he's, in effect, trying to do the impossible, because nature is based on a balance of forces. If he remains feminine, the law of balancing will always draw to him only masculine women. Because if he doesn't change - any partner that will complement him will be



the same. Any partner he meets will turn, through him, into a masculine woman, because by staying feminine, he turns the behavior of every woman that is with him into masculine behavior. Only when he, himself, becomes a masculine man - does he allow his partner, through the very change he's performing, to be feminine. By the same token, a masculine man will always be attracted to feminine women. As long as he doesn't change himself by turning to his feminine side, he will always continue to be drawn to the same type of women - feminine women. Only if he becomes a feminine man - will he cause his partner to become a masculine woman.

*As long as we don't change ourselves - we will continue to fail in our relationships*

We seek in our partners those things that we supposedly lack, instead of looking right under our nose. Our wholeness is so close to us, it is virtually in us, but we still continue to look for the solution in others. Replacing your partner is not the solution, because the problem isn't in him or her - the source of the problem is always connected to us. We are the problem, which is why only we can be the solution too, because a problem and its solution are always to be found in the same place.

As long as we don't change ourselves - we will continue to fail in the relationships that we are trying to build. We will always find ourselves in the process of a breakup, or in the midst of a crisis - all because one main and basic reason: it's all because we didn't take on ourselves the responsibility at the right time, and we didn't do the only thing that we can do - change ourselves, rather than attempt to change others. Therefore, a feminine man will always fall in love with masculine women, who cannot love him back, and, in the end, will leave him because of his weakness for them and his dependence on them. A masculine man will find it difficult to fall in love with a woman, and will find himself leaving women, who are completely in love with him. A masculine woman will find it difficult to fall in love with a man, and will find herself walking out on men, because of their mental weakness and their dependence on her. A feminine woman is expected to be abandoned by a masculine man, in whom she falls in love, and to whom she gives her complete trust, because of her weakness and openness. This is the pattern of failure we should expect, if we don't decide to change and move towards our wholeness.

## *Chapter 2*

### *Separation is an Opportunity*

#### *to Return to our Wholeness*



#### *1. When the Game is Over -*

##### *the Separation Begins*

*Once one of the partners clings to one seat - the separation begins*

Once one of the partners clings to one seat - he loses his wholeness, and with it, his relationship as well. Once he allows the split into himself, he creates a split and a boundary between him and his partner as well. If he allows his “natural” habit to take over his life again, then he invites the separation with his own hands.

Once one of the partners clings to one seat - it's a sign that that partner doesn't want to get to know the other side of himself. It's a sign that the change is too hard for him. A feminine man, who clings to his feminine chair, is not interested in getting to know his second personality, his masculine personality. A masculine woman, who clings to her masculine chair, is afraid to open up to her soft and feminine side. A masculine man, who clings to his masculine seat, is afraid to expose his deep feelings. A feminine woman, who clings to her feminine seat, doesn't dare to invoke her active, initiating side. For such people, separation is the perfect solution for how not to change. They break up with their partners, because relationships force them to change. They drift apart in order to remain the way they've always been.

### *Clinging to one seat means - losing your wholeness*

Once we cling to our “natural” seat - we miss, once more, our wholeness. Instead of being complete - we return to being split again. We go back to our habits, to our robotic patterns and responses. It’s very convenient to return to our “nature.” It’s very convenient to let this force suck us back into it, because this force is warm and familiar. It doesn’t require effort, or coping. It doesn’t involve surprises and difficulties. It’s safe and predictable, which is what makes it to many of us attractive and pleasant.

Clinging to our “nature” may be easy and convenient, but this is what makes us lose our freedom of choice. When we let ourselves, once again, fall back into our “natural” seat, we lose the most important thing we have - our freedom. Now, we no longer have a choice between two options. We only have one option, and, therefore, we don’t really have true freedom of choice. The loss of our freedom of choice, and our obsessive clinging lead, in many cases, to an exaggeration and an escalation of our “nature.” If a feminine man clings to his feminine seat, during a relationship, he will turn more and more dependent on his masculine woman. A masculine woman, who clings to her masculine seat, will become more suspicious of and distant from her feminine man. A masculine man, who clings to his masculine seat, will become more overbearing and more critical towards his feminine partner. And the feminine woman, who clings to her feminine chair, will become helpless and will lack any self esteem around her man.

### *Separation puts the couple back in square one*

Each separation of a couple brings them back to their natural size - to their familiar “nature.” A feminine man, who is deserted by his masculine partner, will go back to his sense of abandonment, his loneliness, and his sense of dependence that he is so familiar with. His “natural” way of coping with his situation is settle for a quick and cheap substitute for his beloved partner, or to sink into a long period of expectation in the hopes that she will return to him. Only when he realizes that his partner is never going to return to him, will he be ready to open his heart again and fall in love, once more, with a new masculine woman. The masculine woman, who is escaping her

feminine partner, will go back to her sense of relief and freedom that she so loves. Her “natural” way of coping with her situation is to celebrate her independence by renewing her swirl of conquests of new feminine men. The feminine woman, who is abandoned by her masculine partner, will return to her familiar sense of unrequited love, of being a victim, and of being humiliated. She will try to get her man back, and only at the end of her period of mourning and loss, will she be ready to enter into a new relationship with a new dominant and masculine man. The masculine man, who leaves behind his last admirer, will feel free and happy again. He will cope with the separation in his “natural” way - an energetic and tireless conquest of feminine women, of new admirers.

So, separation puts couples back in square one. Each partner returns to his or her split and reacts to the breakup in his or her “natural” way. Whether the relationship was based on complementation, or whether it reached a level of completeness and of alchemy, in any case, the breakup brings the couple back to their “natural” size. In fact, it brings them back to the beginning of the journey. Now, they must rebuild their wholeness. They must start their work all over again, because everything that they have invested went down the drain, with the breakup. Now, they must cope alone with their robotic behavior, with the inner program, with their split.

## ***2. In Order to Return to our Wholeness,***

### ***we First Need to Set our Partners Free***

*Separation is a process that is designed to enable us to return to our wholeness*

Separation is golden opportunity to return to our wholeness. It's really our loneliness that forces us to seek our wholeness within ourselves, and not within our partners. If we can't reach our wholeness in the context of a relationship - then that means that we can reach that wholeness only on our own. It's a sign that we need little time to ourselves, in order to discover our other side on our own.

Separation is a time for spiritual reckoning. It's a time for understanding why the relationship that we were just involved

in - failed. The first stage in the process of returning to our wholeness is to find out what our robotic pattern of response is, what our “nature” is. Are we masculine or feminine in our attitude towards the other sex? If we initiated the breakup - then we were the masculine in that relationship. If we were lead into the breakup, rather than initiated it, if we found ourselves deserted - then we were the feminine part in the relationship.

*In order to attain wholeness, we must first set our partners free*

Separation in itself cannot bring us back our lost wholeness. We can be alone for a long time, and still remain split and divided. In order to gain something from our loneliness, we must first set our partners free. We must free ourselves from the need for a complementing partner. We must create a real opportunity for ourselves to discover our missing half within ourselves.

If we were feminine - we must free ourselves from the need for masculine partners. And the way to do that is to invoke in ourselves our masculinity, and start teaching ourselves to behave like masculine people. If we were masculine, we must free ourselves from the need for feminine partners, and the way to do that is to take the time given to us, in order to invoke our femininity and start learning how to behave in a feminine manner. We will notice that if we invoke our supposedly missing half - then our need to return to our partner will diminish.

