





Does your love relationship get cooked when you go raw?

If you're hooked on healthy, high-energy living but your partner isn't, does that mean your relationship is destined to fail? Natalia Rose explores a question that has no easy answers.

“Unless you are centred, unless you know who you really are, you cannot really relate. The relationship that goes on without self-knowledge is just an illusion.” – Osho (from Intimacy)

Last night, my husband and I were enjoying dinner out before a concert. I was breaking a 10-day fast that evening so I ordered a bowl of fresh strawberries. My husband ordered the prime rib with a baked potato and a martini. Yes, you read that right. Here stands a die-hard clean-cell enthusiast who has a lasting, happy marriage with an omnivore.

We've been through just about all the stages of growth a relationship can go through when one member of a couple chooses to shirk the culturally accepted norms for a radically different personal vision. When I met my husband in 1991, we shared the same basic world view, education, background and religion, and the same views about what was good, bad, beautiful, objectionable, worthy of admiration, and so on. We also shared chateaubriand for two over candlelight and penne bolognese with tiramisu and cappuccino.

I cooked with traditional ingredients and I read popular literature. We went to church regularly and generally followed a pretty conservative, culturally-approved code of living in every way. When we were married in 1997 my husband had every reason to believe I would go on having the same values and, within reason, be basically the same girl he married. Boy was he in for a doozy of a surprise!

A few short years later everything changed. I started discovering truths about the human body, the origin of illness and our cultural ills and these truths set me speeding down an alternative path. My whole perspective changed and continued to evolve rapidly in a direction opposite to just about everything I formerly “knew” to be true. I spent the years that followed pursuing subject matter that I didn't even previously know existed. Embracing a mostly raw food diet together with juicing and colonics was central to this inner and outer transformation toward truth.

The detour came from out of the blue. But it came as an answer to years of a heart's cry of confusion and discomfort. I always sensed that life should be different and now I was onto something – hot on the trail, going somewhere I might find some answers. There

was no doubt this was the way I had to go. To ignore it would have meant ignoring my destiny. I would have had to take some kind of psychotropic drug for the rest of my life to numb me if I wanted to ignore this call. However, accepting this truth also meant confronting the unavoidable conflict that would ensue as I challenged the fabric of our shared cultural education and values. It shook us.

But we used the opportunity to evolve our relationship into a more interdependent and less codependent one. It was a gateway for turning our weak spots into strengths! We now give each other lots of room to be ourselves, but only after going through stages of struggling with our differences and butting heads with our almost polar-opposite world views (and even flirting with the possibility, at a few junctures, that they were actually incompatible). Thankfully we realized that our differences didn't have to divide us. If we accepted each other unconditionally those differences actually made our relationship richer and even surprised us by making our love deeper.

But unfortunately it doesn't always turn out that way. If you are passionate about the raw lifestyle and your partner isn't, chances are you are either suffering as a result of this right now, or you have done in the near or distant past. I've listened many times as clients, readers and friends following this lifestyle have shared their relationship struggles with me. Some are in long-term partnerships, including marriages with kids. Others are in the early stages of a relationship when they discover that their new romantic interest and their time-tested health regime don't sit together easily. Still others are single, but are concerned about how this aspect of their life will be received by potential partners.

In this article I'm going to give you some pointers to help you understand exactly what is going on, and also get clear on what your options are. My husband and I found a way to make our marriage work despite our differences. In this article I'll explain what you need to know to figure out whether you can do the same. We have all learned how to create painful relationship results. Now it's time to learn how to use the universal laws to create fulfilling >>

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relationships – yes, even out of the ones you’ve already established! I’ve met spouses and boyfriends/girlfriends who are unconditionally supportive and share their partner’s enthusiasm for the raw lifestyle and the high-level health it brings. I’ve also witnessed the other extreme – deplorable shows of disdain and disrespect towards an evolving partner. Of course, most of the time it’s something in between.

The moderately resistant maintain that they are simply concerned for their partner’s wellbeing. They raise an eyebrow and challenge, “Is this really healthy?” and “Isn’t it kind of extreme?” They’ll insist on bringing their evolving partner to their senses saying, “Come on, the whole world can’t be wrong!” Or bring them to their knees, saying, “I just see you burning out on this raw stuff. It can’t possibly be sustainable.”

