

# You Can't Leave Me

5 Consciousness Principles  
to save a  
Strained Relationship

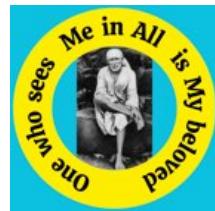
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# You Can't Leave Me

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*5 Consciousness Principles to save a Strained Relationship*

umasreedasan



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*Dedicated*

*at the holy Feet of*

*SHIRDI SAI BABA*

*without Whose Grace I am nobody*

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# Introduction

Prolonged strain in the relationship between married or yet to be married couple forces each partner to develop enormous Negative Energy in the body, mind and heart towards the other which, in turn, worsens the relationship further, leading to inevitable break-up eventually.

Application of Consciousness Principles by anyone partner will control the enormous Negative Energy and increase the positive energy of both partners in due course. Due to this the other partner can never leave the partner who is practicing the Principles.

I have explained the theory of five important Consciousness Principles that will drastically control the Negative Energy and increase the positive energy of the couple in this book.

I have recommended Consciousness Manifestation Methods of *Direct Consciousness Discrimination*, *Expanded Consciousness Meditation* and *Divine Love Yoga* to implement these Consciousness Principles in practice.

I have recommended Traditional Manifestation Methods of *Visualisation*, *Affirmation* and *Feeling* to improve the relationship between the couple.

Traditional Manifestation Methods of *Visualisation*, *Affirmation* and *Feeling* and Consciousness Manifestation Methods of *Direct Consciousness Discrimination*, *Expanded Consciousness Meditation*

and *Divine Love Yoga* have been discussed in adequate detail in my book “Secrets of Manifestation.”

# Chapter 1

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## *Take Responsibility*

When the relationship between married or yet to be married partners has got strained, it is usually very difficult for either to admit his/her own mistakes. They are so busy finding fault with the other that they are either not able to or not willing to find their own faults. Yet, the secret of finding solution to all relationship issues is that unless one admits one's own mistakes one can never find the solution to the mess created.

I am not talking about the manifest mistakes of either partner or both that sequentially led to the relationship mess. If they have to find a solution by compromise, focusing on their manifest mistakes, then the solution won't last long as the manifest mistakes were actually triggered by their internal mistakes. If they don't address their internal mistakes, they will again commit manifest mistakes leading to the external mess again.

So what I am talking about here is the internal mess created by both. This internal mess is the real culprit for the external relationship mess that happened. It is the root of the whole problem.

There is no need for *both* partners to address this internal mess either individually or collectively. It'll be enough if one of them tries and eliminates his/her internal mess. When you are successful in eliminating or even reducing your own internal mess, then that of your spouse is automatically reduced.

Throughout this book the solution methodology presented is based on individual approach. You don't require the cooperation of your partner to implement any one of the Principles discussed in this book. I'm tired of hearing my friends again and again telling me, "You are only advising *me*, and even if I reduce my internal mess, how (s)he is going to reduce her/his? (S)he won't listen to me or you." No, it doesn't require *both* partners to practice Consciousness Principles to set right the mess. It is the characteristic of the Consciousness Principles that they are individual oriented – even if you are using them for solving problems between two persons. Just take it for granted for now. I assure you it will work.

So, you should stop engrossing yourself in finding and analysing externally manifested mistakes of your spouse, and start admitting that it is your own internal mess that has created this whole external relationship mess. This is the very first step towards the solution.

### What is internal mess?

Internal mess comprises MALICE, ANXIETY and INTOLERANCE. Whenever you feel malice towards your spouse, whenever you get anxious that your spouse may leave you, and whenever you are not able to tolerate a particular act of your spouse, know that you are messing up with your heart, mind and body. This internal mess will push your spouse further away from you. This is the fundamental Consciousness Principle that determines the health of a relationship. All other principles going to be discussed in this book are built upon the foundation of this fundamental Principle.

So, by gradually reducing your Malice, Anxiety and Intolerance in respect of your spouse, you can make it more and more difficult for her/him to leave you. The corollary is that since you increased your Malice, Anxiety and Intolerance in respect of your spouse earlier, you have landed yourself in the current mess.

In other words, you are responsible for the current relationship mess.

