

*I want for you
what you want
for you...*

*Revelations on Love
that will transform your
relationships forever*

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I want for you what you want for you

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DEDICATION...

How many people can claim that their ex-husband is their best friend and business partner?

And how many can say that they are the godmother to their ex-husband's and his wife's children?

To you dear Chris and Doe, I dedicate the words on the following pages.

*Because of your melted hearts,
I have had the opportunity to deeply understand
what unconditional love not only looks like, but feels like as well.*

May the world be blessed as I have by having both of you in my life.

*And may everyone know all that's possible
when we live in a universe devoid of concepts of right or wrong.*

*"Out beyond ideas of right doing and wrong doing there is a field,
I'll meet you there." ~ Rumi*



Introduction:

About 15 years ago I decided I wanted to create an album for my dad as a special Christmas gift. I'd been writing and playing music for years and had finally compiled what I thought were enough "listen worthy" songs and nothing would bring me more happiness than putting them in an album for my dad.

I contacted some of my local musician friends and for about the next six months, almost every night after work, we'd get together to work on my dad's special Christmas album. When the album was finally complete I was absolutely positive my dad would be thrilled, in fact, I thought we had a number of major hit tunes on our hands!

I could hardly wait for Christmas to arrive and when it was just weeks away, I excitedly wrapped the Christmas album and with a smile on my face proudly brought the package - with hearts and stars encircling my dad's name and address - to the local post office.

Christmas came and went. Days turned into weeks and weeks into months with no response from my dad. I finally I had to call him.

"Hey dad," I said, "I hadn't heard from you so I thought I'd call and ask what you thought of my album?"

After a long pause my dad blurted out, "Your step mom and I think all the songs sound the same."

Heartbroken and shocked that these songs I had so tenderly created hadn't been appreciated, I blurted back, "Sound the same!?"

"Yeah. They all have the same theme, love. Just love, love, and more love."

While still reeling from my dad's rejection of my beautiful songs, it hit me...

"He's right! They are all about love, love, and more love. But what else is there?"

For me, the answer was and always has been...nothing.

I realized in that moment, that I've felt the same as long as I can remember... there is nothing more important than love. I've always known that everything we do we do for love. And I've always known that once we get this love thing down, we'll have it all.

If you're one of those who feels the same, than I Want for You What You Want for You is going to be a healing balm for you as it has been for me.

I invite you to take the time to really go within and allow your heart to savor the full essence of each of these powerful meditations on love.

When your heart is full and overflowing with these deep reflections, go out and spread that precious love. And as the love comes flowing back to you, you will see that truly, "All you need is love."

All love to you!
Janet



*I want for you
what you want for you,
because...*

*When I come from that space, I create the
possibility of deep ease with you.*

Wanting for you what you want for you creates deep ease within myself first, because I am letting go of anything that could restrict my closeness to you. I'm letting go of any subtle desire I might have to control you. I'm freeing myself from any notion I might have of how you should be, as compared to how you actually are. I'm letting go of any desire I have about how I want you to think of me. When I have deep ease within myself and deep ease toward you, you will feel that. As a result you will be more likely to let go of whatever subtle boundaries you may have within yourself, which are also boundaries between you and me. Now there can be a free and easy communication between us, and that creates deep ease in me.



*I want for you
what you want for you,
because...*

*How could I ever know
what you really need?*

You are evolving, growing, just like I am. Each of us is on a personal journey of self-discovery. Your path of personal growth is unique, just as mine is.

How can I know your destiny when I may not even know my own?

Furthermore, how your growth expresses itself may change—in fact will change—from time to time throughout your life. How can I know how your needs and desires may express themselves at any time? What I can give you is my unconditional love and emotional support. Offering that to you supports my own growth and freedom. If that is what you can offer me too, then we have something special between us. It may take the form of friendship, or love, or it may be mutual appreciation without any expectation at all.



*I want for you
what you want for you,
because...*

I meet no one but me.

This morning at the breakfast table while I was complaining about all the myriad of things that displease me about you, you totally disarmed me.

Tears come to my eyes as I reflect and breathe on that moment. In the midst of my trying my best to make you feel bad, you gently put your hand on mine and without speaking, gazed sweetly into my eyes. This morning you taught me something that will never leave me.

As I was going on and on, you never said a word in your defense. There was no shame, no blame, and no justification. I noticed that without your participation in my war, I was left to feel what I was feeling. It was humbling to notice that what was really going on inside of me had absolutely nothing to do with you. In that loving precious moment with you, you penetrated my tender heart and I was able to remember once again,
I meet no one but me.



*I want for you
what you want for you,
because...*

Unity is something we all seek.

We are naturally drawn to experience unity, and love itself creates unity by bringing us together. In uniting our hearts, we open ourselves up to a bigger wholeness that is more than the sum of me and you. We feel wholeness, oneness, happiness, and harmony. The great saints, sages, and gurus knew that the unity we feel between us is the same unity that underlies and connects everything in the universe. The nature of the universe is unity in diversity.

In unconditional love we can live diversity and unity together:
you and me and US.



*I want for you
what you want for you,
because...*

I love FLOW.

On the surface, I am changing and you are changing; in the course of our life our desires, our feelings, and the world around us will change.

Knowing that change is inevitable, let's adjust our hearts and minds to it, and while riding it, let's acknowledge and honor the transitions we both go through. Let's recognize that what each of us may want may change from time to time. If I want for you what you want for you, and if you feel the same about me, imagine how our relationship will flourish through all the changes life brings.



*I want for you
what you want for you,
because...*

*I want you to be able to open your heart
completely to me.*

In letting go and wanting for you what you want for you, I am opening myself up to the risk that you may not want me! When I am spending time with you and beginning to develop feelings for you, it's natural that I might be scared to expose my feelings too much without yet knowing whether you have similar feelings toward me. At the same time, it's also natural to want to be open and honest with you, to let go and share my feelings, hoping you feel the same way.

So how do I share my feelings for you? Better to let you know, when the time feels right, and not be attached to the outcome. Better to wish for you whatever you want for you, and let go and take the plunge. It's better to let you know, even if it turns out that you don't feel the same way, than to keep hiding my feelings and never find out how you feel.





*I want for you
what you want for you,
because...*

*Love and attachment are
two different things.*

The dilemma of the ages, and for each of us, is that love and attachment are different things, but not mutually exclusive. Here we are, two lovers who are confident and settled in our relationship, and yet, sometimes we go along holding hands, and sometimes we go separately. Letting go of my attachment to you is sometimes necessary for me to grow faster. I feel best when I let go of my painful attachments to things, like how I think you may think or feel about me—concepts like “He doesn’t find me attractive” or “He’s not listening to me.” Unconditional love desires freedom and happiness, and that freedom first begins in our minds. When I can honestly have the experience that your thoughts about me aren’t personal, when I’m not in my story about what I think you may feel or think about me, and when you are doing the same, then our love has the possibility of really being free.





*I want for you
what you want for you,
because...*

It's the only way I can live.

In the best relationships, partners are wise enough and committed enough to nurture the relationship by moving in closer to help when that is needed and standing back a little when that is needed, while never being far away emotionally, always listening.

Sometimes two people say they “grew apart”, that the process of personal evolution caused their life paths to diverge. Maybe one partner was drawn to a particular religion while the other kept the same religious convictions as before.

One partner became active in politics while the other didn't.

One partner felt to move to the West coast while the other wanted to stay in the East. Sometimes couples agree to disagree or simply agree to pursue their passions separately, while others find their relationship can accommodate the personal changes they are experiencing and embracing. What makes the difference? Usually it's this: the couples who stay together simply value their relationship over all else except their personal evolution, and so they find ways to accommodate their life changes within its structure.

Is it best to stay together at all costs? Only the people involved can say.

One thing is for sure: it takes deep commitment and regular nurturing to uphold a relationship in the midst of all the change and upheaval in today's world.



*I want for you
what you want for you,
because...*

*The most ancient scriptures known
to man support this thought.*

Socrates simply said, "Know thyself."
Shankara, a great avatar from India, said, "Who am I? From where did I come?
Inquire thus and you will then realize your true self, your true nature."

And the Upanishads, in 5000 B.C. said:
"Know That, by knowing which all else is known."

"I want for you what you want for you" involves letting go—letting go of selfishness and the notion that we can control our environment and others. And in practice, letting go requires us to trust in Nature, to have confidence that there is a plan for our life, to know that we have a destiny that is unique to us, yet deeply connected to others and important to the whole.

This personal commitment, this way of living does not come without personal adjustments and challenges, but the rewards for making this commitment are unsurpassed: faster personal growth, a more awakened life, more fulfilling, lasting relationships, better mental and physical health, personal freedom, a sense of direction, and a clear sense of purpose in life. Knowing who you are... Ahhhhh
Yes! Knowing Who You Are.



*I want for you
what you want for you,
because...*

I love me too.

In wanting you to be happy I am offering a gift to myself as well as to you. I am giving myself freedom and peace. How? Because I know if I want for you something you don't want, I can never be free or at peace. In restricting you, I would be restricting my own happiness and freedom.

When I say "Yes" to your desires, it opens the door connecting my heart to your heart and affirms the expressions of your heart. It opens us to whatever can be. And once we open ourselves to what nature can give, nature offers all possibilities.



*I want for you
what you want for you,
because...*

Change is inevitable.

Life is a journey of self-discovery, a process of personal and collective evolution; so have said many saints, sages and other wise people. And evolution advances through change. A great Yogi and teacher spoke about the "force of evolution," an unstoppable force of nature which, he said, propels all life to advance and grow, flowing ahead like a powerful river. He said we can swim downstream with the flow of the river and enjoy a faster, easier journey or we can try to swim upstream, in which case we will struggle and get exhausted. We can go with the flow of evolution or fight it; it's our choice.

Our deepest feelings and desires, our passions and our needs, are the voice of nature, the 'force of evolution' speaking to us. What are some of the needs of two people in a relationship that are constantly changing from one phase to the other, back and forth?

- Intimacy/alone time
- Play/serious focus
- Earning and saving/spending
- Spontaneity/routine
- Safety/adventure
- Rest/dynamism
- Personal freedom/commitment

Commitment gives us the motivation to flow with the inevitable changes and use them to grow. That is, after all, our goal: our personal growth, our personal evolution. And evolution is through change. Then, I have no doubt life's journey will be exciting and fulfilling for both of us, no matter where the journey takes us.



*I want for you
what you want for you,
because...*

Love Heals.

What is love? In its most innocent and purest form, it is wholeness, the unity underlying and accepting all the diversity of life. Love unites and heals.

In these turbulent times, with everything that is going on in the universe, with all of the myriad challenges that are facing our precious planet, can you think of anything that could restore our dear Mother Nature back to her original pristine wholeness more than love?

Think on this... When I am loving you or anyone unconditionally, how can I be anything other than a source of nurturing and healing to myself and the world?



*I want for you
what you want for you,
because...*

I love intimacy—or Into Me You See.

When you allow me to see into you, to know what you want for you, you allow me to be intimate with you. And that is my joy; I can't get close enough to you. Your gift to me is the act of letting me into you. My gift to you is giving you back to you by supporting whatever it is that you want for you.

So how can we be more intimate with each other?

When you let me know what you want and care about most, you give me the opportunity to really be there for you. You give me the privilege of being able to see into the deepest part of you. That's where I choose to rest. That's where I choose to hold you. That's where I choose to live.



*I want for you
what you want for you,
because...*

When I oppose you, it hurts.

When I oppose you, I am holding on to my own desires,
what I think is best for you and for us.

When I oppose you, I am not trusting, and I can feel it in my body as an
uncomfortable sensation of holding on, of straining, of being unable to
surrender to what is.

When I argue with what is, I suffer all the time! So let me embrace you and
what you want. Embracing what is means trusting that what you want
is what I want, too.



*I want for you
what you want for you,
because...*

*Even if you may not always choose the path
that will bring you the greatest joy...*

I know that every step you take in life will help you learn what you need to be or become in order to fulfill your life's purpose.

And though I hate to see you hurt or in pain, I know that in the long run the experience you are having is exactly what has to happen for your continued growth. How do I know? It's happening.

Just as a diamond is created by the great pressure carbon is put under, so I know that you will be perfected by the pressures you go through.

Knowing this, it is easier for me to sincerely say to you,
I want for you what you want for you.



*I want for you
what you want for you,
because...*

It's fun and exciting.

