

Sacred Psychology of Love

THE QUEST FOR RELATIONSHIPS THAT UNITE HEART AND SOUL



Marilyn C. Barrick, Ph.D

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SUMMIT UNIVERSITY  PRESS®

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by Marilyn C. Barrick Ph.D.

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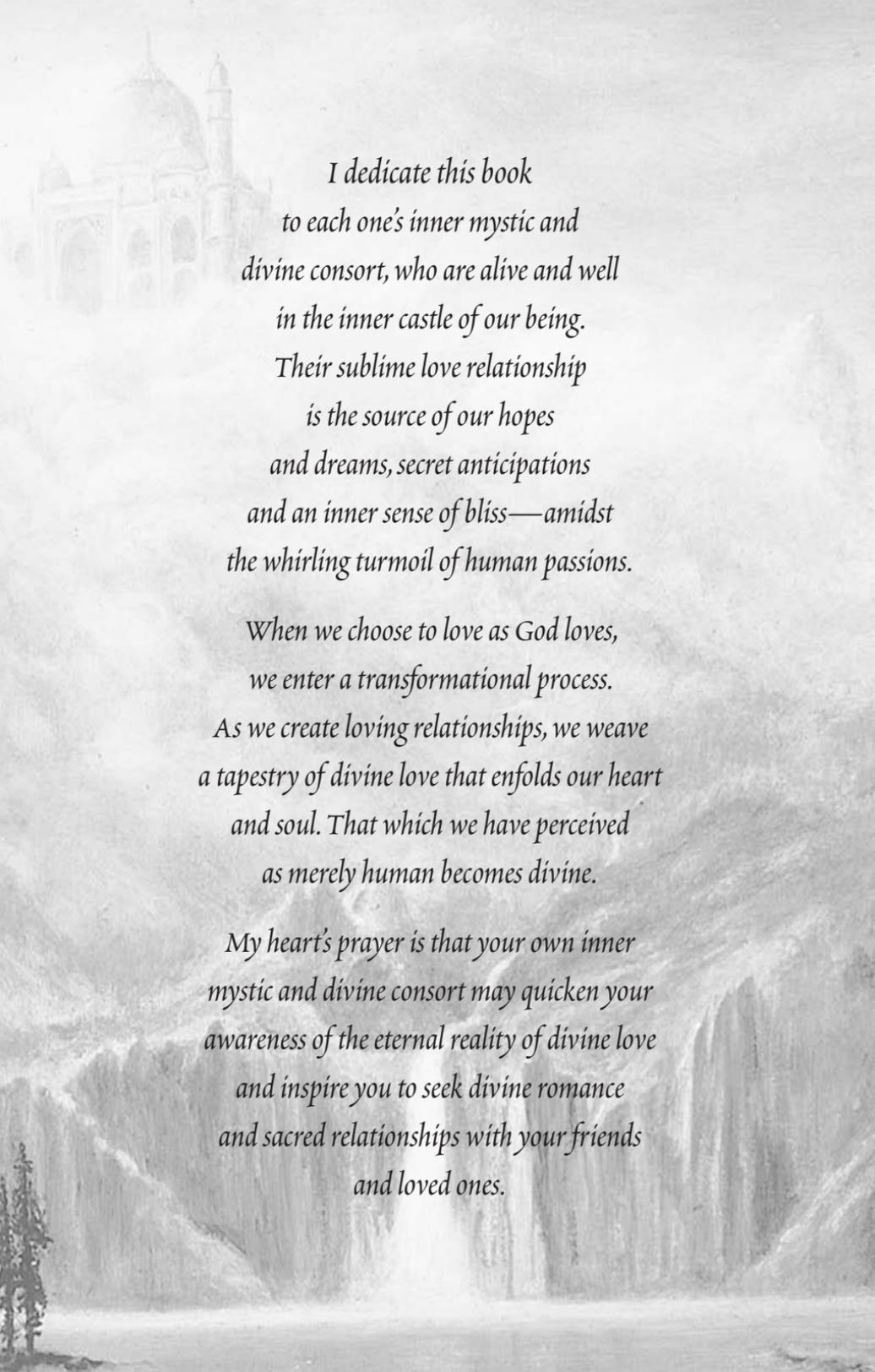
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*I dedicate this book
to each one's inner mystic and
divine consort, who are alive and well
in the inner castle of our being.
Their sublime love relationship
is the source of our hopes
and dreams, secret anticipations
and an inner sense of bliss—amidst
the whirling turmoil of human passions.*

