

## Lesson 15: The Epistemology of Relationships

As humans we experience a wide range of relationships during our physical life but rarely do we really understand why we attract certain relationships at the times we do or what purpose those relationships serve. Given that this is one of the most important subjects that most everyone shares with me, it seemed fitting to address it in the form of a lesson so that everyone can benefit from such a discussion. Therefore, this week's lesson will take a closer look at the epistemology (knowledge) of relationships which simply means that I will be describing to you very important information about the many types of relationships we encounter throughout the course of our lives and what those relationships mean to us as well as how to avoid those emotional 'ditches of error.' Given the nature of this subject it is only fair to warn you ahead of time that this promises to be a lengthy discussion, as there will be a lot of material to cover.

By the very nature of our Being, as human beings, we are naturally inclined to seek out and to experience many different types of relationships. It is from our lack of not understanding the nature of our relationships, not from the actual relationships themselves that we fall prey to inaccurate perceptions which contribute to equally inaccurate thoughts and beliefs which so often leads us right smack into emotional ditches of error. Hence, my effort in writing this lesson is to bring to your conscious awareness all the many different types of relationships we can and should encounter and how to become more aware of which is which, what purpose they should serve in our lives and how to see them as synchronistic events and even how to read the signposts. Knowing this kind of information should help you from plunging into the pitfalls of emotional disparity and then coming away feeling like you have been victimized by your relationships which as you will learn was really not the case.

As I take you on a journey of discovering the epistemology of relationships we will be exploring what the distinctions are between the relationships that fall under the headings of Twin Flames, Soul Mates, The One, Balance Partners and Messengers, the Transition Person, The Interim Lover, and lastly, Business Affairs. As we make our way through this discussion you will notice that references regarding karma will be made frequently. It is important to understand that karma is not always connected to some past errors in judgment to which you are now paying your dues in this physical experience. Karma is also something that people work out among one another as they progress along the path of life. It is an unconscious endeavor on your part simply because you are not aware that you are indeed working through various forms of karma as you explore growth issues together with whoever is your karmic partner at the time. To the degree of the kind of karma or growth issues you need to work out will be the extent of the relationships you will experience along the path of your life that will always be connected to the choices and decisions you do or do not make as they apply to who you will attract into your life, when as well as why.

## **Twin Flames:**

Some of you may have read the article I wrote in which I addressed the reasons for third dimensional experience on the Why 3D page. This first discussion falls right in line with that article as you will see so if you have not yet read the article you may want to consider doing so.

When you elect to have your 3d experience such as you are now doing you do not enter into this experience alone. When you come into your 3D experience you arrive with that aspect of yourself that will involve itself in the sensory experience of the objective world, however, there is still another aspect or half of you that continues to exist on a much higher frequency. This is something you can easily confirm by your own conscious awareness of how it is that sometimes you just 'know that you know' something that you otherwise do not know how you could know. That knowing is, in fact, the aspect of you that resides on a much higher frequency.

This splitting effect between your two levels of consciousness from the one that is having the objective experience on the earthly plane and the one existing on a higher frequency, i.e. your Higher Mind is your Twin Flame. Your twin flame will always be the yin to your yang, the opposite of who and what you are but always striking a perfect balance. It will be the male to your female or the female to your male counterpart while on earth; no different than the yin and yang balance of nature, the polarity and duality of the forces of male and female always seeking a balance between the two.

The evidence of our twin flame is typically seen by many people as a spark of gold, silver, blue or violet light that can vary in size and duration, usually no more than a second but just long enough for you to be consciously aware of it. This spark that many of us experience is an example of a signpost which serves as a reminder to us that we are not here alone but that our other half is experiencing with us on a higher frequency. Every one of us has a built in coding in our DNA to reunite with our twin flame after we experience in third dimension. Thus, those of you who just like me are responding almost unconsciously to the need to search for our true selves, to seek an inner healing, to be restored to balance and harmony are doing so in preparation for the journey back to when our physical body merges with our non-physical bodies; when the twin flame becomes one.

During our physical life we often experience an acute feeling as though something is missing – something that we cannot easily identify that seems to keep us in a perpetual state of seeking to find this missing piece that will be the completion of ourselves. We describe it as feeling lost and even admit to feeling depressed because we sense that we are missing something but in our conscious awareness we don't know what it is so we will search everywhere, sometimes in all the wrong places to alleviate this incompleteness and so often we will attempt to accomplish filling the voids in the

company of all the wrong people. This is precisely why it is so crucial that we understand the reasons how and why we enter into all the many different types of relationships as we do and usually with blind folders on. Many of us have spent a life-time searching for the right person to fill our void only to find that it never exists in our third dimensional experience but, unfortunately, because we do not have knowledge of this information we do not know how to process what we don't know.

