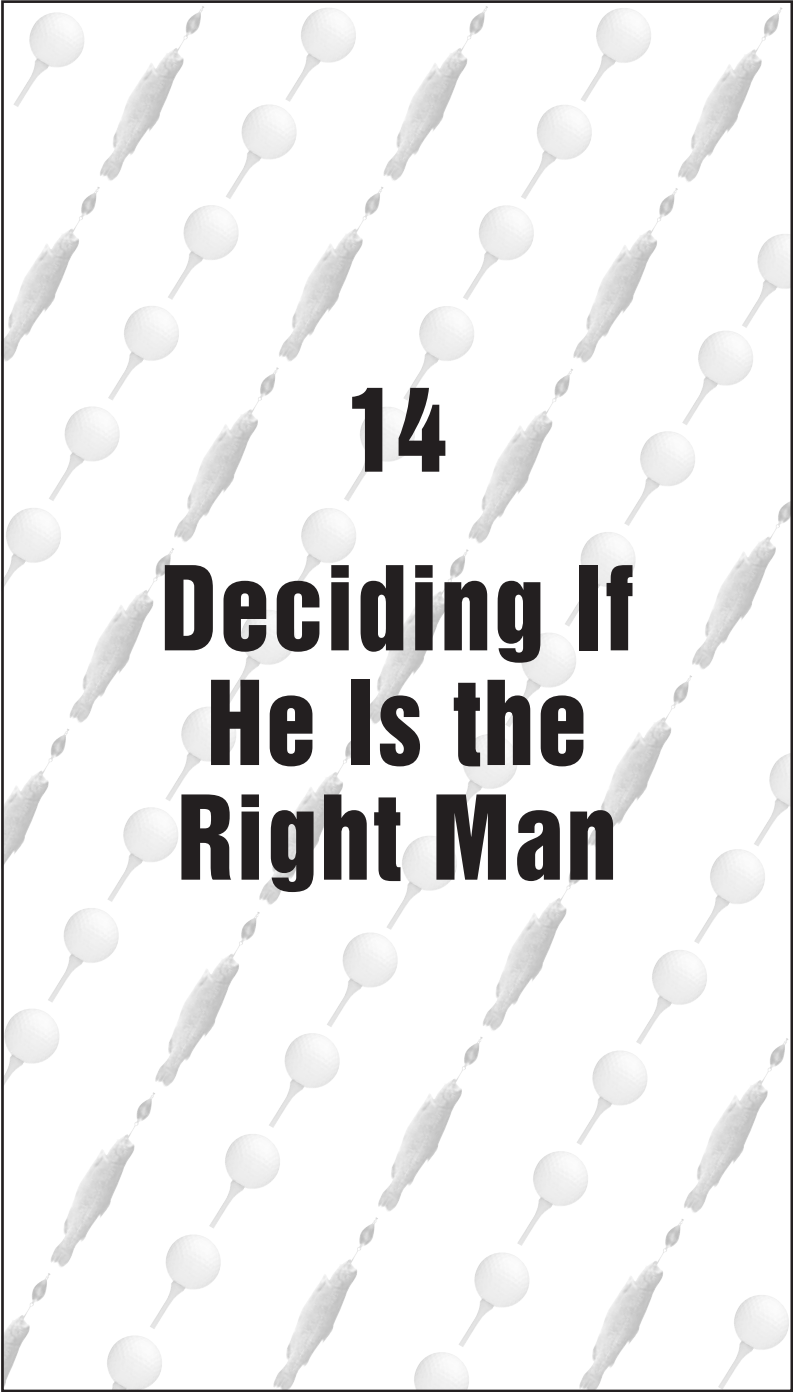




**14**

**Deciding If  
He Is the  
Right Man**

## **Is It Possible for Partners to Grow in Different Directions?**

The one masculine trait that transcends a man's purpose is his connection to truth. If your man's connection to truth remains strong, his purpose might change as he aligns himself more and more with truth. For instance, for five years he may be totally dedicated to a business, then give it up and move into a monastery. Although this might look like a completely different purpose, this may be the closest way—for the present time—for him to live his truth.

