

'Relationships'

vs Soul-based Partnerships:  
Busting Myths About Love!



***Dear Friends,***

Welcome to my third newsletter. This aims to help bust myths about love and romance which soak the media, internet, television, movies and magazines around Australia and the world, resulting in confusion, misunderstandings unnecessary sadness as we mistakenly follow what people in the media tell us is the right way to think, act and behave toward one another. You may read newspaper opinions, blogs and self-help books that talk about tricks of how to get the guy, make men fall in love with you, find the perfect girl or 'have a relationship' – as if it were as easy as learning how to have a good hair-cut, a meal, a manicure, or massage. Used in the romantic sense, the term 'relationship' is often a figure of speech used as a subterfuge of 'using someone else to give me intimate/instant gratification, make me feel loved, less incomplete and to cure my sense of needy loneliness'. Whenever we refer to 'wanting a relationship', 'having a relationship' 'now in relationship' or 'ending a relationship' – there might be an unconscious recognition that we do not really know how to respect and love ourselves and to respect and love others.

This may be a confronting idea; however, if anyone wants to stop the painful cycle of heartbreak, disappointment and despair I encourage you to read on because the willingness to heal our misperceptions about the ego's favourite way of causing havoc between people, is to realise that special romantic relationships which are based on the idolisation or use of another person to make us feel loved and less needy, are **guaranteed** to eventually leave us greatly disappointed - *every single time*.

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There is another path to long lasting joy and happiness.

To help explain this, there are two famous stories written by women which illustrate the point of this newsletter; to encourage the idea of bringing spiritual divine love directly into all relationships with all people, most especially anything we regard as a romantic/special idol relationship - by changing them into a holy/spiritual soul partnership between two equals. This does not infer a religious relationship (which in many cases is just another form of the special idol/romantic relationship). The first story is the modern autobiography *Eat Pray Love* by Elizabeth Gilbert. The second is the famous Regency period novel in English literature *Pride and Prejudice* by Jane Austen.

Consider the opening scenes of the Hollywood Julia Roberts movie version of *Eat Pray Love* in which Gilbert famously ended what looked like a perfect marriage – there were no major issues in it, yet she felt utter despair being married to the wrong person. After a night crying on the bathroom floor praying to God and then losing most of her assets in the divorce settlement, she quit her home, career and life as she knew it in order to leave him – and then, ended up immediately in the arms of another guy, in another whirlwind romance thinking that she would find salvation in yet another person. After the initial infatuation period ended and reality set in – Gilbert suddenly realised that the next boyfriend couldn't give her what she thought was love, either.



Gilbert's story reflects the pattern of a lot of people; whether they divorce or not. The same constant yearning for something or someone outside of us to give us love is also reflected in our obsession with things; a new car, a bigger house, another university degree (!)more money, another job, more assets and

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whilst there is absolutely nothing wrong with striving for goals – we need to sometimes take stock of whether we are seeking false ego based love in outside things that will never satisfy us. This **most especially** applies to love in the form of romantic intimate relationships (of whatever sexual orientation).

In the book and its movie translation, Gilbert's story is in truth an autobiography of a woman who began her search for God and took a great leap of faith to follow the voice of inner wisdom from the divine that began to guide her as soon as she first began praying to God on the bathroom floor in the middle of the night. That voice was and is very real for Gilbert and in the book she described it as – always being there whenever she turned back to it. It was a voice that reminded her she is loved and that it was and always is there for her - whenever she chose to return to it for guidance, love and support. In my view Gilbert perfectly describes the voice of the Holy Spirit within her – the vibrational frequency hotline to God that resides and dwells in all of us.

From there Gilbert describes having taken hard decisions to let go of the certainty of a life that made her unhappy; to surrender to a year of great uncertainty during which *happiness found her* as she allowed the universe to guide her to her truth. After she acknowledged a life of constantly falling in love with so many partners, she then took a vow of celibacy for a period not to seek or enter into 'romantic relationships' (which she later described as the 'Physics of the Quest'; a truth seeking journey about oneself) in order to seek clarity and clear all the confusion.

