

INTRODUCTION

CAN YOU IMAGINE the possibility that happiness might be over-rated? Don't get us wrong, we love being happy as much as anybody, but maybe happiness is not the goal, maybe there is something that feels even better, that is a permanent state of being—a vibrational frequency of present moment awareness, fueled by gratitude—that becomes your new normal. A state that is not conditional on anything external happening to you, or for you, or if or when something happens, as is often the case when we experience temporary feelings of happiness.

And what if this state of being is who you really are, and that you are just now remembering, awakening, to your true nature?

In the following pages you will learn that this state of being, and your true nature is unconditional love, and that any beliefs you hold about yourself that are not aligned with the vibration of unconditional love are simply not true. And we will show you how to change them—easily and permanently.

The state of being of unconditional love is not a feeling or an emotion. It is a way of being that brings great comfort, emotional mastery, peace, joy, abundance, clarity, spiritual connection, and yes, happiness. Happiness that is not conditional upon anything happening to make you feel that way. It's just the way you are.

So, what does this have to do with *The Art of Relationship*? Pretty much everything, as the relationship to yourself, the amount of love you have for yourself (and others), coupled with the amount of love you allow yourself to receive, will determine the quality of all

the relationships in your life. And you can't give or receive that which you don't already feel for yourself.

So, are you ready to embark on a journey of self-discovery, to know who you really are, to understand why you believe, think, and act the way you do, to change beliefs and patterns that no longer serve you, to establish and maintain healthy boundaries and to love yourself in a way that feels so good you may have a difficult time describing it?

To respond calmly to anything life throws at you, instead of reacting emotionally. To live in the present moment with no thoughts of regrets from the past or worries for the future.

Your guides for this journey are THEO, a collective of 12 arch-angels who have been speaking through me (Sheila) following my near-death experience in 1969 (I'll share much more on this in the next chapter). Never embodied in human form, THEO is teaching this new way of being as we are currently going through the greatest shift in consciousness ever before experienced on our planet. A state of consciousness they call the 5th dimension, a frequency of knowing and experiencing ourselves as the divine spiritual beings that we are (In my first book: *The 5th Dimension—Channels to a New Reality*, published in 1988, THEO foretold of this time we are living in now).

A time of magic and miracles. Of the extraordinary becoming our new ordinary.

A time of creating soulfully connected relationships!

A few years ago, we asked THEO what topics they wanted us to focus on that could have the greatest impact for humanity, and they immediately responded "relationships, and it all starts with the relationship to the Self." When asked "what is my purpose?" THEO's first response is always "You have incarnated for the learning of emotions," and where better can we understand and master our emotions than in the realm of relationships.

As THEO is an unlimited source of wisdom, the depth and breadth of THEO's teachings are limited only by our imagination, intellect, and curiosity. Many who have had the opportunity to speak

with THEO personally comment on how THEO seems to hold us in our highest light, as they see us only in our highest potential without any of the perceived limitations of situations and circumstances that might hold us back from living a life we love. As they have said to many “If you could see yourselves as we see you, there would be no discontent, only joy and love.”

Imagine how wonderful your life—and your relationships—would be if you see and know yourself as THEO sees you!

We ask THEO in Chapter 2 how they are so wise when it comes to human relationships (since they have never been in human form), and they responded that “we are very good observers.” And they also share insights into who we are on a soul level, inspiring us to see ourselves from a higher perspective.

In the next chapter we share much about how we came together, and some of the miracles that occurred for us to find each other in this lifetime. During our 25 years of being together we have been blessed with many experiences that have no explanation within the confines of the 3rd dimensional, 5 sensory realities. We share these multi-dimensional experiences not to impress, but to provide some inspiration that you too can experience miracles and magic in your relationships as well. It only takes belief and intention (more on that later).

Following our story, chapters 2–4 focus on self-love. You will learn how loveable you really are, about soul integration—the simple, transformative process of how to love yourself, and how loving yourself can change everything for you. We also share in chapter 3 the two very different meanings of self-love found in the dictionary. The amount of love you feel for yourself today may have been significantly informed by which definition you were raised believing.

In chapters 5–12, we explore the most common expressions of relationships including attracting or improving your romantic relationship, honorable separation, healing from betrayal, soul contracts (agreements made prior to incarnating), family (yes, you chose your

parents), communication, your vocation and living with purpose and passion, and finally, the forever nature of relationships and how to stay in communication with our deceased loved ones.

Much of this book is a dialogue between me (Marcus) and THEO, having chosen the topics and questions that we felt could make the most significant impact on your relationships. To take THEO's wisdom from the theoretical to the experiential we include throughout the book intimate dialogues between THEO and several audience members from a live Art of Relationship retreat, followed by their sharing of how the experience with THEO impacted their lives. It is possible that you may see yourself, or maybe someone you know and love, in some of these interactions. We want to thank Maria, Linda, Judy, Anne, Elad, Legacy, P.K., Miriam, Gail, Kim, Andrea, Ole', and Lydia for their courage, vulnerability and love in sharing their stories of transformation.

