

# Relationships

**Interpersonal relationships - personallity commingling**

## How the wisdom coding system works.

### WISDOM CLASSIFICATION SYSTEM

#### Type of wisdom (purple box)

- E** = Evolutionary wisdom
- R** = Revealed wisdom
- H** = Hybrid wisdom (evolutionary + revealed mix)

#### Target audience (green box)

- P** = Personal
- G** = Group (non-personal)

#### Type of content (yellow box)

- C** = Curated content (paraphrased, re-written, enhanced, translated, etc.)
- O** = Original unedited content from external source (direct excerpts, complete content, etc.)
- M** = Mix of both curated and original content.

#### Reliability factor of content (blue box)

- 1** = High
- 2** = Average
- 3** = Low
- X** = Cannot be determined.

### APPLICABLE JURISDICTION(S)

soil  Land  Sea  AIR

- Check boxes indicate to which planetary jurisdiction the contents of the page is applicable.
- Can apply to one or more jurisdictions simultaneously.
- All the applicable jurisdictions will have a check mark.
- For additional information about the scope of these jurisdictions please refer to this [chart](#).
- For additional information about the properties of these jurisdictions please refer to this [chart](#).

**SOURCE:** This row is used for recording useful information about the source of the wisdom entry. In most cases a hyperlink to the source document may suffice, but additional information may also be recorded in this row such as author, document name, ISBN # etc.

Question: Rayson, could you elaborate on personality commingling?

Answer: Yes. You may sit alone and read the truth in the Urantia Book. You may have a thought of truth on your own. But when another personality imparts this truth or thought to you and you are there to receive it, to catch it, your personalities commingle, and if the truth or thought is carried on a circuit of love it will hit its mark, and that is the power of what happens here. You are listening to my words but you are feeling the depth of my love for you as I say them, and this is unfathomably more powerful than reading these truths.

Think of the Apostles, for in truth the message of Jesus is no different than the message of the Urantia Book. Both have taught us that God is a loving Father and that men are all brothers. To have received this lesson at the foot of the Master would be much more impactful than to have quietly discovered the Urantia Book on your own and read by yourself.

Personality is the gift of The Father. When two personalities participate in give and take, a new facet of the Supreme Being is born. It is an act of creation as well as an act of learning.

Question: Rayson, when we rediscover this simple truth we've been talking about, and we do that with another person of whose knowledge is commingling, and we do it - in a way - a lot of it is like a creation that moment. Isn't it? Or did I misunderstand what you said?

Answer: No, you understood perfectly. It is like the creation of a cell in the body of the Supreme Being.

Question: Rayson, does this personality commingling have anything to do with the fact that - a person

can help to heal himself by association with another person who simply cares for him and has a positive relationship with him or her?

Answer: Yes. Of course. There is no hurt that - there is no boo-boo that is not made better by a kiss. There is no great mystery here to personality commingling. It is simply talking to each other, relating. It is simply one unique child of God with one other unique child of God interacting through love. The greatest lesson is learned there. The greatest love is felt there. It's simple. It happens all day, all the time, to every one. Every burden is made lighter when shared with a friend. I spoke earlier of a circuit of love. We talked about how effective teaching is when it's sent from teacher to student on a circuit of love. That is what helps it hit its mark. This love between personalities is powerful, and when experienced, can and has many times changed the entire emotional - and ultimately spiritual - life of beings, of people. If one is burdened and holds those burdens to himself, he carries their full weight. If a friend is present and expresses love, the circuit is affected and the burden travels across the circuit to the friend who - in a moment - shares the load and the weight is lifted.

The Father also provides you with this circuit, but more readily accessible to you mortals on Earth at this time are the circuits created by your personality commingling. You must learn to lighten your burden by allowing your brothers and sisters to love you and carry their weight.

Question: Is there any qualitative difference in my relationship with other beings in this area and my relationship with you or other spiritual-morontial God?

Answer: I am sorry to say that though I love you deeply I cannot share the weight of your earthly life experience as readily as those who are here with you. You may appeal to me, to your angels, to Michael, to The Father and receive great amounts of love, however the mortals of your world can provide an empathic experience of friendship that is founded on shared material electro-magnetic life that we cannot give you. Therefore, for the trial of mortal life the burden is better shared with other mortals.