Current mess itself is not the real problem, but your refusal to take up the responsibility for the mess is. Unless you are ready to accept that the earlier internal state of your heart, mind and body has caused the current mess to happen to you, you can't even start the solution procedure.

So, immediately stop spending your valuable time in discovering, evaluating and analysing the manifest mistakes of your partner. Instead, immediately start accepting that you are responsible for the current relationship mess.

So, the First Consciousness Principle: *Admit that you are responsible for the current relationship mess by developing Malice, Anxiety and Intolerance towards your spouse earlier.*

## Chapter 2

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### *Stop Adultery Fantasy*

**M**ost of the persons, when they enter a rough phase of relationship with their beloved spouse, search for an alternative source for their emotional security. They don't usually need it in physical form but in mental form. They usually discover it in one of their acquaintances in their family, social or professional circle.

They resort to romancing with them in their fantasy world. They expect their favourite acquaintance to fulfil all their emotional security needs, and, of course, it is one hundred percent possible in their fantasy world as they are the directors of their own films.

They believe that it is completely safe for them to fantasise romancing with their favourites. They get emotional security at no cost. You need not do what your spouse demands. You need not tolerate what your spouse does that you hate.

True, you do get emotional security at no visible cost. But if you understand that the hidden cost is many times higher than that you pay for your spouse, you'll never dare to do this mental adultery.

I am not a religious preacher. I am not talking about morality here. I don't care if you are leading your life in strict adherence to your religious and sentimental injunctions or not. I am talking about the repercussions of your adultery fantasy on your

Consciousness level and its impact on your relationship with your spouse.

Your romantic fantasy with your favourite other than your spouse will reinforce your malice, anxiety and intolerance regarding your spouse which will push her/him farther away from you. How?

When you choose to emotionally romance with your favourite in preference to your spouse, you declare that your spouse doesn't deserve that emotional love. This will lead to increasing hatred towards your spouse. Hatred will, if given sufficient time, transform into malice. Your heart is spoiled.

When you emotionally affirm that your favourite is meeting your various emotional, psychological and biological needs in contrast to your spouse, you declare emphatically that your spouse is not currently meeting your needs. This will lead to your anxiety that your spouse may never meet your expectations. Anxiety invariably leads to expectations that are not going to be fulfilled as long as you continue your adultery fantasy. Frustrated expectations always lead to hatred. Your mind and heart are spoiled.

When you enjoy yourself in the fantasised physical company of your favourite, you declare that you are escaping from the harsh real world filled with horrible activities of your spouse. This emotional affirmation confirms and reinforces your intolerance of the activities of your spouse. Intolerance leads to anxiety of mind which, in turn, leads to malice of heart towards your spouse in due course. Thus, you have successfully spoiled your body, mind and heart.

Once malice, anxiety and intolerance occupy and own your heart, mind and body, you'll have to pay a heavy daily rent to each one of them in terms of desires, thoughts and words of negativity. No doubt, your further daily activities will irritate and infu-

riate your already estranged spouse; in turn, (s)he will retaliate with recharged negativity. Anyone can guess the final result.

The above discussion applies to adultery fantasy involving persons not acquainted in real life like film stars as well. But when the favourite is a close acquaintance, we are inviting another big trouble. A person involved in fantasy adultery with a close acquaintance in real life such as one in family, social or professional circle, inadvertently tampers with the functioning of universal Consciousness that is running the show of this universe. That person will quickly get involved with her/his favourite in real life in some way which will further complicate her/his personal relationship with her/his spouse.

I hope you agree with me now that apparently harmless adultery fantasy is potentially dangerous to the relationship with your spouse. So, if you are in the habit of romantic fantasising with your favourite other than your spouse, immediately take all possible measures to stop that nonsense - for the sake of your family peace.

Of course, it will help to a great extent to solve the relationship mess if you can do the same fantasy with your spouse. But can you do it? Maybe you can after reducing your Negative Energy by applying other principles discussed in this book as well.

So, the Second Consciousness Principle: *Stop fantasising with a person other than your spouse romantically.*

## Chapter 3

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### *No Bitter Flashbacks*

Events are just events. It depends on how we interpret them for them to take a specific meaning. You used to have tea at full sugar level but your wife takes it at half sugar. You can very well tolerate it when your wife prepares tea for both of you at her favourite half-level sugar in normal times. But it will be very difficult for you to tolerate the same when your relationship has entered the rough tide, assuming that she still prepares tea for you. Now her preparing tea at half sugar will become the unpardonable mistake she used to commit right from the wedding day.