*When we choose to love as God loves,
we enter a transformational process.
As we create loving relationships, we weave
a tapestry of divine love that enfolds our heart
and soul. That which we have perceived
as merely human becomes divine.*

*My heart's prayer is that your own inner
mystic and divine consort may quicken your
awareness of the eternal reality of divine love
and inspire you to seek divine romance
and sacred relationships with your friends
and loved ones.*

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Author's Prologue

As a child, I always knew I was meant to work with people. When people would ask me what I wanted to do when I grew up, I wasn't sure. I couldn't decide whether to be an airline stewardess, a missionary, a nurse or a doctor. By the time I entered college, I had decided to go for a bachelor of science degree in nursing.

After a series of lightning mind changes along with marriage and three children, I returned to college to study psychology. I completed undergraduate work and ploughed my way through graduate school, beginning my professional work as a school psychologist after I achieved my master's degree. When I completed my Ph.D. in clinical psychology in 1965, I began counseling, teaching, consulting and private practice. Little did I know the further directions my life would soon take.

I was working for the University of Colorado as a psychologist in the counseling center and an assistant professor teaching graduate psychology courses. These were the turbulent sixties. Young people were alternately shouting "Down with the establishment!" and searching for a higher meaning to life. The drug world was upon us and psychologists were scrambling to understand what these young people were going through.

That was when I began the wedding of psychology and spirituality that has formed the major thrust of the rest of my life. Many of the students that I counseled were into Eastern religions and “new age” teachings. In order to know where they were coming from, I began to widen my own understanding of the world’s major religions and different concepts about God. This was not the first time in my life that this had occurred.

As a child, I was blessed with exposure to several of the world’s religions. My mother was Catholic and my father, Baptist. We had a Christian Science housekeeper and a Pentecostal gardener. One of my sister’s friends was Jewish and one of mine was Catholic. Then there were the Chinese Buddhist family who ran a little grocery and the Japanese truck farmer whose family embraced Shintoism. I went to a rural consolidated school where we had Japanese, Chinese, Caucasian, Mexican and Indian children. I particularly remember the special grace of one girl in my class, Ramona, who was a princess in the Hopi tribe.

I was raised Christian and I remember thinking to myself as a child, “I wonder why everyone argues so much about religion? It is all about finding God, and I think God loves everybody. Maybe God just has different ways of contacting different people.”

So back to the sixties and early seventies. In my effort to understand the youth and broaden my awareness of how spirituality and psychology interface, I became a faculty

sponsor for an honors course, “Experimental Studies in Community Living.” This was an early attempt by college youth to live and work together communally. Many were earnestly seeking their spiritual purpose in life. We spent long hours together in dialogue, meditation and sometimes spirited discussion.

In my own spiritual quest, I studied Edgar Cayce’s work and the A.R.E. books *A Search for God I* and *II*; Paramahansa Yogananda’s teachings and his magnificent book *The Autobiography of a Yogi*; Baird Spaulding’s five-volume series, *Life and Teachings of the Masters of the Far East*, and many others of like nature. I also discovered two little books, *The Impersonal Life* and *The Way Out*, that talked about the I AM within us. I realized that this was the missing link—the I AM, meaning God within each one of us. I wanted to understand more about it.

One day I was in a therapy session with a client in my downtown Boulder, Colorado, office. I had been working with this client for over six months. I knew her, I knew her psychological dynamics, I knew the therapeutic direction we were taking. Or at least I thought I did.

