

Article 185: Intimate Relationships and You – part 2

No matter how clear or certain you are, outwitting others or your partner will never actually satisfy you or fulfill your desires. If you really want to outwit others, live the life you truly desire ...and enjoy your intimate relationships, for that will drive them crazy with envy; ...and isn't their envy more-satisfying complaining about and criticizing your partner? Have you been concealing your complaints and criticism under a covering of humor ...and denying your feelings and actions? ...and disagreeable words? A genuine understanding of yourself and your intimate relationship will only come when you listen to yourself and stop judging and complaining ...and start living as you truly desire. What unacknowledged desires and longings might you be creating through conflicts and complaints ...and self-justifications? ...through self-righteous attitudes and anger?

An intimate relationship more-fully expresses and expands your meaning and purpose in life ...and offers you a new source of information, experiences, and opportunities to further expand and enhance your self and life, ...but a little knowledge about personal relationships won't offer much or take you very far, ...while a variety of shared-experiences not judged and struggled against, offer many understandings and opportunities ...and the experience to follow through. Self-discovery through intimate relationships leads to a fine, more-expansive and fulfilling self and life.

Your pains, difficulties, and ailments reveal many of the problems and feelings in your intimate relationships, but, just as it is easier to prevent illnesses than to cure them, it is much easier and wiser to live your intimate relationships openly, honestly, and intimately than to heal the errors, conflicts, and afflictions you've always lived into your relationships. Thinking that your beliefs and feelings, your meaning and purpose, your personal relationship and criticism, your pains and illnesses, and your conflicts and afflictions are not intimately related and interactive is a grave mistake that leads to the death of the life you and your personal relationship truly desire ...and the fulfilling sense of enriching happiness you desire most of all.

If your present views and beliefs about intimate relationships were created in childhood, is it wise to live them today? ...especially those that have never been desirable or effective in your life ...or in other relationships? You can dress up unsuitable ideas and beliefs in new clothes and a different relationship ...and they will still be unsuitable. Will you continue struggling with your unworkable ideas about intimate relationships "as usual" ...and pass them on to your children? ...and to others? What these images and feelings have done to you is enough, don't pass them on, ...show others and your children finer beliefs and ways

about intimate relationships. And if you're willing to understand that you are as a child in relationship to your own greater self and life, in this you will offer yourself a finer, more-intimate relationship as well.

An intimate relationship frees you to live comfortably ...so you can live the finer lifeseff you truly desire, but this freedom is only half of the story, for you must also live the lifeseff you truly desire along with your intimate relationship. ...otherwise, your relationship, instead of freeing and comforting you, will confine and disturb you, ...the two are one. Living your life and intimate relationship as you desire involves deliberate choices ...not "lucky happenstances" ...therefore, instead of struggling with and against your companion and personal relationship, begin living, openly-honestly-intimately, the lifeseff you truly desire ...and your old beliefs and relationships will pass away.

What is love to you? Being comforted and cared for? Being supported and protected? Being blessed? ...or blessing yourself by comforting, caring for, supporting and protecting others? Only by knowing what love is to you, can you see and understand your real conflicts. Self-discovery and understanding the truth about intimate relationships is useful only when that knowledge guides you to live more-enriching self-expressions and leads you to make meaningful adjustments to your beliefs and desires, for there seems to be a longstanding conflict between the demands and longings of your emotional self ...and the urges and desires of your soul, ...however, by looking closely at your present intimate relationship, or lack of a companion, and understanding your lifeseff clearly and fully, you will see that those conflicts are actually false, ...only your lack of understanding is real.

Do you have a "tired feeling" about your partner and personal relationship ...or lack of companion? Those who wait for the "right partner" to come along will live disappointed lives. Many "normal" people have lost much of their zest for life because they continue endlessly in the same undesirable relationship ...or stay-out of an intimate relationship, ...are you missing the joy and goodness of life in these ways? Do you feel unable to change your attitudes or your relationship? ...your attitudes about your relationship? ...or your attitudes about not having a loving companion? Life is not stingy or playing favorites, you have in life exactly as you have chosen with every belief, thought, attitude, emotion, word, and action, ...have you chosen well ...and wisely? ...as you truly desire?

If you do not have the intimate partner you desire, know that you did not blunder, you do not have a penalty to pay ...or a bad decision or lack of commitment to endure or work through, and you do not have other conflicts and contradictions to resolve. You have not run out of dreams, you have let your inspiring images fade. Your personal relationship is not too tiring or

stressful ...or monotonous, your attitudes and behaviors are monotonous and tiring ...and frequently stressful. Stop blaming your partner or lack of partner for your life and conflicts!

**There are no contradictions between
your intimate relationship
and the self and life you truly desire!
...only misunderstandings.**