

Whether you are looking for a soulmate, reconnecting with an estranged family member, grieving the death of a loved one, or simply seeking a greater connection with yourself, Jyl's late-in-life love truths will inspire you to consciously wake up and love stronger.

Conscious Love: 7 Relationship Truths for a Modern World

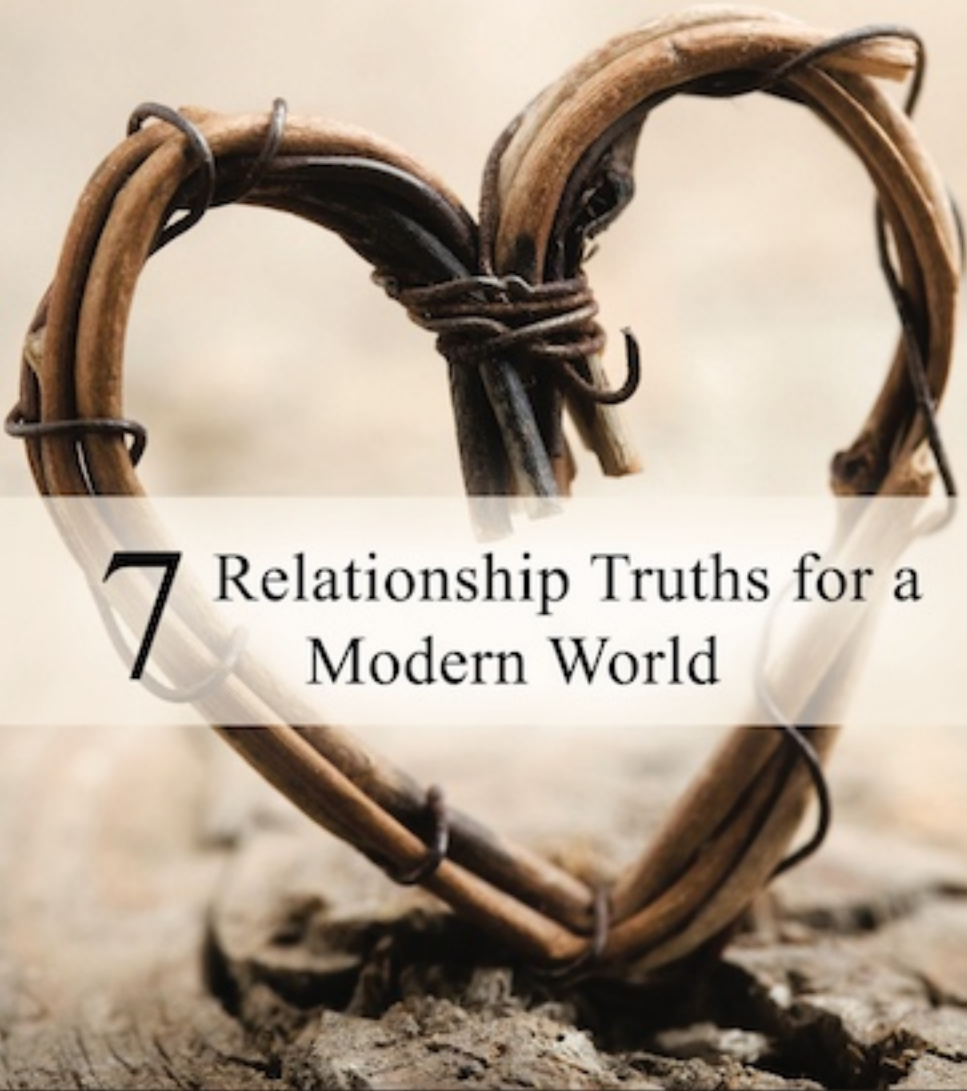
by Jyl Auxter

Order the complete book from the publisher
[Booklocker.com](https://www.booklocker.com)

<https://www.booklocker.com/p/books/10166.html?s=pdf>

or from your favorite neighborhood
or online bookstore.

Conscious Love



7 Relationship Truths for a
Modern World

JYL AUXTER

Copyright © 2019 Jyl Auxter.

All rights reserved. No part of this book may be used or reproduced by any means, graphic, electronic, or mechanical, including photocopying, recording, taping or by any information storage retrieval system without the written permission of the publisher except in the case of brief quotations embodied in critical articles and reviews.

The views expressed in this work are solely those of the author and do not necessarily reflect the views of the publisher, and the publisher hereby disclaims any responsibility for them.