Question: What are the meaning and value of relationships on a celestial basis? When we are on the mansion worlds and beyond, can we maintain the same interpersonal relationships we've had on this planet? Do we continue on with our friends and relatives?

Answer: This depends on the level of progressive attainment that you have attained at that time and your relation to these other beings. You will be given an opportunity to keep on with these same relationships in the same way. But since you will be looking at your relationship from a different perspective, you may wish not to. This will be entirely up to you and your integration of your knowledge and your learnings in application to these matters at that time.

Question: Could you comment on the function of the ego in interpersonal relationships?

Answer: The ego is understood differently amongst each of you. When your will, your seat of identity is of a physical and mental plane of identity, when you identify with the comforts of physical life, when you identify with your status, your perception by others, your reputation, and you base your actions on these, you can say that this is caused by your ego. This is how it is taken or understood by many. In this context it will be dissipated - your ego will not be.

When you place your seat of identity in the Thought Adjuster or your soul, then when you deal with others, in your relationships you will act not in your own best interests nor in their best interests, but in the interests of The Father.

Question: What would you do to increase the spiritual value of our interpersonal relationships?

Answer: You can pray and worship and realize yourself. Self-mastery is the key to service and the best of relationships. When you have mastered yourself you are doing the will of God. When you relate to others, when you serve them, you will not be serving them because of your own ego, or your self aggrandizement, or your wish to be known as a good person, rather you will serve in the interest of God and you will relate to others with the intention of doing the will of God. This does not mean that you cannot express your own feelings of love, of empathy, compassion, and other spiritual and high emotions, because these are in line with the will of God. So the more you can realize the best part of yourself, and master yourself, the better will be your relationship with others including beings of celestial origin and the Creator.

Question: I've had several experiences that you might care to comment on if you feel it's appropriate in this

environment relating to my opening up in my relationship to you and to a teacher. In terms of relationships, I have thought about the past month rather heavily the statement in the Urantia Book that the act is ours, the consequences God's. And I find that to be an incredibly powerful statement concerning ego and concerning the machinations of the human mind, that statement seems to be incredibly freeing in the sense that - for myself - it just means to just go about the business of being perfectly human, as opposed to the human conception of perfection which we all have. It's impossible to live perfectly on a sphere that's imperfect. But to be perfectly human is perfectly possible. And that comment about the act is yours the consequences God's appears to me to be one of the keys in the book in the sense that it makes us free to relate to both our brother and sister human beings as we see fit with the concept of values and meanings brought up. And also it frees us to relate to those celestial personalities that we might care to relate to. So I was wondering if you can confirm my experiences, or deny them, and comment on "the act is ours, the consequences God's."

Answer: Your experiences are real, although they have been attenuated by your mind and ego. As to the statement from the Urantia Book "the act is ours, the consequences God's," in your daily lives you act to make decisions. Some are based upon previous experiences - positive or negative. If they are positive, then most likely you will act positively. And vice versa. There are things, which are not - or cannot be - based upon previous experience because you will, I hope, look at each new bit of information without bias. But it is information, which is of value, and you will re-evaluate. When this happens, sometimes you do not know whether you should act or not. Your previous experience may tell you that you should not act. Some new information may tell you that you should act. When it is of spiritual value, and you think that it might be or could lead to value in a person, then by all means act! Your celestial backup, so to speak, will make the most out of the situation, the acts. What you have done will lead to a train of results. If you find out that it is negative, that you should not have done your act, well - of course - it is too late. But you may learn from that. That is the purpose of acting. Without action, how will you know?

This is the meaning of experiential knowledge. If you always only do what you know to be true, you may never make a mistake. But you will never gain these valuable lessons from making a wrong call. So, do not act upon fear that you will make a mistake. Act!

Question: How is it best to deal with the difficult personality, someone who is maybe very abusive? Which is the best way for us to deal with that for our own best spiritual growth - and for theirs?

Answer: Try to find out what makes that person abusive. Pray for that person. Try to find out what interests that person and communicate on that level. And after achieving some kind of feeling for each other, expand into other aspects such as his perception of God, his perception of how to relate to others, his or her way of dealing with problems, of dealing with that person's insecurities. Find out how vulnerable that person is. Is he open and willing to let others into his inner core? Or is he arrogant with an outer shell? Most people who are abusive are the latter. They are abusive because they have a soft inner core, which they will not let others into. And so when it is threatened and when it appears that that defense is breached, that person will lash out with an invective or an act, which is aggressive and abusive.