As we looked back on the wisdom shared by THEO in this book, we realized that there were many of the "big questions" answered within our dialogue on relationships.

Here are just a few:

How can you change limiting and unloving beliefs about yourself?

How can you be free from the trauma of your past?

What is the new paradigm in relationships?

What does it mean to be a vibrational match for the relationship you seek?

How can you make your current relationships even better?

How can you stop repeating relationship mistakes?

How can you establish and maintain healthy boundaries?

How can you stop patterns of self-sabotage?

What are the techniques for changing neural pathways in brain from negative to positive?

How can you stay centered and calm during chaos?

What are the principles for making the law of attraction work for you?

How can you embrace positive change?

How can you recognize the blessings and opportunities of growth from every challenging experience?

Who or what is God/Source—who or what is your Soul?

Why did you choose to incarnate?

Where do you go when you die?

How can you communicate with your deceased loved ones?

What is unconditional love and how do you become it?

And so many more!

THEO also shares with us the most important questions we can ask ourselves to live the most abundant and joyous life possible.

The potential outcomes you may experience from embracing THEO's teachings in this book have been experienced by millions of people over the past several decades. Perhaps most importantly in this process of self-discovery is finding out how loveable you really are, leading to an elimination of your fears, resistance, and feelings of not being enough, freeing you up to confidently pursue your dreams.

Many share that they experience a lightness of being—a lightness of heart (THEO's definition for enlightenment), that they feel more comfortable in their skin. A deeper awareness of our spiritual connection with heightened intuitive abilities is also very common.

As your beliefs change, your brain chemistry changes leading to a new operating system where your default response to life becomes positive and inspired. You might even amaze yourself how confidently you make decisions, how quickly you manifest your desires, and how easily you welcome positive change into your life.

And you will attract the spiritually connected (and fun!) relationships that you have always desired to have.

As you view the table of contents you may be drawn to chapter titles that speak to your current relationship interests or challenges. We want to invite you to consider reading chapters 1–4 before delving into the rest of the book. The context given and foundation built in

these first few chapters will assist you in integrating THEO's teachings in the subsequent chapters.

And finally, we invite you to stay in your heart as much as you possibly can as you read this book. What we mean by that is to feel these messages, to receive them in your heart (the seat of soul), without intellectual evaluation. How do these insights *feel* to you? You know truth when you feel it. Long after reading this book, you will remember much more about how you felt, than what your intellectual mind retained.

As you may be unfamiliar with some of the words and phrases that THEO uses, we have included a THEO glossary at the end of the book to ensure you receive the messages as intended.

And now it is with much gratitude and love that we share our story with you. . . .

CHAPTER ONE

OUR
MULTI-DIMENSIONAL
LOVE STORY



“It is a choice made by both, not just one, to have experiences to express their multi-dimensionality. Making an agreement for experiences in the etheric such as out-of-body experiences, and remembrances of other times. These experiences are as varied as the souls are, and their alignment to them.”

—THEO

I FELT HIM before I ever saw him.

It was as if a powerful energy had come onto the patio at the Phoenician Resort. I glanced at my friends seated around the fire pit. They were laughing, talking, enjoying the setting sun on this gorgeous April evening. They didn't seem to notice anything unusual. The sky splashed iridescent pink, orange, and purple hues against the silhouette of Camelback Mountain. The city lights of Phoenix sparkled in the distance. I'd flown in from Colorado to give a talk and do private readings for clients over the next few days. As a spiritual medium and direct voice channel for the twelve archangels, collectively known as THEO, I was used to remarkable experiences. But this energy I was feeling was new to me. I thought, *Well, this is interesting. I wonder what this is all about?*

My awakening to expanded states of consciousness had begun many years earlier with the birth of my youngest child. Immediately after delivery, I had to be rushed to Intensive Care with uncontrollable bleeding. I'd developed a pulmonary embolism. Blot clots had broken loose and travelled through my heart to my lungs. I was drowning in my own blood. It felt like an elephant was sitting on my chest. Unable to move. Unable to breathe. The nurses encouraged me to rest, but I knew that if I closed my eyes, I would never open them again. The doctors prepared my family for my death. Alone in a tiny cubicle in the ICU, I pleaded with God, *I'll do anything. Please God. Give me a job!* Over and over, I begged. I had two young children at home and a newborn baby girl. I was desperate to come through this and be a mother to them.

Suddenly, something moved at the end of my bed. Brilliant golden light filled the room. When I looked up, I saw the most beautiful being. I was mesmerized by his kind face and beautiful hazel eyes. It

was Jesus standing there. He smiled. And in my inner mind, I heard him say, “Remember my child. You are loved.”

In that moment, it felt as if the crown of my head opened up and warm honey poured in. It seeped slowly down my body, penetrating every cell, and when it reached my lungs . . . I gasped! I was able to take in a deep breath. I knew my prayers had been answered and I would recover.

