

DEVELOPING SUCCESSFUL RELATIONSHIPS

Some people say that relationships are the best teachers. They are mirrors because they show us the ways we are living the Law of One and the ways we are not. All relationships – even the most challenging ones – are gifts because they enable us to become a better person.

Here are a few ideas you can use for creating successful relationships with your family, friends and co-workers.

Use The Law of One

Use The Law of One in your life and in your relationships. Teach it to those who are close to you. When you and your family and colleagues are practicing this Law, the solutions you create benefit everyone.

Share What You're Not Sharing

You may be surprised at what happens when you share what you are not sharing.

When I lived in Joshua Tree, California, there was a woman who was a part of my circle of friends. She ignored me all of the time. I finally got enough courage to ask her if I had done something to offend her. She told me that she was ignoring me because she could not remember my name.

Only by sharing what we are not sharing can we know the truth.

Do Some Inner Work First

At times, it is better to do some inner work on an issue you are having with someone before you share it with them.

Here are some questions you can ask yourself first:

1. What am I feeling?
2. How do I want to feel?
3. Is this situation bringing up something from the past

that I need to heal?

(When this is the case, it is much better to do your own healing work before talking with them. If you are re-experiencing emotional trauma from the past, seek out a practitioner or use these or other emotional clearing processes to help you.)

4. Now that I have done my own healing work, what do I want to share with them?

Let Your Feelings Be Easily Heard

How you communicate your feelings is just as important as what you say. Using “I” statements, you take full responsibility for your feelings. Let go of any blame. Share your feelings in a way which invites the other person to join together with you in creating a beneficial outcome for everyone.

Express Appreciation

Express appreciation when you feel it. This assists the other person to develop many positive qualities within themselves.

Accept Your Needs and Desires Fully

Other people are more open to your needs and desires when you accept them. Take some time to do inner work first, asking to be guided for the ‘highest good of all’. After you have done this, share your needs and desires with the other person.

Ask How the Other Person Feels

Ask the other person how they feel about what you shared. Be open to however they respond.

God fulfills our desires. Know it will be fulfilled, though at times in a way we least expect it.

Become Empty of Expectations

Accepting your desires fully and becoming empty of expectations at the same time is a growing process.

The only way I know to become empty of expectation is to ask God to create that which is for the 'highest good' for all'. Repeating the Law of One throughout the day helps me to let go of my preferences for a particular outcome.

See The Other Person As Whole and Perfect

Practice seeing the other person as whole and perfect without letting them know you are doing it.

When you see what is beautiful in them, they become that.

Set Aside a Regular Time for Sharing

For some partnerships, it is a good idea to have a regular time for sharing. During this time, schedule a regular time for check-ins, planning events, making important decisions, and anything else which is a part of your partnership process.

When situations come up during the week which trigger emotions from the past, it is best to clear them at that time rather than wait for the time you have set aside for sharing.

Have a Format for the Sharing

Some people and groups like having a regular format for sharing. Others are more spontaneous. Create a style that works for you.

If you decide to process disagreements during regular sharing times, it is often a good idea to have a method which you all know and share. This makes it easier to achieve constructive and harmonious solutions together.

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