

Spiritual Secrets to Happiness for Single People

By Mike Stone



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Passing it around with the desire to be of service can accelerate your journey.

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Introduction

Sexual attraction is a doorway into a secure and complete sense of self. When we feel the desire for a lover, we have an opportunity to deepen into self-acceptance and lasting fulfillment, even if we have not yet found the healthy relationship we are looking for. But so often it is difficult to be without romantic or sexual partners. We're jealous of cute couples everywhere, we wonder how we'll ever meet someone, we're sexually frustrated, and we feel alone. How can we become wide open to meeting someone new, and still maintain a healthy non-attachment to the when/where/how it will happen?

This book contains ten steps to initiate spiritual transformation. They will get your inner momentum going in a peaceful direction. People say you meet someone when you are not looking, but how do we "not look?" How do we cultivate a sense of trust and inner freedom until this person appears? It is easier than you think.



I have worked as a spiritual healer and tantra coach for over six years and have taught these steps with phenomenal results. One woman came to see me who just ended a life-less and sex-less marriage. She felt so gypped and hurt. I taught her the principles in this book, and within a day she felt 80% lighter in her search for a man. And within two weeks, she met someone new.

You will need at least fifteen minutes to work your way through the steps the first time, and only five minutes on subsequent times. Each time you go through the steps, your wellbeing will increase.

If you are ready to bring ease and lightness back into your search for a lover, these steps will carve the way.

Step One: Accept and Go Into Your Wanting

With some quiet introspection, begin by putting attention on *really wanting* a lover. Let yourself feel the pull towards your ideal mate. Allow yourself to directly experience your deepest desire.

As strange as this suggestion may seem, it is the ticket to freedom. If you want to catalyze a deep shift into peace, the guiding principles that will set you free are:

A. What you resist, persists

B. What you feel, you heal

These two principles can change the course of your life, once you really get them. If you are resisting feeling your need (or intense longing) for a lover, you are, in a round-about way, energizing that need. You are in effect saying: "I'm dying to meet someone, but I don't want to feel this way!"

This attitude may appear helpful on the surface, but the "I don't want to feel this way!" is doing more harm than good. It is taking all your attention and putting it on what you *don't* want to feel. The judgment of the feeling locks your attention *and the* feeling in place. Feelings grow with attention. When you fight your feelings, they feed on the fight.

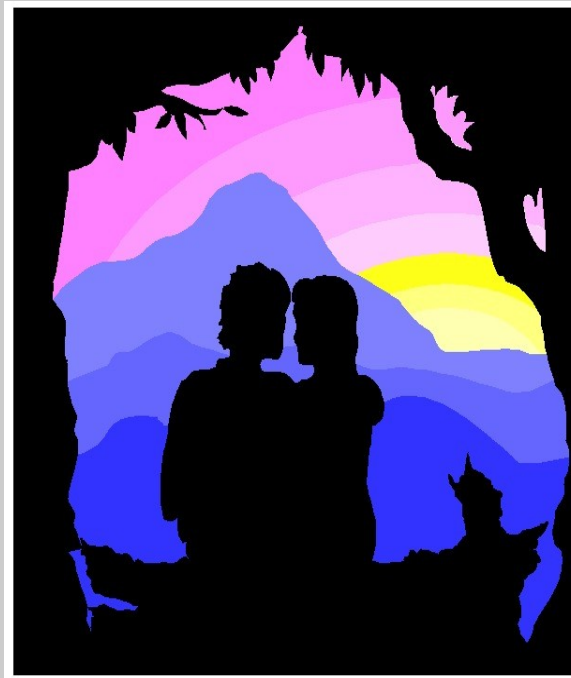
So start where you are. Drop into the experience of your wanting. The easiest way out is "through."



Step Two: Turn Up Your Desire

Go deeper now and ask yourself the questions: *"What do I want?"* and *"What do I believe having a lover will give me?"*

Let yourself want what you want: a man, a woman, sex, marriage. Go slow. This is not an exercise in creating a list of qualities you are seeking in a mate. It is about letting your desires flow.... Being okay with them. Acknowledging them. Feeling them, with acceptance. Again, resisting your need for a partner only intensifies it. Surrendering and not fighting it allows something new to be revealed.



You might experiment with dramatizing your desire. Say something like this to yourself: *"I really really really want a relationship! I neeeeeed to find someone now. I want to have sex right now!"*

Dramatizing can bring a little bit of playfulness and fun back into your life.