As my body healed and grew stronger, I began to experience all kinds of psychic phenomena. My miraculous healing had opened a doorway into new levels of perception. I no longer feared death. The world became more beautiful. Colors in nature more vivid. I discovered I now had enhanced abilities to connect to the non-physical realm—through automatic writing, telekinesis and one day . . . I spontaneously trance channeled. I spent many years practicing and developing these psychic gifts which led me to the work I do now—serving as the direct voice channel for the twelve archangels known collectively as THEO—the “job” I believe God had given me all those years ago.

I sipped my glass of wine on the hotel verandah. I was feeling an energy that was completely new to me. I didn’t know who or what I was sensing. It surged. Drawing nearer. I turned to look. A tall, handsome man walked up to our table, smiling. It was Marcus. A jolt went through my body. I literally felt like the air had been knocked out of me. You know the songs that say, “You take my breath away.” I thought those were just lyrics. I had never had anything like that happen before. It was more than just seeing an attractive man. This was so powerful. Immediately I knew there’s something big going on here. His energy meeting my energy. Well, it was indescribable.

“What’s your story?” Sheila asked.

I knew she would be beautiful. I’d seen her photo on the back of my well-worn copy of her book. But she was even more beautiful in person, softer more radiant. I explained what I did “By Day,” meaning my 3D linear work with my consulting business serving corporate

America as opposed to my passion “By Night” which was my spirituality. I talked on and on—overjoyed to speak so freely about what mattered most to me with someone who understood.

The string of “coincidences” that led me to the patio that evening, I could never have orchestrated even if I tried. Two years earlier, I was in the grocery store when my inner voice insisted that I hand my business card to a complete stranger. “I don’t know why I’m doing this but I am being guided for some reason to give you my card,” I told her. I trusted that there was some purpose to be revealed later. This woman, Donna, turned out to be an old friend of Sheila’s from Santa Fe. She called. We met, and she gave me a copy of Sheila’s first book. *The 5th Dimension: Channels to a New Reality* details THEO’s teachings about the emerging global spiritual transformation—much of which we’re seeing playing out today. The book was precisely what I needed to be reading at that moment in my journey. It answered so many of my questions. I loved it. I shared it. I was quoting THEO and Sheila with friends. I was a fan. I was just happy to be meeting her. I wanted Sheila to know how much I respected her and her gift.

As far as anything deeper going on between us, I was pretty clueless.

Marcus and our friends attended the live event the following night. A few days later, he arrived at Donna’s house for a private reading.

Once I was back home in Colorado, Marcus became a client. We also began to speak on the phone. I knew we had a powerful connection, but I didn’t know if he was ever going to realize it.

I was definitely drawn to Sheila, but I was not looking for anything at the time. My last relationship had ended, in large part because I was opening up and frankly, it scared her. We separated because we’d discovered we were just not spiritually aligned. I was content. Peaceful in my knowing that what I was going through spiritually was extraordinary and I wasn’t in a hurry to move into a relationship.

I *did* know that I loved speaking with Sheila and getting to know her better. It felt wonderful to share profound experiences and be

understood. I told her all about my Vision Quest trips to visit the Havasupai tribe who lived at the bottom of the Grand Canyon—how unique the experience was because my friends and I had developed special relationships with the tribal elders. We were invited to camp on their land, away from any tourists and partake of ceremony the tribe didn't share with outsiders. I promised Sheila I would invite her the very next time we went.

"We're going to the Havasupai!" Marcus called to tell me

"I wanna go! I wanna go!" I was over the moon.

"We're leaving May 12th."

My heart dropped. I'd been booked months in advance for an event in Anchorage, Alaska. There was just no way I could cancel on them. We hung up. I'd hadn't even set the phone back in the cradle when it rang again. It was the bookstore in Anchorage calling to ask if we could postpone. "Absolutely!" I told them. The Angels were orchestrating—clearing our path. I called Marcus back right away. "I'm in!"

I flew to Phoenix and Marcus picked me up at the airport. We drove to Flagstaff where our group would gather and spend the night, so we could be up early for our long trek down to the bottom of the Grand Canyon on horseback.

At dinner, Sheila and I talked and laughed together nonstop. I knew something was going on between us. I just wasn't sure *what*. Our relationship was a soulful connection. It was all a bit surreal. I was just grateful to be hanging out. To be close to her.

Back in the hotel lobby. We kissed for the first time. I said good night and went back to my room. What followed is one of the most astonishing things that ever happened to me.

I was lying in bed, when suddenly, I was awakened out of a deep sleep. The clock read 2:15 a.m. I heard my roommate snoring. Below the ceiling, a shimmering oval of light hovered above my body—silver crystalline, luminescent. I had no fear at all. It descended slowly. When it reached my physical body, it merged with me. I lost consciousness.

I barely slept after saying good night to Marcus. I was buzzing with energy. The frequency was so high-pitched. As soon as it got light. I went outside, hoping that moving my body would get some of this out of me. I circled the hotel as fast as I could, waving my arms to discharge some of the electricity. A busload of sleepy German tourists pulled up. A man called out to me, "I want some of what you have!"

