

TWO HEARTS WALKING TOGETHER:

Relationship is Practice

February 2006

Successful relationships maintain a ratio of five positive to one negative interaction.

By or at the end of the day, tell your partner what you are grateful for.

It's the energy underneath the communication, not the words, that carry the message.

You can say "Well that was a nice thing to do!" in either a sarcastic or grateful way.

Work with adjusting the energy and the words to help keep communication open.

It's the energy underneath the listening, not the appearance of listening, that is important. . You can listen in a closed or open way.

All successful happy couples have at least ten issues that they will never agree on.

What's important is to honor those differences (which were often what attracted you in the first place) and to learn to dance" around and with them. Differences are important; who wants to be married to themselves?

Partners as our teachers: If we can widen our awareness we can see that we have picked or encountered people in order to learn about ways of being or energies that we don't yet know well (or might even frighten us). In meditation ask yourself "What has this person been sent to teach me?"

*Develop tools to open keep opening yourself to a wider framework.
For example, a third "presence" or "entity" is created by an intimate
relationship; be aware of it and honor it.*

*A larger family or community is needed to support the work of
relationship. We are all imperfect beings struggling to the other
side. Attend a relationship class or workshop each year. Sharing
and the laughter of recognition can be healing.*