The story shows how she discovered her true energy, and more interestingly learned that many of the people she thought looked happy on the outside with their outwardly perfect lives, marriages and lifestyles – were not as blissful as they first appeared. Although the Hollywood movie version of the ending serves up the familiar formula of finding salvation in the arms of yet another man - the real story is far sweeter because whilst Gilbert found her life soul partner, this was delivered to her after she realised that all the love she needed was the eternal perfect love of God within.

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Meditation once  
newsletter!),  
out who she really  
wanted and to  
– forgive herself  
unhealed aspects  
could let go of all



learned (another  
helped her to find  
is, what she really  
most importantly  
for all those  
of her soul so she  
past painful

experiences and finished relationships. Forgiveness is the letting go of past pain associated from disappointments, losses, trauma no matter how excruciating, because letting go of the pain can **always** be done. Forgiveness does not mean condoning someone's behaviour and then going back to the person and pretending it did not occur, only to be abused again; it means letting go of the anxiety, anger, pain, sadness, regret, jealousy, guilt and any other fear based emotion coming from the past. Gilbert found that forgiveness of herself and the pain of past 'relationships' with previous partners, was the necessary step to prepare herself for real love in a soul based partnership to enter her life and to see the truth that: depression, sadness and the false sense of loneliness which had often plagued her - were no longer real or necessary.



Once realising this truth – *that love is already who she is* - Gilbert then surrendered to the universe and created a huge vacuum of uncertainty in her life and in time, to which the universe responded rewarded her with love. Gilbert found new friends, new ways of being, and observed and became members of loving families; she also realised that other people face less easy choices than she and have their own demons chasing them. Eventually after evolving her *conscious awareness* the universe delivered her great life soul mate partner who complemented her, challenged her in those areas where she needed to grow – and she ended up securing great success with her book and more than recovered all financial loss she had initially suffered by taking that

leap of faith in her life. But what is important is that this soul-partner relationship involved: no games, no role playing, no techniques, no second guessing, no rules and manipulation, no-one else's well-intentioned interference, advice and opinions - and no tricks. The two of them began as sincere and authentic friends first and foremost, got to know each other's past wounds and souls – and then *made the rational calm considered* step to progress their relationship to a 'romantic' commitment.

Like Gilbert's character did in the movie at the beginning where she went to a medicine spiritual man in Bali, many people who come to me for spiritual healing - want to talk about their romantic relationships. My role is to be a presence for them and to help them see the lessons they need to learn from their current experience and situation so they can begin the journey of healing, letting go, forgiving and evolving. One helpful point of *Eat Pray Love* which is often over-looked is that the ego's trap of the special idol/romantic relationship is not just a western phenomenon – it exists in all cultures and groups in our world.

Which invites us to the opportunity to bust the big myth and lie; that the special ego/infatuation based romantic relationship is one of the main ways the ego tricks all of us into thinking that this is where love is found – whilst knowing full well that such 'relationships' are never real and will never last. Many couples may start off very romantic, doe-eyed, besotted, whilst they can't keep their eyes and hands off one another. Others may look at them and see them as 'love birds' and think 'they are truly in love and will certainly last the distance' – only to hear that just a few years later, the relationship/marriage ended in abuse, divorce, unfaithfulness, despair. 'How did that happen' everyone then asks, whilst one or both partners goes through years of therapy trying to analyse it all.

### The Main Truth

***The first relationship is our relationship with ourselves; others will love, accept, honour and respect us to the extent that we do this for ourselves.***

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This brings us to the second story of *Pride and Prejudice* by Jane Austen. Many academic critiques of this book have been made by university professors around the world and modern movie adaptations and interpretations have been made for entertainment. The story is familiar to many: Elizabeth is the strong independent woman who refuses a marriage proposal from the arrogant, pompous, very wealthy and conceited Mr Darcy, showing him that she loves herself enough to adamantly refuse a man who fails to respect and honour her with his courtesy, humility and gentlemanly kindness.