These partners are often resistant because they fear how their partner’s evolution will affect *them*. Often, the resistant partner will be quietly disturbed because this evolution challenges a lifestyle or world view they were otherwise comfortable with (or at least more comfortable not addressing).

In this scenario, the evolving partner usually tries to avoid conflict by keeping a low profile about their lifestyle choices, assuming the fault, and reconciling that they are the “unusual” one after all. Their mental conversation, too, often ends with them conceding that they should be grateful for any space their partner affords them to be different. I cannot tell you how many of these individuals accept that tiptoeing around their partner is simply a necessary price to pay for choosing the path of higher consciousness.

One part of them is saying, “I am so grateful to have found the cleansing lifestyle. Look at how it is liberating me physically, emotionally and mentally from all my imbalances. I knew something was amiss with what I was taught culturally! I love the way I feel when I live this way and I love how much I’m learning every day. I just want to know more and more. I’m hungry for all that this lifestyle has to offer and how it makes for a much better life experience. I’m also a much nicer person and I’m feeling truly happy for the first time in ages.”

Meanwhile the other part is saying, “How am I going to get to apply everything I want to when my partner rolls his eyes every time I ask to stop into the health food store on our way through town or ask for the dressing on the side when I order my salad? If I were free to do things my way, I would (X, Y, Z)” (Go ahead, you fill in the blanks)! “Oh well, I guess I’m the one pursuing the

unusual so I need to be okay with keeping a lid on it and not being supported. I’ll just do my best for the time being and take it if he/she is rude about it.” There are prisoners that get more leeway from their warden than this!

Did you know that romantic love (and in effect, *all* forms of love) and physical vitality have a lot in common? Relationship health and physical health are both subject to the same key principles – what I like to refer to as the “Universal Laws of Life.” The only reason our culture struggles to such a degree with both relationships *and* physical vitality is because we are not educated in these Laws – Laws which govern every process of the living universe and can tell us predictably what general outcome to expect in any scenario, material and non-material alike. These Laws can be applied to all things – including intangible things like relationships and feelings.

Relationship Rule (Universal Law) 1

Free-flowing expression is required for life to be in bloom.

When there is a blockage hampering the flow of a living thing or its expression, it is blocked off from receiving the elements it requires for life and simultaneously kept from flowing its energy forth. This initiates the cycle of decay. Blocks breed stagnation. Stagnation breeds suffocation. Suffocation breeds decay.

Now, if we know this then we automatically know that someone who is suppressing their desire to be themselves – to follow their path, to fully sing their unique song – is not ultimately going to be viable. The cycle may be drawn out, taking decades to reach its end, but all the same, the cycle is moving away from the life-generating and toward the life-deteriorating.

The suppression creates blocks to the individual’s expression that are going to cause the individual to close off the life-generating flow. This blockage leads to stagnation of their energy which will then fester into rogue energy which often triggers lots of alarm bells like tears, intense anger, nightmares, overeating, substance abuse and so on. If this direction is not corrected, the individual is likely to see his pain manifesting in depression or cancer, or both. These are symptoms of one’s light being snuffed out. Symptoms are always signs (results/effects) of a deeper cause.

Knowing this, it would make sense that we encourage our partner’s free expression, and vice versa. If we love and want the best for them this is what we would do. This brings up the question of why we enter into romantic relationships. Is it to avoid being lonely? For financial security? Is it so we can share the burden of our lives to more easily get through our days? Is it to fulfill a social expectation like becoming someone’s spouse and having children so we can feel approval, respect or admiration from our community?

Or is it to share life-generating love in a selfless way? Love that helps the other be all they can be as they wish the same for us and support us likewise? This is something everyone in a relationship (or preparing themselves for a relationship) needs to ask themselves.

Knowing how important free personal expression is to a healthy relationship, it would also make sense that if we have problems in our relationship, we should immediately seek out the block. Where might we be repressing ourselves out of fear of rejection by our partner? Or, where might we be the one inflicting the block on our partner’s free expression? From there we can make the necessary adjustments.