*Without setting the old relationship free - we continue to be split*

If we don't set our old attitude free - we will continue to be split. If we're still looking for a partner that will complement us - we will never be able to return to our wholeness, because, as long as we feel the lack, it's a sign that we are split. If we still have the need for complementing partners - it's a sign that we haven't changed. Therefore, if we want to attain wholeness, we need to express both sides of our personality - the masculine side and the feminine side. Only if we attain our wholeness, will we stop feeling the need for a partner.

The attraction between a man and a woman is natural. Their need for one another is - unnatural. Need is the product of a split. Attraction is the result of wholeness. When we are whole, we don't need a partner. We feel good just the way we are with ourselves. We lead a complete life, thus, don't feel the need to find a partner that will complement our inner gap. As long as we're split, we will feel the pressure and stress, the yearning and strong desire to meet a new partner, because, without such a partner we feel a sense of lacking. However, when we return to our wholeness, we will feel calm, quiet, relaxed and ready to enter into a relationship. This is a big difference. When we are whole once again, we don't chase relationships - we move towards them in a natural and mature way.

### ***3. Separation Pushes us towards Inner Wholeness***

*When we're alone - only we can complete ourselves*

When we live without a partner, we no longer live as a part of someone else. We live only in our own right. We don't enter the trap of the external completion. We are in a safe place called: self completion. If we find ourselves living alone, without a partner, we have no choice but to invoke both our feminine and our masculine sides. When we have no one else to lean on - it is only us who can complete ourselves, and that's a huge advantage. This is a great opportunity to perform change.

Self-completion is a cleansing and purifying phenomenon. It invokes in us, again, many sides that we have tossed aside in the course of our last relationship. For many, a relationship is a recipe for compromise and concession. Many couples give up parts of their personality for the sake of the other partner; they give up friends, parents and family, hobbies, a profession, dreams, school and plans. Only when the relationship ends do people realize that they have neglected many things that they really wanted to do and make happen. Therefore, when we're alone - we have all the time in the world to return to ourselves. To return to our complete I. This is the wonderful process of self-completion.

## *Self-completion is the result of separation*

When we are in the context of a relationship, the need for self-completion is non-existent, since we already have a partner that complements us. Therefore, self-completion is usually the result of separation. Unfortunately, self-completion doesn't usually take place in the course of a relationship, but rather after it ends. While we are involved in the relationship itself, most of us tend to complete ourselves externally, through our partners - because this is why we chose them in the first place.

It's much easier and far more convenient to complete ourselves through our partners, than through ourselves. Self-completion is always more difficult and more laborious than external completion. But, only self-completion can bring us to our wholeness. External completion can only increase the split within ourselves. Therefore, separation is not an easy or comfortable situation, but it encourages us to do things that are neither easy nor comfortable - because we don't have any choice.

## *The lack of choice encourages us to go back and seek our wholeness*

When we're alone, we no longer have another choice. When we don't have a partner, we can't complete ourselves through a partner any longer. We simply have no choice but to return to our wholeness through self-completion. Most people change themselves because they have no other choice. Inner change is such a frightening step that most of us prefer not to initiate. If we're comfortable - we don't wish to be aware of our inner split. Only when we are in distress - do we get a wake up call to our real situation, to our "natural" size.

Lack of choice is what drives us towards change. Lack of choice encourages us to seek our wholeness. Usually, only when we have no choice, do we rise to a challenge. Only if we're really stressed out, only if we're really suffering, do we gather all the real forces that are hidden inside of us. Separation happens precisely for this purpose. Separation is there to encourage us to awaken our strong desire to find our wholeness within ourselves, and not through our partners.

## *Chapter 3*

### *New Love*



#### *1. It's Necessary to Wait for the Right Time*

*If we remain split - we are able only to love or only to  
fall in love*

As long as we are split, we do not accept ourselves in our wholeness. We accept only one side of ourselves. We don't see the other side as being a part of ourselves, that's why we look for it in our partners. When we find a partner that has what we supposedly lack - we're attracted to him, but not out of love, but out of need. We want that side of his, because we believe that we're missing that side in ourselves.

Therefore, as long as we remain split, we're not ready for new love, because we are able only *to fall in love*, or only *to love* - but we can never be in both states, at the same time. "To love" and "to fall in love" are two opposite poles. *To love* means to be active, rational and masculine. *To fall in love* means to be passive, emotional and feminine. Masculine men and masculine women "love" their partners only in a rational sense. They love, in order to lead their partners and control them. Feminine men and feminine women "fall in love" with their partners only in an emotional sense. They want to be lead by them. Neither group accepts itself in its wholeness. They accept only their "natural" half. Therefore, to love or to fall in love are not the right reason to get into a new relationship - because they are the result of a split and of incompleteness. If a relationship starts off on the basis of a split - it will always end on grounds of a split too. Instead of accepting our other side as an integral part of ourselves, we want our other side, the side that we see in our partners. Instead of looking within ourselves, we look outside - we look in others and seek in them the very thing that used to, and still does, exist in us.



*Love can come only from a place of wholeness*

However, only wholeness allows us to reach a state of love, because wholeness gives us a complete look of ourselves. As soon as we accept both sides in ourselves, we find it easier to do so when we see these sides in our partners - which is what will prevent us from breaking up with them again. Once we're whole - we can express whole love towards others, because we experience complete self-love, rather than split self-love.

Love can come only from a place of inner wholeness. *To love* - that is the rational half. *To fall in love* - that is the emotional half. Only *love* is the whole. Complete acceptance of ourselves, as opposed to partial acceptance of only one side within ourselves, is the key to true love, to the alchemy of love. Partial acceptance of ourselves gives rise to the need for completion, to neediness, and to pressure. Complete acceptance of ourselves makes us project love everywhere we go. It turns us into full and emanating people.

*The right time to enter a new relationship is when we accept ourselves as a wholeness*

Thus, as long as we haven't returned to our inner wholeness - it's not the right time for us to enter a new relationship. Only when we find that wholeness, only when we truly accept both sides of our personality - both the masculine side and the feminine side - only then is the time to enter a relationship.

The right time to enter a relationship after a breakup is when we truly feel good about ourselves, when we fall in love with and love ourselves simultaneously. Only then are we capable of and ready for love. Only then will our love be the alchemy of love: calm, ready, mature, free and true love. If we enter a relationship before we find our wholeness - then we're only going to delude ourselves. The lacking and the split that reside in us will only grow deeper, if we create our next relationship on the basis of complementation, rather than completeness. If we enter a relationship when we feel bad, or when we are in some sort of distress, then it's a sign that we're still looking for the solution in our partner, it's a sign that we're missing something that we hope to find in our partner.

## *2. As Long as we haven't Returned to our*

### *Wholeness, we're not Ready for Love*

*As long as we haven't returned to our wholeness - we  
have no freedom of choice*

Freedom of choice is the result of the ability to choose between two options. Without wholeness - we have no freedom of choice with respect to our relationships with the other sex. We have only one choice - to be either feminine only, or masculine only. Freedom of choice is a gift with which we were born. This is what differentiates us, humans, from all animate and inanimate beings. We have the freedom of choice - only so many of us fail to use it, and are totally unaware of it.