What might be missed when we are caught up in the delightful splendour of the regency period of the story's setting is that it shows how a woman can love and honour herself, no matter how much the world tells her that her circumstances are so dire she should compromise herself and marry any man. Indeed Elizabeth refuses not one but two marriage proposals (the other from her cousin the vicar Mr. Collins who unlike Mr. Darcy, did not even proclaim his love for her).



The story of *Pride and Prejudice* perhaps marks a historic signpost in the evolution of feminine strength, by showing how despite the immense pressure to marry in order to survive, women can still honour and trust themselves to bravely make decisions based on self-respect and self-love even when ego based trappings of: class, wealth, power and status urge us to do otherwise. In *Pride and Prejudice* Elizabeth is not described as the most beautiful woman, nor the most accomplished. Yet what sets her apart in the eyes of the bewitched Mr Darcy is her radiant sense of self-love, feminine energy and strength of spirit, her adamant independent challenging mind and rigorous

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innate sense of integrity and honesty in all her relationships and most particularly with herself. So devout was Elizabeth to herself that without hesitation she immediately refused Mr Darcy's first offer of marriage, despite his power, prestige, status and wealth.

This strength of character made Elizabeth priceless in the eyes of Mr Darcy when he realised that unlike other women who flattered and admired him - no amount of prestige and wealth would entice *her*. In the end Mr Darcy realised that his only option was to simply become a better man in order to win Elizabeth over – and it was his concerted effort to do this for her sake, before daring to ask her again to marry him, that allowed him to disarm the fears of his ego (his 'pride') which in turn helped Elizabeth to disarm her fear based ego ('her prejudice' against him). Mr Darcy was then able to really feel and express his genuine love for Elizabeth. Elizabeth Bennett's character in *Pride and Prejudice* is in many ways, a heroine of the feminine spirit and an example to women everywhere of how to honour, value, treasure and respect themselves - no matter how desperate the world says women should be.



As many who seek healing on questions of love are women, my prayer is that all women remain steadfast to their inner truth despite all uncertainty, and in so doing, inevitably attract the all-encompassing manifestation of God's love. May women also realise that their inner strength, feminine energy and innate beauty is priceless because it is worth far more than any accumulation of material wealth, prestige, titles, accolades, achievements and power.

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The problem with the many videos, newspaper opinion pieces, women's (and men's) magazines along with a lot of deep seated analysis on offer these days, is that we are misguided to be pre-occupied with other people's behaviour towards us; *'Is he cheating? Signs to tell he's in love with you. How to tell whether a woman likes you? Five things women love to hear from men'* and on and on the headlines go. They are all care of the ego, sent to us through media, books, newspapers and magazines which are designed to make us feel needy and insecure so that we go and buy all the other extra things we don't really need in order to make us feel more loveable and worthy. Whilst material achievements and possessions are nice to have in life – if that is all we think makes us loveable and worthy of love, we will always end up empty handed.

We are not our bodies, our status, our education, our post codes, our age, our figures, our ethnicity, our religious identity, our roles, our assets. We are love and our purpose is to reconnect to the God consciousness of love inside of us which is who we are – and to express that love in all our relationships with others. We are not here to find our completion in another; this is a false unending search that will never be satisfied because it is the belief in idolisation. We are not here to idolise anyone or anything outside of us. We are here to first and foremost learn to love the eternal everlasting beauty and love within ourselves and to then share that with others. Love is love and in this world it can be expressed in different ways; romantic partners, friends, children, family, friends, work colleagues, pets – the world.

