



CHAPTER 8 | Marriage and Relationships

In fact, the choice of a partner follows the same system as the choice of work and career. These choices are usually made at a time when the person is emotionally not fully equipped to do so. That is to say, when unconscious patterns of behaviour from the mind, the ego and the outside world still dominate the choice. This implies that the chance of lasting success, for better or for worse, is not necessarily given. This also explains why so many marriages and relationships end prematurely. Among higher educated people, two out of three nowadays. Relationships based on these factors often lack the inner component. Characteristic for this is that one person fills in something that the other cannot give himself/herself at that moment. This may, for example, have to do with motives such as recognition, trust, power, kinship, certainty, reassurance or admiration. The interpretation of these motives is done through the image one has of the other. It is well known that when the period of falling in love has ended, partners tend to fall back into their old familiar patterns of behaviour. At the same time, the image that partners had of each other, namely that one will make the other happy by filling in what he or she still has to provide in an emotional sense, turns out to be an illusion. A relationship based on mutual emotional or intellectual dependence does not work in the long run. Its basis is impure. The relationship that does work is one in which partners do not need anything (anymore) from each other; no recognition, no appreciation or whatever. Everyone is self-aware, happy with themselves and able to live their own lives. These people are able to meet each other in love with complete independence from each other. No other interest, than the continuity of love, plays a role in this. Love in the sense of unconditional love, in which the other person creates and gets the full unconditional space and freedom to be himself. If you are in a relationship or end up in a relationship in which it no longer works, the only solution is to start working with yourself and gain insight into the origin of the problem. Blaming the other person out of anger or inequality is pointless. After all, you are the creator of your own life, just as your partner is of his or her life. The best thing you can do is to make something beautiful out of your life. The rest will come naturally. It is up to the other partner to decide if and to what extent he or she is (also) willing to take responsibility for himself or herself and thus for the relationship. In this choice the partner should be left completely free. Awareness cannot be enforced. It is based on voluntariness. This is partly due to the fact that everyone has their own pace of development. Someone has to be ready for it. Otherwise it will not work. At the end of this chapter I would like to give you a quote by Byron Katie: *"The only way to feel connected with your partner is to free yourself from the conviction that you want something from him and then give yourself completely to him. That is true connectedness. Giving is in our nature, but we don't know what to give anymore. The truth you feel, that's what connects me to you, that's what touches me and you touch me in such an intimate way that it brings tears to my eyes. I don't know what it is*



you're doing, but I've connected with you and you don't have a choice. And I can do it over and over again, endlessly, effortlessly. It's called making love."