

## **The Seven Stages of Enlightened Love** *How to live a joy filled life of intimate connection*

**Julie Renee**

### **We Love on Different Levels**

*Sometimes when I see someone I have not seen in ages,  
I burst with love, understanding and appreciation.  
I liken this understanding to  
Profound sensual joy of experiencing a celestial lane blossoming cherry trees  
Lining the path of my unfolding life.*

## **Introduction**

### **How to Achieve the 7 Stages of Love**

#### **Love Comes to Slow**

*Love comes to slow, for those who wait,  
To find the mystery concealed.  
Days turn to weeks, and months to years  
Still flow the solitary tears.*

*Though every now and then we glimpse at cupid's hand  
And in the magic and the wonder do we land.*

*Rich flower gardens fill our hearts,  
With luscious blossoms full expanse.  
For every soul to find their mate,  
We must embark upon the dance.*

*Though every now and then we glimpse at cupid's hand  
And in the magic and the wonder do we land.*

*In time we'll meet love face to face,  
From life to life ~ with hope and grace.  
And if by chance we find that one,  
Who loves us always as we are.*

*Though every now and then we glimpse at cupid's hand  
And in the magic and the wonder do we land.*

*Now take your heart in your own hand  
Embrace the gentle lover of the plan  
That precious love will find you where you stand  
The love of spirit earth and man*

*Though every now and then we glimpse at cupid's hand  
And in the magic and the wonder do we land. 2004*

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It's been four years since I started working with the concept of the seven stages of love and how love is experienced in the physical world between a man and a woman. I have learned so much on this path of exploring love in all it's challenging and glorious

I've discovered through my research on intimacy and love common threads to who will get the dreamed for love and who will be left wondering why not me too? I've consciously observed love and relationship and paid close attention thorough the years on what results arose from clearings my student diligently participated in. We would in trainings clear the 7 stages of enlightened love, which got them to a more open ready mindset and heart space for deep love. Yet as I examined but needing to also clear the ability to receive love.

Reaching the elusive and highly sought after stages of Soul Mate through Divine Complement (levels 5 though 7) require restoring and rebooting the lovers capacity to receive love and the freedom to exist, be loved and feeling their feelings has such a big role in whether the fifth sixth and seventh stages I realize

The Seven Stages of love energy signature for the relationship what the 2 individuals create together based on their energy and the family programs around love and relationship

### Stages of Enlightened Love

Stage	Designation	Nature	Frequency	Chakra
Stage one	Contract	Obligation	0-130	1,2,3 7
Stage two	Collaboration	Obligation morality	110-190	2,4
Stage three	Cooperation	Companionship basic	170-255	1, 3,4,5,7
Stage four	Companionship	Fun context partnership mutual respect	230-450	3,4,5,7
Stage five	Compassionate	Mutual honor devotion	370-480	2,4,6,7,9
Stage six	Delight	Joy knowing awareness	470-720	2,4,5,6,7,8,9,10
Stage seven	Celestial Union	Cellular harmony Divine Compliment	630-1000	3,4,5,6,7,9,11,13,14

Please note: in our quantum activations trainings we are typically teaching about the 7 body chakras, however there are chakras bodying the body and I have included these higher energy systems in the chakra part of the chart.

By mapping out the path to enlightened love, we can awaken to our highest expression of both 'love wisdom' and 'embodied love'

One might wonder about why experiencing the highest level of Embodied Love is such a wonderful thing? Let me assure you it is one of the major reasons folks incarnate. We as a human race are able to experience emotions, connect from the heart center to others and grow profoundly in our spiritual nature by being embodied, meaning a spirit (radiant being of light) occupying a human body, supported by the realms. This is one of the extraordinary things about being human!

Before we jump into the stages of love let's examine the role of bloodline (your clan) and DNA as well as why the brain is set up to direct you to be heart opened and feeling safe to experience

love, if your wiring is set to put the kibosh on love and the full self expression of love in male female partnering.

### **Grandma's blueprint for love**

My maternal grandmother Grace was a devout Catholic woman who had come from a challenging background. She and her two sisters were 'sold off' to families as indentured servants. Perhaps now they would have labeled this process adoption, but back then it was the orphanage, the workhouse or find a kind family who could take them in. The three sisters somehow managed to keep in touch even though they had all been sent to different families.