She had just asked me a question and when I opened my mouth to reply, my mind went blank. It was as if everything I knew about her was erased in that second. Furthermore, I had no idea what she had just asked me—or how to make a sensible response. Trying not to panic, I closed my eyes for a moment and offered a fervent, silent

prayer to Jesus or anybody else up there to help me. I opened my eyes again and started to respond.

To this day I do not know exactly what I said or what her question had been, but apparently I was on track because my client was nodding. Words and concepts came flowing out in an organized and effortless way. My client was very attentive and pleased, and we continued the session with me not having the least idea of what I would say next.

Every time I opened my mouth and spoke, I was an observer of a miraculous inner thought transference. This was a therapeutic process that was clearly beyond my clinical expertise. When my client left, I was still in shock. I thanked Jesus, the angels and whoever else might be helping me and went to bed that night excited, mystified and wondering where my professional life was going.

This unusual therapy process repeated itself with different clients over a period of approximately six months. I progressed from being quite nervous about the whole thing to looking forward with great interest to what I was going to say next. I knew that it was not *me* doing this therapy—it was coming from a higher spiritual dimension.

I was continually awed by the depth of the spiritual/psychological understanding that unfolded, the accuracy of the therapeutic interventions that were coming through me and the progress of my clients during this period of time.

When the phenomenon stopped after approximately six months, I had an inner realization that God was saying

to me, “Okay, I’ve shown you how it’s done. Now it’s your turn to figure out how to do it yourself.”

I felt somewhat bereft but realized that once I had experienced true God-given therapy, I was meant to learn how to contact that Higher Source on my own. I was also aware that I had been allowed to experience the missing dimension of psychotherapy—the spirituality of the soul. To integrate that dimension in my ongoing work meant plenty of study, meditation and prayers, and an acceleration of my own spiritual/psychological growth.

On the heels of this realization, in the fall of 1973, a former client of mine introduced me to the teachings of Mark and Elizabeth Prophet. Through those teachings, I discovered a spiritual culmination of all that I had learned in Christianity, Eastern teachings, Edgar Cayce, Yogananda and the teachings of the Great I AM within each one of us. I began to realize the true meaning of psychology as the Greeks knew it—“the study of the soul.” And I knew that I was finally on track to fulfilling my mission in this life.

I spent the next twenty-five years continuing my psychotherapy practice and working closely with Elizabeth Clare Prophet. This has been a rewarding path of integrating psychological concepts with spiritual truths, and applying them in teaching, consulting and therapeutic practice. I have come to my own personal realization that science and spirituality are truly two halves of a divine

whole. And I continue to be the excited observer of the amazing benefits to my own personal and professional growth as well as to the accelerated healing of my clients.

My continuing quest for sacred psychological truth has brought my clinical practice to a whole new level. Every day I see how blending spirituality and psychology enables clients to achieve breakthroughs they would not have achieved by applying only the scientific principles of psychology.

On the spiritual level, I believe that as we master the psychological dynamics of our soul and of our relationship with God and with one another, we set the foundation for the fulfillment of our soul's mission on earth and our ultimate return home to God.

And so, onward with the story of relationships—where they begin, where they are intended to go and the steps and choices that move us toward the unfolding of our destiny, on earth and beyond.

Introduction

As a child growing up amidst orange groves and desert flowers in Phoenix, Arizona, I had a recurring dream of a beautiful etheric world where everything radiated with a shimmering pink glow. The feeling was one of purest love and beauty, and I felt bathed in love and light and wonder. I could scarcely wait to go to bed because I knew I would visit my “pink world.” All of this happened at a time that was difficult in my childhood and the memory of that special world carried me through every hardship.

As an adult living in Boulder, Colorado, with my three children, I had a remarkable visitation—and the same heavenly feelings. As I sat in meditation in my living room, I once again experienced the joy and promise of my pink world. Only this time it was a blissful sense of union with a being—my divine lover, my twin flame—that special one whom some call their twin soul and others think of as their soul mate.