Many people say: "I didn't have any choice, what could I do? I had to leave her, I had to go back to him..." This is exactly the way to give up the freedom of choice. The term "have to" doesn't exist. The term "choice" is the only term suitable for humans. All we need to do is to look for it in ourselves. If we can't find it, then it's a sign that we haven't touched our wholeness yet. Because, as long as we do not return to our wholeness - we do not, and will not ever be able to have true freedom of choice. Freedom of choice is to be everything - both feminine and masculine, at the same time. Only when we turn into a wholeness, only then do we rid ourselves of the term "have to" for good.

*We are ready for love only when we are, once again,  
free*

Only inner freedom and liberation allow us to experience love. If we are still split - we cannot express love. Split people don't view relationships from a place of security, tranquillity, freedom and maturity. They perceive relationships as a need, satisfaction, completion, and compensation.

Only if we are free to enjoy ourselves, are we free to enjoy our relationships. If we don't know what inner freedom is, then a relationship is not going to kindle this sense in us. Relationships awaken in us only what we have within ourselves, and if we have a split within ourselves - then this is what the relationship

is going to awaken. If we're feminine - our relationship will awaken our clinging, dependence, reliance, helplessness and the fear of abandonment. If we're masculine - the relationship is going to awaken in us once again the desire to be independent, to be alone, and the fear of commitment and of partnership.

*Our wholeness frees us from the need to be in a relationship*

Once we are whole again - we do not need to, do not have to, and must not create a relationship. The need disappears when we are whole. We have ourselves, and we feel good with ourselves - because every day we discover something new in ourselves. Our wholeness is the most fascinating and most enjoyable thing that exists for each of us. When we attain this goal - we no longer have a sense of lacking. We feel a sense of fullness, of love, of fulfillment and of happiness.

Wholeness is the way to enter a relationship not from a place of need and of compensation, but from a place of choice and of fullness. We don't depend on anyone - we've discovered ourselves. We don't need anyone in order to be joyful, happy, and lively - we have ourselves. We are pure, whole and unstained. We're not tainted or lacking. We've discovered our inner beauty. We don't need to look for anything in the outside - we have everything within.

### ***3. As Soon as we Return to our Wholeness - a New Love Appears in our Lives***

*When we are complete - we fit*

The beautiful thing in the process of returning to our wholeness is that this process prepares us for a true relationship and for the alchemy of love. When we are whole - we finally become fit for a relationship, because we are ready for a deep and complete relationship. As long as we are split - we are not aware of how little we are ready for taking on ourselves the commitment a relationship involves.

We don't need to look for a partner that is compatible with us. We first have to be compatible with ourselves. If we are not compatible from within - we will never be able to find a partners that are compatible with us. If we are split - we are only going to be able to find partners who are split, just like us, rather than compatible. Compatibility in a couple is the result of inner compatibility of each partner with him or herself. Therefore, as soon as we are compatible with ourselves - we are compatible with other partners in a relationship.

*The compatible partner comes along as soon as we  
become compatible*

Every time we return to our inner wholeness - we find love, because every time we become compatible - the compatible partner comes along. The ability to find love has nothing to do with "luck" or "chance." There is not chance or luck in life - there is balance. All of nature operates, according to the law of balance. Therefore, the compatible partner always appears only after we become compatible - not one moment before, not one moment after - only at the very moment we reach our wholeness.

Love is the result of our inner wholeness, and, therefore, every time we manage to awaken our other side - we create love. With our bare hands, we create inner love and mutual love; self-love and love for others. This is the stage at which we are most ready to enter a new relationship: inner love draws to us the partners that were meant for us in a mysterious and amazing way.

*When we stop seeking relationships - it's a sign that  
we've already created one from within*

Love arrives just as we no longer seek it, just as we stop the continuous search after the "magical solution" to all of our problems. When we stop seeking relationships, it's a sign that we've already created a relationship from within. We've created the relationship and the harmony between the two opposite forces that exist in us - masculinity and femininity, and, thus, if we create a relationship from within - we will enjoy a relationship from the outside too.

As long as we don't create inner harmony, we are not harmonious outwardly. We seek to be in a relationship - sometimes even desperately - in order to avoid the difficulty of the process of creating a relationship from within, or to get around it. If we are split from within - we will feel the need to go back to old relationships. The worse we feel from within - the greater the need to go back to old relationships, or to rush into creating new relationships, is. However, once we create harmony within ourselves, the desire to re-establish old contacts, or to enter a swirl of new searches, diminishes. We simply flow towards the partners that were meant for us in a natural and mysterious fashion.

## Chapter 4

### *Food for Thought*



#### *1. Answers to your Questions*

*Question: I had a girlfriend whom I loved very much. She left me about a year ago. There are moments when I fantasize that she's coming back to me, but that makes me frustrated. What should I do, in order to change?*

*Answer:* Yearning for a partner from the past increases, as your coping with yourself diminishes. Note that when you feel good with yourself - your desire to get back with your partner lessens. However, when you feel bad about yourself - your desire to get back together with her grows. Your fantasy of getting back together with her indicates your lack of willingness to pursue the wholeness in yourself. Every time you're in a tough situation, you want to go back to her. However, every time your situation is better - you are closer to your wholeness, which is why you are not preoccupied with thoughts about her.

Only when you reach your inner wholeness - will your desire to go back to her disappear. It will naturally disappear, because you will no longer need her. You think that you need her, because, for you, she represents your masculine side - but she doesn't. You have your masculine side within yourself. All you need to do is to find your masculine side, and then you won't think of her anymore, you will no longer need her. If you return to her in your split condition - you are in for a sure failure with her, because you haven't changed, and if you haven't changed - everything is going to repeat itself, and she will leave you all over again. However, if you decide to go back to her from a place of wholeness - then you have a chance. But, it also depends on her, not only on you. It may be the case that she is still unchanged. It could be that she's not interested in changing. It could be that she's still afraid of turning from a masculine woman into a feminine one. It's her own personal decision.

At any rate, when you reach your wholeness - you most likely won't want to go back to her, because when your life becomes

whole, you won't want to make room for a split person in it. It would be a burden for you. You will want a whole woman, like you, because the moment you return to your wholeness - you can connect only with a whole like yourself. A whole man cannot connect with a split woman. It simply doesn't happen, because there is no connection. That's why you should work on your wholeness. Anything that comes out of this wholeness will be good for you: if she is not ready to return to you - then it's a sign that she remained split, and, therefore, your getting back together serves no purpose. If she wants to get back together with you - then it's a sign that she also found, or is interested in finding, her own wholeness, in which case, your relationship will be different. It will be based on completeness, rather than on complementation.

*Question: I've been living on my own for two years now, since my last breakup. Even though it's been a while, I still find it difficult to enter a new relationship. What should I do, in order to snap out of my loneliness?*

*Answer:* Separation is a chance to be alone. The question isn't - "how long you've been alone?" The question is - "what have you done during the period of being alone?" Has your attitude towards men remained the same, or have you changed it? Have you looked for your wholeness in yourself or in others? If you haven't changed - you haven't achieved anything. You've been lonely for nothing. If you have changed, then you have realized the purpose of being alone, because you have found your other part. Once you find your other part - you no longer suffer from loneliness. You are no longer alone - you are one, you are whole. Once you are whole, you feel good with yourself, and that's why you feel good in any situation. Therefore, if you still feel lonely, then it's because you still find it hard to totally accept yourself. Try to revive the part that's missing in you, and shortly after, you will feel a great sense of relief. Instead of loneliness, you will feel wholeness. Instead of fear, you will feel tranquillity. Instead of rejection, you will feel merger with yourself. Instead of longing for a male savior, you will feel inner salvation.

