

Welcome to your special

PREVIEW SAMPLER

of

THE SACRED BOOK OF

U: *(your name here)**

*Unveiling the Lost Teachings of the
Deep Feminine*

BY

RUTH GOULD-GOODMAN, M.A., LAC

**“U” is a sacred vessel which fulfills its purpose
the moment it is filled by YOU—with yourself.*

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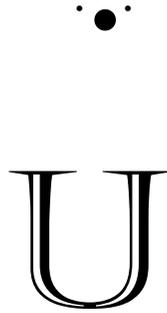
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This book's title, *The Sacred Book of U*, uses the letter “U” in recognition of the Chalice—the divine actualization each of us is.

The “U” represents the ancient container for the soul, which is always open to giving and receiving. When reading this book, I would like each of “U” to name your self as the presence that fills this profound, empty space of mystery. Doing so, you alchemize the infinite potential of existence to actualize through your physical body.



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Come Alive!

Marry the Goddess and God within:
Guide your attention to reside fully in your body.
Observe the polarity that lives between
Masculine and Feminine,
Mind and Body.
Unify them.

When you breathe your mind back to the earth of your body,
You complete yourself as a whole being.

Embody! Recognize your own essential nature.

Then you will see the essential nature of everything around you. .

You enter a living breathing relationship with love.

You recognize love is everywhere

The deepest longing of your soul is fulfilled.

You live inside Love.

Growth blossoms one human being at a time.

As integral molecules of the soul of our planet,

We individually express this transformation.

Finally, we make whole what must be healed for our earth to flourish.

Complete the circuit.

Receive the world lovingly and awaken your capacity to love.

Fulfill the dream of the universe.

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PREFACE: FROM ME TO 'U'

We are living in a very dynamic time. The world is rapidly changing all around us; we are aware of overwhelming death and destruction, and yet the potential for transformation and human evolution is tremendous. A vast array of spiritual teaching is available to help us navigate the changes. *The Sacred Book of U* is my contribution to this body of knowledge. It is meant to assist you in unleashing your natural potential for growth. This book asks you to listen reverently to your non-verbal somatic body experience, and to treat that information as your personal Sacred Text.

How This Book Came to Be

It is my nature to dig deep and without reserve. Though my mind is intrepid, the main catalysts for what I have discovered about conscious awakening arose out of my personal exploration of movement, dance, and sound. Over the years, I studied with many teachers who helped me to know myself better, most consistently with an internationally known Sufi teacher. I cannot count the number of trainings and teachings I attended. I hoped each one would give me the answer that would purge the pain that twisted incessantly in my gut and finally make my life work. No matter how big my accomplishments, I found myself back in the same dark hole. I habitually gave teachers my attention and recognized them as the source of my knowledge. The more I tried, the more I hurt. Finally, I woke up and realized I had to break my tendency to place the source of my wisdom outside of my own being. I had to quit all study with teachers who consciously or unconsciously required that I refer to an external source for my knowledge, without also acknowledging my own innate connection to Source. Suddenly, there were very few teachers with whom I could study.

Every form of knowledge I had encountered to that point was acquired from the external world. Even the yoga and meditation disciplines I practiced were distractions from my inner wisdom; I used *them* as vehicles to attain perfection. So I stopped everything else, and learned to listen to the emotional pain resounding in my own body. My pain became my guru. *My body* became the Sacred Text I sought, offering all the information I needed to heal myself.

I adopted this radical position:

By the very nature of existence itself, I am already enlightened. Created by existence, my body is my exclusive teacher. It alone can show me how to be in right relationship with the vast intelligence that is the Universe.

I have been privileged to act as a guide to serious spiritual seekers. Even after years of study in an ashram, or possessing great intellectual understanding, many of these students were still riddled with insecurity or self-doubt. I noticed that although people practice spirituality with all their heart, often the way they place themselves in relationship with that knowledge subtly keeps them from truly *becoming* the knowledge. The thought “There is something that I must do to become more than I already am,” structures knowledge as far away. Even if it is almost within reach, it is always out of reach. Over and over, I observed this phenomenon.

As I began to develop a system of spiritual work involving embodied dance, movement and vocal sound, the work guided my students into a direct experience of their unique inner knowledge. They were directed to listen to and receive the information unwinding through their body’s internal conductive pathways. I had to be wary of being idealized in the posture of a “guru.” I knew my students could easily misalign themselves by projecting their energy to seek authority outside their center. It became apparent that any misaligned projection of power source, no matter how subtle, would cause a person to miss their own boat. By freeing my students’ minds of seeking knowledge from any outside source, they finally began to listen to their own inner source. The immediacy of their empowerment was a great revelation.