I say “being” because he was more spirit than earth. As we gazed into one another’s eyes, an arc of light enveloped us and we became one. While my thoughts, feelings and sensations felt like my own, I was transported into a tranquility of oneness and a rapture of love beyond the description of mere words.

In those few moments, time stood still and the eternity of God's love and our echo of that love enveloped us. We were one in soul and spirit and divine love—two beings, one glorious sphere of light—loving and being loved.

The depth and tenderness of our love for one another was beyond any human realm. I do not know how long I was enfolded in this ecstasy of love, but all too soon I came back to an awareness of my surroundings. I was still sitting in my chair in the living room of my home. Even as I felt a certain sense of anguish or loss as the precious moment faded, I also felt an inner joy and sense of comfort.

I realized, although I did not fully understand, a spiritual and emotional connection between my enchanting childhood pink world and the profound heart and soul union I had just experienced with my divine lover. The bliss of our reunion still lingers and will carry me for the rest of my life—until we meet again in the glory of the heaven-world.

I share this now as my witness to the inner perfection of divine love that transcends time and space. For in those transcendent moments as a child and as an adult, heaven and earth were truly one. I felt no longer human. I was transformed into the divine as I glimpsed Love's eternal promise fulfilled.

Over my thirty-five years as a clinical psychologist and twenty-two years as a minister, I have come to know many

individuals and couples who are searching for answers to relationship issues. Many of these wonderful people are trying to find a partner with whom to share their spiritual, intellectual, emotional and physical life. Others are seeking a way to create loving and lasting friendships. Those already involved in a love relationship are usually looking for a way to deepen the connection between themselves and their beloved.

What I have learned is that many people have an inner vision or recurring dream about an ideal partner, even as I had my own secret experiences. They find themselves saddened because somehow real-life partners do not quite measure up to the inner ideal. They talk it over with their friends or family only to find, ultimately, that the answers they are seeking can be found in their own heart and soul.

As a psychologist and lifelong spiritual seeker, I have learned that life and relationships mirror back to us who we are and what we need to learn. *Who we are* is a combination of the magnificent soul and spirit that God originally created plus our human experiences that have left an overlay of seemingly indelible memories, thoughts, feelings and physical experiences. Sometimes we find this combination rather confusing, but I have discovered that it needn't be.

The *what we need to learn* part has to do with understanding and appreciating ourselves spiritually, mentally, emotionally and physically. At the same time we also seek

to understand and learn the lessons of our past and present relationships with family, friends and loved ones. Each lesson learned helps us to claim more of our loving, accepting, creative self.

Ultimately we find ourselves putting a more positive spin on the way we think about ourselves and others. We discover new ways of handling both good and not-so-good feelings and recognizing and changing negative habit patterns that sabotage our relationships.

God inspired me to write this book. I want to share what I have learned from all the beautiful people who have been a part of my life and from my own mystical experiences.

What do I mean by mystical? I mean the inner, intuitive, subjective perception we all have that goes beyond the range of our human experience to embrace the sacred mysteries of love. Adepts, saints and sages have taught these mysteries since ancient times. Through our mystical nature we may meditate on, intuit and contemplate love as the reality of God—and as our own inner reality.

These mysteries may seem baffling or enigmatic to the human mind but they are very real to our awakened soul—our very own inner mystic, who hand in hand with our Higher Self may walk and talk with God and the angels.

I am excited to offer what I have learned about love and relationships as a path of self-discovery and self-transformation. It is a path that leads us through valleys of travail and mountains of attainment to the starry heights

of claiming and becoming all of who we really are.

Each of us in our own way yearns to love and to be loved, for this is the way that we nourish our heart and soul and touch the hem of the garment of God's love. In each love relationship, we seek to recapture the mystical experience of our soul's original love union with God and our twin flame—the divine romance we once knew in the heaven-world. Therein lies the problem—and the solution!

