

Investing in Your Relationship

A relationship is an investment that will build as you continue to devote your time and effort. The more you put in, the more you'll get back.

As well as commitment and a willingness to adapt and change throughout life, healthy relationships require skills in communication and emotional awareness. Thankfully, these skills can be easily learned. They can even help to repair many relationships.

A strong, healthy relationship can be one of the best supports in your life. Good relationships improve all aspects of your life, strengthening your health, your mind, and your connections with others. On the other hand, if the relationship is not working, it can also be a tremendous drain and it can cause huge upheavals.

These upheavals are often seen as control dramas. In this view, when spouses fight, couples break up, individuals rage or withdraw, the events are seen as methods for one person to gain control over another or steal energy or control in a relationship. This viewpoint has merit, and can be a component of the situation, but these relationship scenarios might more accurately be called lack of control dramas, personal dramas, or simply dramas.

Simply stated, a control drama or personal drama is a device of our personality or self to make another individual do what he or she should be doing anyway. It simply puts the issue squarely at center in a relationship where it cannot be avoided.

Confronting Our Truths

However, even though it is very wasteful of time and energy, sometimes what we want is not what we truly need. Nor are we always strong or brave enough to confront our individual truths. Then the drama takes over. If we were perfect masters of our relationships, we would confront personal issues without so much drama.

For example, if two people are too clingy and losing their identities in a relationship, there might be fights, resentment, and upheavals. It is basically a lack of balance in the relationship, where the parties in the relationship lack balance in nurturing of self with the giving of self to the other.

What each person believes he or she requires in a relationship may vary and long-term imbalances can occur; or they can be short-term imbalances. We all seek balance in our relationships and we are happy when we find it although one's balance may not be the balance another seeks.

The Mastery of Relationship Balance

If mastery of balance is not attained in one relationship, the lesson will recur in the next and the next until it is learned. But each relationship is an opportunity for self-discovery with the reward of mutual growth and even miracles. We must find the balance of wholeness, in ourselves, with others. It is a riddle: We each seek wholeness in our relationships, yet we cannot have a positive and fulfilling relationship until we are each whole. There can be no getting without giving; we cannot give what we do not have. Wholeness finds wholeness and completion. There can be no all yin and all yang; each must be complete unto itself to find balance, wholeness and completion.

Yet, we are all perfectly imperfect beings. If we were perfect, we would need no one and we would be complete unto ourselves. But we live in polarity, light and dark, up and down, male and female. Our Creator knows perfection, where there is no polarity, but we do not. We can strive for it, make progress toward it, but attaining perfection is not the normal lot of the inhabitants of the Earth. We would not be here unless we had lessons to learn, and we must share with others to learn the lessons.

How do we solve this riddle? True love is giving, not limiting or taking. It is encouraging freedom and individuality while sharing, giving those differences to the relationship to create a greater, mutual wholeness.

The riddle again: You cannot hold love in your heart without releasing it so it returns enriched, greater than it was before. That is the risk of love, the challenge, the test, the fear maker. Yet, releasing must be done to build love, to make it grow.

As painful as it may be to lose love, to end a relationship, the real pain is in holding on to a relationship too closely so it cannot grow. Both people in the relationship are harmed, both are shortchanged, for the strength and power of love is its ability to grow, to be unbounded, a wellspring never ceasing. It is, once again, balance.

Love vs. Dependency

A lot of what is written about love and relationships, reflected in movies, TV, novels, and popular songs, does not describe love, rather it describes dependency or, as the psychologists call it, codependency, where you cannot live without someone. If that is true, you cannot live, but neither can you love. Sustaining love is self-sustaining, like life itself.

The caged bird cannot fly, but love always comes home to roost, if its home is in the heart, not in the mind.

Our relationships are mirrors of ourselves. Our most intimate relationships reflect the most intimate areas of growth that we need. The areas that keep returning to are ones that will keep returning until we get them right.

Taking the Next Step

Relationships change just as we do. Our outer world reflects our inner world and our most intimate partners, when their lessons are similar to our own, will change according to the changes we make, if they are willing to be partners in the personal, individual, inner work of their growth, as well.

If your romantic relationship is less than you need or want, or even if it's on the rocks, there are steps you can take to repair trust and rebuild a satisfying and meaningful connection. A healthy, rewarding relationship can improve your life in all aspects—and can make life worth living.

Reference:

<http://www.abundanceofloveandwealth.com/treatment-areas/love-and-relationships>, Downloaded 13 Dec 2017.

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