There are few places in our culture which recognize this simple yet profound access to enlightened consciousness. Having been “educated out of” allowing direct contact with what I call the Unformed, we are terrified of having an unmediated experience of ourselves. I was stunned to recognize that the Unformed, which I had been taught to dread, was actually a universal “birthing membrane”—a portal to the Cosmos available to each of us. I also realized that this birthing space was the access to what is recognized in some writings as the Dark Feminine. It is clear to me that the piece of the enlightenment puzzle we all are missing is, in fact, an easy and friendly relationship with the Dark, or what I call, the Deep Feminine—the negative polarity of the womb space of the Cosmos. As quickly as we have lost it, we can reclaim it in our consciousness by returning to our body. It is not too late.



It is ironic that we must enter our own darkness to understand the real nature of our power. With this recognition, I've chosen to include some of my own personal stories of darkness in this book. What I know is that every part of me—including dysfunctional behavior and emotional darkness—is an expression of the deep intelligence of the Cosmos. Body pain IS our personalized instruction manual. It is imperative that we communicate with this part of ourselves, even if we are fearful, for pain is our portal into the Deep Feminine. We have all experienced darkness in our lives; courageously exploring these experiences can lead to liberation. The stories I share are mine alone. They led me to the dark, emotional terrain of the Deep Feminine, and from there, I discovered a path to awakening. It is my hope that these stories will provide a map for you to enter and transform your own darkness, to discover your own personal text through *your* specific pain.

Throughout the entire process of writing this book, the simple and profound purpose of human consciousness has been revealed to me as a lost teaching which has extreme relevance in today's world. Our species must awaken to recognize the intelligence inherent in all of Life. We must create our world from "whole systems thinking." But to do that, the first "whole system" we must address is our own body. By bringing our attention to the center of our body, we are able to ground our creativity in the potency of the present moment. Only from the present moment can we activate the choice to create our dreams. Embodied in the present, we open to our power to imagine and then generate a world we will be proud to pass on to our children: a healthy, thriving place where people treat each other and the planet with honor and respect; a world in which we create beauty and celebrate the Creation we have been given.

I am so grateful to elucidate this perspective for you. I hope that it will assist you in interpreting your internal terrain and reclaim the natural state of enlightenment that is your birthright.

-- *Venice, California, May 2008*

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Part One: My Life as Sacred Text

SAMPLER OF Chapter One : : part one **BODY AS GUIDE**

At age 24, I received a body initiation that changed the course of my life. Though I didn't immediately recognize this event as a teaching, I followed its path a long way. Looking back, I see it was during this experience that I recognized my body as my most sacred teacher.

MOTORCYCLE INITIATION

A New York City girl, I felt more at home reading about trees than sitting under them. Nonetheless, I left New York in my twenties and went to California to escape the pain of an aborted marriage. This journey initiated a desperate search to find myself. With my travel companions, I arrived at a breath-taking, beginning-of-summer Northern California campsite. It felt good to touch the forest floor beneath the redwoods. People were kind and warm. Externally, everything around me was very new; internally, I felt fractured.

That afternoon, a young man asked me if I wanted a ride on his motorcycle. Very coolly hiding my fear of rejection, I said, "Sure." As we cruised barefooted down scenic California Coastal Highway, my usual self-hating, self-negating mantra screamed in my head. It was "little old worthless me" begging for affirmation from a man I had just met.

*Suddenly, my attention shifts from my compulsive thoughts. The ride is taking me through the most beautiful experience of nature I could imagine. My senses are intensely alive. Redwood trees tower. The freedom of the wind joyfully streams through my long hair and caresses my body. I am opened up, and I take in the beauty all around me. The blue water of Stinson Beach sparkles like diamonds. I smell the earthy, musky resins of the redwoods mingled with the sweet smells of sage, cedar and eucalyptus. I have been living in a narrow world of fear and self-hatred, a world the size of the space between my ears. For a few moments, however, I am free of the torment of this hissing mantra of self-loathing. There, in the vast beauty of nature, I look into the deep blue sky and have an epiphany: **I too** am a part of the natural beauty evident all around me...*

Initially, my body provided information in the form of overwhelming emotional pain, exhibiting dysfunctional behaviors that confused and frightened me. I was a full-blown bulimic by the time I was sixteen. I hated my body and blamed the self-loathing I felt on the twenty extra pounds of body fat I carried on my thighs. I believed if I could get a man to want me sexually, all my problems would be magically solved. I lived in a silent, sad hell, unaware of my own isolating and self-negating habits of thought.

