

Awakening Newsletter

#23

Conscious Relationship Part 1

*“If you are chasing a relationship you are missing the point.
If you are running from a relationship you are also missing the point.
Stop where you are. This is the perfect moment and
the perfect environment to realize freedom.” – Eli Jaxon-Bear*

Is there anything more full of promise, excitement, and fulfillment than intimate relationship?

Is there anything more challenging, ego confronting and demanding than intimate relationship?

From our earliest impressions, intimacy is the Holy Grail of salvation and redemption, the experience that will take away unworthiness and provide the experience of lovability we deeply desire. Books, movies, and fairy tales fill us with the idea that when we find the right partner the defenses around our hearts will drop and happily ever after will follow. With puberty we turn our attention to objects of love or desire, and acceptance/rejection shape the core of our self image. With our worthiness at stake, we participate, or don't, in the balancing act of being true to ourselves and being accepted by others.

No wonder intimacy is so volatile. How do we navigate these waters consciously?

Start here - know who you are. Be responsible for your own well being.

For what reasons do you enter intimacy? Here are some common themes:

- To avoid aloneness
- To get your “needs” met
- To affirm your lovability
- So your partner can take over the expression of qualities you haven't developed
- To find security

These point to “holes” or experiences of deficiency that we expect intimacy to fill for us. If we are trying to get what childhood didn't give us – support, approval, recognition, safety, trust, self esteem - we set ourselves up for frustration, resentment, and hurt. We are asking relationship to provide something that we experience as lacking in ourselves. And when it does not, we blame ourselves and our partners. We try and become what the other wants us to be or to change them. Strife ensues.

***“The best thing you could do for anyone that you love, is be happy!
And the very worst thing that you could do for anyone that you love, is be unhappy,
and then ask them to try to change it.” – The Abraham Teachings***

From the viewpoint of Essence, the purpose of relationship is to expand our ability to give and receive love. This direct, agendaless, heart-to-heart connection with ourselves and with others can only occur when the heart is open and undefended. To do so requires developing the ability to stay emotionally connected while being exposed or vulnerable. We also must loosen the grip of the strategies of control and manipulation and discover the willingness to love openly, without obligations and guarantees. Defenses protect us from a recurrence of the hurt that has already happened to us, and the price we pay for this protection is a lessening of the intimacy we crave.

Mature, intimate relating requires taking personal responsibility for your own state of being. If we find ourselves caught in reactions to our partner - blaming or judging them for who they are instead of delighting in their presence – we recognize that we are experiencing “unfinished business” from past that recycles until met with awareness. Reactivity touches that place in us that fears we are not loveable or inadequate. We expect love to make it better. In Conscious Relationship, we become willing to see this reactivity as our responsibility, not our partner’s. Real intimacy begins with finding who we truly are, not with fixing or controlling ourselves and our partners.

“People are afraid of deep intimacy. People's love affairs are just hit-and-run affairs. They don't go deep into each other's being because going deep into each other's being, the fear is there - because the other's pool of being will reflect you. In that pool, in that mirror of the other's being, if you are not found, if the mirror remains empty, if it reflects nothing, then what? Intimacy simply means that the doors of the heart are open for you, you are welcome to come in and be a guest.” - Osho

We will continue our discussion of Conscious Relationship in the next Newsletter.