It's fun to live my life courageously, saying "Yes" to what you want for you, even though I have no security or assurance that I will continue to have a place in your world. It's exciting because saying yes to what you want for you, demands that I live in the moment and that I be fully present to the experience of you now. It's exciting to see what will come next, not knowing what the future will bring. It's exciting to embrace the mystery of life as I become immersed in the love of you.





*I want for you
what you want for you,
because...*

I want to accept you the way you are.

I've noticed lately how often I cling to the fantasy that if you will just change, I will be happier. I see how I try to manipulate you, so that you'll be as I want you to be. This definitely isn't working. Both of us are finding more reasons to not spend time with one another and when we do, the quiet moments are strained between us.

Today I am taking a vow that I will not try to change you. Today I will get back to my business and stay out of your business. Today I will recommit to taking a deep look inside of me at those things that I have been projecting onto you. Somehow, just the thought of taking this vow brings me to you.

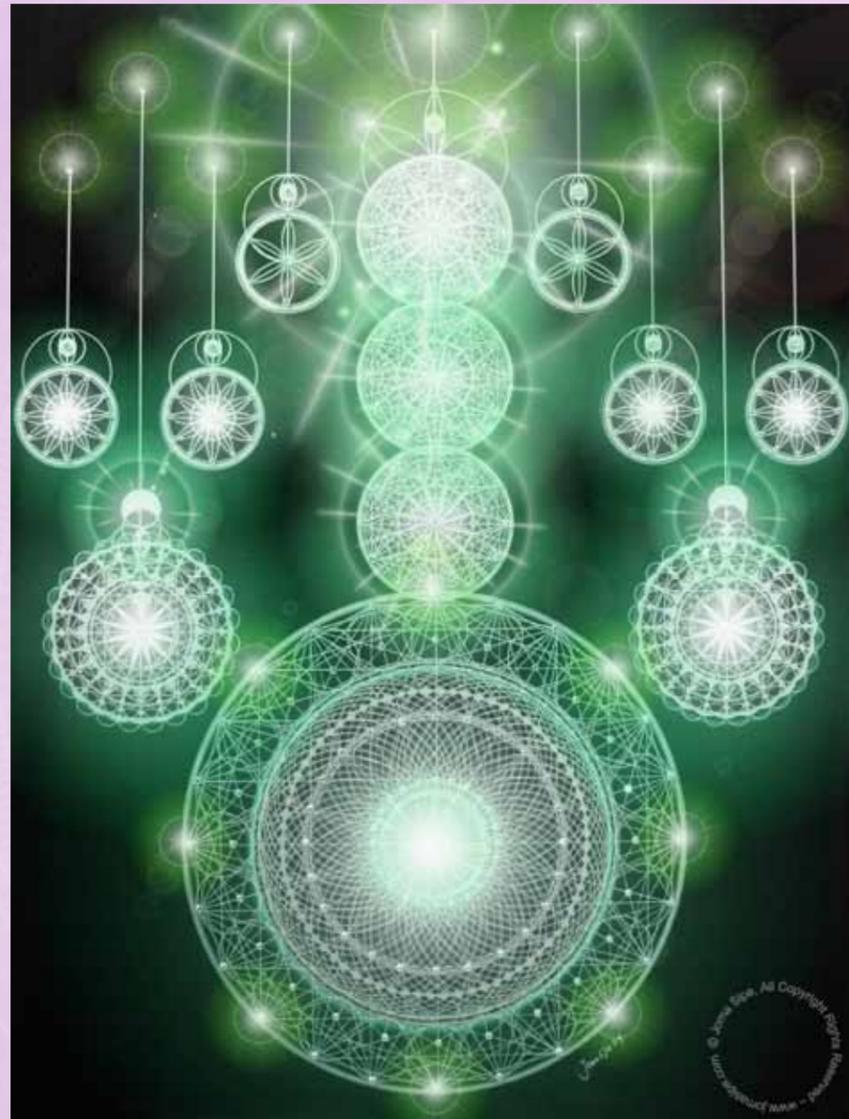


*I want for you
what you want for you,
because...*

Your journey of personal discovery is sacred.

Many wise teachers have said that our reason for being here is to find out who we really are. Each of us is on a journey of personal discovery. This journey is a sacred gift of the Divine to us. What is sacred is to be honored.

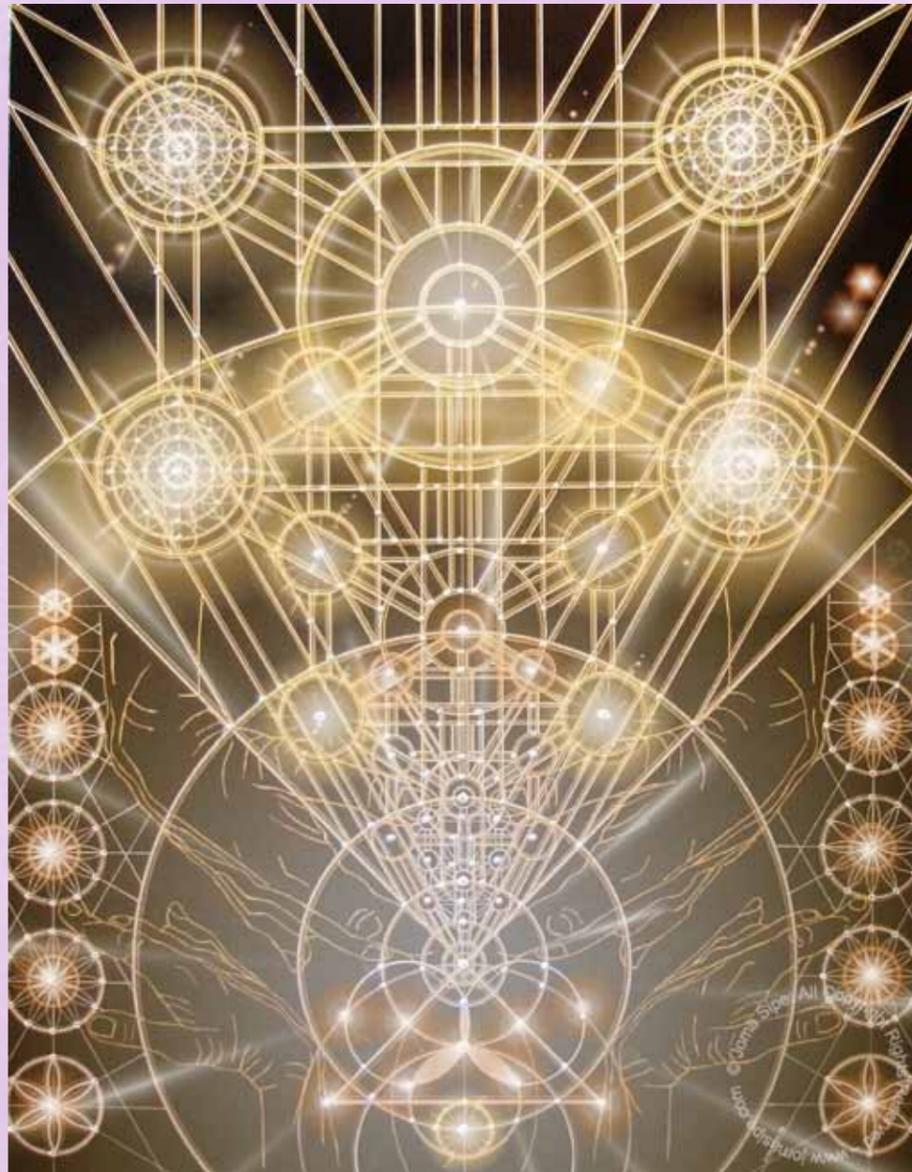
Our desires, our hopes and dreams guide us along our path. To be helpful, my relationship with you is more fulfilling when it is guided by respect and support for your dreams and goals. There is joy in cheering you on. And when our paths intertwine we can take joy in our mutual discoveries.



*I want for you
what you want for you,
because...*

The only person I can control is me.

I can control my thoughts, desires, and my behavior—mostly!
I can control how I think of me, but I can't control how you think of me.
Nor should I try to control you in any way. I know that's not what you want.
The best I can do is support and accept your feelings, thoughts, and desires
while standing in my own truth. That is the way to win your acceptance,
respect, friendship and love, if it is to be won.



*I want for you
what you want for you,
because...*

Our evolution matters most.

Because life is a journey of self-discovery, our first priority has to be that. If I'm committed to that for myself and for you, life can be fulfilling; if not, we can become confused, disappointed, exhausted, and cynical.

If I am fortunate enough (and wise enough!) to be in a relationship with someone like you who enhances life's journey, makes my burdens lighter, shares my commitment to the process and actually helps me discover who I really am, then I can thank you—and myself!

How can I attract someone like you into my life unless I am willing to want for you what you want for you? And in turn to expect the same for myself. To know what I want, my first commitment has to be to knowing myself and being true to myself, pursuing my passions and creating what I desire from within. When I do this, and I am clear about what I want, then I can meet you fully, supporting you in what you want for you.



*I want for you
what you want for you,
because...*

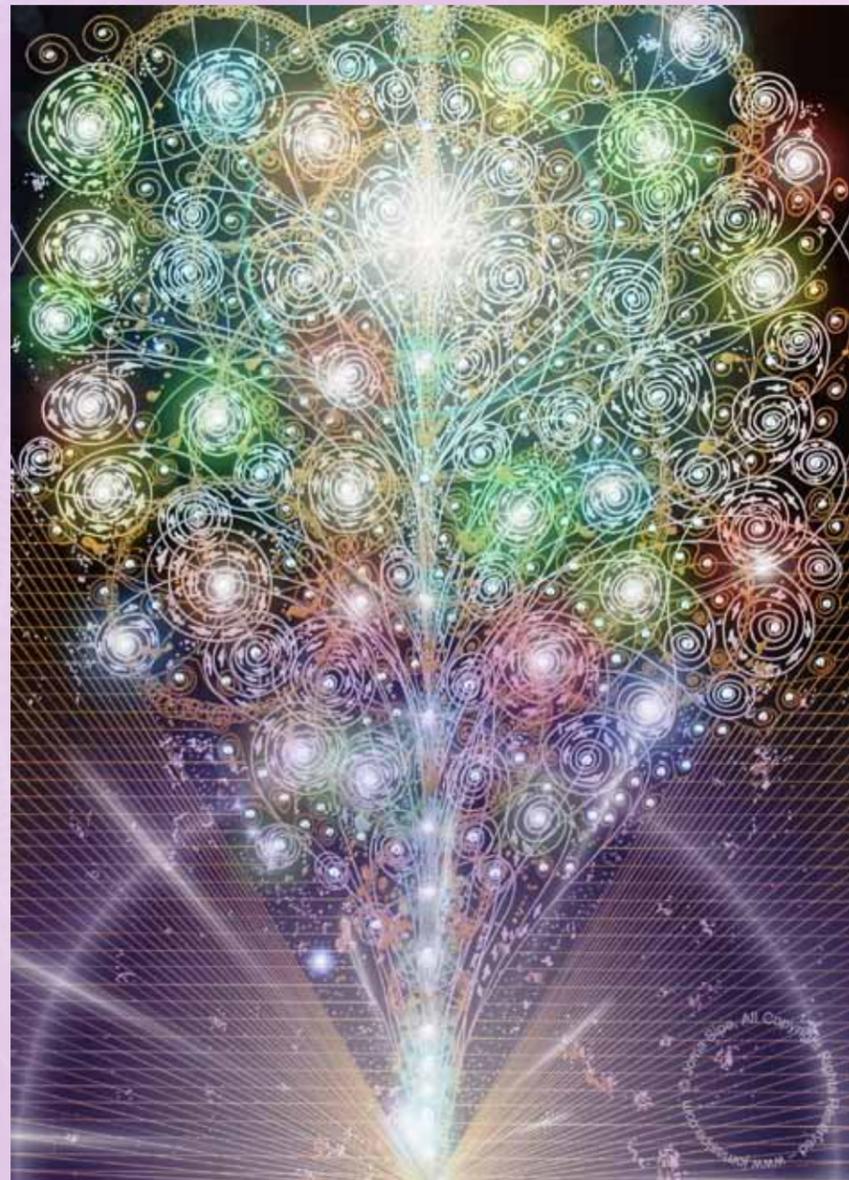
I believe in us.

For us to create a fulfilling, lasting relationship, what is required is love, trust, mutual interests and passions, a deep faith in our relationship, a willingness to patiently nurture one another, and one more thing: We each have to know we can be ourselves and still enjoy each other's support. While being willing to make compromises is essential to any relationship, we must be able to relate to each other without having to compromise who we are.

