



## Using your Relationship for Spiritual Growth

### 1. Commit to radical honesty in your relationship.

This means expressing the deepest parts of yourself: light and dark. It can be easy to deflect and share something less vital, less potent than your deepest truth. You have to be vigilant with yourself. This starts with commitment.

It takes a lot of courage. You'll get better at it with practice.

### 2. Schedule connecting time.

Setting aside several time slots during the week ensures that you don't say, "Oops, the day is over and we didn't have a chance to talk."

I suggest 30 minutes at least three times a week. Designate this as "deep conversation time." This isn't the time to discuss chores, children, or household admin tasks. Go deep.

Remember the kinds of conversations you had at the beginning of your relationship? Hopes, dreams? Uncensored, stay-up-all-night-intimate talking? That's what I mean. Keep this channel open.

### 3. Disarm each other.

Perhaps you've been feeling distant, and some walls have been built that make it hard to open up. Begin your connecting time with an opening phrase like: "I love you because..."

Then the other person shares: "I love you because..."

Do that at least 15 times each. After that, I guarantee that your walls loosen,

and you'll be more receptive to a deeper conversation.

#### **4. Agree to use the relationship as a space for growth.**

This means that when your partner shares something that triggers you, you try your best to stand back from it and be a partner in her growth. Meaning, you don't take it personally.

A framework I like to use with people is this: I'm a soul and you are a soul. We're both here on this planet together to grow. You have issues/karma/blind spots. So, do I.

Our mutual goal is to help each other see these things and shift our "base qualities" into godlike ones. When our dark places show up, we can stand back with some objectivity, knowing that these are parts that need love, attention and healing. Give it.

#### **5. Employ a "clean as you go" policy.**

Deal with conflict as soon as it arises. If you can't right away (you're in public, your children are around), then bookmark it. Say, "Honey, when we get home later tonight, I need 15 minutes with you." Walls get built between couples because they let slights and grievances go by that need to be processed. They don't just evaporate because you've suppressed them.

Talking through these things builds deeper trust between you. It's honest. Unspoken things clutter up the space. You eventually stumble over them.

Your intimate relationship can be a massive tool in your personal growth. Use it!