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SAMPLER OF Chapter One : : part two
LOVE IS THE DEFINING MATRIX OF ALL EXISTENCE

Like many people, I had defined love as a feeling for a particular person. One day, while meditating on my heart chakra, I received the insight that the experience of love is not personal to my heart and that personal love is limited. Shortly after this I had the “three bees on a thistle” experience and recognized Love with my own heart. These insights came to me:

The space between things is not empty; it is filled with a connective tissue or atmosphere which I recognize as the vibration of universal Love.

This connective atmosphere holds everything in place, including the planets and all life on earth.

The same matrix which sustains the placement of the planets in space also provides containment for every cell in my body, allowing life to pulse through my physical expression.

MY HEART IS AN APERTURE, A PERSONAL PORTAL TO LOVE

The moment I align my consciousness with the universal resonance within my heart, I touch the space known as Love. The center of my heart is my personal aperture to this infinite ocean. By breathing deeply into the center of my heart’s pulsation, I am drawn into a direct, living, loving, flowing relationship with Truth. Direct knowledge awaits me there.

The aperture to Infinity resides in my body.

I place my consciousness – my mental and physical awareness – on the center of my heart and feel Love permeate my being.

I relax back into knowing that Source holds me.

Sitting in this awareness, I breathe myself into it, feeling gratitude.

The loving Presence from which I come fills me deeply.

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SAMPLER OF Chapter Two :
My body: A sacred encryption of all the laws of Creation

As a child, embodying consciousness through dancing to music allowed me to maintain connection with the innate knowledge that there is no technology more sophisticated nor more subtle than my own nervous system. Dance helps me keep doors open to the encoding in each cell that holds a living knowledge, more relevant to my evolution than information from any textbook, sacred book, spiritual lineage or spiritual teacher. In fact, each cell in my body is a complete holographic library of universal understanding and truth, programmed by the nature of creation itself!

My body is an exquisitely intelligent system encrypted with all the laws of creation.

My body is a beautiful instrument given by creation which communicates the nature of existence to me.

My body is a living process encoded with the same harmonic laws that create everything in the Universe.

My body is my personal repository of Universal Truth that only I am given.

My body is a direct access, given to me and only me, to help me cultivate relationship with the power of Creation.

Since the body holds the truth, fully engaging the body in the physicality of music, art or physical activity awakens the natural ecstasy that embodied creative action is. The innate enlightenment of the body is accessed.

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SAMPLER OF Chapter Three : ON to OFF

...If we are all born with direct connection to the essential purity of nature, then we must assume something in our life journey internally fragments us from our wholeness. Something switches our ON button to OFF.

As a small child, the only power I have to make my world right is the power to reshape myself to fit into my out-of-balance family. To survive the fragmented world I find myself in, I must 'wound' myself. Because I do this before I have words to understand my choice, I quickly forget that it is "I" that chose to inflict the wound of fragmentation from my essence. Soon, the pain I feel from my self-imposed disconnection becomes my identity, my deepest sense of myself. Thus the distortions of denial and negation of Life Force are passed to me from my parents' generation. When I enter the educational system from which I am supposed to learn to be a functioning member of society, I find myself spinning to get the right answers to try to fit in by getting A's on my tests to make my world right. Below is a personal story of my ON button switching to OFF...

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SAMPLER OF Chapter Four : ON: the Call to Love

Even though fear has turned me OFF, the ON button is always seeking to turn me back ON. Life Force pushes through my unconscious blindness to who I am. Life seeps into the sensations of my body, demanding I pay attention. Life is the ON button.

There is nothing in my known world that supports me in confronting my fear just to see what would happen if I stood up to it. There is nothing that supports my responding differently to my fear than I have every other time. Yet each time I stop, I feel the great pain of not being able to proceed with my life. A pressure grows from within that feels intolerable. I cannot live with the limitation my fear imposes on me. In my solar plexus lives a rage that will not let me stay in the small place I imprison myself. Every time I am pressed to jump into a new way of being, I see a Huge Tiger who instantly positions himself in a crouching posture, ready to pounce on my face. Every time I attempt to jump across the chasm of my fear, the fierce tiger opens its mouth to roar in my face and I grow cold with fear. I approach and abort hundreds of times.