Looking at how programs would have been set up in Granma Grace's life we can see a pattern for struggle and suffering. Her blueprint with mother and father was of separation and abandonment, so those programs would have been brought into her own life as a married woman

She did marry young to a military man, my grandfather Frank Gable. In short order, they had produced a batch of children. Military life was hard. Grandfather was always stationed somewhere other than where his family lived; Grace was left in the lurch with six children, one sadly died of an overdose of cough syrup at a young age.

Frank was stationed in Germany. Since Grace wanted to keep the family together, she loaded the children on a ship. With the hope of a better life together, the children and mother endured rough seas and horrendous seasickness over a two-week period. As you might have guessed, my grandfather was a member of the troops occupying Germany.

The family set up in Hamburg, but no sooner had they settled, when Frank received a transfer order to Frankfurt. When they could, the family followed. As story continues to play out, Frank eventually starts a relationship with another woman and leaves Grace with no support. She had married a man who had virtually no loyalty to her or their children.

When I asked what kinds of programs were in place to have that play out, suppression, submission, not able to have rites to be loved and cherished or even to exist. Granma eventually married an alcoholic janitor that lived with her til his death. I never heard him speak he sat watching TV drinking beer day in and day out. The first relationship with Frank was a stage one and the second with John the alcoholic Janitor was a stage two relationship.

Grandma passed a number of years back but if I were helping her with quantum activations I would also want to look at how her emotional and survival brains were wired to undo issues created very early in life.

As an Infant massage instructor I learned touch and loving connections from parent to infant hold an important role in having the capacity to feel safe, open and receptive to love. The same embryonic materials that form the brain form the skin and nervous system are so critical in communications from parents to infant and vital to getting that early loving in. When communications of a loving nature through touch, the sounds (nerves) and loving communication registering in the brain does not happen, and you are now an adult wanting to experience full self expression and Divine Love you must actually reset the survival brain to safety and to being able to receive love.

Using a combination of the profound clearings we provide in this book, along with brain regeneration, directing a very specific focus on love, relationships and safety are immensely helpful in changing what looks like the impossible to the possible.

### **Bloodline and DNA**

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We come into this life with a landscape of internal programs that guide our emotional responses and choices in love and relationship. These are the types of programs that magnetize low functioning love situations like my Granma Grace was dealing with. These programs are located in a multitude of areas in the blueprint.

Mapping out the Divine Human Blueprint continues to refine and define as we ask the important questions of life. As I began my research I was focused on regeneration. As I progressed in my studies I discovered clearings before regeneration were an important element to getting a quantum shift to last for an eternity.

A few years back we identified DNA and it's role in the quantum transformation. At that time DNA was 'the' big player in transforming a difficult issue. Since we started to understand blockages in regeneration and in full self-expression with DNA Obliteration (which is essentially removing harmful DNA programs from the body), it is perfect to address DNA as a first clearing we'll address as it relates to love and relationships. Although you won't have a PhD. in all this clearing stuff, you will have a good understanding of how it all fits together, and how you might progress with clearings for yourself.

With DNA programs related to the 7 stages of love you'll understand the problem DNA's role in your outer expression of self. In the cellular body DNA, plays an important role in helping you survive. It programs the mental body and the lungs along with all other bodily functions. It also is responsible for the energetic body, the chakras and many of the energy systems supporting the body. How we learn about love and relationships from the DNA is organic. If your family heritage were poorly treated servant type workers, the programs going in on how to survive in a hostile or dominating world would make sure that your head were down and you didn't hold to or expect a high standard of relating and being treated well.

Bloodline is 'controlling clan' energy. It is a very specific type of group mind, and although we call it a meme, we clear bloodline as a specific issue, as sometimes we will clear medical control energy, which is a miasm (group mind virus) as a specific clearing not just bundled in with the normal meme and miasm clearing.

My dear Grandmother Grace was up against so many relationship failing programs within both within her body and her field, there was actually no possibility for a cherished love relationship unless she had been able to clear a lot of these programs using the quantum pump and a bit of guidance.

Love. You can do all the right things, take all the right classes, read all the right books and yet it can still feel like there's some secret you're not privy to or some weird self-sabotaging you just can't stop. It's as if you are not in control how love and relationship shows up for you.

The programs and influencing factors that affect us, our freedom to love and be loved are complex and varied. When it comes to DNA many people experience a real handicap from their DNA: these relationship patterns embedded in the cellular information play out as archaic or dysfunctional.

In past times the only option for shifting these issues was to enter into prolonged heartfelt prayer and to experience for the most part a gradual shifting through lifetimes to a more palatable or even enjoyable love life.

The great news is we can now get to the bottom of love and relationship failures and reach into the DNA and dominating programs removing the problematic energies and activating your higher aspect love programing in the upper seven stages of love.