We all search for divine romance, and we feel somehow let down when we do not experience it. Yet romance on earth can approach the bliss of the divine—if we choose to create it.

CHAPTER ONE

Mystical Beginnings



*Not in utter forgetfulness,
And not in utter nakedness,
But trailing clouds of glory do we come
From God, who is our home.*

—WILLIAM WORDSWORTH

*M*any of us feel an inner desiring for the mystical, for some kind of heavenly kingdom beyond the physical plane, for the bliss of oneness with the universe.

We try to fulfill our inner longings in many ways: by praying or meditating, exploring nature, art and music, fantasizing about the perfect lover, flying high in airplanes, swimming in the ocean, scaling mountains, embracing a spiritual path, affiliating with a formal religion or entering into a guru-chela relationship.*

Our motivation is the dimly remembered bliss of nirvana, the heaven-world, where we knew oneness of soul and Spirit, wholeness in the glory and beauty of God's kingdom and the joy of divine romance with our twin flame.

In my heart and soul, I recognize that the sacred essence of our being is the eternity of divine love. I believe that we are on earth to express that love in all of its many facets.

My viewpoint of our mystical beginnings is a culmination of what I have internalized over my lifetime as a spiritual seeker, my ongoing practice as a clinical psychologist and many years of studying and integrating spiritual truths from the mystical paths of the world's major religions.

*In India, the relationship between a spiritual teacher (guru) and disciple (chela).

From this composite vantage point, I offer you a vision of who we are and how we came to be on this earth. Call it allegory, legend or truth—the interpretation is up to you.

A Vision of Our Mystical Origin and Trek to Earth

Once upon a time we were as individual drops of the divine in the infinite ocean of the love of the Great I AM.* Each of us was a sparkling drop, a divine hologram, unique in itself yet containing the crystalline patterns of the Infinite.

As the creative energies of our Father-Mother God moved within the cosmic ocean, divine droplets began to separate out, one by one. Each divine droplet (the essence of you and me) formed a beautiful swirling T'ai Chi,¹ expressing the androgynous nature of the masculine and feminine energies of our Creator.

Infinite fires of creation swept forth in leaping bursts of flame, transforming each T'ai Chi droplet into a brilliant white-fire ball—a fiery form of the original divine hologram, individualized yet containing all that is native to our Father-Mother God.

Then each flaming ovoid of light divided into two identical spheres of rainbow light endowed with the same distinctive pattern of God-given identity. From the center of these twin rainbow spheres emerged “twin flames,” two

*The Great I AM is both the Father-Mother God and what is esoterically known as the I AM Presence of each of us. The concept of cosmology in this chapter was developed by Mark and Elizabeth Prophet.

sparks of the divine. These twin flames shared a particular divine destiny that only those special two were meant to fulfill.

Thus the Creator brought forth divine progeny in the heaven-world. Each pair of twin flames was a unique individualization of God yet contained the wholeness of the eternal T'ai Chi. The dancing energies of the cosmic yin and yang also flowed between the twins as one expressed the masculine, or Alpha, polarity and the other, the feminine, or Omega, polarity in their love relationship. For twin flames were destined from the beginning to be archetypal expressions of the love of our Father-Mother God.

In the next step of our mystical beginnings, each pair of twin flames were sculpted into two living souls. Each soul was given the opportunity to remain in the heaven-world of Spirit or to go forth to re-create the heavenly patterns of Spirit in the earthly planes of Matter.*

Each of us was granted the gift of free will, the opportunity to make choices and decisions that would express our original divine identity—or otherwise. And it is the “otherwise” that has caused us lots of trouble!

Through our not-so-wise choices we gradually slowed our vibratory frequency until we were drawn into denser arenas of time and space. Ultimately we took on a physical body for our sojourn on earth.

*Throughout the book, Spirit (with a capital S) and Matter (with a capital M) represents the androgynous nature of God. God as Father is Spirit; God as Mother is Matter.