Only then we can really love each other.

So I want for you what you want for you because I know you need to be yourself if our relationship is going to be all that we want it to be.





*I want for you
what you want for you,
because...*

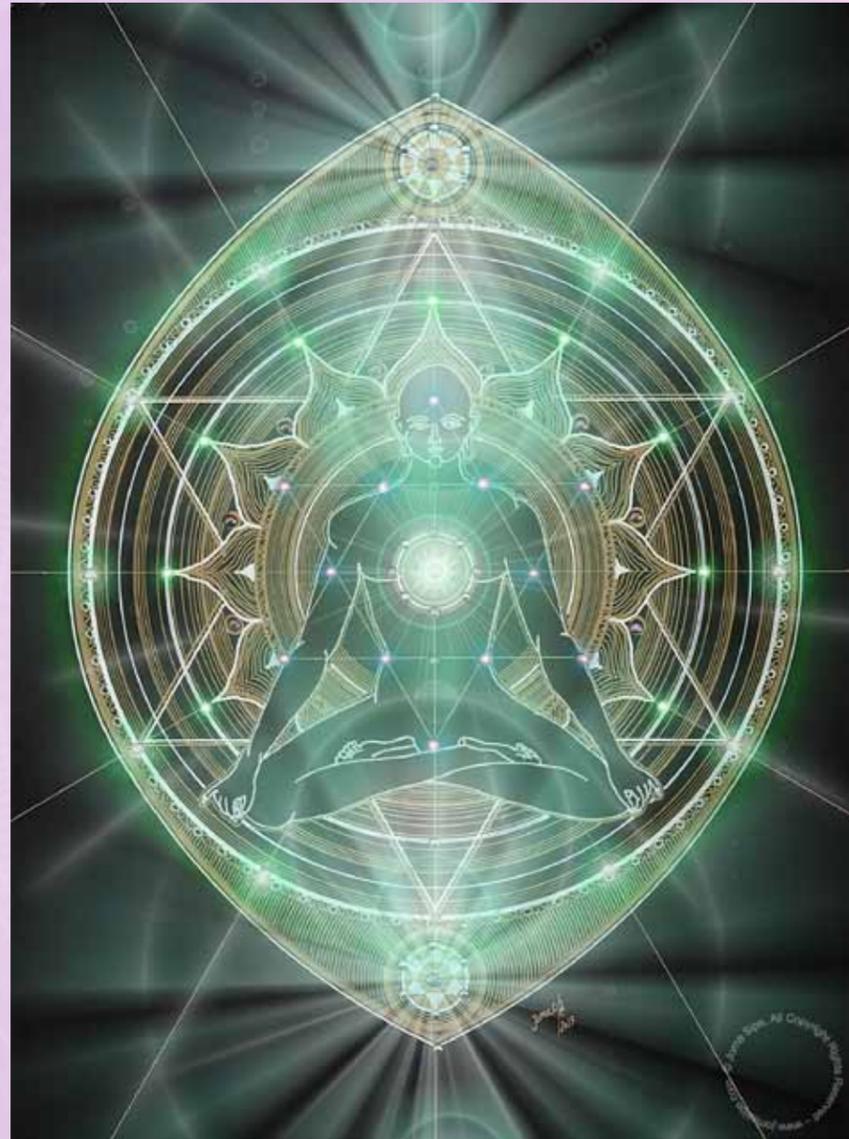
Every moment is a gift.

When I am staying open to what you desire, what you care about, what you want for you, then in that openness I can see where the gifts are.

The truth of life is that we are always being gifted.

I've noticed that when I'm shut down, judging your business, or thinking I know what's best for you, it's almost impossible to see the gifts that are appearing now.

I want for you what you want for you, because then I can rejoice in the gifts that we are receiving, separately and together.



*I want for you
what you want for you,
because...*

*When you sacrifice yourself for my needs,
we both lose.*

For our relationship to survive, I have to trust that what is best for you is also best for me. For me to do this, I have to trust that we live in a benevolent universe, and by supporting you in fulfilling your desires, I'm also supporting myself in fulfilling mine.

Have you ever noticed that when you have the courage to say, "This is what I need," you give me the chance to love you fully and support you in what you need?

Wanting for you what you want for you doesn't mean I have to always sacrifice my personal desires for the sake of our relationship. It just means I have to trust that you will honor my feelings and passions, as I do yours. Often as not, it won't be necessary for either of us to sacrifice our personal desires for the sake of the other. But if the willingness is there, then anything is possible for both of us. Then we can truly have it all.



*I want for you
what you want for you,
because...*

*Intense love does not measure, it just gives.—
Mother Theresa*

In the past, in my relationship with you, I was subconsciously putting conditions on our love. Subconsciously, I was saying, "I love you so long as you love me. I love you so long as I'm able to receive from you what I want."

Then I read something about unconditional love that simply read, "Sometimes, when we say the words 'I love you,' what we are really saying is, 'What can you give me?'"

When I sat with this, I saw that sometimes this is what I was asking when I said to you, "I love you." I might really have been asking, "If I give you my undivided attention and my intimacy, will you give me your financial support?"

And yet, when I reflected on the words, "I want for you what you want for you," I saw that love takes on a whole new meaning.

In this reality, love becomes 'unconditional.' When I am loving you unconditionally, there is no part of me that has a motive other than love.

Only in this pure and innocent place where I am opening myself to you completely, am I able to receive everything that is mine to receive.





*I want for you
what you want for you,
because...*

*“There is no joy in smallness; joy is in the
Infinite.”—Upanishads*

I've noticed that our nature is to always want to expand, to know more, to be more, and to enjoy more. This is where joy comes in. When we love as deeply and as selflessly as we can love, that is when we feel lasting joy.

This beautiful joy permeates everything.

When I hold onto things in the past and don't let go, I can't be at peace.

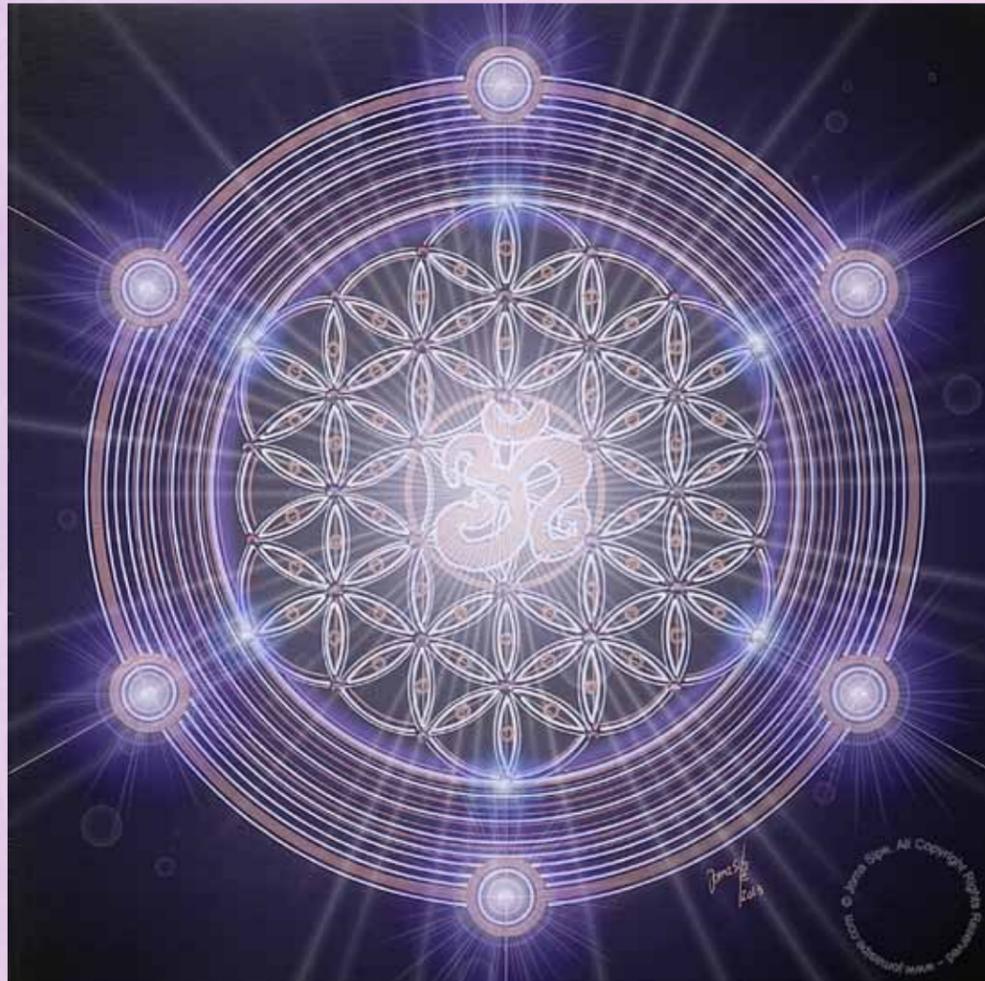
Automatically, my joy seems to leave me.

When I accept others for who they are instead of how I want them to be, what is interesting to note is that, automatically, I begin to accept myself fully as well. And with self-acceptance comes contentment, joy, and peace.

I love this quote by Elizabeth Kubler-Ross that expresses my feelings so clearly:

“The ultimate lesson all of us have to learn is unconditional love, which includes not only others but ourselves as well.”



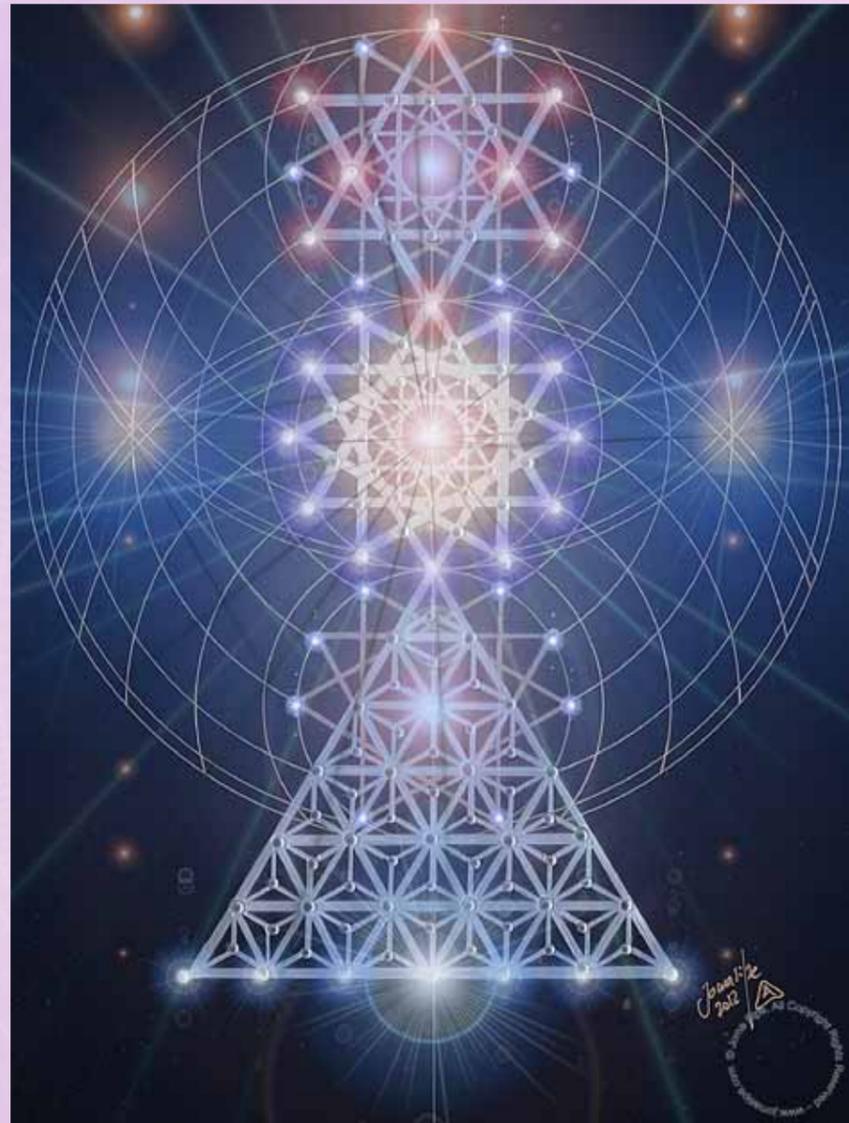


*I want for you
what you want for you,
because...*

*When I surrender and trust, I am left with a
deep sense of relief.*

Loving you is an act of surrender and with that surrender comes the relief of being able to trust you completely—to open my heart to yours and share all of my feelings, my hopes and dreams. Holding onto the boundaries of my ego takes energy, and letting go of those boundaries brings me relief. In the surrender of loving you there is a real sense of unity with you, which brings happiness, peace, a sense of freedom, and a feeling of expansion.