Step Three: Breathe Down to the Core

In your explorations, find out if there are different onion layers to your wants. Part of us often wants one thing, and underneath it is a deeper want. *"I really want money"* for example, may have *"I really want freedom"* under it. *"I really want a lover"* may have *"I really want to be seen"* under it.

You begin a powerful transformation when you honestly access the deeper desires underneath your desire for a lover. Begin by weeding out the top layers of desire (the surface level things that may come to mind at first about how nice it would be to have a lover) and move 'down' toward the deeper layers. These will be feelings. Good feelings. Behind every outer desire, is an inner desire, a desire for happiness.

What is your body and heart really looking for? Love? Attention? Safety? With a gentle, powerful, and knowing intention, bore your way down to your core desires.

A most effective tool to help take you to the core is your breath. Effortless, deep, relaxed breath. Take deep belly breaths as you explore... allow....

Fill in the blanks and say to yourself: "I want a lover because ____." Now breathe through that want and change the statement to "Underneath that want is ____." When you can "taste," feel, and experience the essence of what you are looking for, you have succeeded in getting to the core.



Step Four: Find it in Yourself and the Outer Will Follow

A powerful way to uplift your life is to find the qualities you are searching for in a mate in yourself first. Give yourself what you are seeking from a partner. If you want love, give yourself love. If you want compliments, give yourself compliments. If you want relaxation and quietness, give yourself relaxed quiet time.

But the only way to do this effectively is with depth. It has to be a genuine giving to yourself. Contact your deepest sense of self and give from there. How? Work from the outside in: Put your attention first on your outer life, and ask yourself: Where do I believe all the good things I want from a lover will come from? Do I believe they come from someone else?

Does love come from the outside? Do fun and connection come from the outside? Does happiness come from being with another? Just look at what you believe. Be honest with yourself. That is the key.

Notice both your heart and solar plexus. Go slow. Feel into the layers and levels of your desires and where you think their fulfillment comes from. Again, ask: *What do I really want?*

Let this be your spiritual practice... surfing and riding wants... and seeing if you believe they will be fulfilled from the outside by another person... Maybe they will. But maybe they can also come from within....



Step Five: Delve into Your Body

The transformative power of this practice will be amplified if you stay grounded in your body. This means putting your attention out of your head and into the field or the sensations of your body.

Notice your body, stomach, heart, and shoulders as you as explore. Are they tight? Relaxed? Open? Take your attention deeply into your body.

Notice your skin. Your eyelids. Your breath. Your muscles. See if you can tap into a feeling of energy in your body.

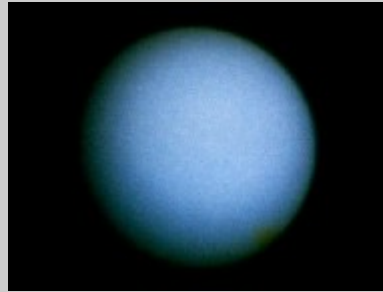
Your body is composed of cycling energy. Molecules and electrons dance and orbit throughout every area of your body. Your body is the storehouse of your emotions, but is also the storehouse of your serenity. Just “underneath” whatever tension you may have in your body, is a place of deep spiritual presence. It is the feeling of being alive, a sense of Life energy, and it starts in your body.

Steps six through ten will take you straight into it. Continue breathing and relaxing.... This is an effortless ride.



Step Six: Reconnecting with Your Inner Spark

Once you've grounded yourself in your body and gotten down to the core onion layers of desire, avail yourself to the idea that there is a spark or a seed of fulfillment in you now. This is a seed of openness, passion and power. This is your "inner spark." It is a feeling of love, satisfaction, and aliveness. It is always there, even when you think it is not. It is there whether you have a lover or not.



Step Seven: Going Deeper

Realize your inner spark is your ticket to true fulfillment without a lover. This spark may be a subtle feeling at first... a background glow underneath the fierce pull to have a partner. It's your deepest self. It's the feeling of being alive and bright. Your task is to let it grow. It's in your heart... It's the core of the onion. It's what you are really seeking. It's You. You really want yourself.

The pull towards a lover is the pull towards your deeper self.

All the qualities you are looking for are found intrinsically in this core spark inside you.



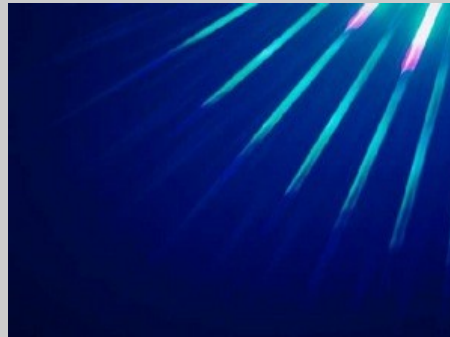
Step Eight:: Doorways to Spiritual Knowing

Be willing to nurture this light, through attention, healing touch, taking action, prayer, and inner acceptance. Doors into this light are everywhere, all you need do is step through them.