As we came to identify more and more with our physical body, we began to forget our divine destiny to be a vessel for Spirit in the Matter plane. Our soul felt somehow incomplete, as though she* had lost a part of herself. And she had! She had lost the memory of her mystical origin, her inner connection with Spirit and her twin flame.

Many people today who are earnestly seeking God have restored their inner connection through their Higher Self. We may also understand our Higher Self as the Christ Self or the Buddha Self in esoteric teachings and as Tiferet in the mystical teachings of the Kabbalah.²

As divine watchman and guardian of our spiritual being, our loving Higher Self watches over us. He is our internal Logos and Mediator who quickens and awakens our soul's desire for truth, beauty and reunion with God. As we pray or seek spiritual guidance, our Higher Self responds to our call through mystical visions, inner promptings, "high" dreams or simply our sense of becoming a more centered and loving person.

The Quest to Rediscover Who We Are and the Higher Meaning of Life

I believe that Jesus Christ, Gautama Buddha, Muhammad, Krishna, Confucius, Lao Tzu and the saints and mystics of all the world's religions have been sent by God to remind us of our divine origin. Their teachings

*God is both masculine and feminine. The pronouns *she* and *her* refer to the soul because each soul, whether housed in a male or female body, is the feminine counterpart of the masculine Spirit.

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and example are meant to awaken each of us to the reality of who we really are, our mission of divine love on earth and our divine destiny. As we embrace this understanding, we set the sail of our consciousness to reclaim our union of soul and Spirit and ascend home to God.³

When our soul-memory is quickened, we begin to realize that we are as pilgrims on this earth whose inner desire is to return home to the heaven-world. As we begin to remember the higher truths we once knew, we realize that God has provided a divine opportunity for us to remember our origin and pursue our divine destiny.

I have known many people—friends, family and clients—who have had this inner awakening. They come from all religions and walks of life. In each one's own time and own way, the inner vision has been quickened.

As one young musician, Tony, put it, "It's like all of a sudden I know who I really am inside." Tony came to realize that the essence of his being is Love with a capital *L* and that music is his God-given gift to touch and open the hearts of others. As a result, his music is changing. He told me, "I don't know where God is taking me with my music, but I know it's all about loving each other like God loves us."

In our quest for self-realization we go beyond the human ego, ancestral influences and outer circumstances to rediscover our inner God-given identity. As our soul, our own inner mystic, renews her bonding with Spirit, we come to appreciate our special gifts. We discover our true

calling and seek to fulfill our life's inner purpose. That is Tony's story—and it can be yours as well.

How do we go about recognizing and claiming our calling? I believe that we all have our own cosmic timetable and special moments of opportunity when we are ready to listen to the yearning of our soul and to follow the prompting of our Higher Self. We may awaken to the reality of our soul's desires through spiritual practices. Or we may have dreams that stir memories of the heaven-world or inner experiences of mystical truths or life dramas that bring us to our knees before our God.

I remember moments as a child when I would look up at the stars in the sky and wonder at the vastness of God's heaven. My father would teach me the constellations and the stories that went with them. I remember the sense of wonder and awe that filled me and the warmth and love I felt inside. It was as though God were touching us right where we stood.

Each of us has had special experiences where we have sensed the limits of our human consciousness and have begun to comprehend the vastness of the universe. Through our life experiences we may be inspired or driven to understand the inner mysteries of life, and in those moments we reconnect with Spirit.

In the best-case scenario, we are inspired to live our lives more lovingly, more honestly, as the God-created beings that we really are. We begin to comprehend more

fully the meaning of the lives of the great saints and sages, including saints in our times such as Padre Pio and Mother Teresa. They have walked the path of divine love, and they have left footprints on earth to show us the way Home.

Pursuing Our Destiny of Love on Earth

How do we begin to pursue our divine destiny of love? We may choose to follow the footprints of those who have embraced divine love as a path right here on earth. We may open our hearts and ask God to help us to love ourselves and to love one another as the saints have loved. As we grow in the practice of offering loving-kindness to others, we increasingly sense the mystical presence of our Higher Self in moments of inspiration, meditation and prayer—or when we cry out to God for help.