You can usually forgive many mistakes of your spouse in normal times. You can dismiss them as unintentional. Even if you think they are intentional, you can dismiss them as "It's alright. We'll have to adjust to these things in a family." But you'll find even smaller mistakes of your spouse as intentional and unpardonable once the relationship has started deteriorating.

Worse, you'll find all the past unpleasant events for which you have already forgiven your spouse as unpardonable. This is the real pit where we are going to fall into the trap of muddy loose soil of heart, mind and body far away from our clean peaceful Consciousness.

You spend all your spare time to analyse her/his personality to discover many hitherto undiscovered ugly facets. Usually you'd have invented, rather than discovered, at least half of them.

Now you are ready to make the magic list of what your spouse should change. Typical list runs through both pages of a full scape paper with over a dozen discovered and invented items with solutions that seem to you perfectly reasonable. Let us peep at one prepared by a lady against her husband.

'Last month he was talking to a woman over phone late night for more than half an hour. On enquiry he told me she was office colleague and discussed office matter. Now I clearly understand that he has fooled me. I can't be fooled any longer. He must stop attending calls late night from any lady.'

Once the charge list is ready, she prepares another list of possible defence from her husband to each of her charge list item, and then works overnight to find the arguments that completely break each defence pushing him to the wall. Once the defence breaker list is ready she calls her husband for a bilateral talk to resolve the current mess *amicably*.

Her husband agrees but buys time until next day. The next day when the couple sits for bilateral talk, she hands over her charge list to him even before he utters a single word. He goes through the list with his face and hands trembling with anger. And then he hands over his own charge list to his wife who is completely taken aback by this development. Then both become busy spending time defending their position and charging the other until the living room is turned into a fish market.

It all started with two crazy charge lists intended for reasonable compromise solution and ended with widened gap in their relationship. Now the couple comes to the practical conclusion that it is not possible for them to come to a compromise on their own. And they go for a mutually acceptable third party. At the tripartite meeting the couple hands over the very same charge lists to the third party, and in the presence of the third party they trade and defend the very same arguments of bilateral meeting until the third party escapes.

Now the couple decides that mutually acceptable third party meeting won't work. They individually decide to approach an influencer who can force the other partner to accept the solutions presented in the respective charge list. They work very hard to convince the influencer of their case as presented in the charge list providing the influencer with as many evidences as they can muster from all possible sources using all possible resources at their disposal. It is anybody's guess what will happen to those influencers.

When you remember the past bitter events repeatedly during the time of bitter relationship with your spouse, you reinforce your malice towards your spouse. When you prepare the charge list against your partner, your expectations go well beyond the reasonable limit. Soon by means of bilateral and tripartite rubbishes the whole environment becomes suffocating and intolerable for both of you. When malice and anxiety and intolerance join hands we can't expect anything less than a bomb - it is only a matter of time before it explodes.

No bitter flashbacks please - especially when you are in bad terms with your spouse.

So, the Third Consciousness Principle: *Stop finding faults in the personality and behaviour of your spouse chronologically right from the day you met her/him until today.*

## Chapter 4

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### *Stop Mudslinging*

**M**ost of us enjoy ourselves in defaming our opponents. They may be our friends for a very long time. One word or one action from them that we consider is unfavourable to us, and we spring into action. We go on digging into their past and bringing the skeletons to the wide world until that person comes and cries and falls at our feet.

Have you overheard a lady whose relationship with her husband has been strained for quite some time while she talks to her relative or friend in her family or social or professional circle?

“...pch... existing, I’m existing somehow... You know one thing, all these guys are ruthless frauds. These cheaters should be dragged to the street and given a hundred lashes ... You know what this man did yesterday? He brought his office colleague home ... My God, I remember it even today. On our first wedding anniversary this guy ...”

It starts modestly, invoking self-pity, and moves on to the wonderful generic discovery about the whole male community and then percolates down to the specifics of her husband. Encouraged by the listener, all his cupboards will be thoroughly shaken until every known skeleton falls to the ground to provide the ears of her friend with sumptuous dinner which her friend would relish for weeks by sharing it with her friends and relatives.