However, our social conditioning has something to say about that! It says, “No, you can’t give your partner that kind of freedom! You need to control your circumstances; ergo, you need to control your partner! If they are free they might leave you or do things that could hurt you.”

To this, Universal Law responds, “Real love is love that celebrates individuality and freedom. It does not try to control or restrict its ➤➤

Jessica and Patrick's story

Jessica's work day has just ended and she is walking by the health food store in town. She remembers her friend singing the praises of what vegetable juice did for her health (and she lost 25 pounds to boot) and thinks to herself, "Maybe I'll pop in and see if they can make me one of those." Jessica also has 25 pounds she'd be well rid of and has had asthma since she was a child. Lately she's been a little depressed about looking and feeling older and she's just dragging her feet through life.

While she's sipping the fresh-pressed carrot and green juice, surprised by how refreshingly delicious it tastes, she gets to chatting with the man who made her juice. He was a medicine man in the West Indies but this job at the juice bar is now the only way he can professionally incorporate his passion for helping people with their health.

He takes a quick sweep of her face and body and checks her eyes. Picking up on her receptivity, he points out that her kidney and liver are overworked. Within a few short minutes, he convinces her to shun processed foods in favour of a mainly plant-based diet. After taking a few more notes with his suggestions, she tours the store to gather several ingredients along with her favourite vegetables for her first "plant-based meal" and assures him enthusiastically that she's really going to give it a try!

Lo and behold, after some ups and downs in the early days, its three weeks later and she's actually feeling energetic for the first time in ages! Her favourite clothes are fitting her and she's having surges of joy that she remembers from her childhood. She's also come to enjoy the taste of the fresh raw salads and vegetable dishes much more than the dense, salty prepared foods she was eating before. She gets more interested in what this juice "doc" has to share and gleans more and more from him every day when she makes her near daily juice stop to see him.

Her boyfriend, Patrick, returns from an extended business trip to find her looking gorgeous. After showering her with compliments, he suggests dinner. He orders the usual burger and beer and she finds the pub makes an excellent salad and discovers that steamed broccoli tastes great with barbeque sauce! She wonders why she never thought to order that before.

The first few times Patrick doesn't pay much attention to her new way of eating. He just assumes she's like every other girl trying to lose weight – it's just a phase and hey, he's not opposed to her tightening up a bit! But eventually he realizes she's changing quite a lot. She's reading radical books about things she was never interested in before and they are not things that interest him.

In the weeks that follow, Patrick starts to make snide comments about her "bunny food" and mentions an article he just read about an eating disorder called "orthorexia." Jessica feels hurt and misunderstood but otherwise keeps her feelings to herself, doing her best to make her interest and lifestyle changes as invisible as possible. Nevertheless every exchange between them seems to lead to an argument that somehow winds up in a shouting match about her new diet.

Jessica wants to be free to enjoy this path but instead she can't even express her true feelings about what she's learning. A part of

“Real love is love that celebrates individuality and freedom. It does not try to control or restrict its beloved.”

her has been opened up and wants to live and shine and she wants more of that. Instead she instinctively puts on her armour to protect her heart. She's stopped feeling safe around Patrick. She also feels frustrated that he's stopped giving her his affection.

Eventually, where there used to be love, all that's left are resentments and dissatisfaction. Jessica feels that in order for her to pursue her interests she needs to separate from Patrick. Patrick feels that Jessica is not the same girl he fell in love with and doesn't feel he can connect with this girl at all. When they met they had things in common but now she's full of strange opinions and seems to criticize everything about the world he's comfortable in.

Jessica nearly stayed and stuck it out and would have if she hadn't started to get so uncomfortable trying to hold herself back. She had learned too much to go back to life as it was before. She was also far more empowered and had too much self-respect to keep her light dimmed. The way forward was scary and lonely but the way back was just as much so.

beloved. Freedom to express naturally unifies. Repression leads to decay. If it is trust that you want, be trusting. If it is freedom you desire, give freedom." This may seem counterintuitive, but try it and you'll see it works! Give that which you wish to receive.