"I wish I could give it to you!" It was that overwhelming.

I awoke the next morning with my first thought being of my last moment of consciousness. *What in the world happened to me last night?* I was completely blown away, and wildly curious to know what Sheila had been up to the night before. I had never experienced anything like this, and I knew it was significant. About 6:30 a.m., I ran into her in the lobby. "I know where you were last night," I said.

"Did you get me?" she asked.

"Did you get me? Are you kidding me?" I said. "Yes. I got you alright." But I still did not really understand what had happened.

Twenty-five years later, I finally asked THEO what did happen that night. They told me, "Your perception is correct, for you are soulfully aligned, as you know. It was for you to be aware of the strength of the connectivity. You saw the light body as you spoke of it."

Sixty miles outside Seligman, AZ is a place the tribe calls Hilltop where our guides saddled up the horses and packed up the gear, making ready for the journey to the bottom of Grand Canyon.

As we rode the dusty switchbacks down to the narrow trail I had plenty of time to think. It was a six-hour ride, 3,000 feet down to the Havasupai. I had enough awareness at that point spiritually to know that souls do purposefully incarnate together. I wondered, *Who are we together?*

We reached the heart of Havasu Canyon—a spectacular oasis surrounded by soaring red rock cliffs. Havasupai means the people of the blue-green waters. Havasu creek bubbles up from a spring and flows through the canyon creating idyllic pools that swirl beneath a grove of cottonwoods. Turquoise water plunges over dramatic waterfalls.

You don't have to know a thing about vibration to feel that this is a high frequency, magical spot where miracles and extraordinary things happen.

We played under the waterfalls in the terraced blue pools to cool off during the day. At night, we'd drag our lawn chairs out into an open field to look at the stars. Basically, we did whatever we could do to be off by ourselves. We were falling in love.

I soon discovered that I did have some competition for Sheila's affection. One night, under a beautiful waxing half-moon, a six-year-old girl Native American girl crawled right up onto Sheila's lap. She handed her a hand-made card with an "M" on one side and a half-moon on the other. Molina, the granddaughter of our Havasupai friend, was as enchanted with Sheila as I was. From then on, she was like her shadow.

As part of the trip, we were privileged to join in the sweat lodge ceremony—the most profound and direct connection to the spirit world for the Havasupai. As we waited our turn one afternoon, the smell of burning sage and juniper was heavy in the air. Molina and her little cousin, Darius, played in the creek bed near us.

As Marcus and I sat on the bank outside the sweat lodge, I suddenly felt myself transported to another time. The children now wore buckskin clothing as they played in the water. There were moccasins on my feet. I wore animal skins similar to theirs. I looked over at Marcus. He too, was in head-to-toe traditional Native American dress from another era. I described what I was experiencing. "Are you seeing what I'm seeing?"

I was. Simultaneously, we were in another time. It was clear to us that we had been together in another incarnation. These children had been *our* children. We were familiar with experiences of collapsing time and space, but those had always happened for us individually. This multi-dimensional vision felt "out of time." *And we were experiencing it together.* It might have lasted only seconds. It might have been

hours. We had no idea. There was no time at all. This confirmed that we had been together before.

We fell in love with this place, as we fell in love with each other.

It was very late when we returned to my home in Scottsdale. Tired but happy, we went outside on the patio to stargaze. The increasing vibration of joy we felt over those next few hours is impossible to describe. We stayed out there all night until the first streaks of pink appeared in the East—becoming more and more golden with the arrival of the sun. As far as “first dates” go, our camping trip was bliss.

“So, what are we going to do on our second date?” I asked.

“I don’t date,” Sheila said.

I don’t know where the words came from. I hadn’t planned on saying them. My soul knew more than I did. I had no doubt.

“Well then, let’s get married.”

And so, we did.

We just knew that our souls had purposefully come together. We were grateful and delighted to have found each other again in this lifetime. And this would be the beginning of our playing, loving, and working together, sharing THEO with the world.

We trust that the following dialogues with THEO can shine a light on your path going forward.

CHAPTER TWO

THE SACRED SELF



“You are a sacred master divine being, and to believe anything other than that is untrue. It is not from an egotistical, self-centered, or conceited way but the truth within your being with love.

The sacred self is the soul-centered self.”

—THEO



MARCUS: Sheila, please share with us how THEO comes into your physical body. What does it feel like when they enter, and where do you go?

SHEILA: Well, I step aside. They have always come in the right side of my body, first taking over my neck, my head, my vocal cords, and then they take over the rest of my body. I have been doing this for so many years, so it is comfortable now for me to allow them to do that.

MARCUS: Are you ready to invite THEO in?

SHEILA: I am. It takes just a moment for me to move over and invite THEO in. So here we go. (Sheila closes her eyes and goes into trance. When she opens them about 10 seconds later, THEO begins to speak)

THEO: *"It is the beginning, is it not?"*

MARCUS: It is. Welcome, THEO.