When our relationship is a great one,
both of us feel stronger from being half of a bigger whole.

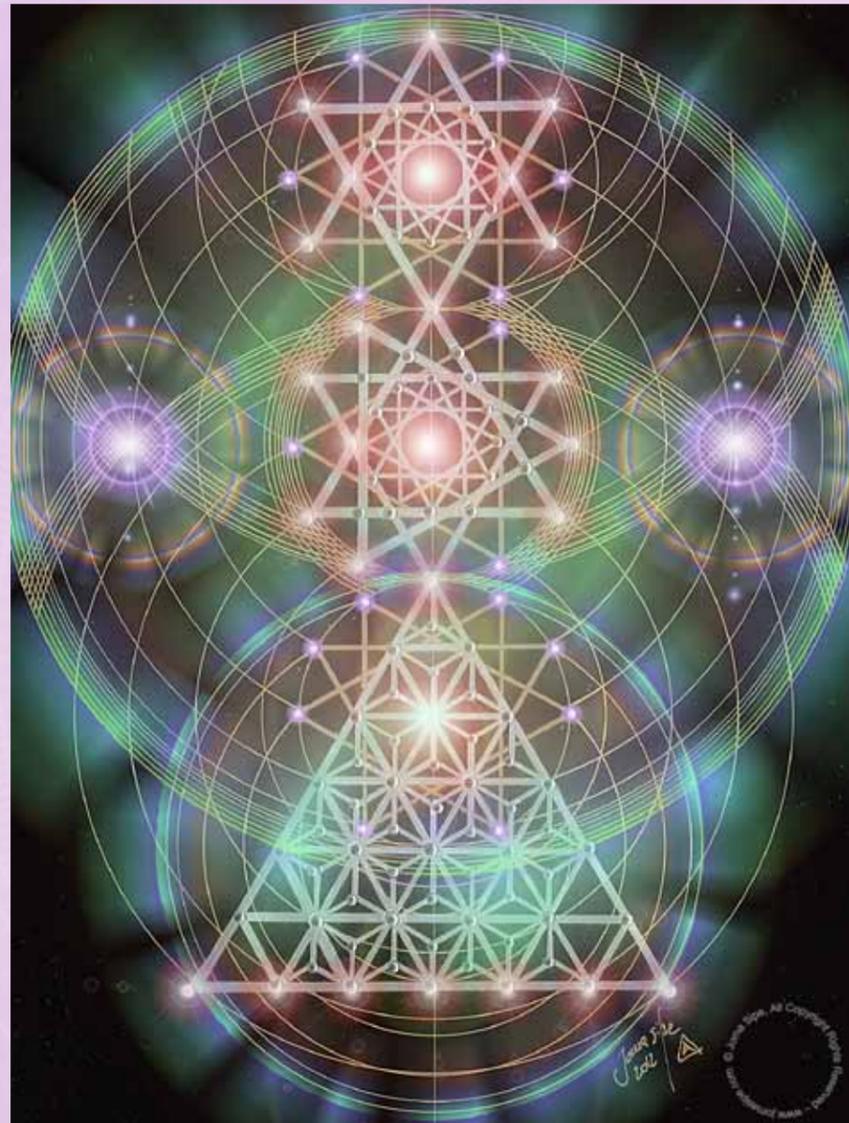


*I want for you
what you want for you,
because...*

When I let go I am free.

By loving you unconditionally, I offer you the gift of freedom. When I offer this freedom to you, all of you rejoices in this gift.

In loving you unconditionally, I am supporting you to be your empowered self. And when I do this, your heart is opened for the two-way flow of love. In this flow, both of us are naturally drawn to give and share the love we are feeling. When we each allow our love to flow to the other, we each grow in our own freedom.



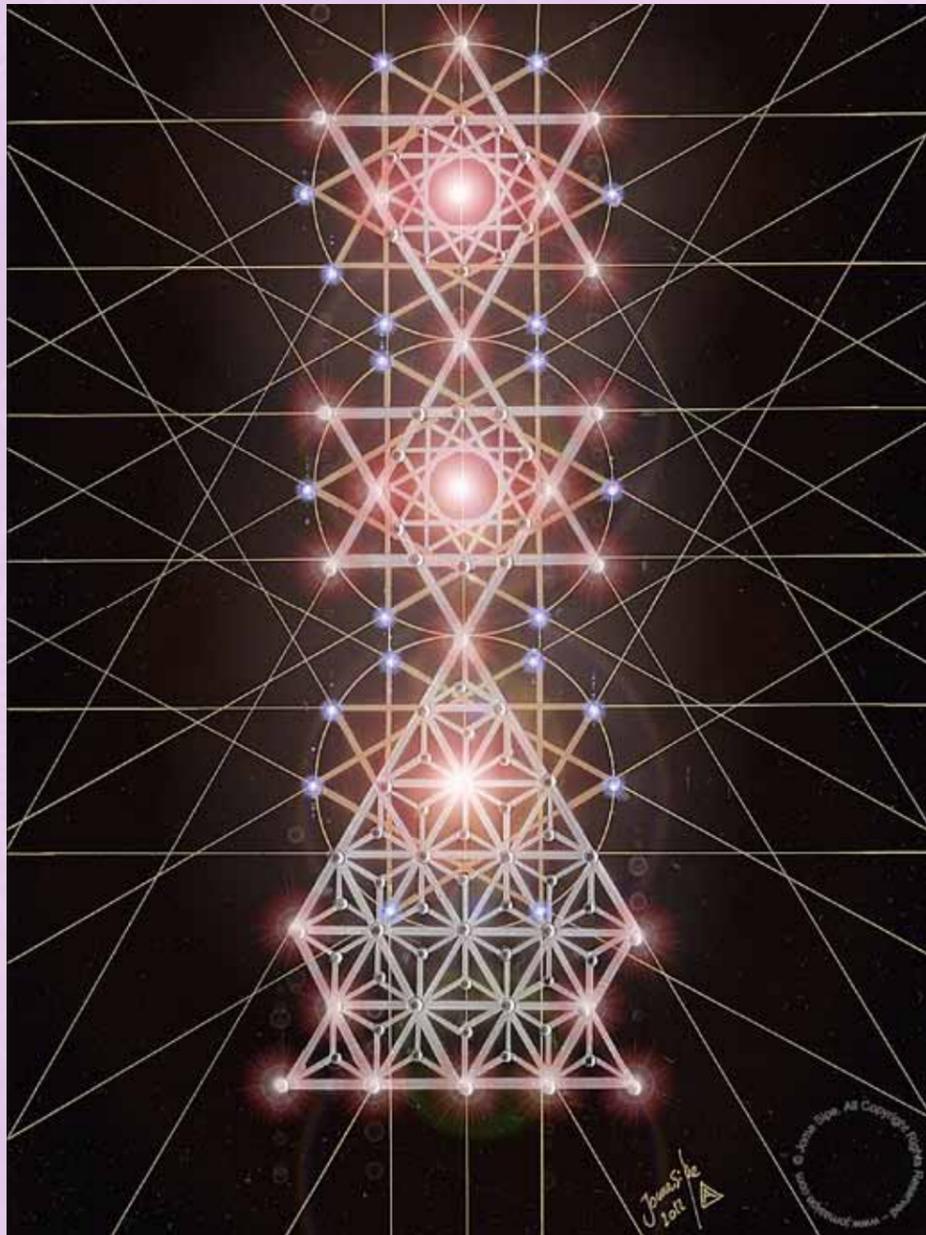
*I want for you
what you want for you,
because...*

I want to trust.

In loving you unconditionally, I must trust. Not just you or us. I must trust in God, or whatever name you want to call that energy that is greater than ourselves. In trusting that this infinite God will love us and guide us as we grow into all that we desire to be, I feel peace. And if I break that trust in God, I have damaged us.

And I must also trust in you, that you will always be truthful and sincere with me. My motive here is a selfish one. I know that love and trust go hand in hand, and it is better for our relationship if I can trust you and, of course be trustworthy myself. Even if I might be betrayed or rejected in the future, I know that shutting down my heart will always hurt me more than trusting because it will nip our love in the bud. And if the worst should happen, I will know that even this painful, awful moment is also a gift, because it is a tremendous opportunity for my spiritual growth into a state of true independence. So I want trust because in trusting you, love is possible, and love can grow.



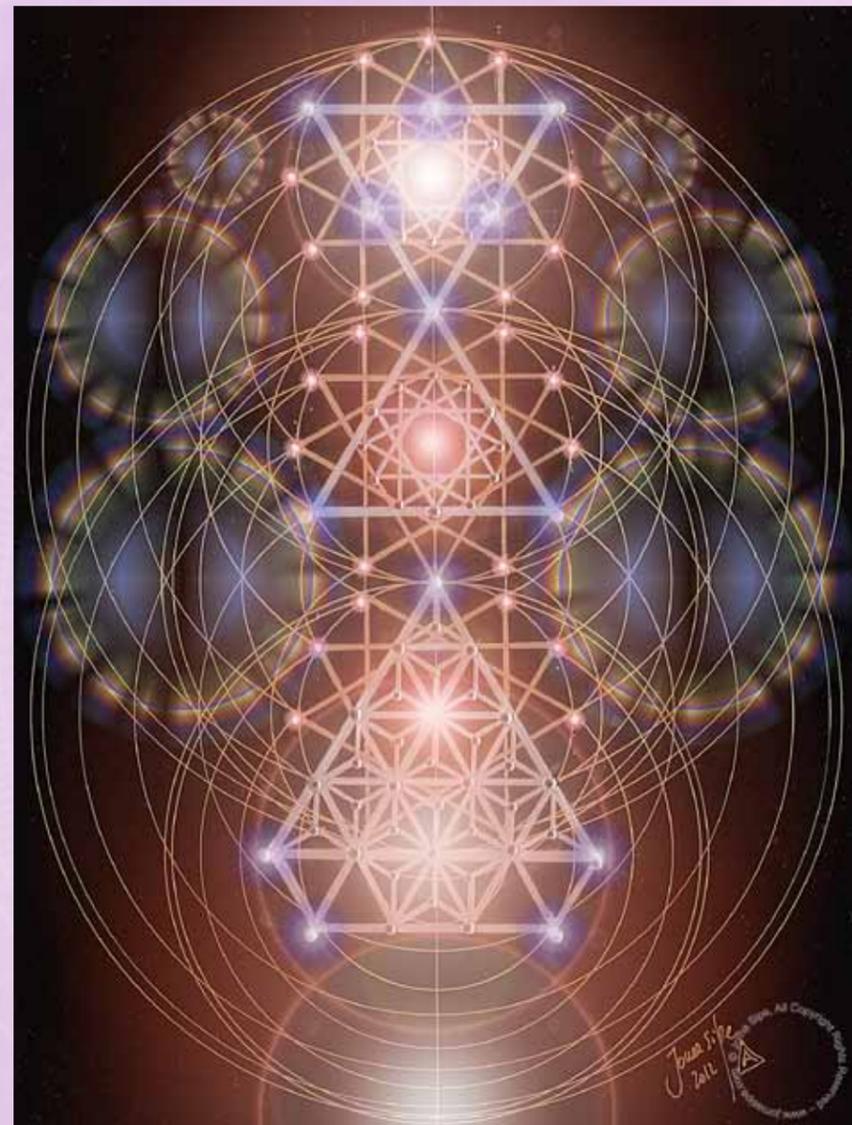


*I want for you
what you want for you,
because...*

We are one.

A famous yogi told me this instantly, without a trace of doubt. The most liberating, enlightening thing about unconditional love is the experience of unity. I want for you what you want for you. And in the best relationships, you want for me what I want for me! We dearly want the same thing for each other. In this way love unifies us, even though we are different. In wanting for you what you want for you, I open myself to this new reality: at the deepest level we are one--and I embrace that reality.