The only reason we are plagued by this nagging feeling of detachment from the other half of ourselves is because as a race we have moved so far away from our conscious remembrances of who we really are and where we come from long before we ever elected to have our earthly experience(s) especially if we are new to third dimensional experience. So many people today are finding that connection to themselves through meditation, yoga, OBE's, and astral projection along with the help of their spirit guide(s), psychic mediums and a host of other spiritual teachers, guides and masters.

Today more and more people, even Christians, are learning that they can find the answers to their spiritual needs all on their own; that no one needs to control them or threaten them with fear based inadequacies, false guilt and sin. Funny thing about the truth, you can only keep it hidden under a rock for just so long before it finds its way out into the light. We are living in a time now when we can either choose to embrace a new religious paradigm shift or continue to remain living in the darkness of deceit and lies as sheep to the slaughter.

### **Soul Mates:**

The desire to find one's soul mate is always a need that is on the forefront of everyone's mind. However, our understanding of who or what a soul mate is often gets skewed in favor of perceiving someone we encounter along the path of life to be our soul mate when, in fact, they are not. Our society presents an entirely different perspective of what a soul mate is which gives way to the notion that a soul mate is someone we will spend the rest of our lives with which, unfortunately, is not an accurate depiction. To avoid this situation as a pitfall or what I describe as ditches of emotional error we will take a closer look at what defines a soul mate.

You may have noticed that when you meet certain people you come away feeling as though you have always known them. This is because you have crossed paths with these people perhaps in a past incarnation, or you are having an experience with them in a parallel life or you are planning to have a future experience with them, all of which lies outside of your conscious awareness. In this respect the people you encounter really are your soul mates because they already know you and you know them.

The experience of a soul mate can take on many forms of relationships both outside and inside of romantic love. An erroneous precept so many of us fall into is the automatic

knee-jerk reaction we experience every time we encounter someone who seems to be the completion of our souls and we mistake it to be not only a romantic relationship but a permanent one when in fact it is not. Your soul will always know what it needs and when and it will guide you in that direction through a series of synchronistic events. You will fare better when you understand the nature of such a relationship.

Soul mates who share in your physical experience can be just as negative an experience for you or them as it can be a positive experience depending on where you are both coming from when you connected and what kind of karma either of you have chosen to work through. In all cases like will attract like and thoughts will become things so your soul mate will always match your vibrational frequency. The matter of soul mates can be quite complex given that these individuals are also engaged in their own third dimensional experiences so they may assist you in working out your third dimensional issues or not. You may experience these people as a best friend, close relatives or even love interests but rarely does a soul mate become a life-time partner and should not be perceived as such.

Soul mates can choose to share certain karmas. You may have experienced such a relationship or know of others who have but did not recognize it as such. An example is when two people join together in a relationship so as to bring a soul or souls into third dimension and then in time they will separate and go their own ways. What you did know about this kind of a relationship is that you or they were never meant to stay together till death do you part but that you had only intended to be together long enough to bring this soul or souls into third dimension so that he/she or they can begin their own 3D journey which you all agreed to well in advance of your physicality. In most cases one or the other of the adults will leave and the child or children will remain with the adult previously selected; this also includes what appears to be an untimely death of one of the adults. The reason for such an experience has to do with the karma that is being worked out between all the parties involved and can often be quite complex. What is not remembered in physical conscious awareness is fully recognized outside of conscious awareness. The ultimate lesson in a soul mate situation is to 'let go' when it is time to let go. To try to hang on by means of emotional pleas and sympathetic expressions is without a doubt an exercise in futility because it will always be that at least one of the two recognizes that it is time to move on; the purpose has either been accomplished or simply cannot be accomplished at that time for any number of reasons.

When it comes to romance both men and women will seek out that perfect representation of their opposite selves – to find that perfect balance. Seldom does this ever become a reality in third dimension because our Twin Flame is the only one true polar expression of us and that polar opposite does not exist in the third dimension. But this does not mean that we will stop seeking to find that perfect expression of ourselves.

We have always done this and will continue to do this because it is an innate need deep within us that is always on the hunt to find the other half of ourselves in our conscious awareness. The difference is to know what we are seeking and why and to understand the roles others will play in our lives. If we can put these roles in their proper perspective we can avoid all those emotional pitfalls.

