

Article 381: Some Distorted Relationship Matters to Consider -part 2

Agree with criticism directed at you. Such actions are deadly! ...instead, don't disagree ...or attempt to defend and justify yourself. If necessary, explain! ...but never attempt to rationalize or excuse yourself or your words and actions, for such efforts dishonor you. Remember, those who criticize you reveal, by the nature of their criticism, that they are not worthy of the task, so don't you follow their unworthy example and try to defend or justify yourself, for your critics won't believe you and your friends don't need your defense.

Though it is frequently declared that those who criticize you reveal more about themselves than they do about you, it is true that every event reveals how you are living your self and life, ...therefore, by attempting to nullify, ward-off, or change criticism by agreeing with it, you are destroying all understanding ...and agreeing with what you do not understand, ...does that really seem wise?

Life and relationships are not fair! ...surrender to that fact! All events reveal exactly how you are living your life, yet you constantly struggle, both mentally and physically, and feel sorry for yourself only because you feel that life and your relationships are not fair. This believed unfairness is also the basis of your illnesses.

Give your self and life ...and relationship over to the enlivening understanding that **all things are always fair!**

Just as truth must always and in all ways be true ...and cannot therefore be proved or known prior as a guide to living, the fairness of all things cannot be proved either, nor can fairness be disproved, ...therefore, it is always fair for you to live as you

truly desire, ...now, what could be more-fair than that? ...or less-fair? ...for if you choose not to live as you truly desire, isn't that fair? Life will fully support either choice.

Mattering, purpose and meaning, wellbeing, intimacy, opportunities and fairness do not come to you, you create them in all things ...or they don't exist for you, ...isn't that fair?

Anxiety, doubt and insecurity, judgments and criticism, illbeing, and unfulfilling relationships come from *life isn't fair*, not from *life is always fair*, ...therefore, what you do not want arises from and is maintained by *life isn't fair*.

In your relationship, choose being kind over being right. Both of these actions~kind and right~are judgments, ...therefore, this belief is actually saying, "Choose being kindly judgmental over being rightfully judgmental ...or self-righteously judgmental." In either case, you are still judging ...and

kindness does not change, soften, or justify your judgments and actions, ...therefore, always choose yourself ...and respond as you truly desire. Always be yourself as you truly desire, so you can clearly see and understand yourself in every event or situation ...and change any aspect of yourself you do not desire. *Trying to be kind* will only distort and misrepresent you ...and justify your continuing unawareness.

It is frequently declared that, like others, the reason you judge others and put them down ...or correct and criticize others, or try to show how right you are and how wrong they are is because your ego mistakenly believes that if you point out how wrong others are, your own beliefs and ways *must be right*, ...which justifies you and makes you feel better or superior.

Your *being kind* is an attempt to reveal your rightness ...or demonstrate that your beliefs and ways are right, ...is that kind?

And continuing the beliefs ...or blaming an ego merely transfers this problem and sacrifices all true knowing, which is neither kind nor right for you, ...in fact, blaming an ego in any form is an attempt to make yourself right. Is it at all possible for you to be kind by never being unkind? Wouldn't that be both right and kind? ...without any judgments?

Go with the flow in your relationship. Regardless of what conditions and events seem to indicate, the flow you sense in your body, life, and relationship is the flow you alone have created and sustained, ...therefore, it's advisable to create the flow you truly desire ...and go with that! ...but remember, creating the flow you truly desire does not mean to control or manipulate people or partners and situations to create the flow you desire. There is no flow to "go with", in fact, that flow goes with you.

"Going with the flow" denies and sacrifices you and your personal creations, ...is going with the flow worth such a price?

In an intimate relationship, it is vitally important to turn your criticism into tolerance and respect. If you are critical of your partner and relationship, being accepting and tolerant ...and not expressing your criticism may save you from additional problems, but if you are feeling critical, you have already judged, and accepting or tolerating ...or even forgiving your partner, or your partners actions or inactions, or even your own judgment maintains the problem within you. Your judgments reveal that all respect was discarded even before your criticism.

Do you really believe it is possible to respect what you have judged and criticized? ...you won't even tolerate, for long, what you judge and criticize.

Are you willing to let all matters that you normally judge and criticize, or struggle to accept and forgive ...or even try to tolerate or respect be and remain non-issues in your life? If you let them remain as issues, you will judge and criticize them ...and never accept, tolerate, or respect them. Your making

issues of things was the beginning of these problems ...and only letting them become non-issues will end them.

Be open and flexible with changes in your partner and relationship. You can only change what you understand of yourself ...and the life you are creating and living with your partner in this relationship.

Flexibility does not bring or expand understanding, for understanding only arises relative to a point of reference, ...therefore, if there is no desired or discernibly consistent point of reference ...or if that point constantly flexes, varies, changes, or moves about, you will gain and maintain little or no understanding ...or self-awareness, ...and, as a result, you will continue creating and living the same or similar problems against and again, ...which you then must again relax to or be flexible about ...and still not understand.

In an ever-changing universe and relationship, the only fixed or certain point you have for understanding is your privilegedbeing. Instead of being open and flexible, be steady and consistent, ...which in an ever-changing world and relationship does not mean rigid or unyielding, ...being steady and consistent means remaining true to yourself in every changing moment. Be steady and consistent with your privilegedbeing in your life and world ...and flexible/inflexible are non-issues in an every-rewarding self and life.

Are you willing to be ever-faithful to being and living your privilegedbeing? ...to your partner and intimate relationship? If not, reconsider your relationship, ...do not be flexible about this!

Your life story is the meaning of life!