THEO: *"We are appreciative of the opportunity to be of service unto you. You may ask."*

MARCUS: We are grateful to have you with us, THEO. Would you please introduce yourselves?

THEO: *"We are twelve archangelic beings collectively speaking by the name THEO, as the identification. We are here as mentors, teachers, and guides for a new time of consciousness for the human species, assisting this planet in the change to the 5th dimensionary energy, fully embracing the masters that you are."*

MARCUS: How is it that you speak through Sheila's physical body?

THEO: *"We have an agreement, and we align ourselves vibrationally with the frequency on the cellular level of this physical structure so that we may speak directly through her vocal cords to impart the knowledge for humanity."*

MARCUS: And why now?

THEO: "Now is a time that has never before been on this planet, as we spoke of the 5th dimensionary energy fully in place on this planet now. It has taken a hundred years of adjustment to the planet and to the vibrations that align in the multidimensional field of which you, as the human beings, are aligning to that vibrational frequency as well. The 3rd dimension is your physical reality, the 4th is a spiritual awakening, and the 5th is the full realization of your divine mastery."

MARCUS: What is your message for humanity right now regarding relationships?

THEO: "It is all about love . . . Ask 'What would love do?' It is also the relationship to the self, first and foremost. You have heard these words before over time, but now is the time for that recognition, of Soul Integration, meaning, that there is a recognition of unconditional love of Self. And it is not a feeling. It is a state of being. It is that state of being of alignment, soul-centered, and expressing and responding to life from that state, not reacting to life from these fragmented aspects of the soul."

MARCUS: What are the biggest mistakes you see us making in relationships?

THEO: "There is a lack of communication, and there is a great fear of abandonment that drives one's interaction with another."

MARCUS: A while ago, we asked you what aspect of your teachings you wanted us to focus on sharing with humanity, and you immediately said relationships. Why this topic?

THEO: "Because that is what governs everything that you do. The relationship for the self first and how you believe in your self-worth drives what happens to you in life. So first, and most importantly, it is the relationship to the self, for that is reflective in everything, in all relationships—primary relationships, family relationships, work relationships, friendships. It is the beliefs about self that drive how one interacts with others."

MARCUS: You have called this time that we are living in right now the 5th dimension. Can you explain?

THEO: "It is a vibration. It is a frequency that permeates your atmosphere. There are 12 dimensions about the earth plane. And in the 5th dimension, the veils, let us say, between your multidimensionality are thinner. There is a recognition of all that you have been, all that you will be, and all that you are now that can be achieved in the inner process and an understanding of the self that is ever evolving. Now is the time of consciousness evolution that has not happened before on this planet."

MARCUS: When you talk about the veils thinning between the dimensions, THEO, what does that mean?

THEO: "That you have a familiarity with the concept of no time. You are attached to linear time because that is what dictates your daily activities and your day and night, and months—you have calendars for that and clocks for the time—but ultimately, that is just a way of navigating in life. But there is no time. All exists energetically in the now."

MARCUS: THEO, as twelve archangels never embodied, how is it that you are so wise in the realm of human relationships?

THEO: "We are good observers. We observe you interacting with each other, and understand this . . . we come from that solid state of love. That is what God is, you see. So, there is no judgment. We are aware that you choose incarnations for the gifts and the learnings therein, and the primary learning is emotions."

MARCUS: Who or what is our soul?

THEO: "It is the energy of that solid state of love."

MARCUS: And who or what is God?

THEO: "Unconditional love."

MARCUS: You talk about unconditional love being a state of being. Can you explain that, please?

THEO: "It is a state of being, not a feeling. It is how, when you are

soul-centered, there is no reactivity, and it is only responding to outside situations, circumstances, and conditions, not reacting. Reacting comes from the emotional body and the fragmented aspects of the soul."

MARCUS: When you look at us, THEO, what do you see?

THEO: "If you could see yourselves as we see you, there would be no discontent, for we see you as the divine beings that you are."

MARCUS: How do you see our planet, THEO?

THEO: "We see it exquisitely. It has great beauty, and we see the beauty of the planet through your eyes."

MARCUS: Does our soul have an essence or an archetype? And when we reincarnate, do we have that same essence expressed in each lifetime?

THEO: "It is energy, you see. Everything is energy. You do have an expression of that energy, and some are artists and others are healers and others are leaders of spirit, others are political, if you would, or warriors. There are different aspects in which an individual soul chooses incarnations that express those qualities of vibrations."

MARCUS: So, we tend to show up with the same interests, the same skill sets, from lifetime to lifetime?

THEO: "Yes. Or desires. That is why oftentimes there may be someone in a profession such as a medical profession, which is also an art, but then would desire to do music or writing to express in that way."

MARCUS: How do you define love?