*Question: My husband and I are considering separating, because the way things are now, we almost never communicate with one another. Every time I try to talk to him, he becomes evasive and distances himself from me. If he only opened up to me and talked about his feelings - maybe our separation wouldn't be necessary?*

*Answer:* Most people tend to blame other people for their own problems. Everything that's happening in your life is a result of

what you are. You can't blame anyone, because you're the one who is calling the shots in your life. Your husband is merely a projection of what you are, because he's your mirror. If your husband can't express his real feeling around you - that means that you have a problem expressing your real feelings around him. Don't blame him, because in your criticism you are criticizing not only him, but also yourself. You may not be aware of that, but, every time you are angry at him, you are really angry at your feminine side. Every time you point the blame at him - you are disapproving of your own feminine side.

You are trying to change him, instead of changing yourself, and when you fail, you choose to blame him for your failure. Don't blame him and don't try to change him - it's inefficient, and that's why it never works. Try to change yourself. Try to express true emotions from within. Stop being sentimental, stop using your feelings for purposes of manipulation. Start expressing your feelings in a pure manner - without ulterior motive. Talk only about what you feel. Don't talk about what he feels, or what he should feel. His emotions are his business - not yours. Only your feelings are your business. If you want to improve the communication between you and your husband, you must first try to improve your communication with yourself. If you can't express your feminine side, as well as your masculine side - how do you expect to have any communication with your husband? Only if you change - will your husband change too. If you cling to what you are - your husband will remain the way he is, and separation will be your only way out. You still have time to change. Try to turn from a masculine woman into a feminine one. Try to accept the feminine side in yourself, and the feminine side in him. Try to accept yourself, and that way, you will be able to accept your husband more.

*Question: Every breakup causes me great pain. Why do I suffer so much?*

*Answer:* The main problem with separations is the difficulty we have with giving up our partners and setting them free. Only if we accept the fact of our wholeness - will we be able to break up with our partners without pain. You must understand that setting your partner free makes room in yourself for finding your lost half. Instead of clinging to this half of yours through your partners, you must set them free and start looking for it inside yourself.

The great suffering involved in separation is the result of lack of readiness, or lack of willingness, to acknowledge our inner wholeness. When we love or fall in love, we experience a deep sense of wholeness, but not of inner wholeness, but rather of



external complementation, through our partner. When we are left alone, after a separation, we feel the loneliness again, the fact of being only a half, and then we naturally tend to search for the sense of wholeness that used to have. Since we have felt this wholeness in the course of the relationship we had, we find it difficult to give it up and truly set our partners free, even after we break up with them, because they are the only familiar way we know to attain this wonderful sensation.

*Question: Why is the process of breaking up so painful and difficult?*

*Answer:* The process of separation is like the process of ridding yourself of an addiction. Like any type of desisting, this process is physical, not only mental. Drug addicts, who wish to give up their addiction, need to change in order to undergo this process, and this change is the root of their pain. Drugs are not the real problem, because drugs are not the source of the problem, they are only its outcome. Change is the only real problem. The fear and the lack of willingness to change - are the key problem in every process of desisting.

Your attempt to return to a partner from the past is your desperate attempt to escape yourself. It's a desperate attempt not to change. If you fail to discover the other side in you - no woman you find will be able to help you, because in order to find your other side - it is you that needs to change. Therefore, the problem is not your partner - it's you. Your lack of willingness to change and become whole.

Giving up a partner is like giving up drugs. The drug in itself has good qualities. The problem with the drug is that it is artificial and unnatural. Every one of us has natural drugs in his body. If you use your natural drugs instead of synthetic ones, drugs that someone else mixed for you, then you "earn" your drugs, because you are the one that made them, you are the one that mixed them. If you use drugs from the outside - no drug will be able to help you. If you learn how to use your natural drugs - you are in a wonderful state: you will reach ecstasy; you will reach incredible peaks; you will manage to do wonderful things; you will find many moments of inner happiness; your awareness will reach levels that you haven't known before; you will discover in yourself immense powers; you will find in yourself "super-human" powers. And, you will attain all of this without the disease called addiction. You will reach very high levels of awareness, because everything will continue to flow from you, and not from the outside. However, if you take unnatural drugs - you will gradually deteriorate, because you will stop looking for your awareness from within. You will fall, because you will not have achieved the awareness on your own,

but rather from the outside. You will find yourself addicted to a drug in the form of a powder, or a liquid, which you will use in order to expand your awareness. Instead of becoming addicted to yourself, you will grow addicted to a powder, and that's a shame.

Therefore, only when you reach your wholeness, will you be able to rid yourself of your need for your partner. You will no longer be in pain. You will stop suffering from your loss. You will be able to smile and laugh again. You will find yourself giggling to yourself, because you will no longer need her half. You will have obtained your other half - you won't need a substitute. You won't need her as a substitute - because you will have obtained the real thing. Now, it's your choice, it's no longer your need. Now, you have your whole self. Now, you don't have to obtain any woman. Now, you can sit back and choose to enter a relationship under your own terms, at your own pace, in your own time. You can afford to be picky. You don't need to run like a drug addict after the drug, you can stop dreaming of going back to her and that everything is going to be fine. Now, you are clean. You are no longer addicted to her. You can have control over your own life. You're back home, you're back to being your own landlord.

*Question: Is it the case that we return to our wholeness only if we are alone?*

*Answer:* If we're split, the process of correction requires that we be alone for some period. Only alone can we find the wholeness within ourselves. Together we can't - because we remain split, and then we can create only a relationship of complementation, and not of completeness. Don't try to find substitutes, don't enter random relationships out of inner weakness, out of need rather than choice. Don't go back to the drug - try, once and for all, to rid yourself of it. Give yourself a real chance to deal with this harmful habit, and you will notice that, in no time, you will become stronger on your own, rather than with the help of temporary substitutes. If you continue to search for your wholeness through others - how will you be able to find it within yourselves? Only when you find your wholeness, will you be able to establish a complete and mature relationship.

*Question: I love my wife very much, but I've been cheating on her for years. I can't stay faithful to her, but I can't leave her either, because I love her. How can you explain this?*

*Answer:* Actually, the term "infidelity" is a term that doesn't really exist. If you were truly in love with your wife - you wouldn't feel the desire, or the need to cheat on her. However, if you are being unfaithful to your, it shows that you're not in love with her. But, if you're not in love with her, then you're not cheating on anyone.

Nature is made up of two opposite and polar elements: unification and separation. If you were unified with your wife - you wouldn't be cheating on her. If you are separated from your wife - then you're not cheating on her by seeing other women, because, even for a moment, you're not really with her. Therefore, "infidelity" indicates that you are separated from your wife, but that you are afraid of breaking up your nuclear family, that you are afraid of breaking up the family setting. The substance hasn't been there for a long time, which is why you are dating other women. The only thing that you have left is the exterior, the cover. What you are being faithful to, now, is one thing only - the setting, the exterior of your relationship. You're not faithful to your wife - you are faithful to the idea of the nuclear family, to the idea of marriage, and to the idea of security and stability.

