

Practical Guideline to relating with others

- The nature of your relationships depends on your perspective.
- If you see the “others” as something separate from you, your relationship will depend on conditions. If the conditions are favourable, your relation will be good, while if they are unfavourable your relationship will not be good.
- If you discover your own Self within every form, the Love will be spontaneous and unconditional. The Love for our true Self does not depend on time, space and conditions – it effortlessly transcends all these.
- Just as you are not the form or the personality, just as you transcend all these and are independent from these, remember that the same holds true for every conscious being.
- Adjusting our focus beyond the form and personality, we have the opportunity to encounter that pure Life, that is the essence of every Being.
- And that pure Life is not separate in different forms – it is One, pervading all.
- As long as you remember that one Life, you will have a spontaneous wisdom within all your relationships. Be it marriage, or friendships, or family, or simply relating with a stranger...you will know through intuition how to behave and how to relate in a harmonious way.
- If, for any reason, you fall off that clear understanding, these practical principles will help you create and maintain a harmonious relationship:

1. Space

That is the most important principle of a successful relationship. Give sufficient space to your partner/friend and keep enough space for yourself. Respect and honour your space as well as the space of others.

2. Clarity

Let your part and duties in a relationship be very clear and specific. Perform and fulfil your duties duly. At the same time do not interfere with the duties of the others, that are not yours. Inspire the others to fulfil their duties by your own example.

3. Take responsibility of your life and experiences.

Whatever we experience is nothing than a result or effect of our own thoughts and actions. Always remember that! And stop blaming others for the misfortunes of unpleasant experiences that we face in our everyday life. Take responsibility of your life and all your experiences.

- These practical principles will help. However, they are like a steward to the knowledge of the Self.

- See your own Self in every conscious being. It is one Consciousness alone that shines and vibrates in every form.

- Discover this and you shall know unconditional Love.

Om Shanti Shanti Shanti