THEO: "It is different for everybody, isn't it? Their own personal definition. That is why we encourage you to get into the solid state of unconditional love, and many know not what that means. There are different forms of love, are there not? There is a love of the material things. Some people love their automobile. Some people love each other. But that is only a projection of what they feel about themselves—expectations gone unmet to fulfill what one perceives is love is projected onto every relationship."

MARCUS: And the most important love of all would be the love of self, wouldn't it?

THEO: "Yes. For when one is soul-centered in that state of unconditional love, one can love another in that same essence."

MARCUS: One of the definitions of self-love in Wikipedia is: "moral flaw, akin to vanity and selfishness, synonymous with amour propre, conceit, conceitedness, egotism, et al." It appears that many have adopted that definition.

THEO: "That is because it has been misconstrued or judged by others. We are not speaking of narcissism, egocentric points of view, self-absorption, or conceit. All those things are personality disorders, aren't they? It is not the pure state of love of which we speak, and that love is compassion for every being."

MARCUS: Why is it that so many people have such a difficult time loving themselves?

THEO: "They have adopted beliefs about themselves that are simply untrue through situations, circumstances, conditions, and opinions of others. But understand this, if someone is judging you, they are seeing you through the lenses they see themselves, and they project that onto you."

MARCUS: You have said before that we are an aspect of God/Source. Please explain.

THEO: "You are. Understand this, you are God incarnate. You are all that existing energy, the divine masters that you are expressing in a human condition—that solid state of love. What would love do? It is only through the human experience that one adopts a different opinion, you see, through the 3rd and 4th dimensional realities that there have been ways, and beliefs, that ones have adopted in the human experience that have been quite harsh and have nothing to do with love—but have to do only with survival."

MARCUS: What do you mean when you ask "What would love do?"

THEO: "Compassion. When you ask the self, 'What would love do?' it is a

different perception that is achieved in any situation or circumstance. There is a different perception from reaction to responsiveness, a relinquishment of judgment of one another."

MARCUS: We tend to have a difficult time owning that we are divine beings—that we are, in fact, an aspect of God.

THEO: *"It is because you have been taught not to think that because those who have taught you that wished to control you, to make you lesser than."*

MARCUS: I have heard you say many times that to not love our Self is arrogant. Please explain.

THEO: *"Because the gift of who you are incarnate is that essence of God, the brilliance of your magnificence, which you relinquish with those beliefs of not loving the self. So, you think you know better than God your intellect, your human expression? It does not."*

MARCUS: What is the path for us to love ourselves?

THEO: *"Through the soul integrative process. Acknowledge those little ones inside of you that influence the beliefs that you are not enough, you are not worthy. Communicate with them, the adult self. The future self can even communicate with these little aspects that hold beliefs that limit you. Rewrite that script, and love and re-pattern the aspects of self that have held those limiting beliefs."*

This is the first reference THEO makes to Soul Integration, their multidimensional process for identifying the core circumstance, or event, that occurred (usually earlier in this lifetime or during a previous incarnation) during which an untrue and typically unloving or limiting belief about the self was created and adopted as truth going forward in our lives. This aspect of our Self/Soul (which THEO refers to as a fragment or an orphan) carries these untrue and unloving beliefs about ourselves throughout our lives and typically shows up as fear, resistance, emotional reactivity, lack of trust, poor relationships, limiting thinking, and an inability to take the necessary steps to manifest our dreams and desires. Understanding and implementing THEO's teachings on Soul Integration creates an awareness that

any belief we hold about ourselves that is not unconditionally loving is simply not true. This is the first step toward becoming the vibrational state of being of unconditional love that THEO is exalting us to embrace now. Much more to come on this in the next chapter.

Maria, bless her brave soul, was understandably nervous about raising her hand to speak with THEO in front of a live audience. We applaud her courage for doing so, and for expressing her vulnerability and self-awareness, and for asking a question that we think each of us can relate to on some level. Maybe you will even see a little bit of yourself in Maria. One benefit of this process is how quickly the awareness of when and how the belief of unworthiness was created can lead to an immediate shift in our sense of well-being and confidence as you will see happen for Maria.



THEO LIVE WITH MARIA

MARIA: The main reason why I am up here is because I was afraid to come up. So, I knew that was a big reason to come, and so I am a little nervous. I am shaking. It is hard for me to hold it, and the reason is lack of self-worth. I feel that I am not worthy to be up here, but I really do want to be here.

THEO: "And you should be up here. And you are worthy of it. Close your eyes. It is not the adult self of you that feels unworthy. Who inside of you feels not worthy of being seen and heard? How old is she?"

MARIA: The five-year-old.

THEO: "Yes. You are aware of a circumstance, a situation, where she knew not to speak, to not be seen, to hide. It was safer there. Run down the hall. Slam the door. Hide behind it. The adult, you can call her out now and tell her it is safe. She does not have to be afraid anymore. You will take care of her. She does not have to take care of everything. It is not her job. You can do it together. She is not alone. Is she coming out? How does she feel?"