Finally one day, despite everything I know that tells me to never ever take that chance, I jump. The moment I jump into the unknown of myself, a new energy state opens to me that is actually big enough to meet my fear. In a moment of trust and faith, power comes roaring through me. Suddenly I know the Tiger was a Paper Tiger, and that he had no power to stop me...

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SAMPLER OF Chapter Five: EmPower our Mind to live in ON

I am in a totally different phase of my life. I am married and have two children and a house. I am a healer, an acupuncturist and a teacher of conscious movement. When I am alone in the house, I still wrestle with the urge to stuff my face. We have long wooden closets in the kitchen that are filled with all kinds of goodies. I am sitting on the couch in the living room, reading or writing, and I find myself standing up and walking toward the cabinet. I open the cabinet and see an endless selection of foods. I reach for a bag of crackers. As soon as I touch it, I realize that nothing in that bag will satisfy the real cause of the hunger I feel. I stand motionless with the closet open, my hand on the bag of crackers. I think to myself, "I am hungry for something." But after years of attempting to appease myself with food, I have learned that it cannot satisfy my real appetite. Finally, I ask the questions my soul has been waiting for years to hear: "What do I really need to do to satisfy my bottomless appetite? "What do I really want from this bag of crackers? What do I believe I will receive by ingesting these crackers into my body?"

As soon I bring my attention back to my own being, something releases. I am able to let go of the crackers and close the closet. I take five steps away, and in that short space of time, my mind reverts to its habit of seeking fulfillment outside my own center. Once again I experience an overwhelming need to consume the crackers. I re-open the closet repetitively, trying to satisfy my deepest longing with a bag of crackers. In the time I have closed the closet and begun to walk away, my attention has returned to the old pattern of seeking myself outside my center. My eating disorder now feels like a ghost exhibiting mindless behavior. No longer am I able to lose myself in the food. Still, I have the habit of severing my consciousness from my own center, and that misalignment of my mind engenders my ghost seeking behavior. The more I return—the more I strengthen the habit of living from my body as the center of my being—the more my soul receives what it is truly seeking. My body needs me to stop abandoning it and come back home.

Nothing in this material world—no food, person or thing—can satisfy my hunger. My anguished seeking is caused by the fragmentation of my consciousness from the divine source of my own body's center. Through the simple act of returning my focus to my body—specifically to the place of pain within my body—I heal the exact place where, to protect myself from the world, I learned to fragment my consciousness.

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Part Two: Your Life as Sacred Text

SAMPLER OF Chapter Six : : part one

The Gift of the Sensation of Pain: The Journey Back to ON

Anger is an example of a potent emotional power that is often misinterpreted and therefore denied its vital importance. Anger is a BIG energy. It functions in a protective capacity, and it can also help us propel through obstructions. If we do not understand how to receive the message of anger, it can travel one of two paths: the path of self-blame; or the path of external projection. When we deny the underlying power that anger represents, we must somehow rid ourselves of its energetic potency; the energy of the denied anger must go somewhere. Depending on our personality type, we tend to project our anger and its cause onto “the other,” or we stuff it back inside and blame ourselves. Both responses to anger, like most painful emotions, derive from fear...

Like pain, anger can be very useful to us. Anger and frustration are signs of energy short circuits. They tell us that our limiting beliefs are creating a wall and stopping the flow of Life Force. If we enter the discomfort of the anger sensation, we discover that anger happens when our “creative will” implodes internally instead of expressing externally in a creative action. This suppression and implosion occur instantly when our vital force slams our self-limiting, negative beliefs. By focusing attention on the uncomfortable places in the body where the energy short circuits reside, we identify the energetic membrane that is blocking our Life Force, our will to be, from proceeding on its rightful path.

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SAMPLER OF Chapter Six : : part two
Embodying the Cosmos: Breath and Movement

THE PRECISION OF EFFORTLESS EFFORT: WU WEI

The Chinese have a concept called Wu Wei, which translates as “effortless effort.” Rivers flowing toward the ocean are an example of Wu Wei. Do not be fooled into thinking that the path of a river following gravity is passive or random. With each turn and twist, the river finds an exact course to proceed along – the precise path of least resistance. I witnessed the following natural event which helped me understand the exactness of the path of Wu Wei...