Seeing beauty in a picture, a person, or in nature are perfect doors to step through to get you started. Gaze upon something with new eyes. You can do it. When you recognize beauty outside of you, part of you feels it inside of you too. This is that spark. It's palpable. It's simple. It's here now.

This inner spark can bring you all you desire.... Imagine it right now as a growing light.... a light that gets brighter as you reconnect with your deepest essence.

With full intention, turn up the dimmer switch on this light. Imagine that each breath makes it shine brighter.



Step Nine: The Return to Effortlessness

Let this light overcome you. Let it tower over thoughts and emotions. It's beyond thought. It's beyond fear. Effortlessly breathe into it. It brings love and transformation to all limiting thoughts and fears.

You attain peace as a single person not by getting rid of lonely or uncomfortable feelings, but by going beyond the lonely and uncomfortable feelings. Becoming bigger than the emotions that once bound you. Expand your sense of self outside these old feelings.

In this way, you can literally feel “good” and “bad” simultaneously. Part of you may still long for a lover,

and at the same time you can be free of the pain associated with the longing. You are not ignoring the pain, you have just stepped out of it.

Gradually, the light will take over and will supersede all old limiting ideas and feelings. Your sense of self will expand.

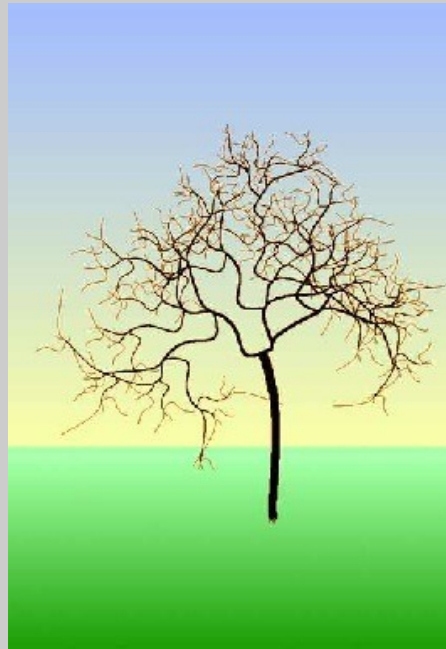


Step Ten: Repetition, Action, and Treating Yourself Well

Repeat these ten steps at least five minutes a day for three weeks. Right before sleep and immediately upon awakening are good times. Stay with it and you will come to a deep place inside.

Take new actions. Do something you have never done before. If you have never been to a movie by yourself, do it. Break into uncharted territory often: Take a dance class, hire a relationship coach, write a letter to an old friend. Do something out of your routine, something in alignment with what you want

to feel and be. This will send a signal to your soul that you are ready to change.



Treat your body well. Eat and sleep well. Exercise. Laugh. Walk. Give yourself the gift of touch. Pleasuring yourself is important. Take time to masturbate. *Everyone masturbates... those who don't are liars.* Make love with yourself.

At times, you may feel so lonely or sexually frustrated, that masturbation is not enough. What to do? One thing that may not have occurred to you, is the healing power of getting a tantric, erotic massage. A lot of people miss out on the power of erotic massage because they associate it with prostitution or

they judge themselves for even considering it.

The truth is: If you find a nurturing practitioner, you will have a nurturing experience. Don't be fooled by shallow ads. Hire someone with depth, heart, and experience in tantra. You may be surprised by the power of this sacred work.

Recommended Products

Click on links for more information:

[DVD: Tantra - The Art of Conscious Loving](#)

[DVD: The Art of Sensual Massage](#)

[Book: Living Alone and Loving It](#)

[Book: Revelations of a Single Woman](#)

[Book: How to Hear Your Angels](#)

[Book: Guardians of Being](#)

[Audio Book: Enlightened Sex](#)

Recommended Websites:

[Tanja Diamond - Tantra Teacher](#)

[Karen Card: Certified Relationship Coach, Speaker and Author](#)

[Cuddle Parties](#)

[www.tantranova.com](#)

Mike Stone is sensual healer, Life Coach, and author. He helps people find freedom and pleasure by integrating the sensual and spiritual realms. Visit him at <http://www.EroticEnergy.webnode.com>