The author of this book does not dispense medical advice or prescribe the use of any technique as a form of treatment for physical, emotional, or medical problems without the advice of a physician, either directly or indirectly. The intent of the author is only to offer information of a general nature to help you in your quest for emotional and spiritual well-being. In the event you use any of the information in this book for yourself, which is your constitutional right, the author and the publisher assume no responsibility for your actions.

Stock imagery provided by Thinkstock are being used for illustrative purposes only. Certain stock imagery © Thinkstock.

ISBN: 978-1-64438-423-7

Printed on acid-free paper.

BookLocker.com, Inc.
2019

First Edition

www.jylauxter.com

Also written by Jyl Auxter:

Conscious Afternoon Teas

A Girlfriend's Guide to Inner Peace



Conscious Dinner Parties

A Girlfriend's Guide to 9 Transformational Gatherings



Get High on a Higher Vibration

Healing Addictions



What's Cooking Within?

Yoga, Meditation & Recipes

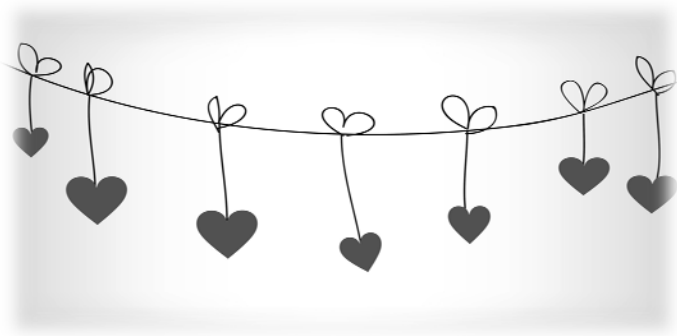
Table of Contents

Introduction.....	1
Love	1
Why This Book Is Different	4
The Author’s Love Story	5
Who Needs to Read This Book	7
Part I - The Heart Matters	9
Lasting Love	10
A Starting Point.....	14
Part II - Relationship Truths.....	17
Truth #1 Tribal Love.....	18
Defining the Tribe	18
Life Movie.....	21
Triggers.....	23
Spiritual Work	24
Karmic Imprints	25
The Mind.....	28
Trance States.....	31
Breaking Down Old Beliefs	33
How to Identify Your Progress	34
Love Stories	37
Balancing Exercise.....	41
Love Medicine.....	42
Truth #2 Passionate Love.....	44
Passion.....	44
Sex	45
Sexual Revolution	49
Living Passion	53
Marriage and Parenthood	55
Passion Purpose.....	56

Love Stories	58
Balancing Exercise	62
Love Medicine	64
Truth #3 Power Love	65
Power of Love	65
Power Struggles	68
The Power Role	70
Backlash of Power	72
Gender Power	73
Protective Love	77
Power vs. Ego	80
Love Stories	81
Balancing Exercise	85
Love Medicine	87
Truth #4 Heart Love	88
Love from the heart	88
How to Heal a Broken Heart	91
Discernment	93
Psychic Protection Prayer	94
Acceptance	97
Mending Family Dynamics	99
Love Stories	102
Balancing Exercise	105
Love Medicine	108
Truth #5 Language of Love	109
Loving Communications	109
Learning to Listen	111
Language of love	112
Humility	115
Compassion in Action	116
Love Stories	120
Balancing Exercise	124
Love Medicine	127

Truth #6 Soul Love	128
Liberation	128
Self-Love	129
Intuition.....	132
Invention.....	134
Visualization	136
Meditation.....	137
Love Stories	141
Balancing Exercise.....	144
Love Medicine.....	147
Truth #7 Spiritual Love	149
Spiritual Relationships.....	149
Oneness	154
Aura.....	159
Inspiration.....	160
Spiritual Awakenings	162
Spiritual Maturity	164
Authenticity	167
Love Stories	169
Balancing Exercise.....	173
Love Medicine.....	176
Part III - Consciousness.....	177
Defining Consciousness	178
Altered States of Consciousness.....	180
Applied Kinesiology	181
Learning to Muscle Test.....	183
Part IV - Revolutionized Self.....	189
Truth	190
Truth vs. Myth.....	191
Relationship Help	203
Final Thoughts	207
Acknowledgments	213

References 215
Books, Articles, & Websites..... 215
Other books and products by the author 217



Introduction

From Darkness to Light

Om asatomo satgamaya Tamasoma Jyotirgamaya

Mrityormaamritamgamaya, Shaanti, Shaanti, Shaanti

Brihadaranyaka Upanishad

Love

Songwriters sing about love, artists are inspired by it, and thousands of books are written on this topic year after year. Yet for many, love remains a mystery, an unreachable concept, a dangerous risk, and even at times, a painful curse. The popular musicians John Mayer and Katie Perry sing a romantic love duet suggesting you simply “love who you love,” as if there were a built-in love destiny written into each person’s DNA that ensures a perfect karmic match. Whatever your beliefs, true love is worth taking risks and going on an adventure. In the end, love encounters will either lighten up life in an immense way or quickly reveal that the heart is fragile and can break. In either case, the more consciously you live, the easier it becomes to form stronger relationship bonds.