### **The One:**

Now we all know the pain and anguish involved in searching, finding and keeping that one person who we perceive to be ‘the one’ but who may, in fact, not be the one at all. When we seek that one true love we expect that this person will magically fill the voids within us thereby giving us a sense of completeness; that they will provide us with a lifetime of unconditional love, compassion and understanding. Without a doubt we inevitably seem to fall into that ditch of deceptive perceptions because what we fail to realize is that this person who at first appears to be ‘the one’ may only be the one for a period of time. We do not take into consideration that life brings about change and when these changes come about we cannot see that our partner has experienced a change and needs to move on or we have experienced a change and we need to move on. Therefore, what once seemed to fit like a glove suddenly no longer fits and we are left perplexed and wondering why don’t they love us anymore.

Now in spite of the fact that you will always seek such a union simply because it is embedded in your DNA to do so, you can stop the wheel of acquiring karmic debt in this life experience as it applies to your relationships given that most breakups do not fade away without a degree of emotional and mental upheaval and drama. You will stop the karmic debt from the emotional upheaval by recognizing the fact that ‘the one’ is really you – not someone else. Until you learn how to stand on your own two feet and be a complete individual without someone entering into your life in such a way that they become your emotional crutch will you ever stop running into those relational brick walls.

You hold within yourself the yin to your yang, the right to your left and the up to your down. When you allow yourself to heal from your emotional wounds and when you relinquish your own ‘victim’ mentality will you then find balance and harmony that comes from within and manifests externally. Then and only then will you begin to attract relationships that are healthy and whole but still will challenge you on a higher level of understanding simply because you are evermore in the process of evolving. As you reach higher planes of understanding you will need challenges that are just as crucial at these higher levels as they were on the lower vibratory levels except that now you are mentally and emotionally better equipped to handle these higher challenges. I have quoted the need to quell the emotions from the Emerald Tablets time and time again in past lessons because I cannot emphasize how important it is to your

evolutionary process to have your emotions in check and to be in a state of harmony and balance in body, soul and mind because the people you attract into your experience will be a mirrored reflection of who you are and where you are on your vibratory frequency.

When you finally reach this level of knowing yourself, knowing that the completion of yourself rests firmly within your soul, the half which is experiencing in third dimension as well as the half of you that is residing in a higher frequency will you ever find peace and contentment. Any relationships you experience after finding that place of peace and contentment from within, while they will be challenging in some unknown way, you will have learned how to recognize the appearance of them in your life as being meaningful and purposeful as well as being a synchronistic signpost.

As you move throughout the stages of adulthood your needs for burning passion will begin to shift into a need for compassion, thus, the very nature of your individual needs will change dramatically and it would be in your best interest to know how to embrace these changes before you arrive there. When you are in the thick of your passionate years it is hard to imagine life without passion and intense love but there will come a day when you will embrace a love that is truly based on unconditional love, that is not performance based and is a 'till death do us part' relationship. You must remember that the notion of third dimension is not immortal but that it will have to end someday in order for the cycle of life to continue.

### **Balancing Partners and Messengers:**

Balancing partners are just that; they enter into your experience to help you create or restore balance in your life. Unlike the other relationships we have explored thus far you will attract balancing partners into your life experience while you are in the midst of increasing your conscious awareness. You will attract this type of a relationship with certain people because they have the capability to bring about an awakening feeling in the depths of your soul. These balancing partners will come into your life at the appointed time which is synchronistic with where you are on your spiritual journey, thus you will never attract a balancing partner into your life prematurely or while on a lower frequency only because you will not have ears to hear and eyes to see yet.

Balancing partners remain with you until the purpose for their presence in your life has been fulfilled and because this is generally an amicable relationship the door to a future meeting with them later in life is never closed. Once the relationship has been formed it is forever bonded. The difference is that when these partners move on you are not left with a sense of loss or abandonment.

You will often have a number of heightened experiences together that seem to be very synchronistic because they truly are. You will find that you have much to share and you will find that you have a lot in common. In fact, the things you seem to share in



common will raise your frequencies to all new heights and the connection between the both of you forms very quickly. The interesting thing is that your balancing partner can live very far away from you and there is every chance you will never actually meet in person but nonetheless the bond between you no less established. You may find yourselves barely able to get through the day without some degree of communication, even to the point of sharing several times a day. It will be a very intense time of bonding.

Balancing partners are not necessarily of the opposite sex as you might be inclined to think. They can be of the same sex, they can be older or younger than you, they can come from any cultural or religious background and they can come from any walk of life. Ultimately they are in your life to share experiences, information and to enhance your journey. They will serve to awaken your feeling of moving closer to the fulfillment of your life purpose which all by itself has been tugging at your heart all along.

