

## Article 91: Do You Really Know Your Relationships?

Do you remember our story from last week about the samurai warrior's challenge to a priest to reveal the difference between heaven and hell? In response, the priest asked, "Sir, do you truly enjoy every aspect of living as a samurai?"

"Of course I do!" the samurai replied instantly.

"Then that," the priest replied, "is your heaven, ...but I have no desire to use my precious time fruitlessly trying to teach anything to an idiot who is so foolish as to become a samurai, ...so stand aside!" And with that, the priest brushed past the samurai and headed for the door.

The warrior, startled by the priest's reaction, quickly drew his sword and yelled, "Old man! ...no one challenges a samurai like that. Turn around so I can properly cut off your head!"

And as the warrior raised his sword to strike, he heard the priest say quietly, "...and that, sir, is your hell!"

Is your personal relationship your heaven ...or your hell? ...or your heaven "and" your hell? Reasonable people adapt to their relationships ...while unreasonable people struggle to have their relationship and intimate partner adapt to them. Are you tired of judgmental, accusative, and aggressive words and actions ...and long for an open, honest, intimate relationship? ...with yourself and all others? Do you feel bound to your relationship by a common fate? ...by a fear of being alone? Do you have so much invested in your lifeseif and relationship as they are that you are afraid to look too deeply? Do you feel you have too much to lose? ...that your constant struggle and dissatisfaction is less fearful than the thought of what you might find out about yourself and the relationship ...and have to change if you looked deeply and honestly? Do you feel you can endure almost anything easier than being alone? Do you actually believe that any of these problems will really change if you ignore them ...and continue your life and relationship as usual"? Do you live with such problems merely because you cannot or will not see and understand the source of these difficulties in your life and relationship?

*Be a "good" companion, ...tend to your emotions.*

Are you creating and maintaining illusions about yourself and your relationship? ...about another? ...about important matters? What are those illusions? Why have you created, supported, and nourished them? Working hard at having a "good", inspiring, and fulfilling relationship, possibly through open, honest, intimate communication, is not in itself enough, for as you are companioned with yourself you are companioned with and will live your relationship. Are you comfortable with yourself? Deep within you, do you feel scared and vulnerable? ...possibly incapable of caring for yourself? Have you learned to protect yourself? Is it any wonder then that you feel lonely? The beliefs, attitudes, and behaviors you bring to your relationship are only yours, ...they have not been taught to you or imposed

upon you by others, events, or circumstance; ...now you must decide upon how you will apply these aspects of yourself ...and with whom you will live them. Such small choices are the most difficult to make ...and remain faithful to, ...but you can do it!

*Open yourself to new beliefs and ways.*

Be careful not to fill your relationship with petty activities, for that will undoubtedly fill your self and your relationship with a sense of meaninglessness; ...however, instead of struggling to create the future of your relationship you believe should be, focus your attention and efforts on living your desires at every moment in your relationship ...and your desires will be fulfilled. Must you so frequently assert your "rights"? ...and the desires you expect others to meet? If you wish to attract more-desirable individuals and relationships, you must entertain more-desirable beliefs, thoughts, attitudes, and ways. Let this be the beginning of greater things, ...keep thinking finer thoughts and work every day for the expansion of your relationship, for you can draw from your personal relationship only that which you, first, believe and think and put into it. Also, and very important, ...you will only know in your relationship that which you are, ...therefore, keep all insignificant and untrue beliefs, thoughts, feelings, and ideals out of your mind and ways, ...cultivate the habit of putting inspiration into your life and relationship. Live your personal relationship, do not merely exist within it, for your relationship is all you have ever believed and thought into it.

*Embrace the totality of yourself  
...and your relationship.*

In your intimate communications, do you let logic, reason, and rational thought carry you as far as they can? ...or do you use your judgments and feelings as familiar places to hide? Do you use open, honest, intimate communication as a first or last resort? People facing the reality of a dying relationship are frequently more receptive to what they believe is open, honest, intimate communication, ...for, sometimes, only the reality-medicine of loss and living alone will restore, rejuvenate, and reinvigorate an old relationship ...and a new you. Get up from under the burden of self-pity and begin entertaining newer and greater possibilities, for there are important things you need to understand ...if you want your life and vision and relationship to encompass more. Are you willing to expand the expressions and horizons of your relationship experiences? As spirit is never separated from you or events, spirit is never separated from your relationship; ...what is the spirit of your relationship? ...do you know? Do you really care? A successful and enriching relationship depends upon the rightness and stability of your beliefs and mind; the strength and consistency of your own purpose and that of the relationship; your

concentrated efforts; and a lack of judgments and accusations; ...how is your relationship?

*Embrace a finer totality of  
yourself and your relationship.*

Are you open to exploring new and finer ideas, attitudes, and ways in your relationship? Then let's begin. Are you willing to trust yourself and your relationship? ...and learn to properly ask for what you genuinely want in life? ...and have that? And if a burden, problem, emotional difficulty, or illness comes, can you sincerely request help ...and truly trust and rely upon the answer and the support? Well, who would you ask first? Would you beseech God? ...yourself? ...the other person in your relationship? And if you received a reply, would you believe the answer and trust it ...and follow through? Well, if you wouldn't ask, or you wouldn't trust, or you wouldn't follow through, then you wouldn't have what you truly desire in life, ...would you? Do you feel that, in your relationship, you cannot truly ask for what you desire, believe and trust the answers you get, or expect that your partner will follow through? And can your partner ask you for support and help, believe and trust your answers, and rely upon your following through? If not, ...why are you in this relationship?

*Can you trust your own feelings and reflexes?*