***This is the same 'form' of relationship but one that is no longer based on special idolisation of the mythical perfect person who fills up the sense of lack in ourselves. Instead a love soul-based partnership involves two complete people consciously joining together for a purpose greater than themselves; a relationship turned holy.***

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Rather than try to explain this in one newsletter, I list what I feel are ten big lies and myths about love, followed by ten big truths - followed by a suggested list of other reading sources with the encouragement that each of you begin your own journey for your truth about love in yourself and all areas of your life. Whether in session with me, or on your own, I urge you to realise that your power is within you.

### **Ten Lies (Untruths) about Love and Romantic Relationships**

These lies are not good or bad; they are merely untruths and nor should anyone judge themselves if they have fallen under the spell of one or any of these myths. The first five are discussed and I encourage you to do further reading of your own to reach your own understanding and self-aware realisation whilst seeking the support of those you trust on your journey to healing.

- 1. Lie NO 1 - Love only comes from someone else (and/or something else) making you feel complete; if I am not in a 'special romantic relationship' I am not loved.** *The truth is that no-one will complete you.* Your purpose on earth is to realise you are already complete as you are - no matter what circumstances you were born into or wherever you are now. This does not mean we do not externally grow and evolve ourselves through life; but we do so always remembering we are inherently perfect as we are and are always deserving of love.

So let's be clear; if you hate yourself, do not respect yourself or in some way feel you are not good enough or worthy as you are and act in ways that are based on this (whether you are an over-giver or by contrast take too much) no-one else can or will ever fill any sense of lack. The false ego based special/idol romantic 'relationship' is a huge myth across the world that falsely convinces us that our mistaken sense of lack will be filled up by finding someone else (or something else) to give us what we 'think' we need to be whole and loved. ***This is a lie – don't fall for it.***

## **2. Lie NO 2 - Love and relationships are 'hard work'.**

A relationship based on the false idolisation of a 'special romantic relationship' will always be hard work; but a *holy relationship* (a 'whole' relationship) that consists of complete people joining together to share their inner love with each other, and thereby generate more love to *over-flow* from themselves into all others in this world - is a perpetual waterfall of joy.

## **3. Lie NO 3 – People just 'grow apart'.**

This often happens when an ego based special/idol romantic relationship reaches its inevitable expiry date when the people in it have extracted all they can from each other before moving on to a new partner to start the process all over again.

## **4. Lie NO 4 - There is only 'one' love of your life and when they're gone (for whatever reason) your chance of love is over.**

## **5. Lie NO 5 - You need to have lots of things, assets, credentials, money, qualifications, wealth, accomplishments, awards and play roles, games, rules and use techniques to get others to love you. (Hint: self-esteem and self-confidence are not the same as self-love).**

## **6. Lie NO 6 - You need to settle for whoever you can find if you have a screaming biological clock (man or woman).**

7. **Lie NO 7 - You are too fussy if you are not married by a certain age.**
8. **Lie NO 8 – Sexual chemistry and infatuated giddiness are signs of love.**
9. **Lie NO 9 Love hurts** (a favourite lie care of ego).
10. **Lie NO 10 - Love is blind.** (No it isn't - love is consciousness to the present beauty and oneness with all of life as it is right now).



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### Ten Truths About Love

When it comes to love, it really needs little explanation. Love is always here; it is who we are. Once we begin to peel the layers of myth, lies and confusion away from ourselves and our lives, the truth is that love is quite simply the inherent energy in us and all around us.

1. You are love, loved and loveable - regardless of your body, what you look like, your partnership, marital or wealth status.
2. Love begins with falling in love with yourself first - by recognising you are whole, perfect and complete just as you are no matter what your circumstances or life situation.
3. If you are seeking a 'relationship' the chances are that you are seeking someone or something outside of yourself, to make you feel whole that will instead leave one or both of you feeling empty and disappointed.

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4. Love feels *grounded, calm and peaceful* (not unsteady, fearful and infatuated).
5. Love is the same energy in all of our relationships with others, but expressed in different forms (such as a soul-based life partnership).
6. The masculine expression of loving energy is 'to achieve, accomplish and to give to others what we acquire' whilst the feminine expression of loving energy is to 'graciously accept and receive what others offer and give to us'.