MARIA: *She feels better.*

THEO: *"Continue the dialogue in letting her know that you are in charge. You will take care of her. You are the best parent for her. And you would like for her to come with you in the new life that is emerging for you both, now. Ask her if she wants to come."*

MARIA: *For some reason, I feel like I having trouble getting to her.*

THEO: *"It is about trust. She does not trust anybody. So, what you will be doing is building trust with her. Tell her it is all right. Let her know how good it is to be the woman you are now, how strong you are, and how she assisted you to be this person you are today, and you appreciate and love her . . . her strength. Her response?"*

MARIA: *We can do this.*

THEO: *"Is she ready?"*

MARIA: *Yes.*

THEO: *"Tell her you will not abandon her, and she does not have to do things by herself anymore. You will take care of it. And she can always be heard by you and have a voice and speak her truth. She does not have to be afraid anymore. What is her response?"*

MARIA: *She feels safe.*

THEO: *"Ask her if it is all right if you come back now, to this moment, and come again and speak with her later. When you feel comfortable open your eyes. You made a connection, yes?"*

MARIA: *Yes.*

THEO: *"You are not shaking anymore, are you?"*

MARIA: *No, I am not.*

THEO: *"That is who shakes. That is who becomes afraid. Runs down the hall to hide in life. It is not the adult you, not the person that is the wise you. So, when you feel that, communicate with her. She is just reacting, and when you say to her, 'I am here. I will take care of it. We will do it together,' you will feel this calm you feel now, because she thinks she has to take care of everything. She can be the child, and you can take care of the adult things. You have many good skills, great skills, intuitive skills. This aspect of you assisted in developing these skills. That is*

what kept her safe. You can acknowledge her for that, and they will continue to grow. You don't have to be afraid anymore."

MARIA SHARES HER EXPERIENCE

This was not just a conversation with THEO; it was the beginning of a spiritual healing and a shift into awakening. The "knowing" I had deep within me, yet doubted for so long, had surfaced into my direct consciousness. All fear and uncertainty were transmuted. In that moment, I realized that everything I ever wanted, what is most important to me—happiness, love, family, and purpose—is something I already have. Right here, right now.

I discovered that it is the little one who carries the fear, worry, and anger. I was given the most valuable tool to use when the little one feels reactive in a situation. It holds the key to my soul truth, happiness, and spiritual freedom.

Since my conversation with THEO, my life has changed drastically. I have developed a connection with the little one inside, and she has been guiding me through difficult times. She inspires me to keep going and to trust more and more each day. She is the reason why I am where I am, and I am grateful for that. It has been an empowering journey and it is unfolding perfectly. It is an experience I will never forget.



MARCUS: Beliefs can also originate from experiences in previous incarnations, not just from this lifetime. It is multidimensional.

THEO: *"It is multidimensional, and you are carrying forward from other times a desired outcome of learning and letting go of the old, to build on the new, to have the awareness of that divine essence."*

MARCUS: What is the process of incarnating, and why do our souls choose to come into physical form?

THEO: *"It is birth to birth, you see, and it is a soul's choice to do it. There are billions of choices that a soul can make. The Earth is only one. In your universe, there are billions of planets that you could choose that could sustain life, and we are only speaking of one universe. There are billions of universes as well. So, you limit your thinking to just this one place being all there is. So, a soul chooses the earthly plane for the learning of the emotions and the interactions with one another in the physical existence, and your earth suit, your physical body, in which you enter to navigate this earthy plane is a gift. It is miraculous actually."*

MARCUS: **Why do you see us having chosen this time in history to incarnate?**

THEO: *"It is that evolution of consciousness. One might call it a quantum leap, if you would, of awareness that allows for that now."*

MARCUS: **What is our purpose for being here?**

THEO: *"Being alive. That is very purposeful. You chose it—chosen to be all that you can be. What you are looking for is how to express the energy that you are with passion."*

MARCUS: **How do we find that?**

THEO: *"You know it. You go within. What are you attracted to? What are the ideas and imaginations you have of the expenditure of time? What would you do with your time? What would you love to do with those precious moments of life? That will indicate, that will direct you to expressing your passion."*

MARCUS: **What would you say to those who do not feel inspired or do not feel tapped into what their passion is?**

THEO: *"Dig a little deeper on the inner. What we mean by that is when you say you do not have it or you have gone numb to it, it is because these little aspects of self that hold the beliefs that you are not worthy and have adopted a belief that your passion—the thing you would love to do—is not possible because you have been told you are incapable of it, which is simply untrue."*

MARCUS: **So, we judge ourselves based on others' opinions of us that**

are untrue. Are we also judging ourselves when we realize we are judging others?

