

# ***SACRED RHYTHMS***

## **Portal 8 – Sacred Union**

### **LOVE PROGRESS REPORT**

**Adapted from Sacred Woman by Queen Afua**

Do this yourself and give it to a prospective mate to evaluate his/her previous condition, which may very well lead up to the present state. Answer the questions for any partnership-relationships you have had up to this point. You can also use it for yourself to determine if you are ready to enter into a serious relationship. This questionnaire, when honestly completed, will give both of you clarity. It offers pictures of what is happening individually and collectively in your union. As a result, it reveals ways to build a healthier union.

#### **Previous and present History:**

**Name and Relationship Status:** Indicate relationship status (mate, husband, intimate friend). Write appropriate title after birth name.

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**Dates of union:** Beginning and ending:

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Many of the following questions will spark memory information flowing. It is suggested that you have a journal nearby so you can continue stream of consciousness writing, as needed.

**State of Consciousness:** Indicate your emotional, mental, and physical state during this union.

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**Dietary State:** What was your food and drink intake during this period?

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**Feelings:** What did you feel for this person? What did they feel for you? How would you treat each other?

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**Reflection:** If you could, would you go back and pick up the pieces? Yes/No Why?

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**Purpose:** What was the divine purpose of this union?

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**Lessons:** What lessons, challenges, blessings, did you receive from this union? Have you released this relationship? Why or why not?

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These questions will help you identify and filter out some poisonous ideas, concepts, and conditions that have influenced your thoughts and attitudes in relationships.

***Reflections:***

- How do you feel about yourself right now?

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- How do you feel about men—your father, brother(s), son(s), uncle(s), male friends, male co-workers?

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- How do you feel about women—your other, sister(s), daughter(s), aunt(s), female friends, female co-workers?

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**Going Deeper...**After going on a seven to twenty-one day fast, write about your mate in detail. Do you mirror your own needs and expectations in a mate? If so, then everything is in place. If not, then get busy. Raise your vibration up to the level of the mate that you are calling forth. According to our ancient ancestors, the perfect union with self, mate, or Creator/Creatrix was termed **smai tawi**, union of the double regions, that is, masculine and feminine, left and right, heaven and earth.