In today’s modern world, many of us face major challenges. We depend heavily on our relationships to offer a safe haven. Most people want to be deeply treasured and felt by another. In return, they want to offer heartfelt connections to their partners, friends, and family.

Ultimately, those who are on a spiritual path to enlightenment want to understand how it all might work together for a greater divine purpose or what I call *conscious love*.

Love is a little four-letter word that can become quite intimidating at times. Still, we never give up the right to be lovingly adored by others. Some will declare a romantic partnership is out of their reach. They have convinced themselves that the spirit world has forgotten their deepest desires. Yet, others insist their soul isn't that cruel and remain hopeful that a soulmate will soon arrive.

Whether it is a romantic connection you seek or a deep love for family, a child, close friends, a teacher, or simply for yourself, all kinds of love are an essential part of living joy. This penetrating bond is built into the human experience and is available upon command. In its purest form, this kind of love may just be a longing for an innate spiritual connection, a chance for a sacred hookup to a heavenly frequency and a much larger concept to consider. *Conscious Love: 7 Relationship Truths for a Modern World* explains why your conscious evolution is linked to your ability to love deeply. This will lead you further down the rabbit hole to meet up with more fundamental self-discoveries. Be prepared to honor yourself with some self-training, self-repairing, and self-discipline, which in the end, may just complement the inner journey.

Looking outside yourself for relationship advice can be tricky. Even when you want to confide in your most loyal and trusted companions, I would advise against it. This journey is a solo inward one. Only you and your soul should be privy to this love-seeking truth exercise. If you do refer to an outside authority, make the experience your own and absorb it into a higher aspect of yourself. This requires you to understand the message on a visceral level. It is not enough to just skim the words of this book and nod your head yes. A subject like love requires a deep soul searching, get serious kind of effort.

At a time when one out of two marriages end in divorce, you may believe that a true soul love can be challenging to find and keep. At least this is what society is mirroring back to all of us. However, I have met several individuals who shared their experiences of inspiring and long-lasting relationships. Certain people seem to be pre-dialed in to healthy love habits and are familiar with great acts of fearlessness, patience, compassion, forgiveness, acceptance, and faith. These folks

have a core belief that almighty love is sustainable. Many have done the processing work to heal underlying emotional wounds, either in past lifetimes or in the present one. They learned specific vital relationship secrets, like being physically grounded during the dating process and healing core childhood wounds before choosing a mate. This elite group believes that a karmic connection is available to them, and they are determined to wait for its arrival.

A few of these same people had the courage to realize we don't all share an identical vibrational frequency. Sometimes a person seems to be a suitable prospect yet ends up not being an energetic match. Instead of berating themselves, these individuals swiftly continued on their love-seeking journey. Once in a relationship, they realized the importance of keeping their individual voices and staying true to their unique flow as they held on to their personal power. With great reverence, many have found and nurtured a committed loving relationship. Yes, a select few have even gone to the grave with their one true soulmate.

I believe there are many karmic connections in a lifetime, and each one should be genuinely explored and honored. Call them kindred spirits, twin flames, or soulmates: past life, karmic, healing, and spiritual. It really doesn't matter what label is attached. Each of these people will be a teacher, helping you learn the depth of your personhood. It is then up to you to take advantage of the lessons learned. Most importantly, it is critical not to discount anyone along the way. Even when the prospective mate doesn't look the way you had imagined, remember you will probably end up loving who you are predestined to love.

When you find your soul love and fall head over heels, keep in mind this powerful love energy can affect everyone around you. The act of loving actually brings a great deal of happiness into your life. At the same time, this powerful love frequency flows out into society and elevates the collective consciousness. The world needs this now more than ever. As I write, terrorists are lurking in the streets of major cities around the world, an unconventional and controversial United States president governs by tweets, Russians are hacking democratic elections, millions of Syrian refugees are looking for homes, and all the while North Korea flexes its nuclear warfare muscles. As you can see, it is extremely important to be grounded in a greater reality and one wrapped in love.

Love is an action, not an emotion.