There are some unique characteristics that are clearly distinctive where balancing partners are concerned. These are partners that we generally encounter in family, work and love relationships. But more importantly there are spiritual partners who do not come into your life until you embark on your own spiritual journey. You will find them when you look and they will connect with you and they will stimulate your spiritual growth. Once you have connected you will feel as though one of you has the other half of the information you are both seeking. You will find yourselves caught up in a very exciting time of getting to know one another and it will raise your conscious awareness to all new heights.

However, do not be mistaken, these are not love interests and most definitely should never be perceived as such. If you allow yourself to enter into that forbidden territory it will be just a matter of time before the walls fall down around you and the relationship that once triggered an intense excitement and enthusiasm has now turned into a painful emotional experience. The key is to always remember that a balancing partner is just that – they are there to effect balance and harmony. The attempt to inflict any form of romanticism upon a balancing partner relationship will result in an imbalance as well as a disharmony. This is a relationship that is worth protecting because unlike all the other relationships, as you will soon see, can last for the duration if you play by the rules.

Other characteristics of a balancing partner is that you can have more than one at a time simply because no one person will ever have all the answers, thus, every balance partner has some degree of information to lend as support. You can also experience another aspect of yourself as a balancing partner which simply means that you are having a different experience in another reality simultaneously and that aspect of you is having a more positive experience, hence, it balances the one you are having in this reality.

Lastly is that balancing partners are also instrumental in leading you onto the path of others who will also serve to enhance your experience via synchronicity.

### **Messengers:**

An acquaintance asked me some questions about signposts in regard to the lesson on synchronicity. He wanted to know what are they and how do we recognize them. Signposts typically appear along the path of our physical journey in the form of messengers. Sometimes the messages come from someone who seems to walk right out of our lives as fast as they come into our lives because they are only there to deliver an important message and then go their way. Other signposts are not as obvious but nonetheless they should be and can be if we are alert and know how to be consciously aware of them. It is in our best interest to learn how to read the signposts that appear along our path from all the many kind of messengers used to deliver important messages to us. These messages are not always about karmic issues we need to work out but they can also be forms of inspiration via creative ideas, visions or dreams that show us the next step in our evolutionary process.

Such signposts can be something as simple as the message contained in a book you were led to read at the time you were led to read it. You walk into a bookstore and as you gaze upon the sea of books on rows of shelving in all the various sections suddenly here comes this book that just about leaps off the shelf and falls right into your hands. There is no mistaking that it was intended for you to read this particular book – it is your signpost and it should never be questioned. These signposts can jump out at you anywhere and at any time. They can pop out from billboards, commercials on TV or on the radio, the words in a song, and a license plate on the car in front of you or something you happened upon while surfing the internet. Quotes or sayings are often a means in which a message is delivered to you and you will know it because it will resonate with you. Messages can come from conversations with other people whom you are conversing with or you have overheard conversing. Messages delivered to you in dreams via metaphors, symbols and/or archetypes are very prominent and are messages that should not be overlooked because they are there for a very specific reason which could have something to do with your well-being. Because the matter of metaphors, symbols and archetypes is such an important discussion, I will be devoting an entire upcoming lesson to this discussion.

What is important to keep in mind where messengers are concerned is that you will not hear the message being delivered to you unless you are on the right frequency. You may have heard these messages before but because you were not attuned to that frequency you did not actually receive the message the way it was intended for you to receive it, thus, it fell by the wayside. It is, after all, about having ears to hear and eyes to see! The



good news is that the messages you need to hear will keep replaying like a loop until you finally hear them or see them; all is never lost in this regard.

### **Transition Person:**

There is never a time when we are not in the throes of some kind of transitory experience if for no other reason than the simple fact that there is nothing as certain as change in life because life itself is never stagnate. Of all the types of relationships we can experience throughout the course of our lives this one is probably the one that is the least understood. As we enter into a time of transition, we will attract someone into our experience that will help us cross over the bridges of troubled waters. Sometimes they help us to learn a valuable lesson about an experience we are trying to overcome. Other times they are there just to lend support and comfort.

The transition person can be a friend or a lover but never a life-long partner so it is imperative that you not see them as such. The operative word is transition and that is just what occurs. Their place in your experience is a temporary one as it is not intended for them to be anything more than that and they will usually know this on some intuitive level of understanding even though they cannot articulate it as such.

