



Building a Healthy Relationship

1. Know that to have someone's trust is the highest honor.

In order for a relationship to grow, it must have a solid foundation of mutual trust. Regardless of the dynamic, whether friendship, romantic love, business partnership, etc. Without trust, relationships will not last.

Relationships are like plants: they need fertile soil, the proper amount of light, enough water, air to breathe, and space to grow. They need the five elements: earth, fire, water, air, and space.

Trust is earned and built; it's not given freely for any reason. To have someone's trust is the highest honor, so treat it with love, attention and care—once broken, it's very difficult to regain. It's possible, but it takes a long, long time.

2. Speak honestly and openly, from the heart.

Being in a relationship is a spiritual practice in itself. Even if whom you're speaking with is highly sensitive and intuitive, most likely he or she still won't be able to read your mind. Express what you're feeling and thinking. Don't assume that the other "*should know.*"

Speak your needs, desires, aspirations, and fears, and don't worry about being rejected. It's more important to voice your truth and vocalize who you are and where you're at than to worry about how it will (or will not) be received. The purpose of communication is to understand; speaking so it may be well-received is an art form. So practice your art!

3. Get rid of expectations and assumptions.

Every relationship is a brand new canvas. Any expectation or assumption you bring from the past is not real, not of the present moment, and not serving you. Sure, informed discernment and conscious choices are important, but assumptions and expectations must be keenly filtered throughout the mind, as they'll only dampen your experience of the present. Receive what is being given—no less, no more. Acceptance and non-attachment are the secrets to life—it's a daily and lifelong practice.

4. Remember: everyone is allowed his or her own time and space to process.

We all have different needs and requirements as human beings. Don't push your way onto someone else's way. Respect and honor one another's differences. You might even learn and thing or two.

5. Create space and give it often.

In any relationship, it's important to leave space for others to be who they are and also to be who they're supposed to be. As evolving, conscious beings who are on the path of Self Discovery, we are growing and learning about ourselves everyday. We're not the same person we were yesterday. We are implementing the teachings of life into our day to day lives, as we mature and ripen with each and every new passing day. If one is cramped in a box, there's no space to grow. Create space for movement, expansion and deeper union and connectivity.