*I want for you
what you want for you,
because...*

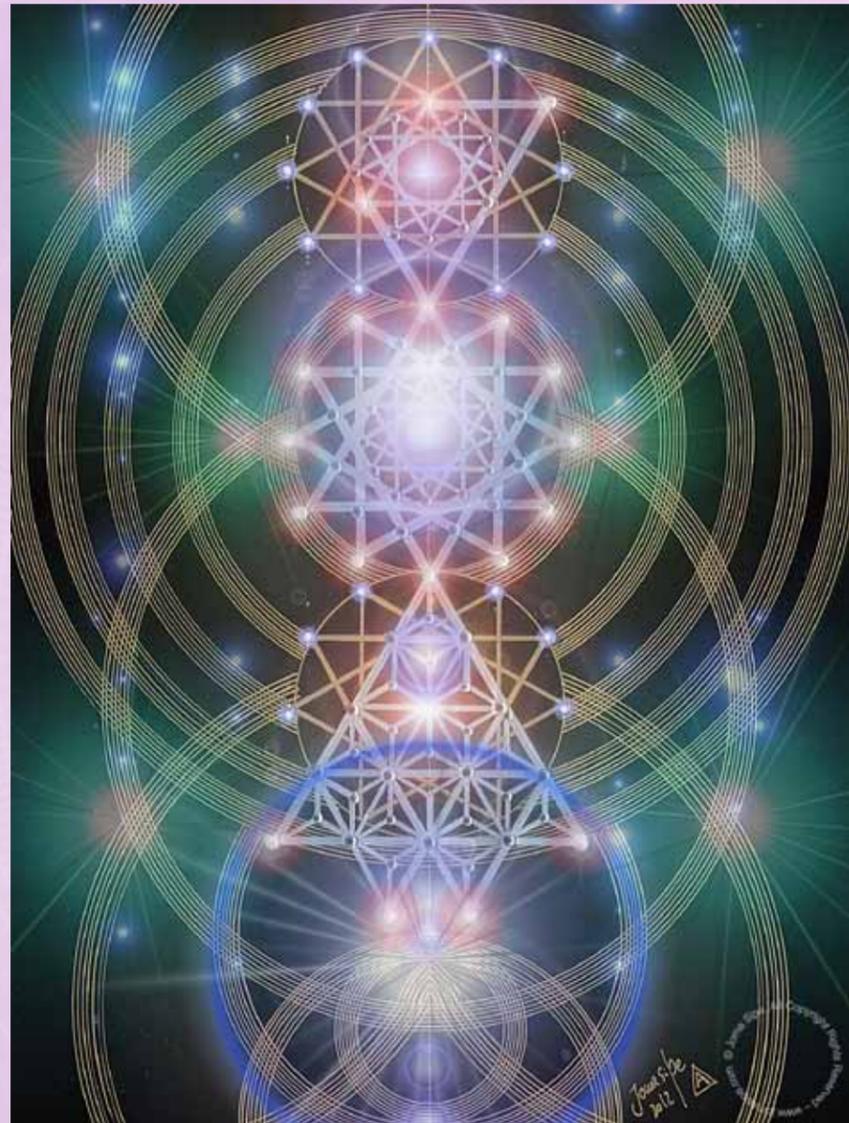
All love is a reflection of the self.

When I see you, who am I really seeing?

The Upanishads, a great source of wisdom from the ancient Vedic Tradition of India, say, "All love is directed back to the self".

So therefore...I want for you what you want for you because I want for me what I want for me, and you are my reflection.

If I can't want for you what you want,
how can I want for me what I want for me?



*I want for you
what you want for you,
because...*

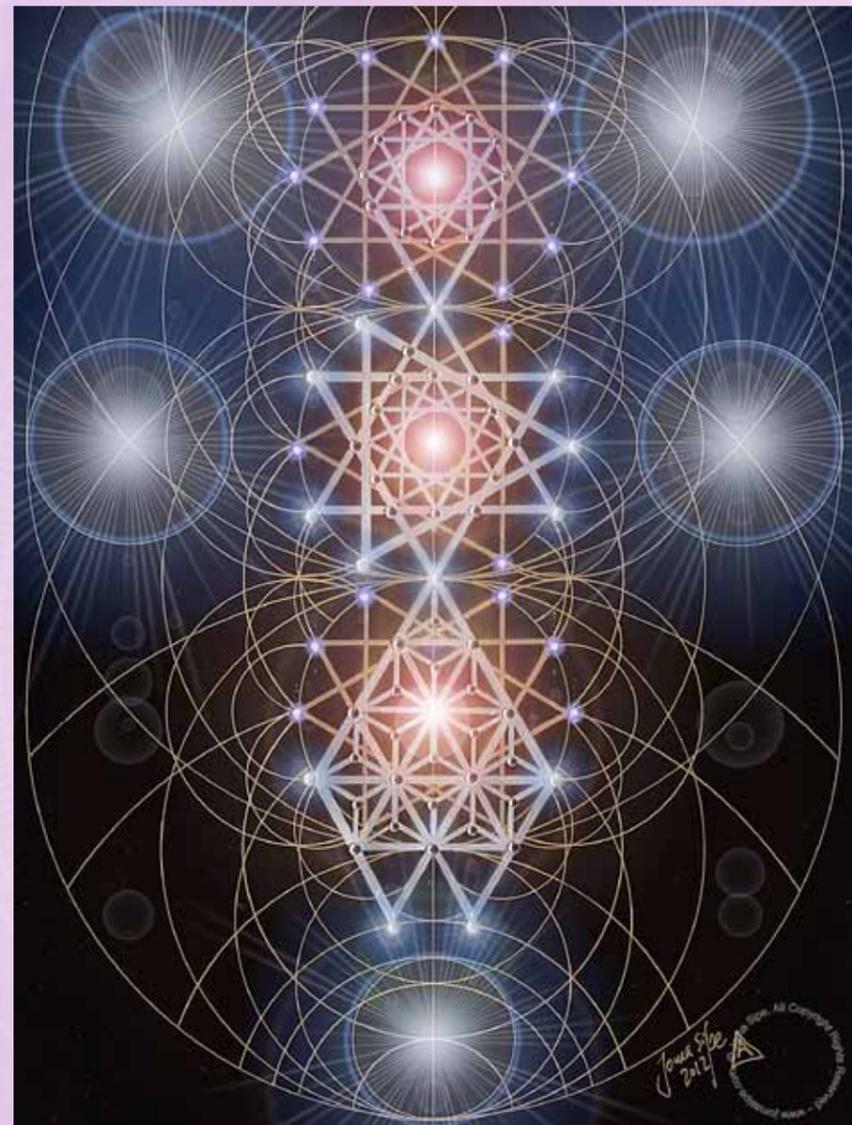
*When I don't try to control,
fix or manipulate you, it feels better*

When I think that you need to be some way other than the way you are, I suffer.

If I try to control you, you will always resist me, and we will fundamentally be in conflict, whether we act it out on the surface or not. If I try to fix you, you will feel insulted and disrespected and, on some level, pull away from me in anger.

If I try to manipulate you and fool you into changing your ways, you will see through me, and resent the lack of respect I'm showing you.

In every case, you'll feel bad, and I'll feel worse for having hurt you and our relationship by not being honest with you.



*I want for you
what you want for you,
because...*

*I know it will help you grow
into who you really are.*

I know that your potential is huge, and I want you to live that potential fully, for your sake as well as for mine. But I can best do that by wanting for you what you want for you because it's your desires that will lead you where you need to go. I can't know what's best for you because it's your path to walk, not mine. I can only support you in your choices and ask you to support me in mine as I focus on being all that I can be.

You are God's special gift in my life and in wanting for you what you want for you, I acknowledge that gift, I honor that gift and I appreciate that gift. I don't want to return it for a different size or color!

And over time, I have the wonderful blessing of being able to see who you were meant to be in this life.

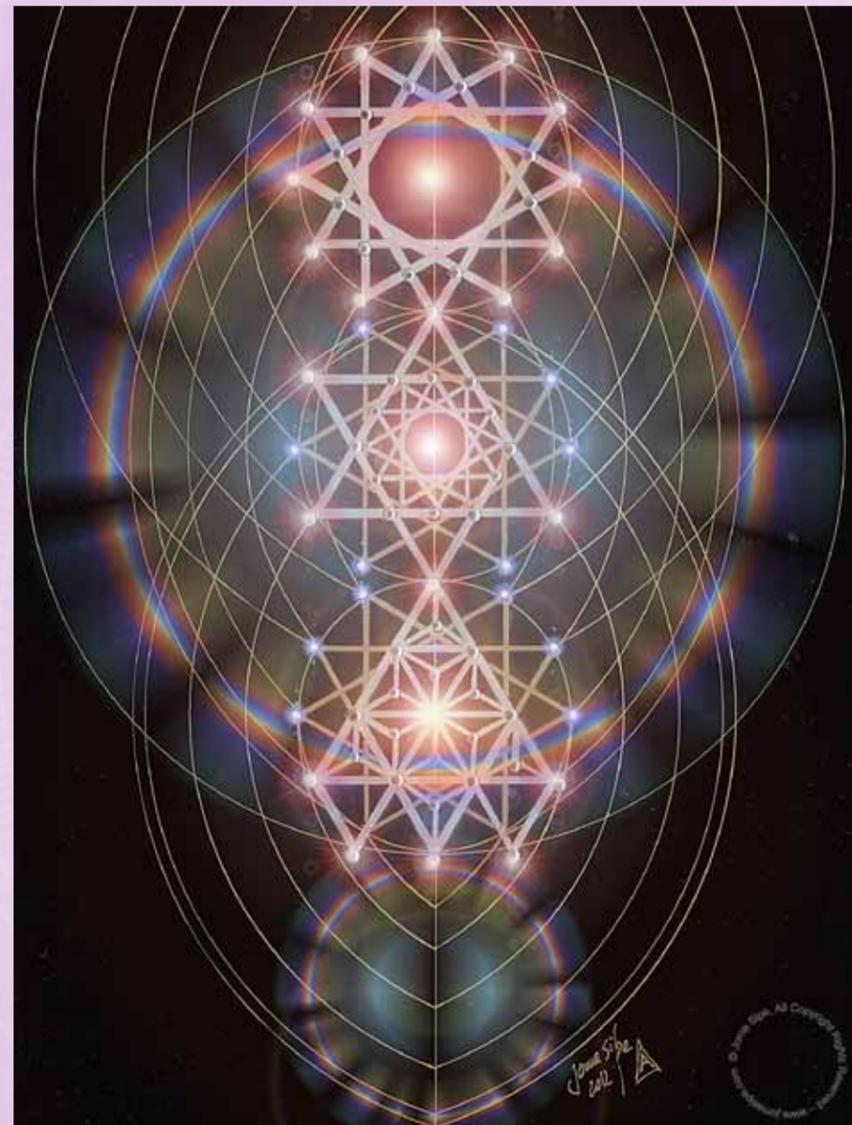




*I want for you
what you want for you,
because...*

Fundamentally, we both want the same thing.

A secret of life is that fundamentally all people want the same thing, to be happy. All of our thinking and behavior is ultimately motivated by that universal desire for more happiness. When I know your desires and decisions come from there, then how can I possibly want anything different for you? Otherwise, I would be putting my wishes in the way of your pursuit of happiness, your path to that universal goal.