To try to forcefully penetrate that person's defense is unwise. It is better to subtly get closer slowly, little by little, into that person's confidence and once you have attained a relationship where that person is willing to let you touch his inner core, then you may try to talk to him about the love of God - His unconditional love - and the love between his brothers and sisters which he can have if he only opens himself. This will be a slow process and you may be emotionally hurt in the process, But, do not fear. If you desire to make this person a better person, less abusive person, you can.

But do not approach this person with the purpose of changing the person, or to be a teacher, or to place yourself above that person. Rather, place yourself side by side as you would to a brother or a sister and then proceed on that level of being.

Question: Do we have the responsibility to be in the space of very difficult people, or can we just love them and bless them and not be in their space.

Answer: You do not have to do this. Only if you wish it. If that person is so abusive and it is beyond your power to deal with that person, then try to avoid that person, by all means. You know what you are capable of. And you know what you are not capable of. Use this knowledge of yourself to ascertain the best way to deal with this person.

Question: What is our responsibility for people we don't know, particularly groups of people on our planet who may be suffering that we are concerned about but we don't know how to help? We feel overwhelmed with helping large groups of people whom we may never know but we still feel concern for?

Answer: Would you like to express how you feel? Do you feel that you should be doing something, but that you cannot?

Question: Yes, I feel like there are things that you might be able to do, but I worry with some of the things

that other people have said to me, that some other things you might be doing would be self aggrandizing, helping people do what you think they need to have done to have a better life. I wonder if, when you are helping people, how much you might be bringing in your own ego, or when you are helping them in the ways that they need to be helped.

Answer: Even when one is helping others because one wants to self-aggrandize one's self that is not necessarily bad or evil. Sometimes one must do that. One must act, but the feeling for service is in them. And through that action, you will realize whether that service was, indeed, for your own purpose or if it was for The Father. But yes, you must act if you feel like doing service, yes. Put your heart and soul into doing that. If it turns out that you are merely inflating your own ego you will know - and then you can look into yourself and find out how you can serve others by achieving self-mastery in doing the will of God. For once you have achieved self-mastery, this feeling of wanting to do the will of God will be so overwhelming that you will not be able to keep it stoppered in you. It will by its own nature express itself.

As for the many unfortunate beings who are in their state of hunger, homelessness, sickness, and war they are out there not just on this planet but also in the universe. We must help when we can, but we must try to make sure that we do not become one of them. If each person tried their best so that they do not become dependent on others in the matter of needing hand-outs, and to try to achieve - let me rephrase that - if all of us did our utmost to achieve self-mastery, there would be less hungry, destitute, and beings of unfortunate circumstances. In other words, let us take care of ourselves so that others do not have to take care of us. When we have done that, when we are self-sufficient and we have gained enough material wealth - accompanied by spiritual and mental

wealth - then we may go out and serve those who are less fortunate. But before we look to taking the mote out of the one who cannot see, let us take the beam out of our own eye.

### Chosen to always act upon your highest light

#### CLASSIFICATION

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**SOURCE:** tmtranscripts teamcircuits email archive June 1, 1998.

Teacher Abraham

T/R Nina

Father and His various assistants work diligently to help provide your needed experience. I would ask that the next time you are in the throes of unhappiness concerning relationships, look to Father's helpers and know that they work for you. Remember in the midst of relationship difficulties that your experience is valuable, and, you would do well to remain observant.

Many mortals have looked back upon their life with dissatisfaction or regret concerning decisions they have made. Many look back with regret regarding their participation within relationships.

Some mortals do find this regret to be an overwhelming negative energy which is appearing to consume all thought. There were perhaps harsh words to a loved one that was uncalled for, or missed opportunities to express love. There might have been times of holding back acts of service due to hurt feelings.

Many relationships die without resolution, and these unresolved difficulties with relationships cause you to regret, to be consumed with the energy of regret. This particular energy chances to block spiritual light that would come from our Father. This blocking tends to keep us repressed and repeating past mistakes or wearing a well worn groove in the path of negativity.