Your conflict is not between being loyal to your wife and being loyal to yourself and to your needs. Your conflict is between being loyal to the principle of marriage and the family setting, and the search for inner truth. Your question has nothing to do with the woman that you married. You don't love your wife - you're in love with the idea of being married and having a stable family. But, this idea is meaningless, because the meaning you assign to it is external, it has social meaning: "being like everyone else." But, the idea of marriage and family has an internal meaning as well, and it is that meaning to which you need assign significance. The inner significance is one - unification. A family is one body. If you don't see or feel these things in this way - then, in effect, you don't really have a family. You have the image of a family, but you don't have family relations.

As soon as you look for women on the side - you know that you are split again. You should know that you have a serious problem. Once you feel the need to look at other women - that means you are lacking, because you've created a barrier in yourself. It's a sign that there is rupture between you and your

wife, that you've lost your unification as a couple, because you have, once more, created a split in yourself, instead continuing to be whole. As soon as you feel that there is some other woman, who can fulfill needs that your wife can't fulfill for you, then you are already separated from your wife. The physical infidelity is only a matter of time. The moment that this rupture occurs is the day that you look outward, instead of inward. It is the day you search for answers from the outside, not from within. It's the day that you go outside on a search, instead of continuing the journey inside your wife and inside yourself, instead of continuing the inner journey, together. It's the day that you've created a barrier, and in the face of this barrier, there is no meaning to your infidelity, because you are no longer part of your wife, and she is no longer part of you. Therefore, your infidelity has no moral significance - it only describes your situation, the fact that you've been separated from your wife for a long time.

*Question: I cheat on my girlfriend, but she doesn't know anything about it. I like it this way, because my relationship with her is really important, but there are certain things that I can do only with other women. The sex that I have with other women is crazed. With her, I can't do that, because with , it's different. Why do I need to expect my partner to fulfill all of my needs. Is it at all possible?*

*Answer:* In the court of law, which is run by people, you are punished only for things that you do, or for things that you say. In the court of life, you are punished only for the thoughts that you have. That's the difference between the human law and the law of life. It doesn't matter whether she knows or not - you know, and that's the root of the problem. Once this recognition is in your head, it's only a matter of time until you are going to punish yourself. The thought that you are cheating on your girlfriend is what is going to lead you to punish yourself, some day. Not a punishment you receive in a court of law, but the punishment you get in the court of life. The word "punishment" may be inappropriate. Maybe the more appropriate word is "balance." Deep down, within yourself, you believe that you are not okay. You are trying to justify your actions, but deep down, you know that there must be a better and more complete way - that's your deep thought. Therefore, you're going to punish yourself, and this is going to be the balancing of nature. If you think you're not okay - then you, yourself, and no one else, are going to punish yourself. It's only a matter of time.

Every person is like an entire world. Therefore, your girlfriend can fulfill all of your needs, those that you have today, and

those that you are presently not even aware of. There is not even one need that she cannot fulfill. The question is - do you really want her to fulfill your needs from now to eternity? The fact that you are dating others proves that you - and not she - prefers to share the fulfillment of your needs among several women. You are afraid of connecting with your girlfriend completely, to be everything that you are with her. But, when you split yourself in such a way, you can't be whole with your partner any longer - because you've created an invisible barrier between the two of you. And, thus, your relationship cannot be whole, rather, it can only be partial, a split relationship.

You say that you have a sexual side, which you call "crazed." Why do you hide this part from your girlfriend? Why are you afraid that she's not going to accept this side of you as well? If she truly loves you, she will accept everything. If you know that she doesn't love you completely, why do you bother staying with her? Why are you willing to split yourself for her sake? Why are you willing to concede parts of your personality, simply because you know that she doesn't like them? Why are you hiding, who are you afraid of? You know that your sexual tendencies cannot disappear. You know that you need to realize all of your sexual fantasies, but you don't dare to do so with you partner - that's the reason you are dating other women.

If she can't accept your sexuality - completely - it's a sign that she also cannot fully accept her own sexuality. If she would accept this crazed side of sexuality that exists in her, you wouldn't feel the need to cheat on her with others, because you'd find satisfaction for these needs with her. But, just like you're hiding this part of you from her - she, too, is hiding her crazed sexual part from you. You're simply embarrassed with each other, but the basis of a relationship is honesty. Honesty can resolve the problem, because when you adopt an honest approach to your life, at least you know where you're standing. Your honesty can make you stop hiding from her. You can tell her what you feel and what you want, and it doesn't matter any longer what she says, because you are no longer ashamed to expose this crazed sexuality of yours. You resolve your own problem, because you're willing to put your cards on the table. Will she be honest with herself as well? That, already, is her choice. It could be yes, but, then again, it could be no. In any case, you've done your part. Now, your friendship is being put to a real test, not a test of lying, deceit, betrayal, escape, and shame. This time the question is finally real.

*Question: I had a very long relationship with a guy. I loved him very much and was willing to do anything for him. Then, one day, out of the blue, he told me that he no longer loved me and that he was leaving me. At first, I was stunned. I didn't know how to react, because it was so unpredictable. Today, after a few months, I realize that I'm still in love with him, but as time goes by, I also realize that I hate him more and more. Why do I hate him so much?*

*Answer:* Of course you hate him. You are in love with his sensitive, gentle and considerate side. But, at the same time, you hate his independent, determined, rational side. His act of leaving was rational, not emotional. You, however, are emotional, not rational. That's why you hate his dominant side, because it is precisely your weak and lost side.

Why are the rational, decided and independent sides weak in you? Because you're a passive woman who has neglected and suppressed, throughout her whole life, her masculine side. As far as you are concerned, this is your "bad" side, and that's why you hate it. That's why you hate it in everyone. But, you particularly hate it in your boyfriend, because he was the man closest to you, the man most closely associated with you. Instead of hating this side in you, try to acquire a taste for it. Instead of rejecting your masculine side and letting your emotional and empathetic side of you totally control your life, try something new. If you try, you will discover, to your great surprise, that you are beginning to understand, not to hate, your boyfriend. You can identify with him, and not condemn him. The more accepting you are of your rational masculine side, the easier it will be for you, to forgive your boyfriend.

Your hatred of your boyfriend is the result of your own self-hatred. You love your warm side, and you hate your cold one. You're wasting energy hating your boyfriend - because he's not the right address. He hasn't been with you for a few months now, but you still continue to waste energy on him, instead of putting it in yourself. Start treating your inner hatred: stop condemning your masculinity, and try to accept your rational side - you will see that over time, your hatred towards your boyfriend will lessen, because your self-hatred will decline.

*Question: I fell in love with a non-Jewish Australian guy, and we're thinking of getting married and moving to Australia. What do you think of couples from different nationalities, and different countries?*

*Answer:* The joining of a man and a woman from different backgrounds and different nationalities is problematic. Usually, it's an adventure that leads to a disaster. The joining of two people from different nationalities blurs the fundamental differences between them. They, each, are what they are, but, in the context of their relationship, they are forcing themselves to obscure the differences between them. If he's Christian and you're Jewish, then he will have to obscure his religious identity by becoming Jewish. If you're Israeli and he's Australian, you will have to blur your national Israeli identity by moving to Australia with him, by speaking his language and becoming a citizen of his country. This obscurity is impossible, in the long run. This obscurity is artificial, and, therefore, one day, it will come around, right back to you, like a boomerang. The differences between you exist, and no murkiness can change that. As time goes by, the exterior you are building through this murkiness, will crack, and the deep differences between the two of you will come out.