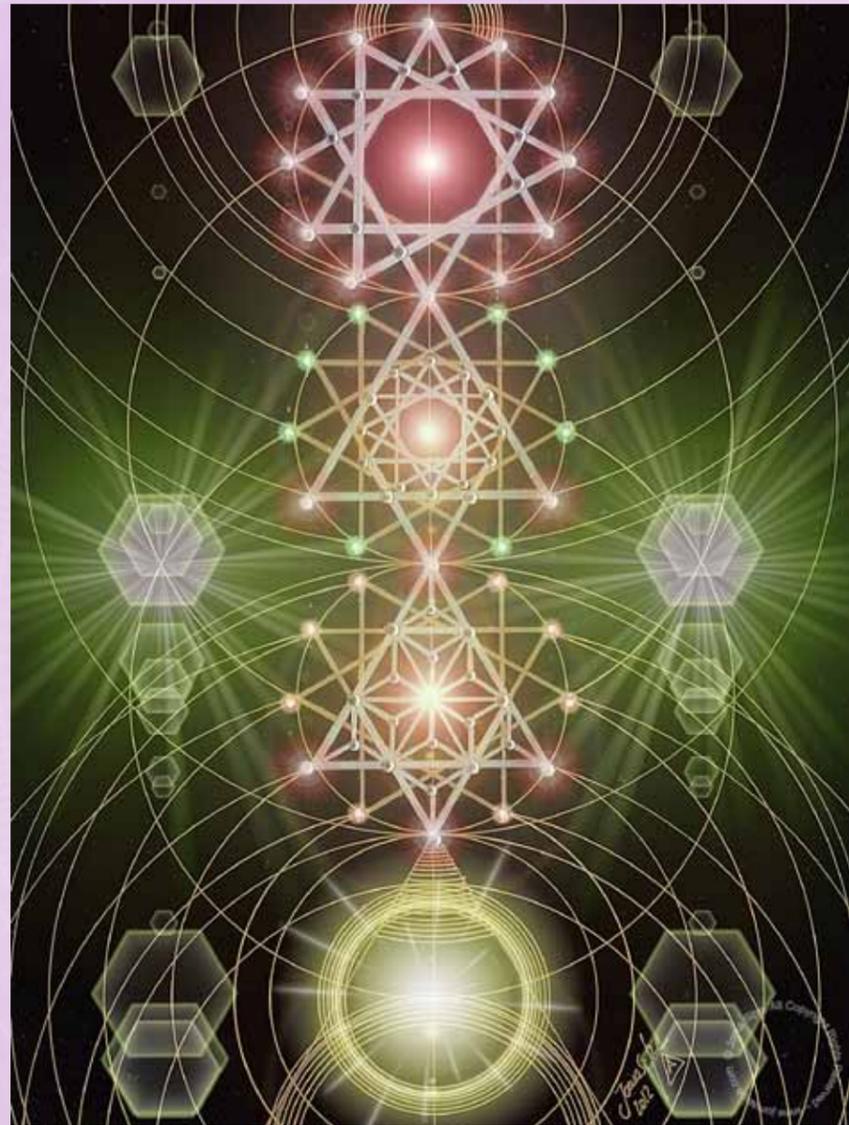


*I want for you
what you want for you,
because...*

Your perspective is uniquely yours.

Even if I think your thinking may be 'off' I understand that your perspective on life is just as important as mine. We all tend to think our way is best, but the humbling truth is that it's only best according to our perspective. There is no absolute truth about how to live. My idea of the best way for you could, in reality, be all wrong for you.

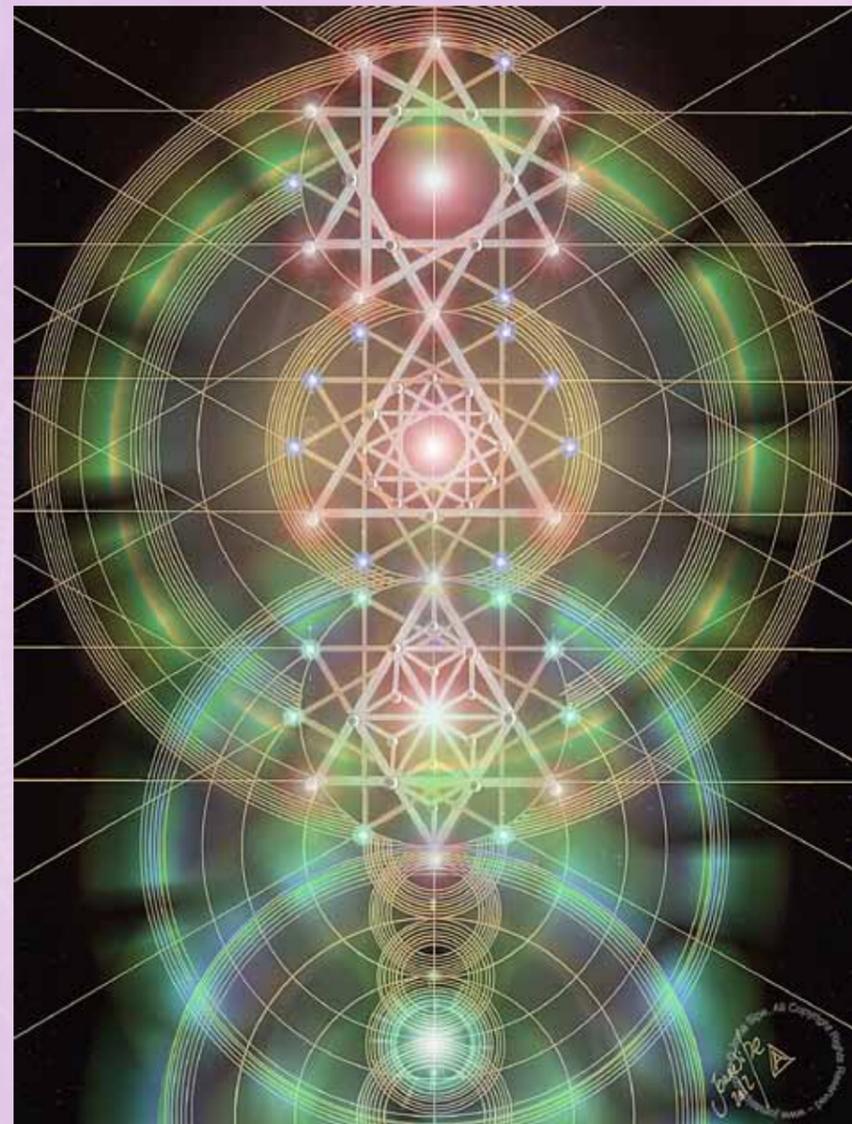
Hopefully, our perspectives will overlap a lot, But where they don't, I have to respect yours, and I hope you can respect mine. Your path may not always be my path, and mine won't always be yours. And that is okay. We won't always walk the same paths, but when I respect your choices and you respect mine, we can always meet one another in that place of openness.



*I want for you
what you want for you,
because...*

Your fullness is my fullness.

When you know, beyond all doubts, what moves you, what inspires you, what you care about most, when you live in alignment with your passions, the things that you love with all your heart, then you are full. When you are full, it's so wonderful to be around you. Both of us get to celebrate your fullness.



*I want for you
what you want for you,
because...*

That will bring me what I want too.

In wanting for you what you want for you, I am doing a kind of yagya.

The word "Yagya" comes from the ancient Vedic tradition of India. Yagya is a ritual in which offerings are made and texts are chanted in an act of worship with a desire to gain the favor of the Divine—or in other words, to gain support of all the laws of nature. In a personal sense, yagya is the mental, emotional and spiritual process of taking a desire and offering it to the source of the universe.

By taking my dearest desires and releasing them, offering them to infinity, I accomplish two things. First, I free myself from the bondage of attachment to the desire; and second, I ask the infinite power governing the universe: "Please summon the laws of nature to work for me and fulfill my desire."

Those two things are the fruits of the yagya:
freedom from bondage and fulfillment of my desire.

In giving you my unconditional love I am making an offering. I'm letting go of my small self's desire in order to be an instrument of the Divine. And in the process I am hopefully strengthening that which is great, good and meant to be between us. That is part of the yagya, a fruit of the yagya.





*I want for you
what you want for you,
because...*

Otherwise I'm exhausted.

I'm exhausted, because if I'm trying to block you, or limit you in any way from what is rightfully yours, I'm going to feel either angry, depressed or totally separate from you. That's what being motive-generated does.

It zaps all of the life out of you.

Now...try this ... The next time someone you love says they want something and you feel an immediate NO!

Lie down.

That's right.

Lie down.

Lie down on your bed, close your eyes, and feel the restriction in your physical body.

This is what opposing, manipulating, and blocking someone feels like.

Now...breathe deeply in and out all the way down to your toes...

Feel your body start to be relaxed?

That's what YES feels like.

So, what's it going be?

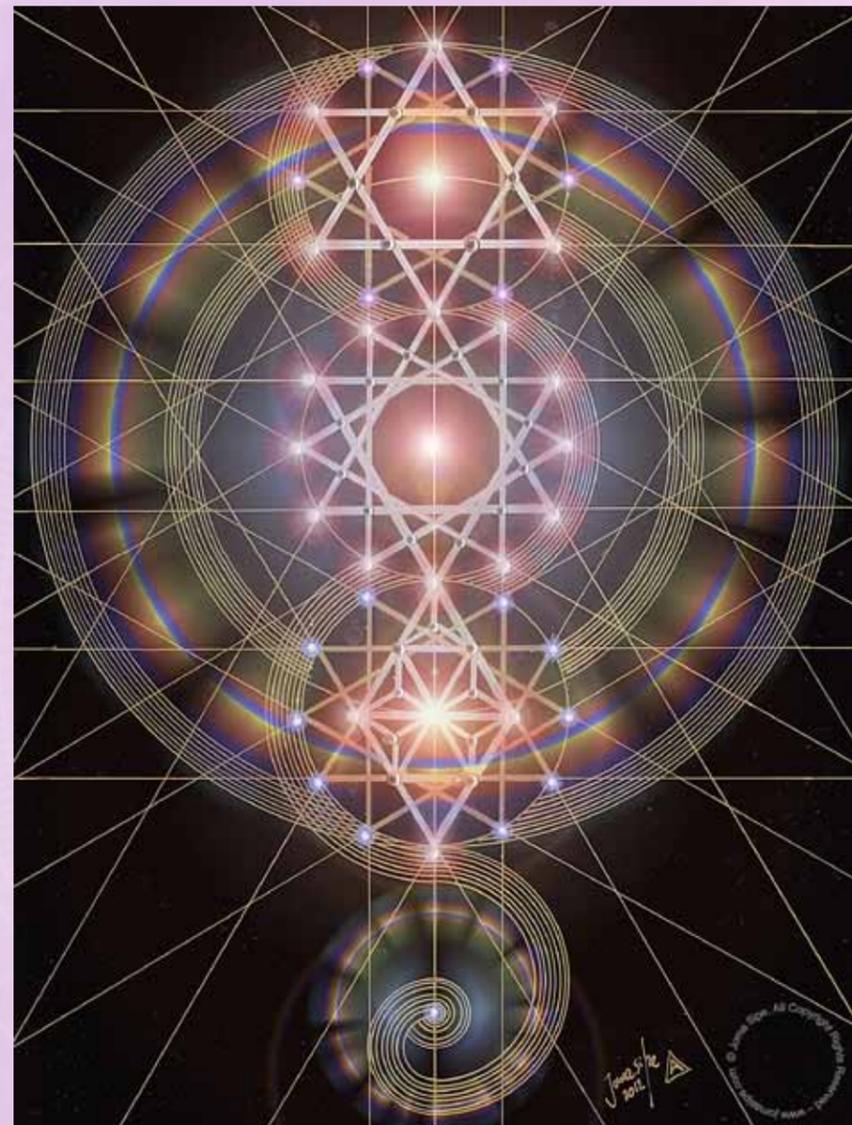




*I want for you
what you want for you,
because...*

It's not about me.

If I think only about my needs, then I miss the essence of why we are together, which is simply to be there for one another. When we are there for one another, the joy of each of us is multiplied. My great teacher, Maharishi Mahesh Yogi said, "When two people come together to give, then both receive. If they each come together to receive, then neither one receives."



