

Relationships

The most important aspect of our human journey is our ability to have and sustain relationships. We are not meant to go it alone and it is not possible to grow alone. Relationships are our biggest teachers. We cannot have a good relationship with another until we have a good relationship with ourselves. When we establish a good relationship with ourselves, we attract someone who has also developed their self-worth. Then a balanced inter-dependence is formed, whereby each stands in their own power, completely whole unto themselves. There is a knowing that more can be achieved by being together than by being alone.

On the other hand, when we do not feel complete, we develop co-dependent relationships. This does not work, is not healthy, and will not bring us happiness. When we do not depend on another for our good feelings, we do not blame them for our bad ones. No one else can complete us; no one else can keep us alive. When we leave this planet, we are meant to have a sense of fulfillment and completion within ourselves. To become enlightened is to become enlivened by our goodness and greatness.

Ten Relationship Commandments

Acceptance - Love cannot be peaceful without it.

Commitment - Love cannot work without it.

Inspiration - Love cannot create without it.

Integrity - Love cannot stay alive without it.

Kindness - Love cannot endure without it.

Perseverance - Love cannot grow without it.

Respect - Love cannot be sustained without it.

Self-Responsibility - Love cannot develop without it.

Sense of Humor - Love cannot blossom without it.

Truth - Love cannot breathe without it.

Relationship Wisdoms

1. We activate our good intention into our actions.
2. We admire vulnerability, whether our own or another's.
3. We admit our wrongdoings promptly and honestly.
4. We are not attached to outcomes.
5. We commit.
6. We communicate mindfully, not madly.
7. We consider constructive criticism a gift.
8. We contemplate consequences.
9. We do not blame or shame others for our feelings.
10. We eliminate narcissism.
11. We embrace our anger intelligently, not rashly.
12. We face our own deficiencies.
13. We feel good about ourselves.
14. We interact transparently, not manipulatively or deceptively.
15. We know that anxiety, fear, and doubt must not be denied, but dealt with.
16. We live each day as if it were our last.
17. We love someone in a way they do not love themselves.
18. We make wise choices.
19. We master our superior mindfulness.
20. We protect our sense of purpose.
21. We put our wisdom into daily, practical use.
22. We quell our ego.
23. We quicken our humbleness and quiet our arrogance.
24. We refuse selfishness.
25. We reject victimhood.
26. We respect the boundaries of others, as well as our own.
27. We stand up for what is right, without worrying about being wrong.
28. We stay away from illusions.
29. We take self-responsibility.
30. We thrive on being good to ourselves and good to others.