We started with a conversation about DNA and bloodline though this chapter here is an additional list of influencing factors that may be affecting you.

**Areas for clearing related to failures in love**

- Lucifer stops
- Bloodline
- Soul contract
- Demonic curses
- Evil spirit curses
- Satanic curses
- Group mind ~ Meme
- Group mind virus ~Miasm
- Black magic
- Curses
- Trauma
- Karma
- Timeline
- Cycle
- Shared energy
- Contracts
- Agreements
- Atheist thought forms
- Medical control energy
- Emotions
- Emotional brain
- DNA
- DNA of others (from transfusion transplant)
- DNA Reset

In addition to this list there may also be spiritual factors affecting your love and relationship levels.

**Spiritual Anchors**

- Implants
- Holographic inserts
- Mechanisms
- Seeds
- Permeations
- Portals
- Wormholes
- Cords
- Nano technology

**Spiritual interferences**

- Aliens 8 types
- Evil spirits
- Transmortals
- Demons
- Entities
- Ghosts
- Walk ins

Big list I know. But when you get down to how many lives you've lived and how many folks you've related to, it's no wonder there's a bunch to clear!

As you can imagine, it is a big job to clear and restore a love system where there is significant dysfunction.

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Know in your heart that you can and are whole and complete, and as you clear away that which is not you, at your center is a radiant being of love and light.

All human spirits at one time came from the great source. This source is purest light and brightest love. This is your core make up. We are redeemable, with our foibles and faults we can be healed and love to the deepest level.

If you are shifting from a trauma drama life to a serene life filled with joyous loving, I recommend cultivating a lifestyle of balance. Keeping things steady and easy choosing moderation rather than intensity can help the shifts happen more quickly.

### **The Gratitude factor and secret shifters**

Make a commitment to:

- Being appreciative and grateful moment by moment
- Be loving and charitable
- Allow love in, take a breath and accept the love coming your way
- Fill yourself up first, fuel your emotional tanks and take enough time for you, avoid spreading yourself to thin
- Be a good listener, and be willing to be heard and seen
- Listen through the other persons point of view, as well as your own
- Be compassionate with yourself and all others
- Turn off self-criticism and harsh self-judgment
- Accept responsibility for things you've set in motion when they don't work out
- Step back, learn from the behaviors that you repeat that yield poor results.

I will give you the tools to be more loving and fulfilled then you ever thought possible, and you will want to at the same time begin the journey of becoming the wise-elder embodying love wisdom. Your goal is to be the safe abode for yourself and all others.

MI (Mission Impossible) special assignment:

Your mission should you choose to accept it, is to become love: your own very special version of embodied love.

## **Wise Elder Wisdom**

### **How to Receive a Gift**

Love is expressed in many ways. When a person is gifting, or receiving a gift, a deep and beautiful validation can be received on both ends of the gift giving experience by following these simple steps.

Gift Giver

1. Select a gift that is about the other, something they are interested in, something you have seen or heard them talk about, or something that validates who they are or the life they are working to create.
2. Presentation, a card attached with the gift with a thoughtful sentence or two about why the person is so precious to you, why you love or care about them or why you respect them.
3. Wrappings, a simple gift bag, or a finely wrapped gift box, what ever is your style, remember how much you relay you care about the other can show up in the loving way your gift is embraced or held in the gift wrap. If the occasion merits a gift, let it merit a lovely presentation also.

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4. Present the gift at a relaxed time, not at the door where the receiver might be dealing with coats and welcomes, wait till the receiver is sitting or at least somewhat at ease to present the gift. Have a smile of mischief in your eyes and say, I've a gift for you! Go ahead and open it!
5. Stay with them with your eyes and enjoy the delight of giving.

### To the receiver

1. When receiving a gift, reach out and take the gift and say, oh goodie! Thank you so much!
2. Either open it immediately, or if presented as you've opened the door, say: I'm so excited to see what you got me, let's go into the living room (or wherever) and I'm going to open this!
3. Look at the wrapping, if it's a special presentation you can say, wow the packaging it self is a gift to my eyes!
4. Take the gift out of the packaging and gaze at it, imagine why they got this for you was it something they love themselves or something they thought you might enjoy, comment, Oh I love this and I can see you were thinking about me and my (...love of painting) I'm going to really enjoy this (paint brush) Or I'm going to put this to good use!
5. Offer a hug and let them know how much you appreciate them and the love~ light ~joy they bring to your life