



A Manual for Holy Relationship (The End of Death, Vol Two)

The Deeper Teachings of *A Course in Miracles*

By Nouk Sanchez

Special Relating, Compromise and Sacrifice

The greatest single contributor to the ongoing attraction to separation and suffering is the lure of “special relationships.” Everyone in the world has special relationships. Because the ego uses these relationships as its predominant means to abandon our Self, they become the primary dumping ground for unseen and unforgiven self-hatred and unworthiness. Yet these relationships offer us the *greatest opportunities* for quantum healing since the beginning of the separation. The key to releasing ourselves from our unconscious attraction to pain – fear of Love (God) – is found in our brothers, and specifically in the transfer of special relationship to Holy Relationship.

It’s important to note that the Holy Relationship need not be romantic. It is not exclusive but *inclusive*. It may be between two or more people. In contrast, the *special relationship* is *exclusive*. Special love is a scheme of relating which devalues our Self and others. As Jesus tells us, special love is really hate in disguise. It is not just a block to Love but the complete *opposite* of Love. And “this” is the type of love (attack) we have come to idolize in the world since the beginning of time. This is also the reason why special love seems to change or end. The truth, of

course, is that real Love is changeless and if “love” seems to change or end it was not Love but specialness.

We agree to compromise our Self (sacrifice) to get something of “greater” value. The issue here is that it’s the false self, attempting to find ways to buy, take or trade, in exchange for what it unconsciously deems as worthless (our self). Although this is kept hidden, we agree to relationships for the purpose of *mutual use* and not as a means to extend conscious Love.

Sacrifice involves the belief in deprivation and loss, together with all the feelings associated with it. This is the opposite of real Love... In relationships a telltale symptom of specialness is when we secretly keep tabs on what we’ve sacrificed, done or given, and we then *expect* others to repay us in kind. A warped sense of entitlement gives rise to immediate and “justified” resentment if our gift is not recognized or returned. In other words, when we give for specialness, we give to *get* something, which is simply a disguised form of taking. And for this we always end up paying the price.

Until we have begun to exhume and reverse our unconscious fear of Love (God) we will continue to believe the greatest of all ego lies - that *God demands* sacrifice. This is the craziest of all ego beliefs and yet it sits rigidly as the centerpiece of the ego’s altar and feeds our destructive beliefs and patterns concerning the “nature” of special love. God does not know of either sacrifice or special love. These two, although seemingly different in their forms, are indicative of their one shared purpose – to mistake fear, guilt, pain and loss, for Love.

The Ego’s Use of Sex to Maintain the Separation

This Manual includes an extensive chapter focused on shifting how we view sex. The discussion leads us on a journey from the *toxic misuse* of sex (which maintains the separation) to using sex to *heal*.

Identifying as separate bodies with private minds, and eager to seek out as much specialness and pleasure as possible in its short time between birth and death, the ego has a profound investment in sex. It highly favors this particular body appetite because its compelling lust for sensual pleasure aims to keep us body identified, amassing guilt which locks us into the arduous reincarnation cycle. In addition, sex is used unconsciously to further “separate” through its

special romantic relationships. In substituting the illusory “body” for the light-filled and innocent Spirit of our beloved companion, we block our vision of them and ourselves, and thus unwittingly we bring conflict and suffering to our relationships.

Because of the widespread, compulsive belief in “special love,” together with the conviction that sex *and* love are synonymous, the sexual pleasure drive is especially defended in the ego thought system. This is why Jesus included the subject of sex in His early dictation of *A Course in Miracles* to Helen Schucman, explaining that sex is an area the miracle worker *must* understand.

We are not asked to give up sex. Nor are we to feel guilty for valuing it. We are being urged to open our mind to a teaching of Love *beyond* the body by repurposing what we are using sex *for*. If we could approach this with an open heart and mind, then Holy Spirit will help us to lift the veil of fear so that we can welcome the immense Love and joy waiting for us beyond it.

Awakening – Stepping Across the Threshold

The fear of Love, which is the love of separation, can only be overcome through healing the mind’s “fear of union.” And this is precisely why the Holy Relationship represents the Holy Grail within the mind’s choice to dream of consciousness apart from God’s realm of Absolute Knowledge.

As we approach the grand awakening from the body and death itself, the definitive experience involves looking lucidly upon our “fear of God,” without the many layers of illusions which previously kept it hidden from stark awareness. This is our denied terror of Love as the fear of God and as the attraction to conflict, sickness, pain and death. Here, we will come to see that separation itself is perpetuated by our *fear of our brothers*. Simply put, every unforgiven grievance that we still believe (project) is a painful expression of our own unhealed fear of our brothers. And this is why we need the quantum healing experience of Holy Relationship because its forgiveness reaches out to heal all minds within all the dimensions of time.

The final awakening proceeds from our undivided agreement to overcome our *fear of union* with our brother and thus with God. This clearly illogical fear of extraordinary communion and all-encompassing forgiveness manifests as the split mind’s belief in the body’s reality, its sensory perceptions, the laws of the world and finally, death itself. It uses these illusions to attack itself and keep the separation intact.

This last eye of the needle necessarily involves the experience of rite of passage through Holy Relationship, a true relationship *beyond* the body. This is the triumphant and joyful relinquishment of the very last obstacle to our willing return to peace, to Love, and to conscious union with our brother and God. The Holy Relationship heals the split mind's terror of union because union with our brother literally *ends* the separation by eradicating the guilt that perpetuates it. Here, in this unprecedented bonding through forgiveness, is the necessary unification of the split mind, brother to brother, that ultimately collapses the ego's gap of separation in its entirety.

In the divine union of Holy Relationship lay the proof that we do indeed share one, continuous, Loving Mind with God and all our brothers. This depth of union shatters the bounds of the laws of this world, completely demolishing them, and extending God's Love in a holographic fashion through all minds who are willing. In the advanced Holy Relationship lay our irrefutable demonstration of the *Course's* number one miracle principle, "There is no order of difficulty in miracles."

This teaching presented in the *Course*, is the final Victory Lap. The reason is because the Holy Relationship is an experience of union that utterly transcends bodies, and therefore all sense of separation. It is this direct experience of *union with our brother beyond the body* that proves unequivocally that we are *not* body-bound. Nor are we prisoner to its illusory laws of birth, decay and death.

These teachings are our lighted pathway *out of* the ego's impossibly long, weary and arduous *dream* of life in the body, which is really a *dream of death*, and not life at all. I am so deeply grateful to Jesus, as the first Christ amongst us all, to have undone the entire ego dream for all time. Thank God for His having accomplished the Atonement on behalf of all of us. Now, all that remains for us to do is to *accept and receive* this truth deeply into our hearts. After all, the sole responsibility of the miracle worker – as you and me – is to accept the Atonement for our self.

Please visit www.nouksanchez.com or www.HolyRelationship.com