

Commitment to Self

The Sacred Marriage

BY NATALIA SCHOTTE



When I met my partner, Jonathan, 17 years ago, he asked me to commit to my Soul as a precursor to our commitment to one another. Many years prior, he had discovered a gold band in a box of old jewelry—a band that had not been there before. He recognized it as a spirit manifestation. He spontaneously put the band on his right ring finger and said vows in which he committed to himself. He asked me to purchase a ring and do the same thing. I promised to love, honor, and respect myself—to do the right thing for me at a Soul level. This was a powerful, life-changing moment for me.

This Sacred Marriage Ceremony has become an essential element of our empowerment work with women to activate and develop the sacred feminine. Its purpose is to cultivate commitment to Self, which we define as “the degree to which you follow the voice of your Soul.” In the Sacred Marriage Ceremony, a woman “weds” her Self. Taking herself as her beloved, she vows to place her Soul and her inner life above all else. To enact this commitment, she must learn to discern the voice of her Soul from that of her ego/personality.

Commitment to Self is easy to conceptualize and difficult to enact. As young girls, we learn

to focus externally. Many of us are agendized at an early age and have little space for self-exploration and self-reflection. We are taught to please and perform, rather than to be. As a result, the experience of our inner lives—essential for the emergence of our authentic Selves/Souls—is obscured, and our spiritual development thwarted.

In addition, when our early Soul-based expressions (in the form of behaviors, feelings, and requests) are repeatedly denied, ignored, or repressed; when we are physically, psychologically, or sexually abused, we develop lack of self-love and low self-worth. The result is codependency and the search for approval and love outside ourselves. The desire and attachment to the concept of marriage, as well as the repudiation of it, may reflect either the wish to see oneself as lovable or the fear that one is not.

Codependency is the antithesis of the Sacred Marriage. It is the marriage of the self to the external world in the form of a myriad of attachments: careers, money or possessions, relationships, religion or a cause, and other activities from which we derive a false sense of self and self-worth.

When we are married to externals, we spend our days in outer-world pursuits. There isn't time for our authentic feelings, for our deep inner issues to surface, for our inner healing, for our Souls. Our lack of attention to this inner realm manifests in imbalances in our emotional, mental, physical, and relational health. When we make the commitment to Self, we are making the commitment to make our inner life a priority.

Commitment to Self catalyzes and sustains spiritual growth. It begins as a seed within our consciousness and is demonstrated in small acts of power, such as saying yes to someone or something that does serve our Souls and no to what does not. Personal power begets personal power. With each empowered act, inner strength grows, and as it does, commitment to Self gains a stronghold in our consciousness. The shift is subtle yet accumulative. It culminates in the embodied understanding that our spiritual growth is our priority. We realize that as we give our time and attention to our inner lives, particularly our inner healing, we become of true value to others as well. Rather than serving the ego/personalities of others through codependency—particularly people-pleasing and self-denial—we are now able to support their healing and spiritual growth through the light of our Souls, without self-sacrifice.

To gauge your commitment to Self, ask yourself:

Am I really doing my spiritual healing?

Do I have a spiritual practice?

How am I spending my time?

What is distracting me from my inner life?

What am I forcing myself to do that does not serve my Soul?

What am I denying myself that does serve my Soul?

With whom am I associating, and how do these associations serve my Soul?

To increase your commitment to Self, consider doing the Sacred Marriage Ceremony.

Write vows to yourself. Purchase a ring that symbolizes your commitment to Self. Ask some of your female friends to be your witnesses. Choose a special time and a sacred place. Make your vows aloud and place your ring on your finger (ideally on a ring finger). Say, “With this ring, I seal my commitment to my Self.” Then celebrate this act of power.

Recently, Jonathan and I worked with a large group of women in Beijing. We spent three days on commitment to Self. At the end of the third day, the group chanted, “I am the goddess. The goddess is me.” It was a choir of empowered women, women who had married themselves, who had come to a new understanding of the power and value of the sacred feminine as experienced through their Souls. At the end of your Sacred Marriage Ceremony, look in a mirror and declare the truth of your oneness with the Divine, saying, “I am the goddess. The goddess is me.”

The Sacred Marriage is liberating. It supports us to look within, where we discover unconditional acceptance and love. Our external seeking ceases because we experience the fulfillment of desire that can only occur through the life of the Soul.

Know...

You are

The Lover you seek

You are

The fulfillment

Of your desire

“The Sacred Marriage,” Poems from the Garden of Love: Words of Light & Inspiration by Natalia Schotte

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