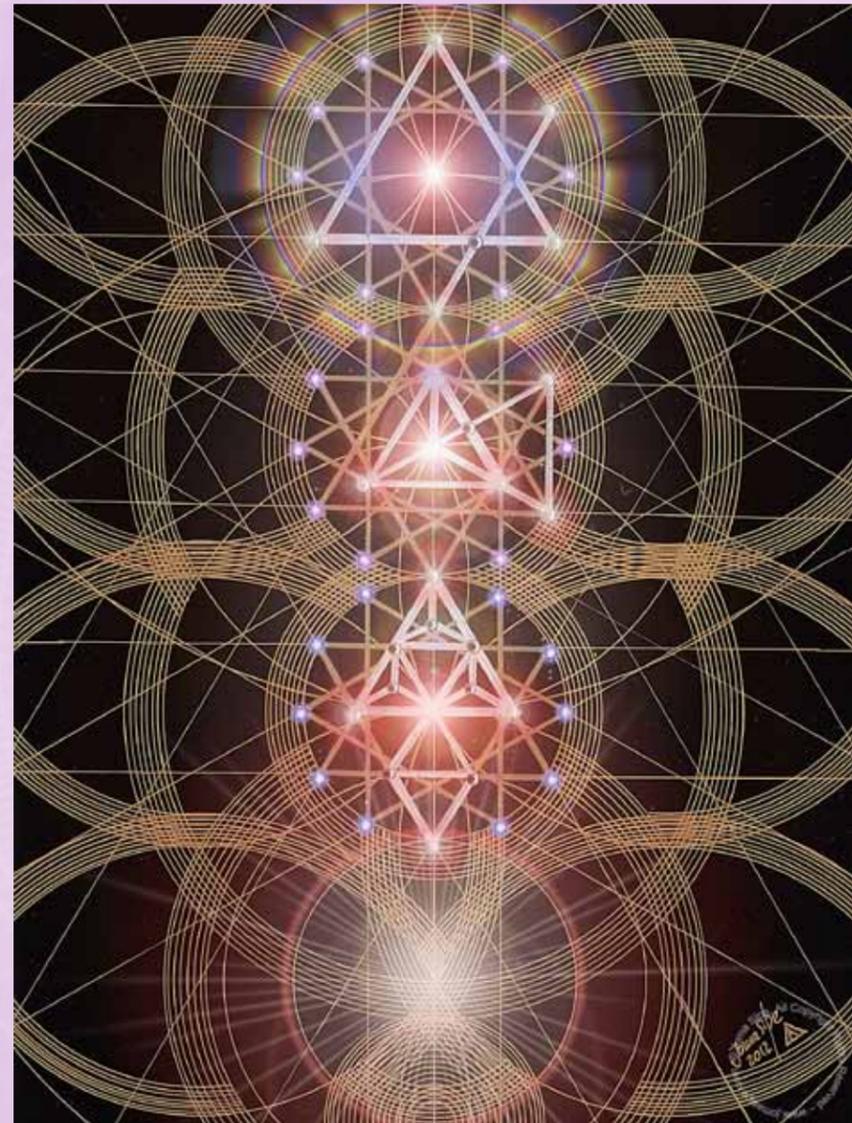
*I want for you
what you want for you,
because...*

I want what's real.

What is real? The truth.

Whether you and I are aware of it at any given moment or not, we both want to know what's real, to live what's real, what's true about us and the world around us. Neither of us wants to be lied to. And deep down we don't want to lie to ourselves. Living a lie restricts us, and holds us back from being all that we can be.

Your truth is what you know, what you feel, and your own desires, whether revealed or kept secret. And they have their own destiny, their own path of evolution. So if I want what's real, I have to acknowledge your truth—that you too have your own feelings, your own desires and your own destiny. If I try and deny that, I will be lying to myself and to you. And so, I want for you what you want for you, because that's what's real.

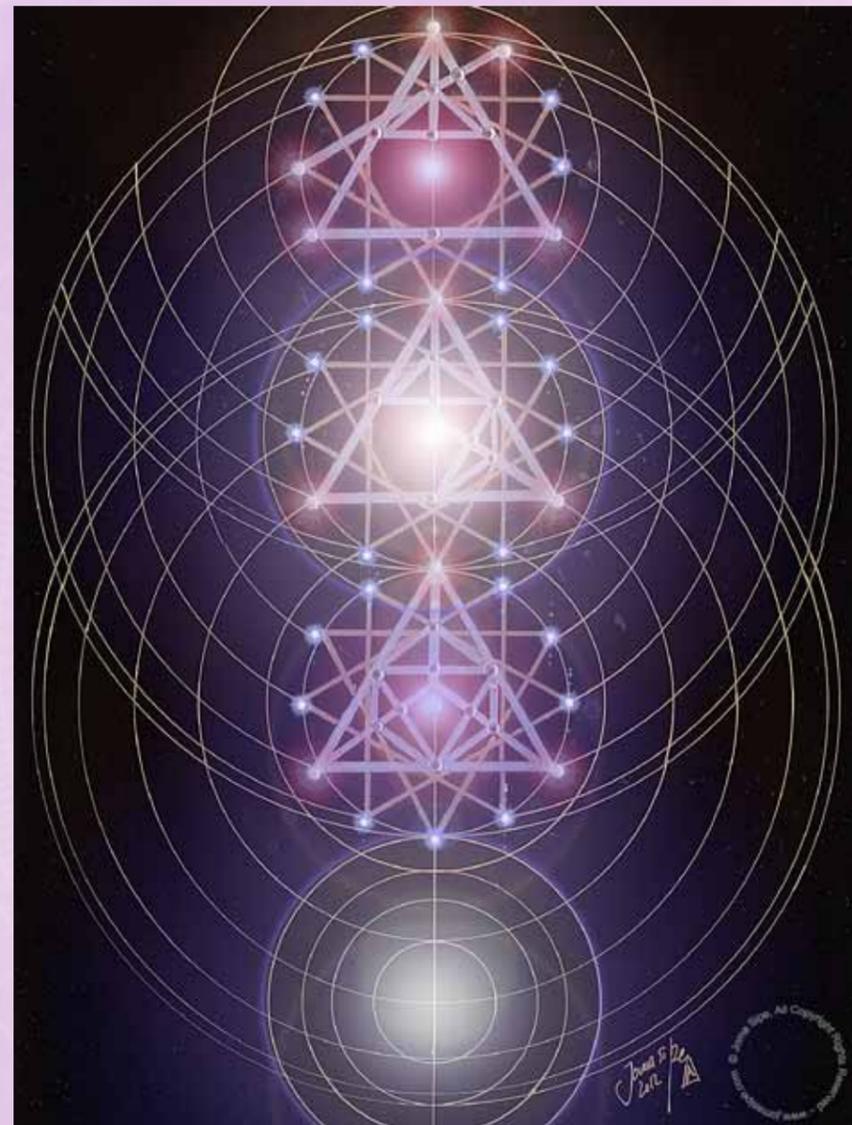


*I want for you
what you want for you,
because...*

*What you love and God's will for you
are one and the same.*

When you are in total alignment with what you care about most, you live in a state of FLOW. When you are in flow, I feel our dance is an effortless one.

When you are willing to go to the ends of the earth for your passions, to do uncomfortable things, to take chances, to risk everything, when I see the warrior in you, totally immersed and engaged in that which you love, I am excited, and at the same time, I feel safe. I feel safe because I know that when you are doing what brings you greatest joy, what you bring to me, is all of you.



*I want for you
what you want for you,
because...*

It's my prayer that we're in it for the long haul.

As our life continues on, we can grow together or we can grow apart. Our lives are constantly changing. If we choose to be committed, let's be sensitive to the changes in our feelings and do all we can to adapt to them. Let's be like a beautiful dance where the music keeps changing, but our steps stay with it. Let's vow to embrace change together and flow with it, while still holding onto that which fulfills us and completes us.





*I want for you
what you want for you,
because...*

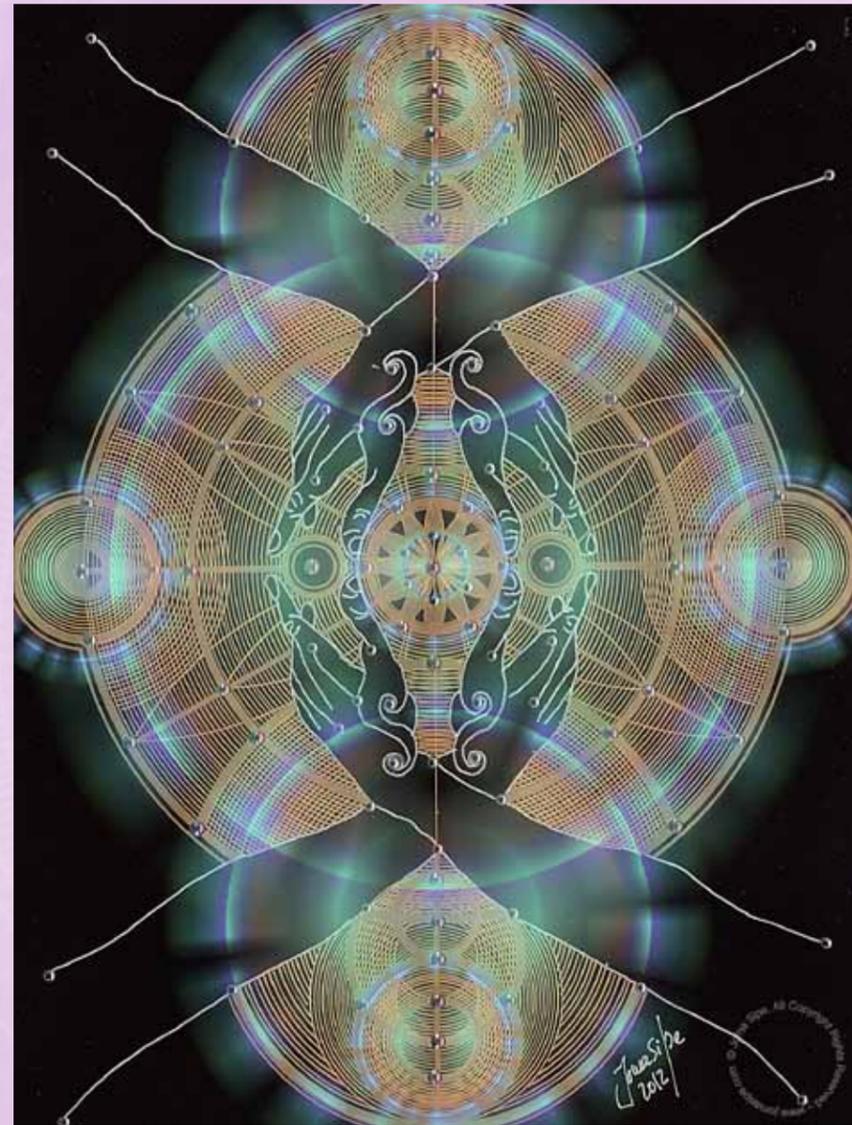
*I know how wonderful it feels
when someone is there for you.*

Close your eyes... Now, imagine how great it feels when
someone is really present with you.

Sweet, isn't it?

When I am there for you, when I accept and support you fully, I am giving you
the space to connect with yourself and accept and love yourself fully.

And when I am able to do that, those precious,
tender moments between us become the most significant.



*I want for you
what you want for you,
because...*

When I am giving, I automatically receive.

Opening my heart and soul to you I share, I give, and I keep on giving.
My love is what I give to you.

When I am truly loving you, I am always in a state of "Yes." I open myself to you. Here is where wisdom and trust and experience reside. Knowing you helps me know myself. As I get to know and trust you, what I offer to you is yes, and in that openness and trust of yes our two hearts are together.
And in this togetherness we become one united heart.



*I want for you
what you want for you,
because...*

It's an opportunity for me to grow.

Knowing what I can give you and what you need takes time, patience, openness, honesty, generosity, and, most of all, love. When I am willing to make that commitment, it can be fulfilling and life-changing. No matter what the outcome for us, I have become a wiser, better person for having done it.





*I want for you
what you want for you,
because...*

Doing so creates a big 'Yes' inside of me.

For us to have a mutually fulfilling relationship, emotional support is vital. Have you noticed that, in the beginning, it comes easily? In the beginning, we want to give everything to each other, and our love becomes stronger from the emotional support we give. Emotional support is one of the greatest things I can give you because it's the deepest, most powerful thing.

When you are asking for something or proposing something to me, hopefully my first response will always be 'Yes.' This doesn't mean you will always think you are right and act on that thought; that's where wisdom and trust and experience come in. Getting to know you really well helps me know myself. As we get to know each other and trust, what we offer to one another is a ground of emotional support under our feet that's like a flower bed where we can safely plant our thoughts without having them attacked or killed off before we can evaluate them completely.

In saying "Yes" or "Okay" to each other, we're saying, "I love you and I'm listening." It's really nothing more than that. But 'sthat' means a lot! In saying 'Yes' we're keeping our two hearts together, nourishing one another by giving respect and emotional support.

And, as we both grow in knowledge, trust and confidence, we can relax as we explore whether an idea or a suggestion is really worthwhile or not. If either of us has a thought that isn't worthwhile, most likely that person will soon discover that and be the first to abandon it for the sake of preserving our love. Or, on the other hand, they may be the first one to see that it's brilliant!



*I want for you
what you want for you,
because...*

Then the whole world wins!

Imagine we both had the courage to say, "This is what I care about; this is what I stand for; this is what I'm passionate about!" and then imagine everyone in the whole world being our massive cheering squad, cheering us on to live, be, do, and have our mission, and intending only our greatness to come out.

Oh, dear, precious one, I'm so in love with you. Let your cheering squad begin with me!