Why do you seek a man from a different nationality - what's wrong with your own nationality? If you found a man from a different nationality with whom you fell in love, enough to make you want to marry him and settle down with him - that means you are on the run. It's a sign that something bothered you back home; your parents, your country, your religion, your nationality - something disturbed you, a lot, and you ran away, instead of dealing. Instead of trying to understand the source of your problem- you escaped to what seems to be the easiest solution - but, in effect, it's the most difficult one. Your nature is to live in your land, in your country, in your nationality, to be connected to your roots. Your nature is to join with a man from the same land, the same background, who has the same energy.

Nature is so beautiful, why destroy it? Everyone is born in a certain land. Every person emerges from different soil. Why is it necessary to uproot a person from his own land? After all, this is the only meaning of the joining of two people from different nationalities. One partner or both - need to give up their land. The joining of a man and a woman is a very special connection. It's not just a relation. A relationship has great meaning, so great that it is inconceivable. You can make a hybrid out of an avocado and a watermelon, but that would be ridiculous. Technologically, it's possible - but it's as ridiculous as trying to join a man and a woman from different nationalities. Joining of

a couple is not a technological phenomenon - it's a first-rate human phenomenon. Therefore, it has to be formed naturally. The joining of a man and a woman from different nationalities will always be a temporary and transient solution.

Today, we talk a lot about the universal person. We talk about the fact that all of us, regardless religion, nationality or sex - are identical. This idea is true, but people aren't identical, in a technical sense - people are unique. Each nationality has its own different and unique energy. Each country has its own energy. It's impossible to mix energies, just like that. It doesn't really hold together. Look at nature: in every region, there are different plants. Every region creates its own unique plants. Why? Because every region in the world represents a different type of energy, which is expressed in endless phenomena: different climates, different types of soil, different events, different people, different landscapes, different points of view, different traditions, different histories, different destinies. Why do you think you can ignore all of this? Why do you think that you can erase all these differences? Everywhere we go, we each carry around the spiritual and energetic baggage of our land of origin, because, deep down, we each remain connected to our roots and to our land, in terms of energy and spirituality. You can't just deny, or eradicate your roots, your origin, your essence.

*Question: Why is it that today, the rate of divorce is so high?*

*Answer:* The rate of divorce is constantly on the rise, because humanity is approaching its end. We live in an era, where things take place at an accelerated rate. Processes that used to be prolonged are now quick and occur within a very short period of time. Today, people realize a lot faster that the direction in which they are headed is wrong. People rectify errors much more quickly. This is the result of the era that we live in, the era of increasing spiritual awareness. We can feel in the air, and soon, we will see it with our own eyes. That's why today, people look for better answers, for deeper and more real answers than they used to.

In the past, humanity used to sweep problems under the rug. Today, this is impossible, because we can't continue to shut our eyes. The closer the salvation gets - and it is approaching quickly - the greater the light becomes, and, therefore, it becomes more and more difficult to keep our eyes shut. Shutting our eyes tight is possible only in the dark. Humanity has gone through generations of darkness. This generation is the generation of light, and that's why it's so difficult for people to continue shutting their eyes over prolonged periods, because the



light continues to penetrate, it continues to badger dishonest people, who are forcing themselves to keep their eyes shut. And once the disillusionment of people, who have spent their entire lives together for the wrong reasons, occurs - the inevitable result is separation and divorce. These are followed by a search for the truthful, for the inner wholeness, for the right partner, for the connection that has the quality of alchemy. The search of alchemy starts with a private journey towards inner wholeness, and continues with the finding of a soul mate and with a merger, in terms of alchemy.

## ***2. The Things that People\****

***who have Returned to their Wholeness,***

***as a Result of Separation, Say***

*\*The names of these people have been altered, in order to protect their*

*privacy*

*Yoni (27) tells of what happened to him after his girlfriend left him:*

“After Daphne left me, I felt like half a person. I didn’t have the strength to do anything, I was very depressed, and lost all of my energy. After two months, I realized that I had to get my act together. I realized that Daphne left me, because I lost something of my self, something that she was in love with. I decided to retrieve what it was that I lost. Before I met Daphne, I was socially very involved, but, in the course of our close relationship, I gave up many of my friends. When she left me, I was literally left alone. That’s why I started going out again, to discover new friends and become active. This brought me back to my wholeness. It also changed my tendency for being dependent. When she was with me, she was my whole world. I didn’t feel I need anyone. Today, I know that this habit was very bad for me. Today, I continue to stay active and sociable, even in the context of a new relationship with a woman. I stop myself from becoming dependent again.”

*Orli (21) tells of the change she underwent, as a result of breaking up:*

“I fell in love with him from the first moment. Today, in retrospect, I realize that he had many of the qualities I wanted

for myself. After Ron left me - I didn't know what to do. I was very confused, because I missed him very much. This was up until one day, when I realized, just like in a revelation, that I, too, have those qualities that he had, and that I don't need to wait for him to come back to me. I have started expressing his qualities from within myself - leadership, courage, interest in mysticism and in art. I have simply internalized the qualities that he had. I have turned him into an integral part of me, and that's the thing that helped me most in making the separation easier for me, because I no longer need him that much. I have discovered those qualities that I love in him so much - in myself as well. Today, I feel very complete, and the relationship with him has taught me to grow on my own. I've grown only because I have taken initiative and expressed those parts in me that I was unaware of before I met Ron. The relationship with him, but, the separation in particular, gave me a great chance to discover those parts in me."

*Tal (20) tells of her attempt to change, as a result of a breakup:*

"I broke up with Ami about a year ago. I was the one who initiated the breakup, because I felt stifled around him. He was very attached to me, which made it very difficult for me to function. When I broke up with Ami, I finally felt free to be by myself. When I was alone, I realized that I am attracted only to weak men, whom I eventually leave, because they cling to me. It doesn't matter which man I meet - in the end, he will grow attached to me, and I will leave him. Therefore, today, I understand that the reason that I always end up alone is that I'm afraid of exposing deep emotions and of making a commitment to one man. That's why I am now preparing my self for my next relationship, and am trying to improve my relationship with my parents, especially with my mother. My mother is a very strong and dominant figure in our home. I am trying to weaken the dominance that I got from her and be softer. In the past, I used to fight my mother - today, I don't anymore. I am trying to get closer to her emotionally, and stop the power struggles we have. I am trying to change myself, so that the next time I meet a man, I'll be more ready to accept his weakness, and I'll be truly capable of making an emotional commitment to him. Today, when I meet a man that I like, I try to let him lead me. 's very frightening for me, because I am so used to being in control. But, when I succeed, I am very proud of myself for being able to cope with this fear that I have."

*Amnon (30) tells of his insights after separating from his partner:*

“I work as a computer person, and my girlfriend Dana was an artist. After our separation, I felt a sense of lacking, but I didn’t know where that feeling came from. Only after a while did I realize that Dana expressed the artistic part that existed in me too. I have started taking classes in drawing and sculpting and discovered that I am really good at it. Only then did I realize that my relationship with Dana expressed my repressed artistic side. It’s a shame I didn’t realize this earlier, but, I guess I wasn’t ready for that. Only breaking up with Dana helped me understand this important lesson. Today, I combine my rational approach with the emotional approach in me. I am a computer person, but I also create and sculpt. In retrospect, I realize that it is only because I was unable to change while living with Dana - that our separation was simply a matter of time. On the other hand, I am glad that we broke up, because without this difficulty, I may have never changed and discovered the creative side in me. Every partner is there to teach us something new about ourselves. In the next relationship I have, I will try to learn how to change - and not stay still, the way I used to.”