If you ever wonder about your man's new direction in life, ask yourself: Do you feel in your heart that his new direction is more aligned with truth or farther from truth?

Even if his new direction is aligned with *his* truth, is it aligned with *your* truth? You might not want to change in the same way that he is changing. How do you bridge that gap? Honestly, come into touch with what your truth is, what your heart truly wants.

Temporarily separate yourself from him to discover your own desire. Naturally, as a woman who loves her man, you will be moved to embrace him. However, you may have a conflict between where he is going and where you want to go.

While you are apart from him, feel in your heart in whatever way works for you. It may be through talking with other women, through ritual, silence or spending time in nature. Discover what is the fullest expression of your heart. What would satisfy your heart the most?

If his truth has carried him in a direction compatible with what would satisfy and fulfill your heart, then your relationship remains viable.

It sometimes happens that two people continue growing

and their relationship changes. This is not necessarily negative. In their growth, one person's truth may lead their daily life in one direction and another person's in another direction. Sometimes these different directions are temporary and sometimes they last a lifetime.



### **How Can I Leave Him When I Still Love Him?**

What you feel and what you should do aren't necessarily the same; it is possible to love a man totally yet walk away from him. If the relationship is not appropriate, you can remain in love and still bring a relationship to an end. Your love, your heart and your connection to God can be full and true, even while you are acting in this difficult circumstance.

Your head is your center of thinking; your heart is your center of emotional feeling; and your belly is your center of action. Your belly, just below your navel, is the place from which your action springs, your center of gravity. In Japanese culture it is called the *Hara* and in Chinese the *T'an-Tien*. By relaxing into your navel area you learn to center yourself in dance and martial arts. This navel area is your center of power—the power to do.

Your heart may be flowing with feeling for a man, but your navel doesn't have to follow that flow. You are free to act decisively and choose to leave a man even though you have strong feelings for him. You don't have to shut down your feelings in order to turn your navel and move in another direction. It's okay to love a man yet decide not to be in intimate relationship with him. It's okay to turn from a man that you love and open yourself in love with someone else who will be a better partner for you.

Women are usually more moved by their feeling center than their action center, so it is difficult for them to walk away from a man they love. Most men are the opposite. They listen to their feelings very little. They are usually more involved with doing and thinking than with emotion. It is usually easier for men to walk away from a relationship.

As a woman, your balance is to remain in your feeling but act in accordance with your highest good, your deepest wisdom. Listen to your close circle of trusted friends. They usually can reflect what is best for you. Feel deep in your heart. Ask your highest self for guidance. Even though you love a man, it may be best to actively turn away from him, even as you continue to feel love for him.



## **Why Can't I Let Go of My Old Relationship?**

Your heart has a memory for love. It stays in love with someone until that love is replaced by new love. Even if you have broken up with your past partner, if you really loved him, if there was a deep sharing of love even though it was also painful, then there will be a part of your heart that remains in love with him.

Your heart loves. It doesn't make decisions. Your heart is open or not. If it's open and in love with him it will remain so until you discover a new love of at least the same depth and intensity.

Don't feel guilty about being in love with your old boyfriend, even though you know it's best not to be with him. You will need to experience love as intensely as you did with him in order to let him go. That could be love of a new man, love of yourself or love of God.

People sometimes spend 30 years loving someone who has died, or loving someone who they broke up with and haven't seen since. That's because they haven't allowed themselves to open up enough to feel love to that depth again.



### **Will I Ever Stop Fearing That I Will Lose Him?**

To a certain extent, all of us have doubt, all of us fear potential loss. We fear it not only in relationships, but in our lives. There is always a little tension. No matter what we have, or how good life is, we never completely relax. Part of us knows that whatever we have we can also lose.

There are, of course, moments when we completely relax. But very often, we may have a nagging sense of insecurity about our relationship. We don't trust it. We're not certain.