The male community is, in general, not capable of such a graphical presentation. Still, they have their own way of slandering their spouse.

"Your daughter also prepares this dish so well as you have done. But only when a male guest comes for lunch."

He enjoys himself sarcastically attacking his wife in the presence of her parents. In fact, he patiently waits for the arrival of certain guests before whom his wife has struggled hard to maintain her pride in the past, just as a crane would wait for the arrival of big fat fish. Once they arrive home he'd use all his wits to silently attack his wife without wasting a single opportunity until the guests smell the rotten mess going on between the couple and start enquiring his wife.

Mudslinging starts on a low note soon after the relationship is strained. It gradually increases in intensity through the bilateral and tripartite meetings. It reaches its climax when all expectations from either party are completely frustrated.

Given sufficient time mudslinging evolves into action sequence. Wife starts pruning her services rendered so far to her husband. She no longer prepares tea for her husband. She no longer helps him to arrange his office files. She no longer reminds him to send money to his parents. She feels that he doesn't deserve these luxuries.

Once such services are pruned due to the austerity measures taken by his wife, the husband wonders if there is any value in keeping this product called wife in his residence. If she is financially dependent on him, he feels that the maintenance charges spent on this product is no longer justified when the value returned by this product is considered. So, he cuts down the allowances paid to her drastically hoping that she'll come and beg him when he can assert his supremacy.

When a woman who has already lost her emotional security is threatened with financial insecurity, she will invariably prefer di-

orce. This is not what her husband expected and he didn't even consider divorce as an option. But it'll be very difficult to convince a woman to trust you when you have stripped her of both emotional and financial security. A blunder.

Mudslinging reinforces your initial hatred towards your spouse manifold in such an efficient way that hatred will evolve into full blown malice in a very short period. When your heart is bleeding with malice, you'll be quickly flooded with a volley of undesirable developments in the family affairs that may lead to irreparable damage to your relationship with your spouse.

Stop mudslinging immediately.

So, the Fourth Consciousness Principle: *Stop slandering your spouse in her/his or your family, social or professional circle.*

## Chapter 5

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### *Be Patient*

**C**onsciousness based solution techniques take definite time to manifest what we desire due to the inertia of this material universe. Hence, we'll have to be patient. By reducing your malice of heart, anxiety of mind and intolerance of body as far as your spouse is concerned, you'll definitely move her/him closer to you. But you have to be patient. There will be trying situations, your spouse may behave madly and you may be pushed to the corner - all due to your past Negative Energy that caused the current relationship mess to happen to you. If you react to them from your Negative Energy, you'll worsen the mess. So, be patient and witness how your control of your Negative Energy impacts the behaviour of your spouse as time unfolds.

Let us see a few situations in which your spouse behaves madly and you must keep your cool.

Your wife may have completely stopped talking to you. She may frequently give you that angry look meaning 'You have ruined my life.' Your husband may yell at you daily, "I hate you." He may even consider divorcing you. Don't despair. Always keep it in your mind that YOU are responsible for this mess due to your past foolish creation of Negative Energy in your heart, mind and body. So, you can always set right the mess yourself by reducing the Negative Energy for which you don't ever require the cooperation of your spouse. You have already started the solution

process. It is only a matter of time before a sequence of events happens that will ensure improved relationship with your spouse. So, don't lose hope even when the situation seems to be completely out of control. (S)he just can't leave you.

Your husband may get closer to his female workplace colleagues. He may go with one or two of them to a restaurant. Don't retaliate by going to Cinema with your male friend. If you are not patient enough, Consciousness based solution process will be delayed. Be patient. He'll come back to you with all love he had for you in the past. Nothing is lost. All his current activities are just passing phenomena. Believe that you are responsible for that. Forgive him - after all he is going to come back to you intact.

Your wife may come to you with a charge list. She may demand explanation for many of your past acts that she views now as extremely atrocious. She may stipulate many unreasonable restrictions on your freedom. She may demand many unreasonable favours from you. Don't retaliate by giving her your charge list. Don't try to justify your past actions she has unearthed and posted as grave mistakes. Refuse to accept her proposal to curtail your freedom. Don't oblige with her favours demand. Tell her firmly but calmly, "I was what I was, I am what I am, and I'll be what I'll be." Finish the meeting.