Does anyone know why the Master lived without regret or dissatisfaction? Why was His life lived as a continuous prayer of gratitude? How was He able to escape the negative energy of regret? I can say to you, that the Master had no cause for regret or dissatisfaction concerning His life decisions. All Jesus' life decisions were made in conjunction with the Father's knowledge. All His earthly doings were prayerfully thought out and within the Father's will. Jesus' closeness with His Father caused Him to live up to the highest good possible. His open mind and heart to Father's will always encouraged Him to act upon His highest light.

When one has chosen to always act upon their highest light, there is no cause for regret. There is learning, yes, also growth, yes, but no looking back and wishing you had done better. In relationships there are always opportunities to act upon the highest good within, but from experience, I know that human emotions make it difficult. Anger, fear and envy tend to distort your ties with Father and handicapping you to receive and act upon your highest light within.

I do strongly believe that mortals are ready to be free from the bondage of regrets—negative energy; free from the mindal torment of desiring another chance to make things right. To live in a place of regret and dissatisfaction is exactly what you draw unto yourself—a continuous cycle of unrest.

We can learn from the Master's experience of living up to His highest light in all things, concerning all relationships, always aligning the will with that of our Father in Heaven. These techniques do not magically appear, no. Through the exercising of humility do we find our ears open to our Father's grand design. Through our smallness do we comprehend His overall plan. Through the courage to take the more difficult path of controlling emotions instead of acting impulsively, do we discover the access to our highest light.

As it was with Jesus, so will it be with you, where the only choice you would desire to make is to act upon your highest light in all situations. Emotions will not be so much repressed as transformed into positive energy. Your healthful connection here in our group is certainly a positive way to touch upon Father's ideas. Your healthful connections equip you with the strength to stay aboard the ship of faith when waters are rough.

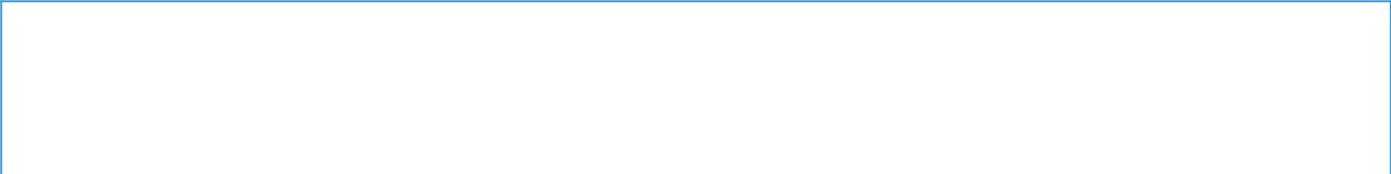
RACHEL: I am a little confused over our worshiping of Christ Michael and our worshiping of our Universal Father. Would our Universal Father really care if we also worshiped Christ Michael? I feel... if you show adoration, that is still a form of worship. Can you help clarify that for me please?

ABRAHAM: Michael is indeed a loving Universe Parent, as is our Mother. We do indeed hold the highest esteem and love for them, and yet, there is one who has even created them. It is altogether acceptable and proper to adore your Universe Parents, and yet, to recognize Father's all-powerfulness in all that we know leads us to fall to our knees in awesome gratitude. Yes, I do certainly believe that our Father deserves our worship, and this takes not away from our Creative Parents, no. Father takes no offense at His children worshipping His Son, but I would indeed relay to you that we love and adore our Creative Parents as they do us, and we love and adore and revere and are awestruck by our Universal Father.

ROLAND: It seems to me like in my development of spiritual understanding, as erratic as that might have been and is, that there are sometimes when the kindest thing to do with people who may rely on your judgment is to remain out of relationship with them. Particularly not to confuse the issues of their particular mind-sets; the mind-set that they are in at this particular time is beneficial to them even though it may be erroneous or appears to be erroneous to my own spiritual enlightenment. I haven't gained the poise to keep my mouth shut so to avoid any damage I might do, I've just withdrawn from certain relationships.

ABRAHAM: There are relationships that find no resolution when there is not equal participation. Perhaps one would seek to be productive concerning the relationship and the other would seek to guard their own welfare. It is understandable and not to worry over. There are regrets and then there are lessons learned. There are those who make rash decisions and those who endeavor to act upon their highest light. I would look back and decipher those experiences which were lessons and those that were regrets. And the participation factor of each party, was there mutual devotion to the whole of the relationship or only to ones own best interest?