Love is a higher state of being and not an emotional rollercoaster. This means that every day you wake up and intend to be lovable. You gladly shine an inner love light out to everyone you meet. It is that simple! However, like all actions, one must have an *action plan* and stay mindful of any *reactions*, negative or positive. An effective action plan will require a bit of—wait for it—W-O-R-K. Every great act in life, including love, takes work, and this is why so many struggle or fail in relationships. The conditioned mind can't wrap itself around the work part of being in love. I get a sense that most people's reaction to romantic love is to hold on to old core beliefs that say love should emanate naturally from the heart, offer mind-blowing sex, and be totally effortless to find and maintain.

Why This Book Is Different

For 30-plus years, I have offered complex healing analysis and therapeutic mentoring sessions in energy medicine. As a medical intuitive and medium, I have assisted many people who have suffered over love: self-love, being in love, lost love, finding love, familial love, love for life, friendship love, and spiritual love. In fact, love issues seem to be at the core of every healing session. Learning to love stronger is a principal theme for all of my clients. People tend to suffer with their health because they are too afraid to confront unconscious inner love issues. These same issues, or emotional wounds, can eventually cause bodies to break down and illnesses to form. It is my job as a healer to help my clients see a bigger health picture.

In this book, I share healing stories from my life and from my clients—stories that support the importance of doing spiritual processing work. This work helps clear the illusions from life so you can start to live from a greater inner truth. I discovered that deep emotional love themes reside in various conscious levels within our mind, body, and soul. I have noticed it didn't matter what area of the body I was working on, the message from the spirit world was the same. I was to point out the imbalances and teach the person how to love stronger. By

making this information available, my clients are free to love at a much deeper level.

If you have worked with a spiritual healer for personal health issues, you are likely aware that energy medicine healers and their gifts vary greatly. For instance, some healers are able to psychically see a person's cancer at the exact location it lives in the body. Another healer might work closely with entities or spirits from the spirit world. Some healers may strongly feel their client's pain and identify the imbalances within their own bodies. And many compassion-based healers (e.g., Reiki and Healing Touch) simply offer light and love with no direct psychic connection to a person's health issues. Each has his or her own signature style and capabilities.

I am extremely psychically sensitive to both the external and spiritual worlds. I feel a person's subtle bodies (unseen energies) within my own body and hear messages from my spirit world suggesting healing protocols, karmic insights, and soul truths. I often see visions of the future and can tap into past lives. From time to time, I even see and feel entities or invisible spirits on this earth plane. In my treatment sessions, I use the spiritual information provided by the spirit world to create a custom health profile. This information details ways to help my clients reestablish well-being.

The health profile is based on my client's pre-disease state. However, if a person doesn't follow the suggested healing protocols, these same imbalances can soon lead to becoming a disease. Energy medicine serves as a substantial form of preventive care and, at the same time, a very effective treatment for most illnesses. Disorders of the body are based on a lower frequency, and energy work has been scientifically proven to shift lower vibrations and aid in the healing process. The higher frequency of love plays an extremely important role in my work and will determine the success of a self-healing outcome.

The Author's Love Story

I have heard a few people say that I am a late bloomer. My soulmate and I met when I was 50 years old. Up until then, I stayed single and never married. It felt like a whole lifetime went by as I waited for my partner to find me. Karma and karmic connections come

together in time. Remember, it is not *if* love comes, but whether you will be prepared *when* it does arrive and not push it away.

I have shared in previous books that I am a yogi who experienced a personal midlife healing crisis, or what the shamans refer to as a *birth of the healer*. This spiritual emergency consciously woke me up, and as I began to understand the depth of this transformation, I proceeded to help others with their wakeup calls and healing journeys. I knew this was my destiny and continue to this day to share my experiences. I teach others to impart the lessons they have learned. This is how all of us can be of true love service to a broken world.

Following my spiritual emergency, a romantic soul love remained a far-off vision in my meditations, and I had to marinate in my own juices until further notice. Perhaps this is happening for some of you right now? May I suggest remaining calm and avoid getting impatient. Spend time falling in love with yourself. Try to get to know who you really are by discovering your true nature and soul purpose.

My German-American parents were married 61 years. Oh, how they loved each other, and this one single element had a lasting effect on my life. Finding a soulmate love had unconsciously become my daily mantra, and I guess that is what kept me believing in true love. My parents' relationship influenced me to go through life looking for that one special soul who would offer a lifetime of deep togetherness, just like the one they shared. In fact, my parents loved each other so much they went to their graves together. A psychic medium friend of mine said that to this day she still sees them together in the afterworld. Now this is true love.