We have lived so long in this physical world that we may have come to think that earthly surroundings are all that exist. Yet inwardly, as though remembering a beautiful dream, our soul yearns for mystical union and paradise lost.

Misunderstanding our own inner reflections, we have sought the perfection of ethereal beauty, cosmic wholeness and divine love of Spirit in a human way. We go from relationship to relationship trying to find our heaven on earth and never being quite satisfied.

Meanwhile, the angels, ascended masters⁴ and our own Higher Self continue to send light and love to us and

to prompt our memory of our mystical beginnings and destiny in the realms of Spirit. Loving us and patiently awaiting our awakening, they seek to stir our soul's memory of our original oneness in the alchemical marriage of soul and Spirit. Sometimes we feel their presence as a sense of inner joy and comfort even when we do not understand the source of our feelings.

The quest to rediscover and express our original androgynous nature, the oneness of soul and Spirit, seems to be the old, old story of each one of us—man or woman. During my years of clinical practice, a number of clients have told me that over many lifetimes their soul has lived in both male and female bodies because they have needed to understand the drama of life on earth from both sides of the equation.

They have realized that only by so doing could they appreciate and seek to reclaim their original androgynous nature and thereby restore their sense of inner wholeness.

Thus have we longed to return to a state of wholeness ever since we entered time and space—in the immortal words of Wordsworth, “trailing clouds of glory”⁵ as we came to earth from the heaven-world. And our Higher Self, our inner mediator between heaven and earth, has continued to love us, to champion our victory and to gently prompt us inwardly to remember our mystical origins.

I believe that each one of us inwardly seeks a higher meaning to life that is connected to our original divine

destiny. When we attune to the vibrations of Spirit, we may remember our special purpose in life and choose to fulfill it so that we may return home to our loving Father-Mother God.

When a woman begins to remember her mystical origins, she may find it relatively easy to identify with her soul because the soul is feminine. Such a woman may dream of her ideal man, the perfect lover—her twin flame, whether she calls him that or not. If the woman is not particularly spiritually inclined, she may simply think of her dream as expressing her longing for a tender, loving relationship with a man.

If she is spiritually aware, she may understand the deeper meaning of her dream as representing her yearning for the bliss of oneness of soul and Spirit and her burning desire for reunion with her beloved twin flame.

A man has a somewhat more complicated scenario: He may find it somewhat more difficult to identify with his feminine soul because he is a man with a male body. He may unconsciously distance himself from his own soul or think of the soul as somehow apart from himself—as if she exists in some etheric realm beyond his reach.

When a man has a dream of relating to his ideal woman, his perfect lover, he may have several different thoughts about it. If he is not particularly spiritually aware, he may decide that the dream simply represents his desire for a romantic relationship. If he is spiritually aware,

he, too, may perceive the inner significance of his dream as representing his inner longing for the mystical union of soul and Spirit as well as his profound desire for reunion with his loving twin flame.

Once both twin flames have achieved a certain level of acceleration and return to inner oneness with their Higher Selves, they may magnetize each other here on earth or in the heaven-world. Thus, their dream of blissful oneness of soul and Spirit and loving reunion as twin flames is a cosmic dream that can come true.

Notes

Chapter 1: *Mystical Beginnings*

Opening quotation: William Wordsworth, *Ode on Intimations of Immortality from Recollections of Early Childhood*, stanza 5.