*Michael (29) tells of how his life turned around, as a result of breaking up with his partner:*

“My wife always used to be very critical of me. Anything I did wasn’t good enough for her, even though I always tried to please her. After five years, we had a child, but things only got worse. She continued to constantly criticize me - virtually on everything - but I kept quiet and took it in. In the end, after a seven-year relationship, we decided to separate for a while. When I was on my own, I realized that, actually, I am very weak and very dependent on my wife. I decided to discover my masculinity and my independence. I move to a different city, found a new job, and started dealing with things - instead of running away from them, the way I used to. Today, I realize that this change has contributed to the improvement of my relationship with my wife. She feels that I’ve grown stronger, and she doesn’t criticize me the way she used to. Today I face her, and she feels that I have changed. Now that I have stopped trying to please her all the time, I discovered that she respects me more because of that. She can see that I am focused on my life and my success as well, which something that entailed a change in her too. Sometimes, we go back to having the fights we used to have, but today, I don’t just take it in. Today, I know how to deal with her and how to answer back. Today, I know how to give her comments too. Today, I feel like an equal between two equals, and not inferior, the way I used to feel.”



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## *Epilogue*

*The alchemy of love is only the first step on the road to  
life*

True and full alchemy of love is, in fact, only the beginning of life. And real life is always a phenomenon beyond words. Anyone who has experienced great love surely knows that nothing compares to such love. The alchemy of love is the key to a full life experience, a life that is beyond life, a life that is beyond words. Without the alchemy of love, life is merely a film that can be watched, rather than actually being in it. The alchemy of love turns us from spectators into actors. The joint union enables us to enter the screen, in a marvelous and magical way. The alchemy of love turns our life into the center of the world, into the center of the universe, into the source of life.

*In order to create the alchemy of love, we must plunge  
into it, in our entirety*

The alchemy of love is a huge step into life, therefore, in order to create the alchemy of love, we must take a risk. We must plunge in - and by doing so, we disappear. The seed disappears into the soil - the soil disappears into the seed. Now, we no longer separate, because we've become one, we've become one entity. When we create the alchemy of love, the seed and soil disappear - only the plant remains, the flower exists. All the rest vanishes.

For many of us, this is too risky, because we have to leave everything behind to make a total leap from ourselves: it's all or nothing. If we don't make the leap, we can't cross the gate, because this leap is essential. This leap is a test of our faith in our wholeness and in our love.

## *Our leap is a test of our faith*

Our leap is important. It has a very important purpose. The objective of this leap is to check the extent of our faith in ourselves, in our wholeness. If we don't have enough faith in ourselves, we will delay, we will wait - and that's going to be proof that we are not believers, that we are still skeptical. And remember - only the believers can pass through this gate, because this gate is the gate of faith. That's why cowards and skeptics can't pass through it, only believers and people who show trust can do so. Only those, who are still willing to devote themselves, despite all the fear that they have, only those, who are brave enough to totally give themselves to their own wholeness, despite their concern, only those will pass through this gate.

Therefore, I am talking about a leap, not a peek, because this leap is a test of faith. If we jump in - we trust ourselves, because we are willing to leave behind all of our old beliefs, all of our fears, all of our old patterns, and all of our painful memories. If we only take a peek - in our hearts, we are still skeptical, and this skepticism will always stop us from making this leap. Our leap is a leap into the unknown, and that's why we have to believe, because we don't know what we're getting into. A skeptical person is not going to dive into the unknown. Only a believer can do that.

*Only if you make this leap - will you know what the  
alchemy of love is*

In sum, remember only this, this leap is the leap of your life. It's a leap to total wholeness. We plunge into the alchemy of love, and, in fact, we're diving deep into ourselves, into our true home, into our only destiny. Therefore, when life pushes you towards the alchemy of love - take this as a sign to make this total leap. To make a leap and experience it. And when you make the leap, you will enter into a completely different world, a new world, which is different from anything you've known up until now. A world so different, that it cannot be described in words. Only those who make the leap know. If you only made the leap, you'd find out...



## *Appendix 1*

### *My approach to spiritual counseling*

I have started my spiritual journey at the age of seventeen, when I was hospitalized in a hospital in very bad condition. Since then, I've been busy in the spiritual study of myself. Over the years, I've also acquired broad spiritual education, and I've participated in many spiritual classes, among them are: I AM, FORUM, the Dale Carnegie workshop for Interpersonal Relations, Kinesiology, Astrology, Psychology, Philosophy, Tarot cards, a "Hona" workshop (Hona is a culture from Hawaii that uses the power of thought), a "New Thinking" workshop, a Channeling workshop, the wisdom of the *Kabbala*, Thai massage (studies in Bangkok), holistic massage (studies in Israel), Karate, Yoga, playing musical instruments, and sculpting.

Today, I serve as a spiritual counselor and provide personal counseling, or spiritual teaching in all areas of life, but especially in the following areas: awakening and self-awareness, relationships and love, parent-child issues, professional identity, creativity, and self-expression.

*Question: What's makes your counseling unique, when compared to other methods of counseling?*

*Answer:* The counseling and teaching that I provide people are an approach, not a method. Meeting with people cannot be mechanical - it is spontaneous, and that's why it cannot be considered a method. If the meeting turns into a technical method - it takes away something from the spontaneity. Some part of the truth - disappears. No method suits all people, and that's why most methods are forced onto people. I try to adjust myself to others, according to their way, not my way - that's my approach. Anyone in search for himself takes his unique road. I only join the way of others, in order to help them see better where they are headed. I don't try to make them follow my way - because that's simply impossible. My way will never be right for them. My way is right only for myself. Their way is right for them, only that sometimes, people lose their way to themselves. That's why they need someone to come and light their way again.

*Question: In what way can you enlighten others?*

*Answer:* I can't open someone's eyes, if that person is not interested in opening his own eyes. If a person who is willing to open his eyes comes to me, then I can show him new ways of looking at himself. If he is willing to look, then I can teach him what to look at and how to look at it. But, if that person prefers to stay dormant - I have no right to wake him up, I have no right to shake him. As to when to open the eyes, that's that person's private decision.

*Question: What's the difference between you and the person that's coming to see you?*

*Answer:* There is no difference. A person with a true desire to help himself - helps me much in the same way that I help him. The meeting is reciprocal, and that's why we both play two roles. I help myself by helping the person, and that person is helping himself by helping me.

*Question: Why, then, is there a need for payment?*

*Answer:* A person who wants to grow - needs to make an effort, because as the saying goes: easy come - easy go. A person who pays for counseling will gain much more of the process, than if he gets the counseling for free. Paradoxically - the more he pays, the greater his gain is, because by being willing to pay, the person indicates that he is really interested in and truly committed to changing himself. He shows that the self-search is at the top of his priorities. He shows a willingness to be devoted, to open up, to listen and to implement. That person is ready for change - and no excuse will stop him - not time, not money, nothing. That person has a true and honest desire to change, and with that desire - nothing will stand in his way. I help people in their search for this uncompromising desire to reach themselves, to return to themselves, by demanding that they make an effort. I create a difficulty for them, so that they find their inner will to help themselves.

