



Session 17 – Relationships

The quality of your relationship with your life partner. If you have one and with your friends is something that reflects your inner world to the outer world. The reason that I say that is because that's free choice. When we're born into a family. That's who our family members are. But when we decide and get older to create our lives, we make free choices. So everyone that I have had the gratitude of to collect around me and to be with me in my life, are the results of my choices. That's why it is a reflection of my inner world.

It's very important for you to look at your relationship with your life partner and also with your friends in a very honest way. Meaning that if things are troublesome or murky, then there's something going on that's not that honest and maybe being covered up. If things are joyful and full of laughter and growth, then there's clearly something going right in what you're doing.

When it's going the way you want it to go, what I love doing is also sometimes having a little reflection on what's actually going so well? What are we doing that's working? And so often what you're doing that's working is actively listening to each other, taking the time for each other, doing things that not only I like all the time, but that my friends like and my partner like and finding a balance in that. Constantly recognizing that relationships change all the time. You can't stay put in a relationship. They need to grow and to flow.

Then in some relationships, that will be very clear. The older you're getting, sometimes the growth by one person will go very quickly and by the other person, it will go a little bit slower. But does that mean that you have to grow away from each other? Remember, we revisit the acorn and the oak. There's still so much beauty there. If the judgment is not there and at the same time, if there's no bridge in the conversations of understanding that the one 'acorn' cannot appreciate the 'oak' or the other way around, but there's judgment from the oak to the acorn, then you're starting to get into a murky relationship.

What can happen is that you start recognizing, OK, that part of life we can't share together that well. We have really quite big differences, but it doesn't mean that you're not great friends. It means that you've recognized there that there are differences and because you're on dialogue with each other you actually embrace those differences and you can even have a great sense of humor and create from those differences, because we don't all have to have the same opinion about everything that would be very strange and with all honesty, incredibly boring as well.

On the other hand, with these relationships, you notice that we do have these things that we have great joy in creating together so let's focus on that and let's be honest about this. Let's not go there every single time and occasionally go there because it's nice to have a little bit of a struggle sometimes and see what's going on. But when that gets into really ugly arguments

sometimes and huge anger, then, you know, and this is really important that you are not going to the same observation that you are having when you're practicing your meditation. Because there's no inner calm there. And you can say, 'Yeah, but I have to be angry because...' Why do you have to be so angry? I'm not saying there's anything wrong with anger. Occasionally anger is an important to let someone know where the limits are. Okay. But it's not an anger fueled from hatred or from murkiness. Sometimes it's to give limits or whatever. Reflect on that one deeply and always recognize that in any relationship that's going on, if you start pointing the finger and not focusing on the inner calm within yourself, then that's when things really start going haywire. It's time for you to get back to meditation and to relax your heart and to look with kindness to your own behaviour and to look lovingly to the person that you're having that little struggle with.

Remember, all relationships have different speeds. Sometimes the other person's the oak and you're the acorn, sometimes you're the oak and they're the acorn. If you notice that there's a broken branch, you know, so a tree is growing and then suddenly it gets a disease or the branches start getting weak because of the disease. Then also you need to look honestly because we sometimes say that 'Yeah but relationships are for life and friendship is for life.' If it's destructive. Why? Why would that be? It's also having the courage sometimes to stop these relationships and to do that in the most compassionate, loving way. So even if the other person will get very upset with you in a moment like that, you need to have the courage to do that and to make new choices. Or to discuss the possibility that that might be the right way. And you can hear the way that I'm saying it. You can go into discussions with friends and also with your partner in this fashion. And you will be so surprised that if you can keep your inner calm and your heart open, no matter what the reaction of the other one, that after a while they might surprise you and start moving into that energy with you. I would invite you to think about that very deeply.

Then let's move on to the joyous friendships and the joyous relationships. Reflecting on my friendships with all honesty every day and having a short contact with a couple of people is 'La raison d'être' – 'My reason of being'. And especially with my partner feeling this growth all the time with all of my friends then challenging me, saying: 'Hey, Jackie, did you see this or have you thought about that?' it's absolutely wonderful. Embrace these relationships everyday with gratitude, because it's why we hear this crazy connection on this wonderful planet that we're on. Strangely enough, in some ways, the more we open our heart, the more these deep friendships can continue and continue. But don't feel the obligation to contact friends all the time because then life becomes a burden with great relationships people do know that you love them deeply, but you don't have to be there all the time because you are there all the time. That's what heart connection does. There's a beautiful balance also in what you're doing with your time.

I hope you're going to create beautiful relationships with the number one rule in my eyes, opening your heart to each other and letting each other grow at your own speed and inviting each other to grow. Staying in the same place all the time, that's not what life's about. Look at the nature. We're always growing and growing. And there are no limits.