Like water in a riverbed, energy flowing through the body seeks the path of least resistance. When we maintain awareness in the full physical map of the body, energy flows neutrally, following its natural path. Given this clear channel to move through, energy will seek harmony and balance, and will independently find its way to its next evolution. But if our attention is distracted from its whole body perspective, by the intensity of a past trauma for instance, fluid energy becomes fixed in the old, all-too-familiar configuration, and growth is stopped.

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SAMPLER OF Chapter Seven : : part one
Unleashing Your Evolutionary Capacity: Integrating the Masculine and Feminine From Within

DEEPENING EMBODIMENT: MARRYING THE MASCULINE AND THE FEMININE

Whether you are male or female, consciously holding space for the unknown within you puts you in contact with a great power—the essence of the Deep Feminine. Culturally, we have fixated our definition of the feminine on the superficial characteristics of the female body or emotions. The Deep Feminine is present in both male and female humans; it expresses in every cell of the body. Awareness of this presence brings a creative river to the doors of our conscious minds. Our minds are wombs, capable of generating and birthing new possibilities into this present moment:

What would it mean to truly recognize the unknowable deep feminine, to fully know the real, fecund power that Life is? You must first understand that each of us—regardless of our gender—holds both masculine and feminine aspects of consciousness in our being. Moreover, it is the nature of the masculine and feminine to dance with each other. **The maturation of our embodiment process occurs when we successfully marry the masculine and feminine within ourselves, by aligning our minds to serve our bodies.**

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SAMPLER OF Chapter Seven: : part two
MEASURING THE UNIVERSE: HEART VS. INTELLECT

THE NEGATIVE CHARGE OF EXISTENCE

...The Negative charge is the empty space, the **potential energy**—expressed as the unformed (as just described earlier in this chapter), the feminine, and the womb space. The positive charge shows up as manifest reality, that which is already actualized. The negative/feminine space is a huge wad of potential possibility, always available to alchemize the seed of the positive/male energy. Only through the dynamic tension between these poles can the physical universe come into expression.

In order for creativity to really happen, for any real change to occur, we must develop a profound relationship with negative space. This means allowing our minds to reside in the place where there are no answers. From emptiness, Universal Intelligence can create within us the possibilities necessary for us to proceed. Once we honor the primary power of the negative charge, we access a basic unit of the healing process. Open to the experience of empty space, a doorway opens to the Cosmos. We form relationship with potential energy—the womb of existence, consciousness itself. Our connection with the negative charge, the feminine, creates our personal contact with the Source of all Being.

Quantum physics is not just an academic pursuit

...Our minds are seduced by physical reality; we have forgotten how to connect with the emptiness of the unformed where creativity can generate untold possibilities. **Quantum physics is real—it lives in your body. You can access this knowledge and its power by consciously directing your mind to reconnect with it.**

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SAMPLER OF Chapter Eight:
Reclaiming a personal relationship to God

Our popular philosophies and religions confuse us by teaching us that God lives far away and that we are powerless to directly communicate and co-create with the Cosmos. If we perceive God as inaccessible to us, we unconsciously accept concepts of enlightenment that keep us from our birthright as divine, creative beings of light. Here are some common assumptions about God:

- ❖ Power exists at the top of a steep mountain. Very few of us are truly worthy.
- ❖ If we want power, we must strive to be like those at the top of the power mountain.
- ❖ A few elite beings hold the power to communicate with divine force.
- ❖ Only anointed intermediaries such as priests, kings, doctors and presidents have the authority to know better than we what is good for us.

The paradigm that most of us have imprinted on our hearts and minds severs us from the experience of direct communication with the power that creates us. Collectively, the modern human dream has unplugged us from having an intimate relationship with Source. Our self-imposed exile makes us feel fragmented. We then strive to redeem ourselves by seeking to climb to the top of a hypothetical mountain created by the striving of other humans who do not want anyone else to arrive and intrude upon their exclusive domain....No matter how hard we strive to get to the top, to prove we are worthy enough to be close to God, we have inadvertently placed ourselves outside of the perfection in which we want to be. Our desperate striving to become what we already are produces an inconsolable anguish. The internal pain generated by our fractured posture blinds us to our habitual, unconscious, self-righteous and often cruel oppression of what is "beneath us" (other people and/or the environment). Until we finally reclaim our rightful place as the center of a holographic universe, we are caught in a dream that is the present Nightmare our world finds itself in.