THEO: *"When you have an opinion about someone, it is often a judgment, and that which you judge in another is a part of you as well. Everyone tries to avoid uncomfortable feelings and only accepts those that are more comfortable, but know they are all significant feelings. The experience of feelings is physical, visceral. You have a feeling, and it travels through your body in the nervous system and enters your brain. Your brain deciphers it and then decides how it is going to process and emote it—energy in motion. So, you confuse them as being the same because they are closely aligned, but emotions are not feelings. The feeling is a visceral experience in the nervous system that then gives information to your brain, and the brain is what emotes."*

MARCUS: **And it is important that we own those feelings, to feel those feelings, to not resist them.**

THEO: *"Yes. Because if you are not expressing them, they become subverted in the physical body and can create imbalance—illness, disease—because it is held in the cellular structure of the body. So, to process them is what is important, and it does not need to be devastating. Know that if you acknowledge that they are there, you experience the experience and then it is released."*

MARCUS: **In talking about self-love, THEO, what do you see as the biggest mistake we make?**

THEO: *"By believing things that are untrue about yourself."*

MARCUS: **I think a lot of people perceive it as being too difficult, or impossible, to change our beliefs.**

THEO: *"You have given your power away to the opinions of others, and that has meant survival, for the greater fear in everyone is abandonment. And that is why you accept these beliefs as your own—because it allows you to survive in the environment that you are in, in that moment threatening you where the fear is so great. Do you understand?"*

MARCUS: I do. When you look at human beings and how we interact with each other, how would you define a soulful connection?

THEO: *"It is a vibrational frequency. It is a match. You are aligned with your vibrations and frequencies, and in that alignment, you have similar thoughts, similar beliefs, similar codes of conduct, you might say, personal code, core values."*

You have probably heard it said many times that you cannot give what you do not have. There is a good reason why adults with small children must put the oxygen mask on themselves first, then the child second in the event of an emergency on an airplane. The same is true with love, for it is difficult to genuinely love another if you do not first love yourself. What we enjoyed about the following conversation with THEO and Linda is how the love that Linda felt for her friends revealed a surprisingly deep love for herself—a recognition of being her own best friend—for had that not been the case, she would have been incapable of feeling such love with her friends.



THEO LIVE WITH LINDA

LINDA: So, I was curious about self-love and the difference between that and loving someone else. I was with my friends yesterday, and I had so much love. I was feeling like a dog wagging its tail, feeling mellow. But I was so happy to be with my buds, and it was just this huge love thing. I do not recall really feeling that with myself. I was curious that maybe in a deep state of meditation, there would be a different kind of love that maybe I have experienced before.

THEO: *"You are learning how to experience that on those levels of self and how you can know that is that you have felt it with your friends and your friends are but a reflection of you. And the love they have for you, you accept it. When you are with those who understand you*

and accept you for who you are, that reflects what you are doing on the inner. And that is why you felt joy because you felt loved and accepted. They know you very well and you know they know you very well, all of you, and they love you, and you them. That is what unconditional love is."

LINDA: And that is like that endorphin rush when you are in love with a partner.

THEO: "Yes. It brings out the best in you because that is who you truly are."

LINDA: So, relationships are very serving in that way.

THEO: "Yes."

LINDA: It is hard to do that just for yourself if you are all alone.

THEO: "Correct. You can be right that you are as bad as you think you are, yes?"

LINDA: Right. So, coming together with another person, whether it is friendship, intimacy, or whatever, it makes that love express.

THEO: "Yes. It is better not to be neutral in that, yes?"

LINDA: No way!

THEO: "It is good to be human."

LINDA: Yes. Okay. Nice! Thank you, THEO.

LINDA SHARES HER EXPERIENCE

This experience with THEO reminded me that through the soul integration process, I have been able to develop an unconditionally loving relationship with myself.

THEO has shown me how to appreciate and acknowledge the person I am today, my gifts, talents, skills, strengths, and achievements, small and great. This is my foundation, which is ever expanding.

I have learned the importance of cultivating myself on all levels. It is like tending a garden daily; caring for the physical, emotional, and spiritual aspects of my inner garden. Knowing

what to water and fertilize, what needs to be weeded out—which plants need more tending, more attention. It is seeing the whole garden—my internal landscape—holistically.

My internal state is constantly growing, evolving, responding to all conditions. It is not about being “perfect.” It is not about being perfectly grounded or centered all the time. It is loving the self during times of imbalance, loving the self enough to find balance again.

It is acknowledging and understanding inner confusion as it arises; the insecurities, doubts, fears, whatever shows up. Not judging one’s faults or weaknesses. “I see you; I hear you, and there is love for you here.” Always keeping the light in my heart temple burning bright, so when a state of confusion arises, I have the tools to investigate the root cause, soothe and integrate.

It is really knowing and loving oneself; being real. All this allows room for growth. Growth can be messy, and it is a process; I have learned to trust the process. In trusting and honoring myself and my journey, the pressure to be perfect is relieved. In a state of authenticity, there is humility, empathy, and compassion for others and myself.

To unconditionally value all parts of myself—without judgment, blame, or shame—is me being my own best friend. The relationship I have with myself is most important. A relationship based on honesty, compassion, kindness, patience, love and respect, courage, perseverance, and taking responsibility. All this is what THEO’s soul integration teachings have given me.