In all our relationships ('romantic' family, children, work, friends) – we have the capacity to express ourselves in either masculine or feminine energy regardless of our gender. In the world of achievement and work we tend to exhibit a masculine energy (performance, competition, achievement and results). This also describes the energy we use to care for children, pets, those who are sick. Even when we are women, giving, nurturing and providing for others is a masculine expression of loving energy. In the soul based partnership (which 'A Course In Miracles' terms the 'holy relationship' as the ego based special/idol relationship *transformed*) one expresses the masculine love energy of *giving* whilst the other expresses the feminine love energy of *receiving*.



7. Love is who we all are and is already there within ourselves.

(Without feeling love in ourselves, vision boards and affirmations simply won't work).

8. The people around us (especially romantic/life partners), are a mirror to ourselves of our qualities and issues. Whatever we see in another is a mirror of what deep down we need to learn and understand about ourselves.
9. Love always was, always is and no matter what happens in this world - love always will be. Love is the connected sense of *oneness* as the opposite of separation, loneliness and fear.
10. Truth is God and God is love (as said by the Mahatma Gandhi).

I strongly encourage you to switch off the soaps on tv, sad movies and prime time commercial magazines and news - to begin your own search for love right inside of you, regardless of your age, gender, title, health, suburb, rank, qualifications, position, features, religion, ethnicity, background or supposed social or marital status. All of us, regardless of where we are from, our childhoods, our upbringing or past experiences, deserve to remember our inherent loveliness and that we are love, loveable and loved. Step by step, day by day, we can heal and reveal the truth of the eternal loving energy inside all of us.

We do not need someone or something else to give us love; it is our purpose and responsibility to remember this truth of inherent loving oneness with all others. I encourage all of you, men and women, to see your inner beauty, your worthiness and all the unique wonderful things you have to offer by just simply being who you really are.

Do not be deceived by the tricks of the world to make you feel inadequate or unworthy or never good enough for love. When you look inside of yourself you will find that the light of eternal love is already glowing and burning brightly.

*With love and blessings*

*Caterina xoxox*



## Suggested further reading and resources

In addition to the prayer in my book *The Australian Ghost Whisperer* (2012) and the healing sessions and workshops I offer – the below sources are suggested for reading at your own choice and discretion for both men and women. I invite you to begin your self-discovery journey of healing because the truth is - that no trauma, loss or past hurt is beyond the healing of love.

*A Course In Miracles* (No author: Foundation for Inner Peace 1976/2004);

*Me Before We* (Christine Arylo 2009)

*Madly In Love With Me* (Christine Arylo 2012)

*Loveability* (Dr Robert Holden 2013)

*A New Earth* (Eckhart Tolle 2009)

*Men Made Easy* (Kara Oh 2010)

*Spirit Junkie* (Gabrielle Bernstein 2009)

*May Cause Miracles* (Gabrielle Bernstein 2013)

*Manhood* (Steve Biddulph 2004)

*What Men Don't Talk About* (Maggie Hamilton Penguin Australia 2007)

*Intimacy and Solitude: Balancing Closeness and Independence* (Stephanie Dowrick 1996)

*Conversations With God* (Books 1 and 2 Neale Donald Walsch 1995, 1997)

*A Return to Love* (Marianne Williamson 1992/1996)

*Enchanted Love* (Marianne Williamson 1999)

*Mars and Venus On A Date* (Dr John Gray 2003)

*Calling In The One* (Katherine Woodward-Thomas 2005)

*The Soul-Mate Secret* (Arielle Ford 2009)

*Edgar Cayce On Soulmates* (Kevin Todeschi 2011).

*Make Every Man Want You: How To Be So Irresistible You'll Barely Keep From Dating Yourself* (Marie Forleo 2008)