

MALE | FEMALE

Relationships Dynamics



RELATIONSHIPS

are based on dynamics that we call

LOVE

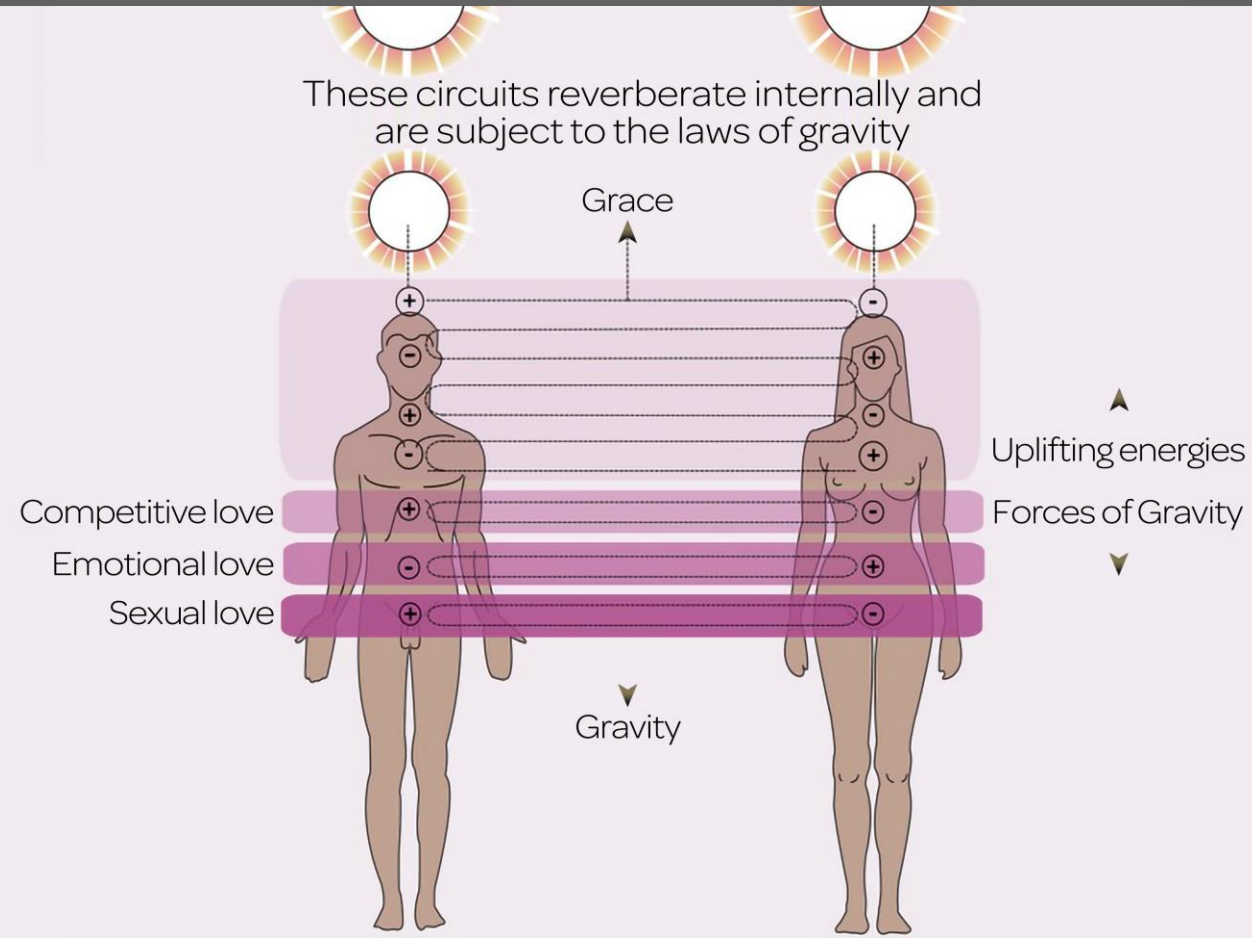
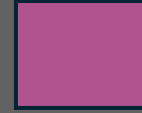
but are usually governed by the three lower centres.