There is such huge power in finding your own greatness. I heard my dear friend, Reverend Michael Beckwith once say,

"Can anyone do Martin Luther King better than Martin?"

Or

"What about Mother Teresa? Could anyone do Mother Teresa better than Mother Teresa?"

"And what about Gandhi? Can anyone do Gandhi better than Gandhi?"

And what about you? Could anyone do you better than you?

I mean seriously, who could do you better than you?!



*I want for you
what you want for you,
because...*

You inspire me.

When you follow your path, saying "this is what matters to me," unexpected support begins to show up and doors open in ways you couldn't have predicted. When you live your life with this level of integrity, I am inspired to be more of who I am.

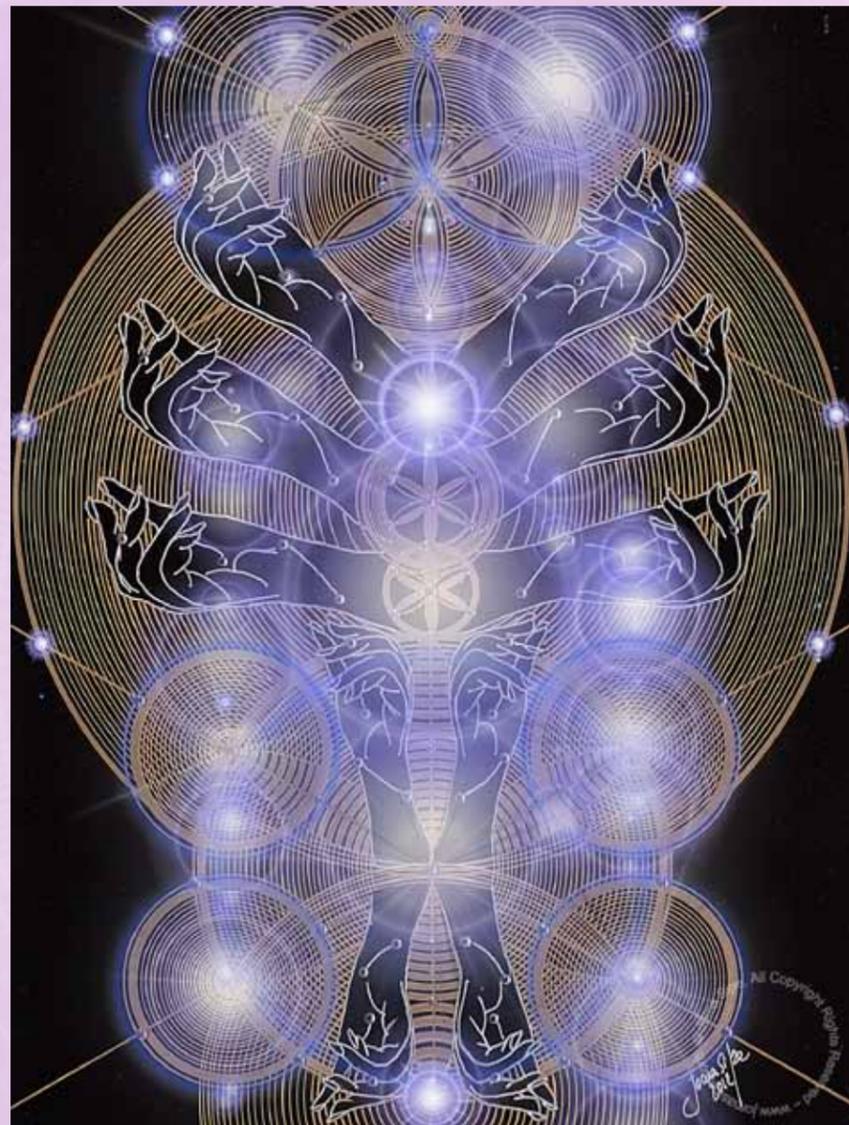


*I want for you
what you want for you,
because...*

I want to stay young with you.

When I'm not coming from a place of love with you, I can feel the restriction in my heart and I feel as if I am aging. I read the other day that research shows that people live longer when they love someone, whether a companion, or even a pet to care for. When we love, we are young at heart, and we help ourselves stay young. So therefore, loving you is a selfish thing from my side, selfish in that I want to live a long, happy and loving youthful life, and I want the same for you.

“Those who love deeply never grow old; they may die of old age, but they die young.”— Sir Arthur Pinero



*I want for you
what you want for you,
because...*

*When you are being your unique self,
we are in fact connected.*

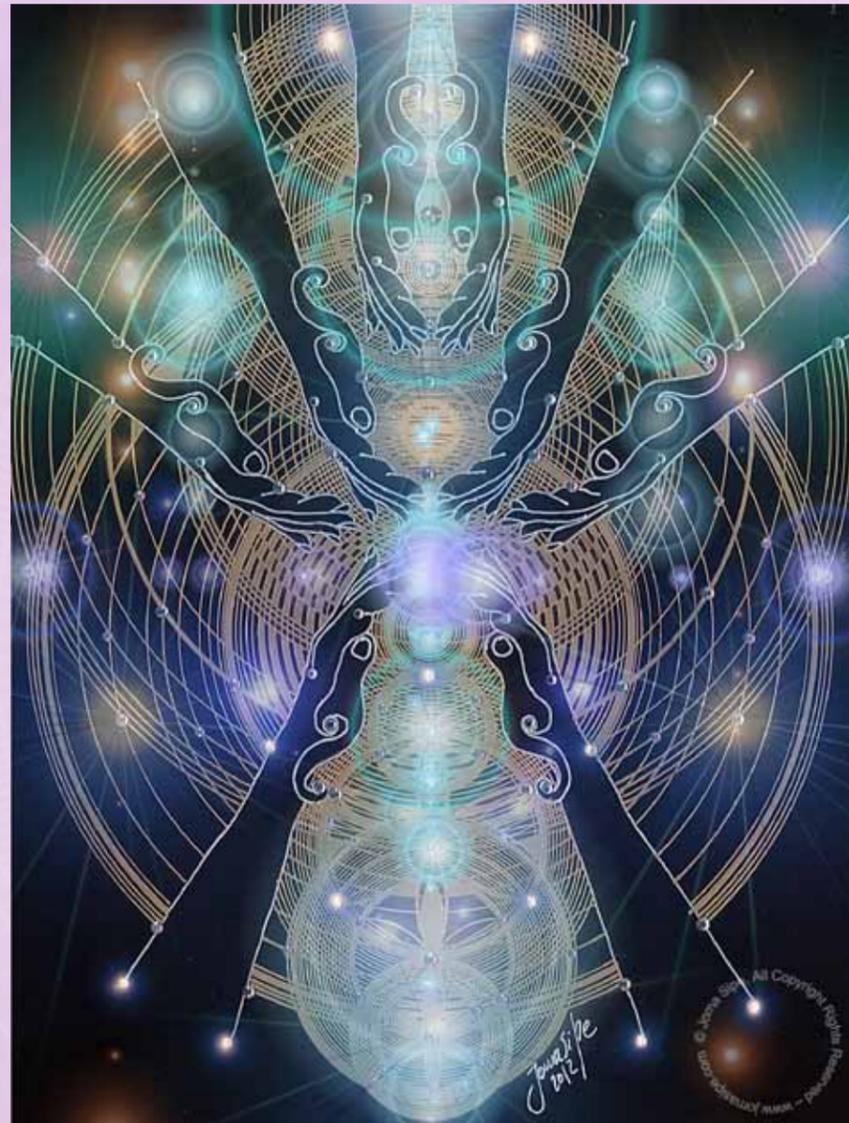
I strolled along the shore of a lake, enjoying a beautiful California sunset, mesmerized by the water. The sun was near the horizon, and its reflection made a shimmering, golden column on the rippling surface - a column that stretched from the shore out onto the water, toward the sinking sun.

As the sun made that beautiful image for me, I realized that without me, there would have been no image, no reflection. And if you had been standing next to me, then the sun and the water would have made a golden column for you too, very similar to mine, yet unique for you. Same sun, same water, same image, same beauty we can share, yet experienced as unique.

I am grateful for the beauty of God's creation as it is manifested in you,
unique and beautiful as you are.

I bow down to the infinite intelligence of nature, that God could create a
being as complete, perfect, and unique as you.





*I want for you
what you want for you,
because...*

*In loving you unconditionally, I am living life
big and I am reclaiming my power.*

How do I reclaim my personal power? How do I reclaim my personal freedom? By knowing that love is all-powerful and that it has more power than hate, and that in loving you unconditionally, I am on the one true path. Although it may take lifetimes, eventually this path will wear down my fears and force my ego to surrender. And then, what will forever be etched in my heart is the one truth that we all know in the deepest part of our soul, and that truth is simply:

“Love is all there is, and love is who I am.”



Acknowledgements:

Thank you goes first and foremost to my two mentors, Maharishi Mahesh Yogi and Byron Katie, both of whom gave me the keys to truly understanding what “self love” is.

Katie, when I heard you say, “I want for you what you want for you,” it went deeply into my heart. Thank you for that precious moment.

My deepest gratitude goes to the incredible artist of the most luscious mandalas in the world, sweet Joma Sipe.

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And lastly, I'd like to thank every single relationship in my life. Especially the ones that stretched my boundaries, broke my heart, loved me like I've never been loved, and forced me to come to that place where, *“I want for you what you want for you.”*

About the Author



Janet Bray Attwood, is the New York Times bestselling co-author of "The Passion Test – The Effortless Path to Discovering Your Life Purpose."

Janet has presented her programs on the same stage with The Dalai Lama, Sir Richard Branson, Stephen Covey, Jack Canfield, Lisa Nichols, and many others.

Janet has personally trained over one thousand Passion Test Facilitators worldwide. Janet's "Passion Test" is the number one process being used worldwide to align people with their passions.

For her ongoing work with the homeless and kids in lockdown detention centers, Janet received the highest award for service from the President of the United States, The President's Volunteer Service Award.

Janet had the unique opportunity to travel to different parts of the world for a number of years with the founder of Transcendental Meditation, Maharishi Mahesh Yogi, as a member of his international staff.

In 2005, Janet traveled throughout India and Nepal living her passion, interviewing over 100 enlightened masters.

Janet has been a practitioner of the Transcendental Meditation Program for over 40 years.

Janet presently resides part of the time in Fairfield, Iowa, home of Maharishi International University.

Janet is a presenter every year at The International Yoga Festival in Rishikesh, India.

About Contributing Author



Mira Drori has a passion for personal growth and for inspiring people to find their true calling.

For many years she had a business in which she imported hammocks from South America distributing them all over Israel, but this was not her true passion.

Her true passion was being a loving wife and mother to her husband and three children.

In the last few years she discovered another passion, which was to help others find what they loved and cared most about. Mira became a Passion Test Facilitator and has since

become an authority on how to discover your passions.

Mira has been practicing Tai Chi for over 30 years, and for 3 of those years taught Tai Chi to seniors.

Mira earned her BSC in Economics and Management from the Technion - Israel Institute of Technology.

She lives in Israel, loves travelling, music, walking on the beach, hanging out with her friends, and water skiing.

About the Artist



Joma Sipe was born in the city of Porto, Portugal, on August 2, 1974. He spent his childhood in the city of Vila Nova de Gaia, near Porto, where he still lives and has his own studio. He started painting conventional pictures, such as landscapes and portraits, using oils and acrylics with exuberant colors. Eventually he realized that this was not the way he wanted to express his spiritual and artistic feelings. Step by step he became aware of an inner yearning. When he was between thirteen and fifteen years old, he started to feel restless, wanting to discover the reasons for

living on this planet, trying to find answers to questions we all ask: "Where do we come from? What are we doing here? Where do we go after our bodies die?"

These thoughtful questions sent him to the local public library in Porto, where he found books written by H. P. Blavatsky and Annie Besant, translated into Portuguese. Soon after reading those books, he felt a deep and inexplicable connection with H. P. Blavatsky and her teachings. He had the opportunity to read *Isis Unveiled*, *The Secret Doctrine*, *The Voice of the Silence*, and other works by H. P. B. While finding his way through esoteric literature, he learned about the chakras, occult anatomy, sacred geometry, the golden number, several techniques for meditation and concentration, the alchemical process, the Kabbalah, and many other arcane subjects. Additionally, Joma also got acquainted with the ideas of Rudolf Steiner, Gurdjieff, and Ouspensky. A series of 100 "illuminated" works appears in his book "Soul of Light: Works of Illumination", published by Quest Books, on November 2012.

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