Nothing is permanent. Everyone you know is going to die. That person you love so intimately is going to die, eventually. This feeling of loss, of feeling unfulfilled, is felt within every relationship. There is nothing wrong with this feeling.

Our practice of intimacy involves learning to love through our fear of loss. Our fear doesn't mean we are in a bad relationship; all relationships end. It means embracing your man with the full knowledge that it isn't going to last. Your relationship is temporary. He will die, you will die, or the relationship could come to an end for many reasons, even later today or tomorrow.

You will lose everyone you love. The practice of true intimacy involves opening your heart even while you are aware of the temporary nature of relationship.



## **How Can I Choose the Right Man?**

First choose a man with purpose. Second, determine whether you trust his specific purpose. If you are with a man who has purpose, and if you trust his purpose, then you will feel free and relax into your own natural sexual essence. You can also freely offer him support for his purpose.

But if you don't trust his purpose, you won't want to support it. Then he will grow to resent you and feel you are at odds with him. Very little turns a man off more than when his woman negates his purpose. Your negation need not necessarily be verbal. You can nonverbally send your man a message that you don't agree with his direction in life, and he will pull away from you. If you don't trust your man's direction, the relationship will inevitably fail.

Remember the following questions when choosing whether or not to be with a man. First, does he know what he wants in life? He must have a purpose, or he will not be able to offer you his full force of love. Second, do you trust his purpose? Choose a man whose purpose in life will serve you. Choose a man with whom you can relax because you trust his integrity, direction and strength. Choose a man whose heart's desire is aligned with yours.



## **How Long Should I Wait for Him to Change?**

This is a key to deciding whether a man is right for you: As he is right now, can you fully trust him? Or do you think that you could change him into a man you could trust? As soon as

you find yourself thinking that you could change him, you are in trouble.

If a man is not *already* living a life that you would wed to yours, then do not commit in relationship, hoping he will change. It is fine to desire change and growth in a relationship, but you must trust him, as he is right now, in order to provide a *foundation* for growth in relationship and a basis for the practice of love. If you do not trust him as he is now, you don't really *have* an intimate relationship.

So choose a man you can trust. Serve him in his growth so you can continue trusting him. But if you really don't trust him as he is, then he will feel it. If you are waiting for him to change before you can trust him, you are locking yourself into a no-win situation.

Trust is the starting point of the practice of intimacy, not something to hope for in the future. In any case, if you find yourself staying in a relationship because you think your man might change, you are making a mistake.



### **Is It Easier for Men or Women to Leave a Relationship?**

The masculine energy always contemplates going deeper into a relationship or leaving it. The feminine, however, is always opening to love or closing. If a woman doesn't have strong enough masculine energy, then all she can do is open or close. If she is in a relationship that causes her a lot of suffering and doesn't have sufficient masculine energy to tell her when it is time to leave, then she can only open or close. When the loving is really good her heart opens; when it is bad

her heart closes. But she never really gets up and leaves for good. Many women in problematic relationships close down emotionally, but find it difficult to leave, once and for all.

Women in particular, and men with more feminine energy, will often stay in painful relationships longer than is healthy. Women without sufficient masculine energy might stay in an inappropriate relationship for years and years, opening and closing, opening and closing. Her friends may tell her the relationship is doomed. They may tell her the man is abusing her and that she should leave. But she can't. She hopes that he will change, and she remains in place, suffering and then feeling loved, over and over.

Even when physically abused, it is hard for many women to leave a relationship. Such a woman says, "He really loves me, and I really love him. I know he's trying to change."

Someone may say to her, "But your nose is broken and your eyes are black and blue." Yet she responds, "It really hurts. I don't know what to do. I do love him. I don't know what to do. He needs me. I know he loves me. He'll change." To other people it's obvious what to do. "Go. Get out."

Love is most important to the feminine. In general, as long as a woman feels love for a man and from a man, the other aspects of the relationship won't be enough to cause her to leave. That would mean letting go of the love she feels. It requires a strongly developed masculine energy to end a relationship in which love still flows.