AUTOMATIC RELATIONSHIP BEHAVIOURS

People relate to each other based on pure instinct, raw emotion and ego assertion, creating automatic attachment patterns of three types of behaviour:

- ✓ sexual “love” 1st centre
- ✓ emotional “love” 2nd centre
- ✓ competitive “love” 3rd centre

These behaviour patterns are set by the circulation of energy within the three lower body centres, intensifying the heavy or negative qualifications of the forces.



- ✓ **When two people are tied in a relationship** at any of these three expressions of attraction and repulsion, each of the partners resonates a chord within the other, causing the energies to literally weld together into chain-like formations.
- ✓ These **chains** transmit trigger-like reactions rather than conscious responses. These become compulsions.



SEXUAL LOVE

- ✓ When two people relate at the brute level of instinct, there are brutal and violent associations, even when sex is not involved. The parties exploit one another without sensitivity or acknowledgement of the other's needs.
- ✓ When there is **sex involved**, these relationships respond to intense craving. A man and woman tied at the level of physical carnality or sexual love will experience a constant need for the presence (or reminder) of the other.



Energetic dynamics

- ✓ In *sexual* relating at the **first centre**, the loss of energy is direct and immediate. The **vital force is spilled and returns immediately to the collective planetary pool** without being positively qualified.
- ✓ When the relationship is *not sexual*, there is a clash and mutual repulsion of forces that augment coarseness and dullness, often contributing to a kind of **thick-skin or thick-headedness that absolutely blocks all other possibilities.**



EMOTIONAL LOVE

- ✓ Relating at the level of raw emotion is the recipe for **emotional dependence or addiction**.
- ✓ It resembles closely the **clinginess of a child to its parent**: between friends, siblings or in the hero-worship of teachers and sports idols.
- ✓ **Need is projected onto the personality** rather than the physical body to feel protected and taken care of (status symbols/physical presence)
- ✓ There is usually a **disconnection from the physical body**.
- ✓ This kind of bonding is frequently seen in ideological or spiritual groups and professional clubs.



Energetic dynamics

- ✓ At the **second centre**, vital force is coloured by the emotional qualifications of the individuals.
- ✓ This is **lending weight and density to sentiments** that could uplift, rather than bind the spirit further into matter.
- ✓ It applies to both sexual and non-sexual relationships.



COMPETITIVE LOVE

- ✓ In these relationships a great deal of **importance is placed upon being right or superior.**
- ✓ This peculiarity resonates in the outside world where **the persons usually seek power and prestige**, as a replacement for the organic fulfilment which their volatile lovemaking fails to produce.
- ✓ These couples argue a lot, and nit-pick constantly, using **reward and punishment** as a way of expressing love for one another. There is always the hope that the other will recognize one's "worth".
- ✓ The undoing process is difficult and painful, requiring tremendous **courage and humility** in facing up to one's own self and the projections.



Energetic dynamics

- ✓ At the **third centre**, energy is usually so focussed on eliminating or competing with the other, that there is **little room left for the kind of nourishing stillness** that brings in-depth gratification and fulfilment.
- ✓ There is simply no energy left for aspiration or elevation of any sort.



PATHWAY TO HEALTHY RELATIONSHIPS

- ✓ The relationship with ourselves is the beginning of true relating. It is a big part of the solution!
- ✓ Whenever we are confronted by our own or another's negative emotions and impulses, the best way to reverse the tide and establish the code of ethics is to **raise the relationship to the level of the Heart.**
- ✓ We can instantly change a relationship by changing ourselves.



PATHWAY TO HEALTHY RELATIONSHIPS

- ✓ When our **mind and personality are healthily flexible**, emotional addiction is less. We find that we don't *need* another or need to be needed in the same way. We feel complete in ourselves.
- ✓ Our **independence**, is asserted within, in our posture before life itself.
- ✓ We can be **together and alone** simultaneously.
- ✓ The **freedom and spaciousness** experienced is the greatest gift of love that can be given or received.
- ✓ To arrive at that state, we need to take **courage** to uncover the needy person inside who still wants mommy and daddy, guidance, comfort, protection, or power.