Your husband may insult you in the presence of your well-wishers. Your wife may talk all sorts of nonsense about you with her friends and relatives. Don't retaliate. Try to ignore it.

There is no need for you to placate your spouse. No need for you to go begging behind her/him. No need for any panic reaction. (S)he will come back to you. It is only matter of time. Until then you try hard to keep your cool.

Remember these three Golden Consciousness Statements:

\* I'll love [name of your spouse]

- \* She/He will come back to me with full love - it's only matter of time.
- \* I'll accept her/him as she/he is.

Remember them whenever you despair, whenever you feel like retaliating or whenever you feel like taking a preemptive strike. These three statements will keep you intact in your Consciousness and prevent you from slipping into the muddy loose soils of your heart, mind and body.

This set of three Golden Consciousness Statements constitutes the Fifth Consciousness Principle.

When the relationship is severely strained, the practice of all these five Consciousness Principles is not easy. You'll have to control your Negative Energy before attempting to practice these Principles.

## Chapter 6

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### *Action Plan*

**N**egative Energy overflowing in the heart, mind and body of both partners is really responsible for the strained relationship between them. How?

Our serious passionate emotional desires, thoughts and words have creative potential. The universal Consciousness, that is pervading this entire material universe, brings towards us persons, things, events and circumstances in our life consistent with our desires, thoughts and words. Since we attract them by means of our desires, thoughts and words, this phenomenon is popularly known as the Law of Attraction.

Law of Attraction is the infallible fundamental spiritual law based on which this material universe functions. This law is enforced on this material universe by the invisible universal Consciousness that pervades, sustains and controls this visible material universe.

Strictly speaking, universal Consciousness is not really invisible. Our brain and eyes are so dull and insensitive that we are not able to perceive It/Her/Him. An enlightened spiritual person always perceives It using his sensitised brain and eyes. He perceives It as a Field pervading this entire material universe.

Thus, when we see a tree with our dull eyes and brain, we just see a tree. That's what we are seeing right from birth. But if we see the same tree after enlightenment, then we'll see the whole tree as

lively and vibrant one with its leaves and stalks standing out of their surrounding space distinctly and sharply. We'll see all persons and things of this world in a similar fashion.

This is due to the fact that our brain and eyes have now been trained to perceive this material universe along with the universal Consciousness pervading it. We haven't discovered anything new. Now only we are able to perceive this world as it is. Until enlightenment we miss the spiritual universe pervading the material universe. We see only half the story. We see only the effect portion of phenomenon as our brain and eyes are not able to see the cause portion. Naturally we try to find the cause in the material universe itself, the only portion we are able to see. That's why we are not able to understand why Law of Attraction works.

As you desire, think and talk, you set the spiritual universe in motion that realigns the material universe in relation to you. For example, when you crave for relationship with your spouse positively and when you think about relationship with your spouse positively and when you talk about relationship with your spouse positively, you invoke the universal Consciousness to move the material universe for you. Then you get opportunities for repairing your strained relationship with your spouse; you get opportunities for expressing and receiving love, and so on.

On the other hand, when you desire about relationship with your spouse negatively and when you think about relationship with your spouse negatively and when you talk about relationship with your spouse negatively, you invoke the universal Consciousness to move the material universe for you. Then universal Consciousness brings unpleasant events and circumstances that are likely to strain your relationship with your spouse.

Therefore, your passionate emotional desires, thoughts and words of negativity related to your relationship with your spouse are directly responsible for the strained relationship. However, these passionate emotional desires, thoughts and words of nega-

tivity arise from the Negative Energy overflowing in your body, mind and heart in the form of Intolerance, Anxiety and Malice. So, your Negative Energy is really responsible for the strained relationship with your spouse.

We cannot directly control our passionate emotional desires, thoughts and words of negativity as and when they arise. But we can control our Negative Energy in the form of Intolerance, Anxiety and Malice at leisure. Once we control the Negative Energy, our passionate emotional desires, thoughts and words of negativity are automatically and effortlessly controlled.

Your Negative Energy that is worsening your relationship with your spouse can be reduced by means of using Consciousness Manifestation Methods of *Direct Consciousness Discrimination*, *Expanded Consciousness Meditation* and *Divine Love Yoga*.