The feminine will virtually never let go of love. Many women who have tried—and failed—to end a relationship in which they felt love for and from their partner, even though they may have been abused by him can attest to this. It's really difficult to leave a relationship with a man you love, even though it's painful.

The feminine in a woman will not let go of the love she presently feels. The masculine in a woman will all too readily let go. Masculine and feminine are balanced by the other. Neither is complete in and of itself.

The masculine often contemplates leaving a relationship at the first sign of difficulty. The feminine often stays in a relationship far longer than is appropriate.



## **What Is the Bottom Line in a Relationship?**

Each of us must decide how much unnecessary suffering we will endure. Too often a relationship goes on for years, staying in the same place of pain, only to finally break up.

To help us determine when to leave a relationship, it is often very helpful for intimate partners to make a “Bottom Line List.” At the top of the list you write, “I love you.” Then you list your “bottom lines.”

For instance: “I will not stay with you unless you are able to support yourself financially. I will be with you if and only if you are learning to support yourself without asking anybody for money. I will see you are learning this because within three weeks you will cease asking anybody for money.”

Or, “I will not stay with you unless you are able to listen to me for several minutes without turning away.”

Your partner makes the same kind of list. You each list your requirements for remaining in partnership, and you also use time limits, remembering that people need time to change. After you exchange lists you may need to negotiate certain points.

Now you have a contract. It's just like a marriage contract or a premarriage contract. Remember that the requirements you list are requirements that serve love in the relationship. Your requirements should not only serve you, but they should serve your partner as well.

For instance, it doesn't serve either of you when you support his lack of competency. So feel in your heart, what would serve him? Be concrete. Write this down as a bottom line.

Make your agreements, put time limits on them and stick to them. If your present partner cannot live up to your agreement, find someone who does. You could have any partner you want—you have the partner that you have now because you are holding on to him in some way.

Anytime you notice yourself hoping that your man will change, you are in the "battered woman's syndrome" now. Anytime you think, "He will change," but the way he is now isn't good enough for you, then you are presently in an abusive relationship. The warning bells should go off any time he is abusing you today while you hope that he will change tomorrow. It is okay to want your partner to change, but only if the way he is today is good enough for today. You are both growing.

Suffering is part of any intimate relationship, but staying with an abusive man, or a weak and undirected man, is not. You may choose daily to be with a man like this, but it is not a necessary choice.



## **Should I Leave My Man If He Is Addicted to Drugs?**

You cannot trust a man who is actively addicted. You might *love* a man who is addicted, but you can't fully trust him. If he doesn't have power over his own direction, how could you trust him with yours? If he doesn't have the strength to guide his own life, how could you trust him with yours? He hasn't surrendered his life to a Higher Power and hasn't taken control of himself.

You might love such a man. You might feel very drawn to him and want to be with him. You might feel loved by him. But you cannot trust him, and you cannot trust your life with him.

If his addiction doesn't impinge on his happiness, freedom and loving, then it is your problem, not his. But if it inhibits him in his happiness or in his ability to give love, then he needs to wake up.

You can't condemn him for being in a unique moment of learning. His life may be unfolding perfectly for him, but you don't have to trust him as a suitable partner, as someone with whom you share your life. And if you don't trust him, you can expect that he will feel it. He will be hurt and will pull back.

To make such a relationship viable, clearly define the aspects of behavior he needs to change for you to be able to trust him. You can oblige him, through your love, to straighten out his life, because you cannot trust him as he is: addicted.

You need to answer this question for yourself: Is he the kind of man now—today, not tomorrow—with whom you are willing to commit your life and growth?



### **Should I Stay or Should I Go?**

By fully developing our masculine and feminine energies, we can remain open in committed love with our present partner and also be willing to risk everything for the sake of growth. We can be willing to lose the security of our relationship and instead trust in the process of love. We can live our reality, what we really want to do, and face the consequences with an open heart. We can relax and love without becoming dependent on our partner. We can decide if our present relationship is actually serving us, and we can act accordingly. We do not stay in a relationship longer than our real growth indicates, nor do we leave merely because the going gets rough.