The development of obstruction preventing the necessary flow of all elements in the body is likewise behind all disease and premature aging. So utterly simple and yet instead of hunting down the obstruction to find the origin of the demise of the individual, relationship or physical body, people run around looking for answers where they'll never find them. Ralph Waldo Emerson once said, "A foolish consistency is the hobgoblin of little minds." And Albert Einstein defined insanity as, "Doing the same thing over and over again and expecting a different result."

What culture keeps giving people higher learning degrees and pouring money into research when their methods and programs keep giving the same result? What culture applauds its system of science and medicine while its citizens grow exponentially sicker with every year? What culture keeps approaching long-term love relationships the same way with the same romantic messages, vows and expectations while the end result of these relationships is ultimately deeply dissatisfying? A foolish, small-minded and insane one according to Emerson and Einstein!

Relationship Rule (Universal Law) 2

Everything that exists, be it material or non-material, is brought into being from an original cause.

You bruised your knee *be-cause* you hit it against the corner of the wall. You hit it against the corner of the wall *be-cause* you were moving the couch carelessly. You were moving the couch carelessly *be-cause* your mind was on something that happened earlier that day – everything can be traced back to a "be-cause."

Sometime causes are obvious, like in the above example. Other times they are not obvious at all – such as in the case of feelings and relationships. So finding the cause requires thinking more deeply (both analytically and intuitively) and, in most cases, following the trail back a *long way*.

Most of us were born to parents who were directed by social conditioning, so we learned certain roles from them as we grew up. Most of us also had experiences in childhood that made us don a kind of emotional "armour". Some of us developed knee-jerk reactions to situations based on a combination of those experiences and the messages society has programmed us with.

Most of us are conditioned to believe we need to control our world to be happy and safe – "dominate or be dominated". But to live life trying to control everything is one of the most self-defeating things we can do. Domination is just an illusion of safety. It leads to destructive forms of judgment that lead to choices made out of fear.

Anyone raised with this kind of programming is doomed to broken relationships long before they even meet their prospective mate – unless and until, of course, they wake up and realize the program is faulty and needs to be replaced with a new one.

Relationship Rule (Universal Law) 3

Self-sovereignty is central to healthy relationships.

If we understood what it truly means to be whole, not many in relationships would be left standing. But we are culturally programmed to seek sameness in a partner, to seek approval, and to fall into line with norms. It would all be so very different if we were taught how to be sovereign, complete individuals armed with the universal laws to ensure a satisfying future with the right mate.

Two complete beings coming together to mutually support each



Author Natalia Rose with her husband Lawrence

"We must love ourselves before we ever consider undertaking romantic love."

other is the only relationship scenario that offers predictably life-generating results. There is a term for this: interdependence.

Before we can enter into a mutually satisfying relationship with another, we must be whole individuals all on our own. As obvious as that sounds, most people are not whole individuals – they are broken, wounded by primal pains from their childhoods and parts of themselves they have given away to the programs, norms and stories they have accepted about themselves and life in general. When two people enter into relationship in this state, the relationship is one of co-dependency.

We are raised believing that the bliss of finding another person who appreciates and cherishes us (or at least is like us and fun to be with) will make us feel more complete. We are further encouraged to pursue romance; told that it promises lasting fulfillment. We are given the blueprint from nursery school and the "happily ever after" world of fairytales.

Now I am guilty of being a hopeless romantic but I have come to accept – with time, experience and over a decade of marriage with children – that as much as love can join two hearts together, the brokenness and primal issues from our childhood and life experiences that are not properly understood, dealt with and released can destroy the fabric of the purest love.

We must love ourselves before we ever consider undertaking romantic love. We must accept ourselves, be balanced emotionally, have full appreciation for our authentic expression and also have excellent boundaries to protect ourselves so we do not get invaded emotionally by those who would have us doubt ourselves or question our natural expression.

Once again, we can see this law mirrored in the micro and macrocosmic realms. Clean, clear-flowing cells, fully carrying out their unique design, makes them useful to the whole. If blood cells were challenged by skin cells every time they tried acting like blood cells, making the blood cells deny their nature and their job, what would happen to the circulatory system? The body would rapidly fall to ruin!