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SAMPLER OF Chapter Nine: :part one
Creating Awake, Conscious, & Aware Relationships

You are the center of your universe, and so it is essential that you take care of yourself first. The world is filled with many people who are not healthy. While seeing the divine in everything, it is imperative to maintain firmly established boundaries to protect yourself. Maintaining equanimity sometimes requires you to behave in a way which might seem harsh or selfish. It is always possible to keep your balance in a way that is respectful and consciously nonviolent manner. You can insist that no one trespass upon the sacredness of your being without being judgmental or angry. The deep work of the soul is to love and forgive yourself and others, remembering to translate all that transpires as a challenge to help you grow into who you must become. *No one* is served by negative judgment.



The prerequisite to easily opening to others is to live deeply rooted in your own center, so that you do not confuse what is yours with what belongs to someone else. Any unconscious interaction will be drawn to the intensity of the lowest common denominator of fear. When you come together in a reactive, unconscious way, **the law of mutual resonance** will mirror and amplify the energies of your mutual fears. When both parties are caught in an unconscious, negative exchange, the interaction tends towards entropy. Spinning in on itself, the encounter is unable to actualize its healing potential. It is inevitable that if you are NOT living from the center of your being, you will behave reactively towards others. Without connection to your own center your own fears will confuse you and you will project your vulnerability externally onto others. Off your center, you place yourself in the terrifying position of having no power

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SAMPLER OF Chapter Nine : : part two
Distilling spiritual teachings from the Tantra of Relationship

Tantra often has been narrowly defined as pertaining only to sexuality. It is actually a conscious cultivation of “the capacity to be receptive” to the ongoing transformation that is the nature of life. Tantra describes a quality of communication with oneself, with nature, with all living beings, of every relationship, including even the relationship you have with your food. It takes an awakened consciousness to maintain a spacious receptivity to the unfolding experience of life and death. It is rare for any action, especially sexual action, to not fall into the limitation of expectation and agenda, where life dies on the vine. In a Tantric sexual exchange, consciousness awakens to a mutual and deeply engaged receptivity of each partner to the other. **A rooted and centered consciousness has the power to help a partner ground back into his or her own center.**

Real tantric sexuality transcends the animal instinct to discharge energy to experience pleasure. In tantric cultivation, pleasure happens by simply recognizing our connection through our body to the nature of existence. Energy amplifies by resonating off of each other until a doorway opens and the energy connection finds itself in the depths of our mutual cosmic nature; God is embracing God. The illusion of boundary dissolves, and cosmic union is achieved. The power to open this portal comes by being authentic, real, honest and deeply committed to staying aligned to the center of your own being. It is not something that you create or make happen. The resonance of love is amplified in the mutual recognition of the divinity of each partner. From here, love is effortless—for true love arises out of the truth of existence. You recognize Love is who you are.

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SAMPLER OF Chapter Ten : : MACRO: micro

People attempting to lead socially and politically responsible lives and create community must first understand the laws of inner peace....It does not matter what people attempt to do in the world if they are unconscious and full of fear and self-hatred. We must first learn to live from self-love before we attempt to influence the larger global community.

Body-anchored philosophy is concrete enough to understand: If a person behaves cruelly to another, it is because this person has unresolved self-hate; a belief that something inside of them is unacceptable...We need to penetrate to the root of any unconscious beliefs that causes breakdowns in our communication with each other. The human race will not be able to clear and clean our external environment until we address our internal environment and examine the thoughts that generate our negative emotions.

DOORWAYS TO HEAL OUR PLANET

The old models of our governmental, corporate, and religious institutions are now holding us back from the growth we need. These institutions are working hard to maintain their positions of absolute power and control over everything and are threatened by awakened beings expressing the unstoppable power of love. Unless we understand the **power of clear spiritual alignment** and how it relates to the power structures of our world, we will feel helpless.

Our challenge, therefore, is to root ourselves in **the expanded spiritual identity of the Divine Feminine** so that we may release the impulse to dominate and control the Universe. When we recognize the Divine in all physical expression, we penetrate the Mystery of our own physicality and remember all beings, including ourselves, are expressions of Divine origin and purpose. We are the pulse, the wave, the light, the dark, existence and non-existence. Co-creating with Creation, our choices direct the unfolding of reality.

It may seem inconceivable that the world could be healed by your individual reintegration with your own center and thus with the center of the universe.

*But remember: **Love is the fundamental impulse of the Universe to know itself.***

*And this, too: **The way IN is revealed through the body, which connects us to the binding glue that holds us all together.***

Thus, while fear and hate divide our world, Love opens you to the flow of the infinite source of energy within you.

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