



Relations

The pocketbook of life

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Relations is a book to understand the basics of relationships in our everyday life. If the basics are not in place, we are constantly trying to demand happiness from others. If we understand these basics, it becomes

easier to navigate through relationships as these are one of the most challenging situations, we ever come across daily. Usually, we find peace with it... either by giving into others demands or vice versa. Both these situations do not

help... because we do not understand the connections our soul has established from before we are born....and it continues eternally. It is not complex and if we just understand these basic principles, we can have a good base from which we

can form a healthy
relationship with all
beings and things
around us which in
turn makes our life
easier to navigate....

Relationship with God.

This has nothing to do with any religion. This is the most needed and the most important relationship we will ever want. We might think that this is not necessary for now... but if we establish

this relationship... our life will skyrocket to the happiness and peace we all are searching for.

The more we delay this connection the harder it becomes to assimilate the chaos around us.

This is our first birth into the life of

experience, and we need guidance from our real parent.

Even if our loving parent (God) has given us freewill...we can enjoy both these aspects (freewill and connection) and flourish.

Connection with God doesn't mean we will

lose our
independence....in
fact the contrary...

We will feel who we
are as individuals and
our individuality will
come forward with
great confidence in
ourselves.

Just like a child with
loving parents and a
strong loving

connection with
family flourishes...so
is the same... when
we are in connection
with our original
parent(God) while we
experience all kinds
of ups and downs in
this physical world.

A strong and loving
family tie doesn't
take away our

individuality it only makes us feel safe to venture into this unknown world and experiment... always knowing that our loved ones are always there when we need them.

The same goes with our connection with God. We feel safe and

in communion with
Him/Her as and when
we want Her to show
us the way.

The biggest mistake
in our world today is
losing this
connection. Even
people who are
religious minded are
not in that
connection most of

the time. We do not
need religious
institutions to
connect with Him...
we need our
feelings...

When our original
parent created us,
She gave us the direct
connection with Her
through our
feelings....

More info on how to know and use the power of our feelings is outlined in my book 'Feel' and the book 'God'

Relationship with our soulmate.

This is the second relationship that will bring us the peace we want.

Because we are half the soul without the mate.

When we were conceived... one soul divided into two.

One was born to a particular couple who shared similar personality traits and the other was waiting or was attracted to another couple soon after.

This is designed in this way so that we can one day attract the other half and

experience unity...
and be together
discovering
adventures all
through our eternal
life, without feeling
alone...

To meet and be
compatible to our
soulmate is to first
become the loving
person that we

originally are, so we can then help each other to catapult into the original union that first existed...and live with our full power...that were divided after conception.

This earth life is the first-born life, and we are incapable of

having an adult
relationship with our
soulmate since we
are too young to
understand its depth.
We are busy making
all kinds of mistakes
from which we are
constantly learning....
or not....

If we embark on a
journey of self-

discovery, we will
meet and discover
that there is another
part to ourselves, but
the internal discovery
between the
soulmates continues
even after meeting.
We now have two
people with unhealed
emotions entwined

and making things
more complex.

This is why we need
to thoroughly
understand this
science and apply it
to our life so we can
start the process of
unity with our
soulmate and play
the adventurous

game of life
together....

Relationship with our children.

Our children have inherited many of our traits. Good or bad... they did not choose. They were attracted to similar personality traits as theirs at that moment of time. And they absorbed the information stored in

the genetic pool of the parents. It did not stop there...after that they were constantly absorbing the mental and emotional state of the environment around them.

Whatever traits the children are born with is affected by their parents and the

environments
behavior towards
them.

Our relationship with
our children is
unique. They are not
a part of our soul, but
they are heavily
influenced by us.

This goes on until
they break away from
this connection. Even

then... most cannot see the influence that was put upon them by day-to-day living. Not all influences are unwanted, but it becomes hard to decipher... if the parents themselves do not understand this influence.

Our original parent
(God) has given us
freewill, and this is
the best example we
can get from
Him/Her.

We create a better
world in freedom.

But to live in true
freedom we need to
have love in our
hearts and mind.

This starts with the parents. Love truly reveals itself when we clear the unloving emotions stored in our soul which affect our body and mind accordingly.

When we do that, our children feel relieved from the effects of that emotion that

was absorbed by
them during
conception.

So, it is crucial if we
want our children to
be happy that we
start clearing our own
unhealed emotions.

Our children also give
us clues as to where
in lies our unhealed
emotions. If a child is

being difficult, it is
telling us to see inside
us and feel those
emotions that it is
making us feel.

