

Article 161: Open, Honest, Intimate Relationships part 2

By continuing your old beliefs and behaviors, by adopting a passive or self-satisfied attitude, by letting your true desires and personal relationships drift, by reliving troublesome experiences and feelings over and over, and by continuing your judgments and reactions, you poison your body and life and relationship with pain, illness, problems, and afflictions, ...does it seem wise to continue in these ways?

Every personal relationship begins with high hopes and unrealistic beliefs and attitudes, with blind eyes, and~though you really don't believe or understand this~with desensitized feelings. After a while, as you resist the truth of your personal relationship, your mind goes blank, your feelings reverse, you begin criticizing your partner and the relationship, and you tend to ridicule the very thought that your relationship problems are other than little inconvenience that you can easily resolve over time, ...is that what you want to continue? Your pains, illnesses, afflictions, and emotional disturbances reveal far more about your life and relationships than you are willing to acknowledge ...and this is shown clearly and fully. Have your mind and emotions gone blank about your relationship ...and the self and life you truly desire? ...or do you refuse to tell, even yourself, what you know is true? If so, instead of listening to your false heart, listen to your problems, pains, and illnesses. Are you willing to circumvent your own afflictions, denials, misbeliefs, and protective coverings to uncover the troublesome aspects of your self and relationships?

Instead of being the fulfillment of your desires, in what way is your personal relationship, or lack of an intimate relationship, directly and clearly outpicturing the pains, problems, and burdens of the lifeseif you are living? How might you be continuing and reliving your childhood experiences and emotions about relationships? This is foolish! Why have you continued these childish habits and feelings into maturity? Will you continue these into old age? ...and take them with you into death? Are they really that precious? ...and worth more than an open, honest, intimate relationship with your self and life? ...and with others?

Do your judgments and habits seem too strong and valuable to change? Are you denying or repressing painful habits, emotions, and experiences in your present relationship? Are you willing to uncover these things? And as we get closer and closer (maybe in November's *Gathering*) to these sore spots ...and your true feelings about these things, will you increase your resistance and denials? ...and keep denying the impact they have on your lifeseif and relationship? In other words, will you refuse to look at what you are creating ...and continue living your lifeseif and personal relationship pretty much "as usual"? Or are you willing to awaken and enliven an open, honest, intimate self within you? ...an ohi relationship all around you? ...and the ohi wellbeing and emotional fulfillment that

accompanies them? Don't be too quick to answer unless you are willing to stand firm against your traditional beliefs and behaviors.

Are you willing to clearly and fully answer all questions we ask you? ...and speak openly and honestly of all things that come to mind ...or fill your feelings? ...no matter how meaningless or irrelevant these things, and our questions, may seem to be? If you are willing to do this for us, ...why aren't you willing to openly, honestly, and intimately ask and answer your own questions about your self and life ...and the relationships you are creating, destroying, or avoiding? To understand your pains, illnesses, and afflictions, you must look at and understand many of the troublesome, painful, improper, and resentful aspects of your personal self and relationship. And though judgment and criticism are not part of this process, your progress may **not** be smooth or easy, for, like most people, you have probably concealed many problems, irritations, and resentments under a cover of "getting along" or "saving the relationship", ...but now it seems you are not getting along with or saving yourself.

Have you developed too strong an affection for and dependence upon someone or something? ...or an intense antagonism toward your parents, partner, or someone else which you are not fully acknowledging? Have you transferred your feelings about yourself to another? ...or your feelings and resentments of another to yourself? Is that wise or appropriate? Are you imposing the past onto the present? You, like most people, are probably identifying with your parents' relationship, as you thought it was, and struggling to create your personal relationship today to harmonize with or overcome that; ...the problem is that, in either case, your personal relationships are founded on struggle ...not upon what you truly desire. Are you willing to end this struggle ...and understand and live the long-held truth of yourself?

Your pains, illnesses, and emotional concerns are like arrows pointing to specific self•relationship problems ...which, if understood and followed, will enable you to create and live the lifeseff and relationships you truly desire. Have you so distorted your feelings and personal relationship that you can no longer tell truth from fantasy? ...or from wishful thinking? Though it may, at first, be difficult to believe and accept that you are capable of such mental•emotional deceptions and entanglements, your personal relationship, or lack of relationship, reveals that you are, ...is this any way to create the open, honest, intimate lifeseff and personal relationship you truly desire?

Are you fearful of discovering too much about yourself and your personal relationships? Would you rather stop any insightful self-discovery process and continue your pains, illnesses, afflictions, and personal relationships "as usual"?

If you are willing to continue understanding your self and personal relationships, realize that, in order to protect what you have denied and repressed for years, you will probably continue denying and repressing under new disguises, ...for you are far more clever than you ever imagined, but your afflictions, knowing you personally and intimately, reveal the truth. It takes a patient and insightful individual to see and understand the truth of such a clever person as you.

Though your personal relationships, or lack of relationships, offer a clear view of yourself, it is by no means your only pathway to understanding, for your creations and responses in other areas of your lifeseff offer many varied and truthful views of your self and life ...and what you truly desire.

*Have you looked insightfully at
your personal relationship lately?*