**Relationship = giving and receiving**



Imagine, if you will, a bucket of water on a shelf with another bucket below on another shelf, below that another bucket, each connected by a hose. You know of the principle of siphoning and how the water will flow from the higher bucket into the lower, and on down. This illustrates the principle of giving and receiving. It does this well, for it points to the fact that it is one continual process. It is not merely two separate actions, giving as distinct from receiving. Spiritually speaking, every gift you receive is one you give virtually simultaneously. Involving relationship, this scenario illustrates how integrated all of us are. In spite of our progress toward the Father, in spite of our lack of progress to the Father, we are each interconnected, and continually the flow of love and truth is reaching us.

The search for truth and for the experience of love is one that can be undertaken deep within yourself, for here is the water of life, the very water of life that the master spoke of. It is forever true that he who has seen him has seen the Father. Since he resides in the Father and the Father and he reside in you, there is the beginning and end of your search.

This divine presence is brilliant in many ways. The search within always entails external expression, for it is impossible to place a containment field around this brilliance to prevent it from being observed beyond yourself. You have been given the primary and utmost gift of all that could be given to a human being. Resident within you is His own being, God at home within yourself. Naturally His love and might will flow into and out of you as does the effect of a siphon. In some ways you may rest assured that you will naturally reveal the Father. Set aside concern of your ability to be representative of Him, for it is the law of love. It is noteworthy of you all that you are continually inquisitive and seeking for better methods to express the truth experiences of your life,

for this ever stimulates the mind and inspires the heart. But you can be certain, as well, that in spite of your striving you are revealing that very presence. You may enlarge your siphon tube, you may enlarge your holding bucket, but ever and always will the fluid flow.

Evelyn: There's all this spiritual work to be done; all you have to do is ask God, and He will tell you what needs to be done specifically. I know that's true, but I still ask, "What should I do?" I spend a lot of time on trivial things; I realize that; they take time! What should we do?

Aaron: Much of mortal life entails grappling with these constraints of living which require your attention and focus your ability to choose and act as you acquire the spiritual maturity to function in larger arenas and with greater freedom. Attention to these temporal details may appear to be spiritually insignificant as you aspire to higher levels of personality manifestation. However, they are building blocks to your higher function. While as yet they appear mundane, they can be infused with spiritual fragrance; they can be actively coordinated by you into a grander objective.

Few attain the levels that can be attained, and many of you graduate prior to such attainments. It is a challenge to maintain a perspective regarding your activities and in light of your ascension career. But all of you will, as I have done, find yourselves in your post-human lives still struggling with many issues and activities that appear to be a hindrance to your progress. As the ages unfold, it will grow clearer in your mind how vital these apparently insignificant events are.

You are a threefold being: You are spiritual; you are mindal, and you are physical. When any level is engaged, whether it is freely of your own choosing or of necessity because of the circumstances of life, you can initiate activity in any of the other remaining levels. Here is where your creativity can express itself.

Evelyn: I think of future generations. Our generation is so different from the previous. I assume succeeding generations will be different from ours. If we want to leave some useful materials in our wake, do you have any thoughts along that line? What would be appropriate beyond what we are accustomed to here now?

Aaron: May I point out a fundamental that is expressed by you, that is, that your human race, since its beginning, up to now, and including the distant future, contains quite similar longings, desires, and reactions. However, civilization is continually changing and, even on this planet, is progressing steadily towards Light and Life, necessitating the translation and redefinition of what is meaningful, yet continually fulfill these desires and longings. Therefore, what you can leave in your wake is this new translation, a fresh statement which retells the essence that has been present all through time. What one generation would receive, another would likewise. However, the terminology, the analogies, are constantly shifting as your environment and your civilization undergo change. I encourage you to maintain a focus upon the eternal essentials that are satisfying to the human soul while you become clever in your ability to re-present these truths in ways that appeal to the current and subsequent generations. In a sense it is no different than an

egg and the many forms in which it may be prepared.

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Revision #3

Created 12 August 2024 23:51:12 by Bee

Updated 19 September 2024 18:26:24 by Bee