If a child is sick or
suffers from a long-
term illness it is
telling us to dig in our
emotions and feel
whatever it is making
us feel....

But it is not easy to
feel if we do not
practice feeling daily.
We need no reason
to feel but to feel
because it is reason
enough to live a
happy life...

And if this reason is
not enough, we have
attracted our children
to remind us to do

so....as most of us will
feel for our
children....

The book 'Feel' gives
a detailed description
of this feeling...

Relationship with spirits.

Spirits are the 'elephants in the rooms' of people all over the world.

Spirits are people who have passed on and are living in another plain. They can access us whereas we cannot...

only because we choose not to learn about things that are not physical in nature. Or we choose to not learn if it is not taught to us by the governing system of this world.

Or we choose not to know about them because there are

some cultures that do harmful things with the help of spirits, and we put all that in the category of 'spirits' and prefer to run away from it or avoid it for the sake of our wellbeing.

Since when is wellbeing managed

by not looking at the
problem?

There are spirits
around us at any
given time. They are
attracted to us
because of the
emotions we carry
within us that are
compatible to theirs.

It is like being
attracted to friends

who we like because
something in them
we find attractive.

There are all kinds of
spirits just like there
are all kinds of
people... because
they are just people
who have gone
there...(wherever
they exist) They were
here before and now

they are there. That is the only difference.

Also, many exist still on Earth because they might be having fun being an invisible human.... One can only imagine what they might be up to here...

For them... they can now see things more

clearly than when
they were here,
except that it
depends on their
stubborn behavior
whether they want to
see it or not. They
too...are constantly
changing and learning
just like us...except
they have more time,

and they are not in a rush...

It means they are not in a hurry to change things...and if that means they depend on any human to fulfil an addiction... they will just carry on as there are no immediate physical consequences to

them. We only die
physically once...

This might all sound a
bit drab but there are
solutions to all
problems if one is
open to it...

We come back to
feelings

The reason we
humans are mind
centric and not heart

centric is because we do not want to feel our uncomfortable emotions. On top of that we are heavily trained by people who do the same so as not to feel uncomfortable emotions.

So, we end up attracting spirits who

too do not want to
feel these emotions
and influence us to
carry on doing things
that shadow these
emotions and deny
them so we can live
in illusion that this is
happiness.... that is
fleeting. And the
journey continues
into darkness until it

is very hard to turn
back...

Feeling all our
emotions and
clearing our soul of
this weight is a much
better option...as
soon as one can
understand this.

There are all kinds of
spirits just as we now
have people around

us. Some are family members some are friends some are helping us some are not....

There are also spirits that we call angels who are helping us, guiding us, protecting us etc.

All these spirits have access to us if.... We

are in a similar
vibration to them.

Vibration means our
soul condition or soul
quality.

Our soul quality
depends on how
clean of unwanted
emotions or harmful
emotions or unloving
emotions one has.

So finally, we come to
the same conclusion...

If we want to have a
good soul quality that
will bring us the

peace and happiness,
we are looking for...

we must elevate its
frequency by feeling
all the emotions that
exist inside us

without taking any

unloving action
towards anyone.

The spirits will just
move on to another
person or they might
learn from us if they
are ready to evolve.

In that case we can
live in harmony in a
symbiotic relationship
just as we do with our
family and friends....

Relationships with fellow humans.

Technically we are all
brothers and sisters,
and God is our
parent.

We can be one big
happy family if we all
understand this.

But we choose to
differ.

But we will learn....
slowly and steadily
especially after
causing a lot of
traumas to each
other....and us.

We will say enough is
enough one day...

But that day comes
separately to every
person...

If one is reading
this...may be its their
time...

The way we feel
about ourselves is
how people look at
us...

Relationship with
anyone starts with
relationship with
self...

So, we must only
concentrate on
ourselves and our
evolution if we want
this world to be a
happy place...

Concentrate in
ourselves means to
look deeply inside our
feelings and
emotions...because

that is the core of
who we are...

We usually try to
meditate and control
the situation, but it is
only a long-term
temporary fix.

And it is time
consuming, the
harder way to go
about finding peace.

It requires constant vigilance.

Whereas if we feel and clean emotions even though it is hard it is a permanent fix and it reduces future mistakes.

We feel freer because we do not have to be vigilant as to what and how we manage

our time because we
have changed
ourselves in the core
and we take actions
fearlessly and
lovingly. There is no
effort required to be
loving, we become
the person who we
want to be even
when we are alone.

