



# RELATIONSHIPS

## RELATIONSHIPS/CLASS # 2

You and I are one with all life and so is everyone else. Because we are all one our relationships with each other are of utmost importance. It is how we relate to others that cause war or peace on our planet. It is how we relate to ourselves that cause war or peace within. When we understand that we are each different expressions of this one existence and are one with all of life then we can relate to ourselves and others in a much better way.

When we are in harmony with ourselves we are in harmony with all of life and the different expressions of life. To be at odds with any expression of life is to be at odds with ourselves. We tend to judge or label in terms of "good" or "bad" but in true reality these are only concepts. What we label "good" or "bad" are just different expressions of the one life. "Good" for one person may be "bad" for another and vice versa. This is why we cannot judge others because each of us view life differently. This is because we each hold different concepts of life due to our unique past experiences. In relating to others we would do well to keep this in mind. If we are secure enough WITHIN we will allow others the freedom to be the unique individuals they are. This involves accepting whatever they have to offer and giving what we can.

Relating to another is experiencing yourself, or at least a part of yourself, in another. In other words, you have something in common. When you can relax and get acquainted, you give yourself and the other individual a chance to find out if you have enough in common to develop a relationship.

When we awaken to the True Reality of life, we find that we all have something in common. We share the same Life. When understood in the right light, this could be the beginning place for any meaningful relationship.

As the New Age becomes more of a Reality in the minds and hearts of the inhabitants of this planet, everyone will be drawn closer together because we will become aware of our common heritage. We all have the same Father. He loves us all equally and we inherit the Kingdom of Heaven, that is already ours, because it is within each of us.

Relating to others must involve both GIVING and RECEIVING. To have a good relationship with someone the giving and receiving should be balanced as much as possible. Everyone of us has something unique to give to others in our life. If we are open and aware we will soon discover the "something special" we alone have to OFFER and it will be as unique as the individual relationship itself. As we move into each relationship we find there is also something unique to be GAINED. It is in the giving and receiving that we grow. The more we are able to give to others and to life, the more we will receive. The giving and receiving go hand in hand. When we give love and happiness it comes back to us multiplied. To be successful in our relationships with others we should be aware of the kind of thoughts and attitudes we are expressing. As we become consciously aware of our thoughts, making the effort to be positive, loving and open in our thoughts, words and actions, others will automatically respond to us in the same way.

Because of the negative environment that the majority of us are born into on this planet, we feel insecure about ourselves, lacking confidence because of negative experiences that have happened in the past. So we reach out to others

trying to fill the emptiness we feel. Believing that someone else can fill the gap in our lives or make us happy is one of the biggest misconceptions on earth. When we feel unfulfilled and seek satisfaction in another, we invariably attract the same type of individual; someone as insecure and unfulfilled as we. Many people go from one relationship to another searching for the one individual who will make them happy and fulfill their needs. This kind of thinking will only result in frustration, for believing that your key to happiness lies with someone else is the height of illusion.

In true reality our happiness and fulfillment comes from WITHIN. When we learn to accept this as reality it will quickly follow that our relationships with others will improve. We must learn to be secure within ourselves and to know who we really are. We have a tendency to relate to our personalities or the roles we are playing instead of realizing we are NOT the personality, the body or even the mind, we are much more! We are spirit and therefore we are eternal and one with all of life. In this oneness we have all knowledge, wisdom, ability, and security. When we become aware of our Higher Self and our infinite potential we can be secure from inside and thus be secure in all of our relationships. When we love ourselves and realize our oneness with all others we have so much more to share. The only way to keep a thing is by giving it away and this is especially true regarding the love we share in our relationships with others. Giving of oneself is the greatest gift of all. It is important to look within and build our consciousness to the level of the kind of individuals we wish to attract in our lives, for like does attract like.

AFFIRMATION

I AM NOW OPEN TO LEARN HOW TO GIVE AS WELL AS RECEIVE...TO GIVE OF MYSELF, MY FULL SELF, TO THOSE THAT I AM RELATING TO.

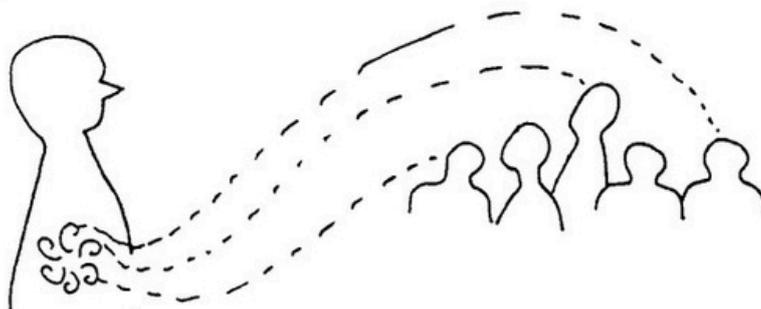
I FEEL RELAXED AND AT PEACE WITH MYSELF IN THE COMPANY OF OTHERS BECAUSE I NOW REALIZE THAT I AM AT ONE WITH ALL OTHERS AND ALL OTHERS ARE AT ONE WITH ME.

AS I LEARN TO REALIZE THAT THERE IS ONLY ONE LIFE IN ALL EXISTENCE AND THAT I AM THAT ONE LIFE, EVERYWHERE PRESENT IN EVERYONE AND THAT EVERYONE IS AT ONE WITH ME I CAN ACCEPT MY RELATIONSHIP TO OTHERS IN A RELAXED AND PEACEFUL WAY NO MATTER WHAT THEY ARE DOING OR NOT DOING.

I NOW REALIZE THAT EVERYONE IS DOING THE BEST THEY CAN AT THE MOMENT WITH THEIR PAST CONDITIONING AND EXPERIENCES. WITH THIS REALIZATION I AM AT PEACE WITH OTHERS AND AT PEACE WITHIN MYSELF. I AM LEARNING TO BE AT PEACE IN MY RELATIONSHIP TO MYSELF, KNOWING THAT EACH DAY BRINGS NEW EXPERIENCES, NEW RELATIONSHIPS TO PRACTICE MY NEW UNDERSTANDING ABOUT RELATING TO OTHERS AND TO LIFE.

SPECIAL HOMEWORK:

Make a list, on paper, of everything you want and desire in the opposite sex. Give this some thought and put down everything that comes to mind, being as honest with yourself as you possible can. Keep this list with your class notes for future reference.



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