One of the best examples for explaining a transition person is one that most everyone has experienced and can easily relate too. A transition person will enter into your life like a ship in the night just when you are on the brink of making or wanting to make a significant change in your life but are sometimes too afraid to walk through that door alone. Once this transition person has entered into your reality you will suddenly find the courage to walk through that door and furthermore you will find the courage to get through the transition because of the comfort and support your transition person is providing for you. This is a situation that generally occurs when a person finds the need to get out of what they perceive is a bad relationship or a bad marriage and the entrance of the transition person makes it possible for them to do what they otherwise would not have the courage to face or even the means to do it.

This is why it is so crucial not to read too much into this kind of relationship because the transition person only came by attraction into your experience to help you get through that transition and nothing more. To read more into the relationship is to ask for a lot of emotional trouble. The idea is to learn from both experiences and then move on to the next level of your growth. A transition person is not your soul mate nor is that person 'the one' so please be sure to not allow yourself to fall into those ditches of emotional error. When you come out of a relationship or a marriage, regardless of what your transition period is about you must bear in mind that your soul needs time to heal which it cannot do when you allow yourself to be caught up in the throes of a perceived long-term relationship even if the relationship with your transition person takes on a

seemingly loving and/or romantic basis. It is still a transition and that is the operative word in all cases.

Lastly, please bear in mind that a transition person will let you know in many ways, i.e. signposts that they are only there for a short period of time. You will know this because your ideas for a long-term relationship or your demands for time and attention they cannot give you will ring loudly. The only way a transition person can ever remain in your experience long-term is if that resonates with them and is what they desire as well but that is such a rare case. It is essential then that once they leave your experience that you not wait on them to return because they won't, the karma they were there to help you work out was resolved and they intuitively know when it is time to move on. I cannot stress enough the importance of not falling in love because you will soon find out that you will be facing an enormous heartbreak.

### **Business Affairs:**

I will address this topic briefly primarily because there are just too many underlying conditions that lead to an office romance which is far too big a subject to delve into at this point. I will say that these types of relationships find their common grounds mainly because both of the individuals involved are away from the karma they are accustomed to at home, hence, this kind of relationship is very deceiving and can catapult into something quite destructive. The result is that lives can be ruined and families torn apart because of what appears to be a 'he or she does not understand me like you do' mentality which is a very deceiving impression that generally backfires somewhere along the way.

When people allow themselves to get caught up in the romanticism of an office affair they find out long after the dust settles and after they are the married couple that the grass was not so green on the other side of the fence after all. People have a great need for recognition that is tied right into their passions so if they even think something is missing at home they will find themselves in the arms of a co-worker who incidentally is very aware of the magnetic attraction that draws them closer together and who will feed into the relationship by saying and doing what appears to be all the right things at the right time. This is generally a relationship that has little if any real basis to form a lasting and meaningful relationship which, of course, is always a very temporary situation after the reality of life sets in.

So as I bring this lesson to a close, if I have accomplished nothing else, I expect that you will come away from this lesson not only having gained a much better understanding of the relationships you have and will continue to experience. But more importantly is that you are here to have these relationships for all the reasons you will have them so as they enter into your reality do not be afraid of them but embrace them for the magical affects they can have on your life experiences as long as you try hard not to lose sight of

the purpose for each of these relationships. If you lose sight of what you have learned about relationships you will find yourself squaring away a great deal of karma which I believe you would just as soon not want to incur the wrath of. Either way the bottom line is that physical life is fully intended to be experienced in all of its magnificence which includes the heartbreaks of lost loves until you learn what you need to learn about them and about yourself.

As is always the case with everything in life, the extent of your experiences will always be relative to the choices and decision you make or do not make. Hence, you can never again say you were a victim of a broken relationship when you understand the role someone was intended to play in your life. If you misread the signpost, that is your fault just as much as it can be their fault if they misread the signpost too, therefore, no one can be a victim. It is after all a learning experience.

I thank you for the opportunity to offer you yet another means with which to understand the nature of your personal reality. I hope that this lesson serves to enlighten you in regard to the difficulties you may be facing in your relationships and that having been made aware of this information will effect a positive change in your overall life experiences.

Linda & Z

#### Resources:

The information contained in this lesson is the accumulation of my own life-lessons I encountered along my journey of self-discovery along with my metaphysical studies and lots of research about relationships in various books and other media. However, the best gathering of this kind of very valuable information can be found on the Crystalinks website: [www.crystalinks.com](http://www.crystalinks.com) which is the primary resource I drew from as it pertains to the names of the types of relationships we can experience.