This then makes us be loving towards others without losing our integrity. We become fair and will not compromise on love and truth.

Hence living like a true family member of this world...

Relationship with self.

This relationship is the most neglected of all relationships.

We do not have this as a priority because we don't know who we are. We do not respect ourselves enough.

And that is because
we were educated by
people who didn't
love themselves
enough and the cycle
continues.

This relationship is
the basis of all
relationships. If we do
not know who we
are... we will not be
able to see who all

are... around us. And this only makes life harder as we try to understand others without trying to understand ourselves.

We become who we think we are, and that can be anything. It is all erroneous because we are not who we

think we are.... We
are who we feel we
are.

Feelings make us
think about ourselves
in a certain way... and
if we do not release
unwanted
feelings...we then
establish a rapport
with that feeling and
give it a stamp of

approval which
seems permanent.
For e.g., if I am born
in a certain country, I
am that personality
or color or culture
etc. We have no idea
that we can change
all that makes us
unloving towards
ourselves.

To understand what is loving and unloving towards ourselves we must feel all our feelings. If we do not feel, how will we know who we are. My book 'Feel' shows how to make feelings 24/7... way of living. It is only because of feeling so much that

we get the clarity we are looking for. Clean feelings give us strength and direction into our lives. Our relationship with ourselves gets stronger and more secure.

We have this one body that is invaluable. If our

intension is to just
take care of this
body.... inside out,
we will connect to
our feelings and will
understand a myriad
of things about us
which will then make
all relationships
around us loving and
interesting.

All relationships are interconnected. But interconnectedness is only established when we first establish a real relationship with ourselves and start with some basic truths about ourselves.

1. I am eternal.
2. I am the child of the creator (God).
3. All humans are equally valuable.
4. We are all a big family and God is our parent.
5. I have all that I need to love,

evolve, and
grow.

6. My feelings will
show me the
way.

7. I need to feel
no matter what
these feelings
are so that I
can erase
obstacles.

8. I am not alone
but to feel
lonely is a
given, which I
must feel so
that I can get
more clarity.

This much awareness is a good place to start with and as and when we release emotions that do not serve us... we will know innately what more needs to be done for us to carry on becoming loving and evolving.

The idea of life is ever evolving towards love...and each one of us is on an individual journey and space that is unique. We will become uniquely independent and easily connected with others at the same time.

How this happens is by experiencing our feelings as mentioned before and not putting the cart before the horse. In other words, not trying to get all knowledge before we are evolved enough to practice what we have learned.

Because we are
already doing that,
and it is not taking us
where we want to go.

In fact, it is a
hindrance to our
evolution. Just the
fact that we know
what will happen
doesn't make it
happen and we never
really know how we

will feel when it happens (which is an ongoing process eternally) so we will never reach the end, and so it defeats the whole idea of evolution.

The knowledge we need depends in the moment of now.

Because we have
attracted this
knowledge to
experiment with. It
then opens the next
phase of our
evolution which
makes it much more
exciting and fun....

This is what really
works....

This is how we
connect with
ourselves and fall in
love with
ourselves...this shows
how we trust in
ourselves that
whatever I am feeling
now is the most
important thing and
this is where I need to
be and let this feeling

reveal itself to me,
clean it if it not loving
and empower it if it is
loving and then take
the next journey with
real confidence...

Nature is always
guiding us to
evolve.... we need to
let it show us the way
and watch the
fun...while getting

smarter and wiser
and the best evolved
human that we can
be...

Relationship with the environment.

It is a given... if we now know to love ourselves... it will color everything we touch.

We will get the sensitivity existing in our symbiotic relationship with our environment...

We will see far
beyond the physical
and know the value
all things have and
give it the love and
respect it deserves
which comes flowing
back to us...

The environment
reacts to the human
as the human reacts
to itself....

***Some notes from the
writer...***

Reading and
acquiring more
information will not
do the job...

We must interact
with the frequency of
the person... which is
stronger than the
words written....

These words are just
a means to an end.

The real learning is us
coming together and
exchanging words or
asking questions in
person...feeling the
energy of love, and
intuition. All
information thrives in
an environment of
love. This love is the

energy that created
worlds and this love
will clear the way for
our evolution.

Every human is at a
unique level of their
own evolution which
is ongoing eternally.

I wrote what came to
me to write....

Rest is up to us to
reach out for... as and
how one feels like!

I am here...just a
teacher of love...that
clarifies.

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