“Normal” eating habits fill us up with substances that are not meant for the human body. (We know this because they cannot be effectively digested and fully eliminated by the body, so they remain in the body and their waste by-products such as carbonic gases, bacteria, yeast and other rogue microbes cause the body to fester. This eventually shows up as flab, aging and disease.)

“Normal” messages we consume fill us up with cultural programs that are not supportive of healthy human relationships and result in their deterioration one way or another, via one catalyst or another. The solution? A program-dislodging “colonic” (more like a series of them)!

Love’s tough

The raw food lifestyle may be a catalyst that brings relationship trouble to the surface but, as I hope we’ve established, it is not the reason for the conflict. The true culprit of relationship distress originated way before the lifestyle came on the scene!

The secret to successful relationships is the same as the secret to perfect health – free-flowing, unobstructed beings working interdependently. Our culture has us living contrary to the Universal Laws of Life; it has us living in ways that are indigestible to our humanity and yet, despite the suffering and confusion it causes us, the masses continue to accept it and carry on subscribing to it.

If you don’t become acquainted with your authentic self and embrace it, you basically spend your life denying yourself in favour of a personality self that is the product of the stories the world tells you about who you are. When you do this to yourself you give everyone in your life licence to deny your authenticity and all the little things that spring from it.

Only when you love yourself do you know how to love another and how love should feel from another. And it is only when people enter into relationships without this self-love that they wind up accepting abuse, or anything less than love for that matter. Don Miguel Ruiz writes, “We always have a choice, and if we love ourselves, we choose love. We do not allow ourselves to be hurt by accepting other people’s opinions or abuse. If other people abuse us, they are abusing us because we stay there, because we allow that to happen. And if we stay, it’s because we believe that we deserve the abuse, and we are using them for self-punishment. If we don’t have awareness, we blame, when the solution is not to blame. The solution is to step aside and not be there.” (From *The Voice of Knowledge*).

As we clear any rubbish programs and false stories we may have accepted in our conditioning, we become more sovereign. No more does anyone else pull our strings. Our addictions will also naturally dissolve as will our need for outside approval because we will no longer need these crutches to help temporarily blind us to our uncomfortable reality. All forms of addiction and compulsive consumption are born of a suffocating spirit crying out in pain.

If it’s not safe to be yourself, the relationship is not a safe place

“All forms of addiction and compulsive consumption are born of a suffocating spirit crying out in pain.”

to be and must be transformed until it is safe to express freely, even if that means being friends instead of romantic partners. If you cannot express yourself freely and pursue that which is central to your nature you are in a cage. Such relationships do not only breed resentment and hold back the flow of love; they wind up manifesting in physical imbalances. If one is repressed long enough, these repressed feelings will wind up materializing in more advanced issues like cancer and heart attacks.

So if you are in a relationship and experiencing any of the challenges outlined in this article, I hope I have helped shed some light on what is really going on. As for what to do about it, my advice to you is to ask some tough questions. The answers to those questions may lead to even tougher choices.

Can you love someone who is happier for the foreseeable future not to question all those “normal” things you now know to be deeply abnormal? Can you love them and can you be their partner, their equal, their biggest cheerleader? Can you learn and teach your way through life with them? Can you do this without sacrificing something crucial to who you are? There are no right and wrong answers here; these are decisions only you can make.

In some cases, people grow so much, so quickly, that they simply cannot connect all longer with their partner. If they stayed, they would either constantly walk into walls of conflict (and remember – not every conflict has growth potential) or they would have to deny their highest truth. These are conditions that will not lead to evolution but rather to the destruction of the individual. A good question to ask yourself if you’re still in doubt is, “What am I going to have to sacrifice in order to remain in this relationship?”

Always remember that as with any aspect of healthy living we can take our time with the transition. We don’t need to make, or act on, these decisions overnight. But we *do* need to remain attentive, watchful and responsible for our behaviour – how we give our power away; how we neglect our truth for the comfort of others or hold our tongue for the hallowed social norms.

Once you know yourself and love yourself for all that you are and enjoy doing and pursuing, I can assure you that you will be a magnet for others who will honour you and your interests. You are free to be yourself the moment you accept complete freedom to be yourself.



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