You can use the Traditional Manifestation Methods of *Visualisation*, *Affirmation* and *Feeling* to improve your relationship with your spouse.

I have discussed all of them in my *Secrets of Manifestation* book.

It'll be enough if either one of the partners practices these methods.

Once you control your Negative Energy and increase positive energy using Consciousness Manifestation Methods and Traditional Manifestation Methods respectively, you can practice all five Consciousness Principles discussed in this book with little effort.

## Frequently Asked Questions

Q.1 My relationship with my spouse is strained. How can I improve my relationship by means of Manifestation?

Ans.

First, you should have a long-term vision of your specific relationship. Believe that you are going to live with your spouse for your entire life. Don't even think of divorce as an option. It sends a clear unambiguous signal to universal Consciousness that you need a long lasting loving relationship with your spouse without any reservation.

Second, visualise what you'll do when your relationship with your spouse is normal. For an example, you may imagine walking with her to the nearby park. Do this practice as often as you can.

Third, watch romance videos featuring good healthy relationship between the couple. Watching video is a powerful way of talking to your heart directly. Your heart takes the message correctly though the hero and heroine are not you and your spouse. It sinks in your heart perfectly that your relationship with your spouse is normal. However, don't engage your mind in adultery fantasy with the hero/heroine of the video clips. It will worsen your already strained relationship.

Fourth, practice the affirmation 'Thank You God for Your assistance for me to be in loving relationship with my spouse'. If you are not comfortable with the term *God*, use *universal*

*Consciousness* or simply the *Universe*. Type it out in your word processor or write it down in your notebook at least three times daily.

Fifth, practice Feeling. Engage yourself in your daily chores and other professional and social activities *as permitted by your current relationship position*, actively and enthusiastically - your body should express the feeling of enthusiasm daily for as much time as possible.

Sixth, do the practice of Direct Consciousness Discrimination, Expanded Consciousness Meditation and Divine Love Yoga daily to control your Negative Energy.

Traditional Manifestation Methods of *Visualisation, Affirmation* and *Feeling* and Consciousness Manifestation Methods of *Direct Consciousness Discrimination, Expanded Consciousness Meditation* and *Divine Love Yoga* have been discussed in adequate detail in my book "Secrets of Manifestation."



Q.2 I hate my wife so much that I cannot fantasise romancing with her in the name of Visualisation. Do you have any suggestion?

Ans. You'll have to reduce your Negative Energy you have accumulated so far from your family, social and professional transactions before attempting to practice Visualisation. Practice Consciousness Manifestation Methods to reduce your Negative Energy.



Q.3 Can I use the affirmation 'I love my wife' to manifest loving relationship?

Ans. You can use it to improve your normal relationship. But you cannot use it while your relationship with your wife is strained. Your mind will reject it outright.

Instead, use the affirmation 'Thank You God for Your assistance for me to be in loving relationship with my wife'. If you are not comfortable with the term *God*, use *universal Consciousness* or simply the *Universe*. Type it out in your word processor or write it down in your notebook at least three times daily.



**Q.4** Can I use the affirmation 'I am loved by my wife' to manifest loving relationship?

Ans. No. It should not be used even when your relationship with your wife is normal. It sends signal to your heart that you lack love. Since faith of your heart will be manifested in your physical reality, your relationship will get worse. Fortunately, while your relationship with your wife is strained, your mind will reject this affirmation as farce ensuring that nothing goes to your heart.



**Q.5** How can I use the Feeling method of manifestation to improve my relationship with my wife?

Ans. I recommend the practice of Feeling method to build up acceptance of your current situation. Having convinced yourself that your Negative Energy is responsible for the manifestation of your current strained relationship with your wife, you try to accept the current situation and do your daily activities with enthusiasm until the enthusiasm is felt by your body. Do this practice daily until your relationship becomes normal.



Q.6 My husband has been in intimate relationship with his female office colleague that led to the strain in our relationship for the past couple of years. I am not flirting with any other man. How can I take responsibility? Whose mistake it is?

Ans. Though your husband has started the external mess from the perspective of this material universe, it could not have happened unless you harboured Negative Energy in the form of Intolerance, Anxiety and Malice towards your husband in the first place. Obviously you have to take responsibility for the internal mess you have generated.