1. The T'ai Chi is the Chinese principle of the androgynous flow of yin (expansive) and yang (contracting) energies that moves through all life. The yin represents the feminine energy and the yang, the masculine. The T'ai Chi is often depicted as a circle divided into two figures that have been likened to a serpent chasing its tail—the black figure representing the yin energy, and a white figure representing the energy of the yang.
2. Elizabeth Clare Prophet with Patricia Spadaro and Murray Steinman, *Kabbalah: Key to Your Inner Power* (Corwin Springs, Mont.: Summit University Press, 1997). Prophet describes the relation of Tiferet to the Christ: “When the apostle John wrote of the ‘true Light, which lighteth every man that cometh into the world’ he was describing *Tiferet*, the Son, whom he believed dwelt bodily in Jesus Christ. The Light, the Son, *Tiferet*, is also known as the Word and the Universal Christ. The Universal Christ is individualized for each one of us as our Higher Self. You can think of your Higher Self as your Inner Christ or Inner Messiah. Your Higher Self represents your potential to realize God and to become one with him” (p. 43).
3. Annice Booth, author of *The Path to Your Ascension: Rediscovering Life's Ultimate Purpose* (Corwin Springs, Mont.: Summit University Press, 1999), tells us, “We all know that Jesus made his ascension. But what so many of us have not known is that we are each meant to follow his example and ascend back to the heart of God, victors over time and space” (p. xiii). She explains, “The ascension in the light is the victorious return to God from whence we came. It is the goal of all life upon earth, whether or not the individual is aware of it” (p. 7).
4. Ascended masters are the saints and sages of East and West who once lived on earth, fulfilled their reason for being and reunited with God. Today they serve as teachers of mankind from the realms of Spirit, guiding all devotees of God. Among those who have become ascended masters are Abraham, Moses, Jesus, Gautama

Buddha, Muhammed, Krishna, Kuan Yin, Mary the Blessed Mother and Saint Francis. Their teachings as ascended masters have been published by the Theosophical Society, the I AM Movement and The Summit Lighthouse.

The ascended masters El Morya, Kuthumi and Djwal Kul, known as the masters M, K.H. and D.K., founded the following esoteric groups: the Theosophical Society through Helena P. Blavatsky, the Agni Yoga Society through Nicholas and Helena Roerich, the I AM Movement through Guy and Edna Ballard and The Summit Lighthouse through Mark and Elizabeth Prophet.

5. William Wordsworth, *Ode on Intimations of Immortality from Recollections of Early Childhood*, stanza 5.

Chapter 2: *The Story of Cosmic Union and Earthly Separation of Twin Flames*

Opening quotation: Robert Browning, "Prospice" (1861).

1. A number of my clients have remembered past lives; I neither confirm nor deny their experience but work with it as they perceive it. Their experiences are compelling in the inspiration and personal growth that correlates with positive memories coming to conscious awareness, even as there is an equally powerful impact on their psyche when negative memories surface.

If the record (memory) of a past life is traumatic, there is usually a letting-go of old thoughts, feelings and body sensations that have been burdensome in this life when the memory surfaces. During this letting go process, the person often experiences a paradigm shift whereby they understand what they have been meant to learn from the past life and how it applies to their life today. The end result for the client is that he or she feels a burden has been lifted, the associated emotional and physical distress either dissipates or disappears altogether and a positive perspective takes its place.

Chapter 3: *The Role of Karma in Twin-Flame Relationships*

Opening Quotation: Peter Ustinov, *Christian Science Monitor*, 9 December 1958.

1. Elizabeth Clare Prophet, *Violet Flame to Heal Body, Mind and Soul* (Corwin Springs, Mont.: Summit University Press, 1998).

Marilyn C. Barrick has been a clinical psychologist and relationship counselor for over thirty-five years. She has served as a psychological consultant to schools, government agencies, professional advisory boards and a variety of mental health facilities. Dr. Barrick worked in the Peace Corps as a training development officer and field counselor. For eleven years she also taught graduate level courses for the Department of Psychology at the University of Colorado.



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In her private practice, Dr. Barrick specializes in transformational work for the healing of soul and Spirit. Her unique approach includes inner child work, relationship counseling, dream analysis, Gestalt techniques, spiritual practices, meditation and EMDR trauma release therapy. She lives in the Paradise Valley, Montana.

For information on workshops with Dr. Barrick on "Spiritual Psychology Transformation" (in the United States and Canada), please call (406) 848-9887.

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