*Question: What happens during a meeting between you and the people who come to see you?*

*Answer:* what happens when a painter meets the canvas? What happens when an author meets his book? There is no one answer to this question, because each such meeting brings about a new event. Each such meeting is a work of art in itself, because each meeting is unique. Therefore, my meetings with people - never repeat themselves. In each meeting new questions arise, and new answers are given. Each meeting is a

surprise for me, just as it is a surprise for the person coming to see me.

*Question: Is your counseling short or long?*

*Answer:* As soon as the fountain ceases to flow - the river dries up. Once there are no more questions - there's nothing to be answered. That's the point at which the counseling ends. The person coming to see me is the person who asks the questions, therefore, the duration of the counseling depends on him. If new questions arise in him, he will come back to see me. If the person got his answers from within himself - then he no longer needs me. If he returns to me without new questions - then my job is over, because I will only give the person reason to become weak and dependent on me.

*Question: Are there people that you won't see?*

*Answer:* I see anyone who turns to me, providing that the person trusts me and is willing to open up to change. In the absence of such willingness - I can't touch the person. If he remains confined - nothing good can come out of our meeting, because where there is no openness - there is no flow. When a person is not open - I have no one to talk to. I'm interested in helping people - not fighting them. I'm not interested in forcefully tearing down the walls that they have created around themselves. When a person is willing to let go, for a while, of the walls he has built around himself - only then can I enter his self and help him see himself.

*Question: What's your objective in your counseling?*

*Answer:* I try to give people the tools, so that they can become aware of themselves on their own, without anyone else's help. My objective is one - to convey to people those things that I have learned and experienced. This knowledge is not mine. It came to me, so that I can pass it on to others. My purpose is to pass on as much knowledge to as many people as I can.

*Question: Do you think your counseling really helps people?*

*Answer:* You can't help someone, if that someone hasn't decided to help himself. You can't wake someone up, if that someone has decided to continue and sleep. My help is manifested in passing on knowledge, in my ability to connect a person's everyday life to the spiritual principles that guide him. My counseling is manifested in my ability to see where people are at, and show them where they can go on from there. I don't

do anything that is more than that. I don't change anyone. I merely show people how they can change. Change is the result of a person's personal decision. If a person, who comes to see me, decides to implement and to examine for himself those things that he learned through me - then that person changes himself, and, thus, helps himself. If no knowledge is applied - then the person is not using the tools that he received.

*Question: What's your rate of success?*

*Answer:* I plant the seeds of change in people, but I can't take credit for their success, just as I can take responsibility for their failures. Each person is responsible only for his own actions. If someone succeeds - it's his own success. If someone fails - it's his own failure.

*Question: Do you specialize in relationships and love in particular?*

*Answer:* I don't want to confine myself to specific definitions, because I, too, am constantly growing and changing. There are periods during which certain topics preoccupy me more than others - but, that's not enough in order to turn me into an "expert." I can contribute to others only in those domains that I have experienced myself. That's why I'm willing to share with others every single experiential knowledge that I have gone through and learned about from within myself. With respect to experiences that I haven't undergone, or that I have yet to understand - of course I can't share them with someone, or express my opinion about them. If I haven't experienced something personally, then I can't help other people in that regard, because I lack an understanding of that issue.

*Question: Doesn't your young age interfere with your counseling to people older than yourself?*

*Answer:* Knowledge is not a question of time, but of quality. The question isn't - "how long have you lived?", but rather "what have you learned in the time you were given?". There are people who don't change over years. They live their entire life, without changing, without learning anything new about themselves. Unlike them, there are people who evolve rapidly. They learn from mistakes and from failures - and change accordingly. People of all ages come to see me. Their age is not an obstacle for me, much in the same way that my age is not a problem for them. The only important question, for me, is - are they here in order to change, or are they here in order to argue with me and show me that they are better off not changing.

*Question: When do people no longer need spiritual counselors as yourself?*

*Answer:* As soon as a person starts receiving answer to his questions from within - he has become the master of himself. He is his own spiritual mentor. From that moment on, he doesn't need anyone in order to experience spiritual growth. Once the person finds the way to provide himself with new answers - not old ones - then he has found himself. And from that moment, when he found himself - he no longer needs to continue seeking himself in others. On the contrary, that person can now show others how to find themselves.

*Question: To conclude, what does your writing mean?*

*Answer:* Writing is one of my ways of channeling with my soul. Writing helps me understand myself and it helps me be understood by others. Writing is also a means to transfer vast and concentrated spiritual knowledge to a large number of people. That's why in every new book I write, I try to use new language, broader and more accessible language, so that more people can understand and identify with the messages that I am conveying. My writing is a result of meetings I had with many people. This is the union between my personal feelings and the feelings of the people who come to see me. I view my writing as a joint product of myself and of all the people that I have been in touch with, and I am grateful to them for their important contribution to this endeavor.

## *Appendix 2*

### *Additional Publications*

An additional book by this author came out in Hebrew, in 1996  
(Gal Publishing, Tel-Aviv, Israel):

## ***Touching Freedom***

### *A Spiritual Guide for the Novice Searcher*

This unique book combines poetry and philosophy, together. It brings together numerous revelations and important insights regarding all areas of life, through which we can view life in a completely different and new light.

The author invites the reader to join him in a vast spiritual journey, which includes experiences and insights from everyday life regarding numerous issues, such as: death, change, spiritual signs, negative thinking, escape, doubt, personal fate, inner voice, giving and receiving, personal spiritual guide, independence, wholeness, reincarnations, soul mates, freedom, emotions, instincts, dependency, corrections, and love.

This spiritual guide is recommended for people who are searching for meaning in their life, and who crave for simple spiritual, accessible knowledge that is easy to read. The book represents the author's attempt to pass on complex spiritual terms, in a simple, clear and concise way. The author conveys the spiritual knowledge he's acquired, through emotional language - through poems, and reasoning - as philosophical ideas.

### ***From the book:***

#### ***Freedom***

It's a wonderful feeling

not to be afraid

of the depth in me,

of the barriers in me.

Sometimes

I gather the courage  
in order to cross  
an imaginary line  
that exists only in my head,  
and I'm surprised  
to discover again and again,  
how much  
everything is possible  
for me.

We are totally free and we have no constraints. The mind is what creates an illusion of a barrier. That's why when people take drugs, their minds are blurred and obscured, the boundaries, which they have grown to believe in, crumble, and then, they feel boundless, the way they really are.

However, taking drugs is an unnatural and extreme way to experience this sense of total freedom that exists in us. We must arrive at this feeling in a conscious and gradual way, and only then will we be ready to understand the essence of freedom, and also learn how to use the freedom we were given, out of responsibility to ourselves and to others.

Freedom is endless and that's why it's so inconceivable, and it scared most of us. That's the reason why the mind creates imaginary lines for us, in order to protect us from the fear of total freedom and from the endlessness.

There are people that life beside them only increases our sense of limitation, and it is those people that we have to stay away from. Unlike them, there are others, beside whom we feel that we can cross barriers that in the past, we never thought we could. If we want to be freer and freer, we can choose to be with those people who make this possible for us.

## *One Final Acknowledgment*

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