Q.7 How can my adultery fantasy in my mind hit my relationship with my husband? Are you sure? Is it really the major reason?

Ans. Adultery fantasy is a powerful Visualisation exercise for worsening your relationship with your husband. It goes directly to your heart bypassing your mind. Since it takes time to strain your relationship with your husband and the damage is executed by means of events involving persons other than your favourite you are flirting with in your mind, you are not able to assess its damaging potential. You are unknowingly manifesting damage to your relationship with your husband. For the sake of peace of your family, stop adultery fantasy immediately.



Q.8 My husband is not caring for me. Right from the marriage. I can enumerate a dozen instances to prove my point. I expect that my husband should care for me. Is it not a bare minimum expectation on the part of wife?

Ans. When you expect that you should be cared, you declare that you are pathetically longing for love. When you are craving

for love, you declare that you lack the power of loving others unconditionally. This should have been already manifested in your married life. You do care for your husband but with the intention of getting his love back. Conditional love is always penalised by the universal Consciousness.

Try the affirmation, 'Thank You God for Your assistance for me to be with abundant unconditional Love'. If you are not comfortable with the term *God*, use *universal Consciousness* or simply the *Universe*. Type it out in your word processor or write it down in your notebook at least three times daily.



Q.9 My wife is having illicit relationship with her male acquaintance. Is it wrong on my part as her husband to ask her to stop her illicit relationship? When she has refused to comply with my demand, is it not the duty of her parents to advise her to stop it? What is wrong on my part in asking her parents to advise her?

Ans. It is your internal mess of Negative Energy that triggered the universal Consciousness to push the acquaintance, say Y, of your wife towards her. If you forcibly restrain her from having contact with Y, universal Consciousness will push some X or Z towards her. You have not solved the problem. Instead you have aggravated it by accumulating more Negative Energy in your heart, mind and body in the process.

Stop mudslinging. Take responsibility. Start reducing your Negative Energy to trigger the universal Consciousness to push your wife towards you.



Q.10 My husband is living with another woman. He has slapped me with divorce notice. On what basis can I wait and hope for this

guy to return home?

Ans. Practice the Consciousness Manifestation Methods of *Direct Consciousness Discrimination*, *Expanded Consciousness Meditation* and *Divine Love Yoga* to reduce your Negative Energy.

Practice the Traditional Manifestation Methods of *Visualisation*, *Affirmation* and *Feeling* to increase the positive energy related to your relationship with your husband.

Then he'll have to come back. The universal Consciousness will arrange for opportunities for the same for both of you.

## Secrets Of Manifestation

The primary objective of *Secrets of Manifestation* book is to outline the technology of Manifestation of what we want in our life in compliance with Law of Attraction. This book comes as a summary of my theoretical and practical research in this field for more than a decade.

Traditional implementation of Law of Attraction using body-mind-heart based techniques like *Visualisation*, *Affirmation* and *Feeling* suffers from some serious shortcomings. Many times they don't work. Sometimes we get results with unacceptable deviation from what we desired. Sometimes manifestation is inordinately delayed that we give up midway.

This book addresses these three issues and suggests, in addition to the traditional implementation, generic control of our Negative Energy using Consciousness based techniques of *Direct Consciousness Discrimination*, *Expanded Consciousness Meditation* and *Divine Love Yoga* to improve the success rate, efficiency and speed of manifestation.

NOTE: This ebook can be downloaded for FREE from my website [ShirdiSaiBhakta.com](http://ShirdiSaiBhakta.com)

## About the Author

The author of this book, umasreedasan, is a spiritually enlightened devotee of Shirdi Sai Baba, a very advanced spiritual Saint Who lived in Central India until the second decade of twentieth century.

Born in the late sixties of twentieth century in a southern town in India, author is a mechanical engineer by profession leading a family life with wife and a kid.

Author has been interested in exploring the doctrine of Surrender as taught by Shirdi Sai Baba, Jesus Christ and Sri Krishna for application in the pursuit of his spiritual and material goals for more than a decade.

The author is now spending his spare time in writing on how anyone can use the same Consciousness based tools employed by the spiritually Enlightened for living one's life consciously so as to improve the quality of one's life experience.

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