

Article 345: Open, Honest, Intimate Relationships –part 4

Following are even more questions about yourself, your partnership with life, and your relationship with an intimate-companion which you probably neglected to ask ...or felt were unimportant. Are you willing to live more-awarefully? ...and more-expansively? If so, give these questions serious consideration.

15. You only know someone or something relative to yourself, ...therefore, if you *do not know yourself* ...and are, in any way, seeking a partner or relationship to define, complete, or identify you ...or a self and life to acknowledge you, then you cannot identify an appropriate mate or relationship ...or self and life, or even begin to know them or live them, and declaring that a companion and relationship ...or self and life do not identify you maintains and increases your problems and ignorance of self, ...and without knowing yourself, all of your emotions, especially your initial feelings for a partner and relationship or a way of life, are blind, unknown reactions. Does it seem wise to continue in these ways? Do you really know yourself? ...or the self you have languaged into existence? ...and into your life and relationship? What self have you offered yourself and your partner? ...is that the self you want to live and relationship with?

16. What do you really know or believe about your self and life? ...about your partner and relationship? How well you do really know yourself? ...your partner? ...your life and relationship? And how expansively do you want to know and live your life and relationship? Be certain you don't sell your self and life too cheaply ...and regret what you create and have to live with.

17. You cannot listen from a perspective of no-judgment•no-blame ...especially in a disagreement, and you cannot de-activate your mind or listen from unconditional love, simply because, if you are listening carefully, since your language is founded upon duality, judgments, conditions, causes ...and the effects of causes, and upon subjects doing, in this, your mind is constantly conditioned by the language of listening, ...and if you are not listening to these things as they are being communicated, then you are not listening.

And since your minding never rests, even while you sleep, you cannot de-active your mind, but if you could do this, ...wouldn't that end your listening? Even in a state of calm and peacefulness ...your mind is active, ...therefore, when listening, focus on your partner's promiseself and life, for that alone is *involved active listening*. Have you ever considered or asked about your partner's promiseself and life? What, in this, did you discover about your self and life?

Active-listening requires complete participation ...not inaction, but this participation is to be fully focused on and involved with your partner ...or the other person, not with your own beliefs, thoughts, and conclusions ...nor with

your attitudes, judgments, and reactions to your own conclusions, as is normally your way.

Your mind is never to be neutralized in any respect!

Following the limited pattern of language, you participate or you do not, you are active or passive, talking or listening, but true active-listening is a completely different involvement altogether, ...do you have the desire to follow greater active-listening? ...if so, since judging means that your focus is on self ...not on the other, you must focus so intently on your partner that you cannot focus on yourself, your conclusions, or your feelings and reactions ...such that you cannot judge, ...only then will you hear without the interference of your conclusions and judgments.

18. Are you aware that all feeling and experiencing is resisting? ...therefore, experiencing a partner and relationship is an act of *resisting them*, ...and feeling or experiencing yourself is an act of *resisting hyourself*. In what you have experienced so far with yourself and your partner, even the things and feelings you most adored, what might that reveal you are resisting? If you truly feel excited and enhanced with this person, is it possible that you resist being and offering excitement and enhancement? ...or resist feeling excited and enhanced at all times?

Do you resist true intimacy? ...resist clear communication? ...resist not judging and controlling? ...and resist truly knowing and being yourself? Does your partner resist many of the same things? What else might you both be resisting? If you resist being open•honest•intimate with yourself and others at all times, won't you resist being ohi with your partner at all times? ...is that any way to begin a personal-relationship? Are you and your partner actually resisting a greater self and life? ...the love you truly desire?

19. Do you feel inundated and confused by too much information? Does it seem that information and understanding distracts you from truly feeling? If so, ask yourself whether you would rather *feel in ignorance* or *feel in awareness and understanding*? ...or are you afraid that awareness will destroy your feelings? If awareness does destroy or lessen your feelings, isn't it reasonable to assume that those feelings weren't worth feeling? Are there any other awarenesses about your self or companion which seem to be undermining your feelings? Are you concerned that awarenesses of you will undermine your own or your partner's feelings for you? Is this any way to begin an open•honest•intimate life and relationship?

20. You are so good at denying your true feelings, desires, and knowings that you constantly deceive yourself, ...in what ways may you be fooling yourself about your self and life? ...about a partner? ...and about an intimate relationship together? Is anything to be gained by continuing in these ways? And if you declare that you are finished with deceiving yourself and others

...and are ready to move on with yourself and a companion into an intimately fulfilling life and relationship, how can you be certain you are not deceiving yourself and will continue these old habits into your future life and relationship? Are you truly willing to know your self and life? ...and a partner and intimate-relationship?

Do you know what you want?
Do you even know what you are doing?