To be honest, all I have ever wanted was to be in a healthy relationship, one that was designed specifically for my soul's journey. With this powerful, silent, unconscious intention, I had to wait. And when I did meet my amazing Mr. Man (nickname given by a very special friend), I risked it all and never looked back. I am grateful every day for my relationship, and I encourage all women and men, young and old, to stay open to finding a lasting love affair.

It took all the courage I had to believe in the power of true love. I want to share with you how I found and continue to find the fortitude to grow into the most loving woman I can be, not only for my partner, my world, and my God, but mostly for myself. It feels good to

choose love, a love that has completely softened and consumed my entire persona.

Often when I meet people for the first time, they want to share all the dramas from relationships gone wrong instead of positive love lessons that have been discovered along the way. I completely understand the frustration and pain when love doesn't go as planned. However, in this book, I will keep the focus on positive ways to reframe the drama and hardships. You might say it is my intention to share personal late-in-life love successes. I hope to inspire many of you who are struggling to find your way. I pray this book offers unique life passages for all who dare to open the cover and look inside, passages that shout out at the subconscious mind, *wake up to more love!* It is time to mindfully embrace yourself on a grander scale. I promise that your physical, emotional, and spiritual energy bodies will shift. Balance can and will be restored as you open your heart and aim to transform.

Who Needs to Read This Book

Manuscripts carry a specific energy. Every time I pick up a book, I immediately get a sense of the writer's state of well-being as the pages were being written. This particular book has energy too. It has an abundant amount of spiritual energy. As a side note, *Conscious Afternoon Teas* taught that spirituality is quite different these days than a religion or religious dogma. Spirituality may still be at the core of your religion; however, it has now become a powerful link to an inner conscious state of being. This is very important to note as we discuss *conscious love*—a spiritual love that is definitely a higher frequency with a bit of punch.

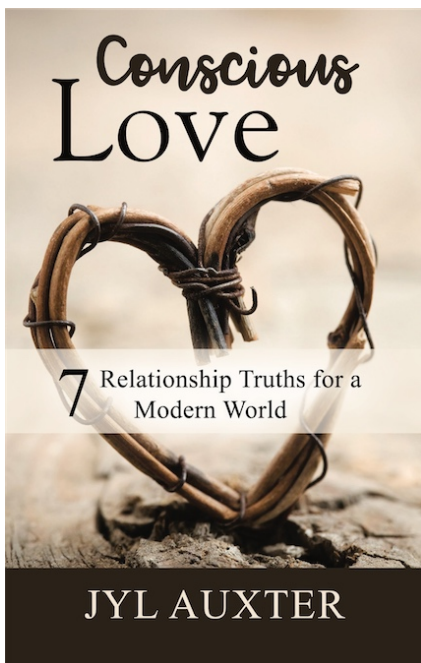
My books have been written specially to benefit other teachers, healers, yogis, psychics, and people who simply have a higher karmic propensity for greater spiritual awareness—in other words, girlfriends and guy friends who are interested in advanced esoteric realities. However, everyone on this planet with a beating heart could benefit from reading this book.

Whether you are single and looking for your king or queen, young and seeking dating advice, going through a divorce, getting over the death of a loved one, wanting to mend family wounds, or just looking to connect more deeply with your sensitive self, this book will

offer invaluable nuggets to carry through life, or until your love goals have been met. I always say, change comes with a price. If you desire to live your best life, you must do the work and have unbreakable faith that everything happening right now is for your highest and best good. Stay joyful.

The goal is to fearlessly look at your life and uncover the unconscious, messy love wounds you have been carrying around for years. Find the courage to release them and heal. This spiritual love work will prepare you to powerfully step out into the world to greatly influence others. Let your light shine, and it will. As you learn to be responsible for your own personal healing, you can start to shift old core beliefs, the ones no longer in line with your new lovable self. Only then can greatness occur in your life.

I am going to be honest, transformations might take a long time and real effort. Try to have the courage to show up with an open heart and keep a curious mind. Let this book be a respite from a world gone mad. Trust me when I say having integrity and knowing your truth will soon be back in style. A balanced, healthy world depends upon it. Conscious love depends upon it.



Whether you are looking for a soulmate, reconnecting with an estranged family member, grieving the death of a loved one, or simply seeking a greater connection with yourself, Jyl's late-in-life love truths will inspire you to consciously wake up and love stronger.

Conscious Love: 7 Relationship Truths for a Modern World

by Jyl Auxter

Order the complete book from the publisher
[Booklocker.com](https://www.booklocker.com)

<https://www.booklocker.com/p/books/10166.html?s=pdf>

or from your favorite neighborhood
or online bookstore.