



INTIMATE RELATIONSHIPS

Learn about the three levels of attraction key to all intimate relationships

**The following information
is an excerpt of the
Sacral Chakra E-book.**

When you purchase the on-line Emotional Anatomy Mentorship Program you will receive the full E-book, which covers the following topics:

- ✓ Want & Desire
- ✓ Addiction
- ✓ Relationships
- ✓ Levels of Attraction
- ✓ The Magic Mirror

Chris Knight
Emotional Anatomy Mentorship Program

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23 Parker Street

Newmarket Qld 4051

www.soulpacebrisbane.com.au

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Author: Christopher Knight

Intimate Relationships

Intimate relationships, particularly those with strong, physical, emotional and mental attraction can be tumultuous. They are a constant work in progress. Any attempt to fix a relationship by fixing each other or by avoiding each other's sore points, is delusory and temporary at best. Dramas within a relationship will prevail until the individuals involved resolve their own unconscious perceptions and behavior.

Much of the chronic unresolved hurt, anger and resentment caused by relationships is ultimately due to ignorance. Our ideology behind marriage is a good example of this. Two people vow to be in love forever. This is a highly unconscious and ignorant desire, since the energy that drew them together was not in their control in the first place. How can a promise of permanency be made when the energy governing the relationship is by nature impermanent. It is impossible and yet through unconsciousness it is attempted every day.

Levels of Attraction

When two opposites come into contact with each other and their consciousness states match, this often creates a strong sexual charge leading to an intimate relationship. There are three distinct levels of consciousness governing intimate attraction.

Physical attraction (Base Chakra)

The consciousness of physical attraction is primarily located in the base chakra. Physical attraction sets the foundation for an intimate relationship. Physical attraction is primal and therefore holds a strong and unconscious magnetic pull, which is the impulse responsible for the continuation of our species. Physical attraction is absolutely critical in forming the foundation of an intimate relationship but on its own it is by nature superficial. In relationships this means depth of connection involving emotional and mental resonance is not the primary motivation. A person seeking connection at the physical level will often seek many partners and not feel it necessary to work through life issues and challenges with a particular partner. Or the attraction is based on safety and security with less concern for emotional and mental attraction. Seeking sexual intimacy at a purely physical level is often associated with the masculine energy. And it is true, seeking sex at a purely physical level is by nature masculine because the base chakra is a masculine chakra. Females and males alike both have access to this consciousness, however it expresses itself stronger in males because their essence is masculine.

Physical and emotional attraction involves all the senses. The partner must look, feel, smell, taste and sound attractive. The most important of these senses at the base chakra level is smell. I have many clients who are unsure if they are truly attracted to their partner. They tell me their partner is visually attractive but there is some doubt. In this instance I will ask my client if they like or can be turned on by the natural smell of their partner. Not the smell of their perfume or cologne, which often people use to mask their natural fragrance in fear of being repulsive or not enough. I've had many clients reply that they are turned off by their partner's natural fragrance.

Unfortunately this is a considerable issue because it undermines the foundation of a physically intimate relationship.

Emotional attraction (Sacral Chakra)

Emotional attraction goes beyond the physical realm. The sacral chakra consciousness seeks to experience freedom through pleasure and to connect with another on an emotional level. At the height of this connection holds the archetype of Romeo and Juliet. Romeo and Juliet have a strong physical and emotional attraction towards each other. Their love is forbidden by their family/tribal identities (Base chakra) which forms the bases of the attraction as well as the feeling of completion when they are in each other's presence. The couple is at the mercy of consciousness working through the seduction of opposites attracting. The feelings they have are reciprocated so intensely it is impossible to imagine having this connection with any other. It is exclusive unlike the physical attraction of the base chakra, which is why this kind of attraction often only involves two people.

The dilemma this engagement creates for the ego is extraordinary and ultimately designed to destroy the illusion of separation. When attraction is low or based on physicality alone the ego is not under the same degree of threat because the gravity of the attraction is not strong enough to hold the two together in the face of deeper truth. Emotional connection on the other hand makes the engagement almost impossible to avoid.

Emotional attraction is called love due to its association with the heart chakra. The sacral and heart chakra's are sister chakras. The heart holds the knowing, and acknowledges the truth of the attraction beyond the reasoning of the mind. Emotional attraction engages the lower frequencies of the heart. This is because the higher frequencies of the heart manifest as unconditional love where as emotional attraction is by nature conditional and therefore, lower in frequency.

The Magic Mirror

Relationships charged with emotional attraction act like mirrors relaying important information back to the observer to see his or her own state of consciousness. The window for growth and expansion of consciousness opens as each party, longing for each other so intensely, are faced with a mirror reflecting symbolically each other's state of consciousness. The mirror mechanism is an effective conduit of consciousness, particularly when translated through the perception of symbolic sight. Symbolic sight develops and is fine-tuned at the throat chakra. Relationships formed at the sacral level of consciousness often lack the ability to see the symbolic nature of their circumstances which undermines the reflection they are receiving. Ultimately this is caused by the perception that the person they are attracted to or 'in love with' is completing them in some way. In fact, this is the illusion they are both in the process of waking up from. Therefore the more they try to find fulfillment in each other's arms, the more intensely the mirror reflects the truth back to them.

The truth is they are still alone because no matter how intense the experience of connection the emptiness inside still remains when the duality returns. Rather than acknowledge the emptiness, which leads to the realization of oneness, the ego in each party will often create outward

drama. Drama gives reason to the unsettling feeling of emptiness. Drama is the ego's way of deflecting truth by projecting issues onto the outside world, in this case, the partner. After much pain and suffering caused by repeated dramas and stories one must eventually must ask the question. Am I responsible for all this pain and suffering? The answer of course is yes. With this question dawns the beginning stages and development of symbolic sight and the ability to see patterns. With this acknowledgement true power immerses igniting the creative power of the sacral energy. The sacral chakra desire for relationship is therefore fundamental in the awakening of consciousness. Any attempt to avoid relationship or to disregard the impulses of the sacral chakra is ego inserting itself.

Mental Attraction (Solar Plexus Chakra)

It is highly common for an intimate couples to have physical and emotional attraction for each other but not mental attraction.

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