

Article 199: Some Odd Things About Relationships -part 2

1. While fear of the unknown is common in life, in personal relationships, fear of sameness is common ...and ever-present. Do you feel you are entitled to little more or other or different than what you have? ...or have become accustomed to? Do you feel undeserving?...and though you might protest against such an idea, ...think again! Is it possible that, long ago, you began believing you are not deserving? ...or that you are limited in what you can ask for and expect? ...and that you have forgotten these long-ago-beliefs? Such feelings can be very subtle ...yet very strong and withholding.

2. Does happiness constantly seem to elude you? Are you truly being yourself? ...or are your relationships and activities merely intended to act as anti-depressants or stimulants? Is your personal relationship just another artificial stimulant? Are you more-addicted to your companion and relationship than fulfilled by them? ...or maybe you're merely resigned to the situation. How can you put more meaningful energy into your life and personal relationship? ...or do you even care?

3. Are you aroused by your partner? ...or merely agitated? ...it's frequently difficult to tell the difference. Many relationships are founded on self-abuse. In your relationship, if you have to accept the bad with the good, ...the bad, no matter how small and seemingly insignificant, will control you and limit the relationship. If you began your relationship feeling that destiny was in charge ...and the relationship was "meant to be", ...how will you ever take over and create your own destiny?

4. You cannot give love to others ...but you can help awaken and arouse their self-love. It's a wondrous person who loves by enlivening another's self-love. You can never lose this love or your opportunity to enliven love. Love is not a feeling! ...yet it is feeling.

5. If your personal relationship is filled with hope, ...why aren't you living that right now? ...and if there is no hope, ...why are you continuing the relationship?

6. Do you tend to rearrange events, exaggerate details, and enhance your relationship ...and your participation in order to aggrandize your self and life? Are you willing to declare yourself and live an enriching life instead of continuing these exaggerations and embellishments?

7. An open, honest, intimate partner is a companion to walk with and talk with, one who truly knows and understands you, who will confront you ...yet guide you beyond your normal boundaries and self-imposed limitations.

8. An intimate relationship is not a “should or a must”, nor is it a “trial or lesson”, an intimate relationship is a full embodiment of self ...and an offer to and from self to be and live even more. An intimate relationship is that simple, yet that complicated ...because you are trying to deny yourself and live a make-believe self and life, all because you probably thought you were not good enough or worthy enough ...or right enough, and in that you alone created your doubts and anxieties ...and longing for an intimate relationship.

9. Your purpose in life is, in part, to lessen the limitations you have placed upon your happiness and infinite uniqueness through judgments, ...therefore, continuing your judgments in your intimate relationship continues and strengthens your self-imposed limitations. If you will let it, your intimate relationship can guide you out of this dilemma and help you move beyond the slow, outmoded, judgment-created process of learning, developing, and evolving in a relationship. Step out of the limitations you have placed upon yourself and a partner and begin anew; ...soar beyond the box you have imposed upon your intimate relationship.

10. Intimate relationship experiences spawn your passions which spawn your experiences, ...now, which came first?

11. If you want to improve your intimate relationship and genuinely make it greater and finer, the most effective way is not that of discovering and correcting the *faults or lesser aspects* ...but to carefully examine and understand what works ...and build on that. What really works for you in your intimate relationship? Dwelling on what does not work keeps you stuck in what doesn't work. How can you expand what does work into every area of your thoughts, attitudes, emotions, and behaviors? If you don't see what works, ...how can you see this active in other areas of your life? In fact, by focusing on what does not work, even with the intention of correcting these things, you will see these problems and similar features in every area of your life, become discouraged, and blind yourself to what does work in your relationship ...and in the rest of your life. Use the vision of *what works* as a minimum for all things ...and as a guide for changing what seems not be working. If you are in an intimate relationship, what is good and desirable and workable about that? ...and how can you expand and build upon that for a more-desirable self and life and relationship. And if you are not with a partner, instead of expecting a ohi-relationship to resolve your problems, discover what really works in your life ...and bring that to a intimate relationship.

12. You cannot change your old relationship by resisting and struggling against it, you must make it obsolete by living something greater and finer ...and more desirable.

13. True, intimate contact with your partner will inspire you, ...is inspirational leadership missing in your relationship?

14. When Howard Carter first peered into Tutankhamen's tomb in Egypt and was asked, "What do you see?" ...he replied, "Wonderful things!" In much the same way, when you first peered into your intimate relationship, you probably saw many *wonderful things*. Living your intimate relationship without knowing these *wonderful things!* is like operating a computer with the display screen turned off: everything is working but you don't know what is happening ...or what you are doing. Does it make any sense to continue your intimate relationship in this way?

15. You cannot act peaceful or try to make everyone peaceful as a way to have peace in your life, ...however, you can end your judgments and thus bring peace to your relationship and your world, ...and you can help your partner end his/her judgments ...and bring peace to his/her life as well

...or will you continue struggling
against your intimate relationship?