

Relationships beyond Expectations

BLISS

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For most of you, the quality of relationships that you hold in your life largely decides the very quality of life that you live. When something plays such an important role in our lives, it needs to be looked at. So what is the basis of a relationship? Why do human beings need a relationship at all?

Whatever the nature of the relationship, the fundamental aspect is that you have a need to be fulfilled. The needs may be physical, psychological, emotional, social, financial, political - they could be any kind. We may claim many things for whatever purpose we have formed a relationship, but if those needs and expectations are not fulfilled, relationships will go bad. These needs within a human being have risen because of a certain sense of incompleteness. People are forming relationships to experience a certain sense of completeness within them. This piece of life is a complete entity by itself - why does it feel incomplete? And, why is it trying to fulfil itself by making a partnership with another life? The fundamental reason is that we have not explored this life to its full depth and dimension. Though that is the basic issue there is a complex process of relationships as such. There are expectations, and expectations and expectations.



Especially in the man-woman relationship, the expectations are so much that even if you marry a god or a goddess, they will fail you, because expectations are so unrealistic that no human being on the planet can ever fulfil them. But if you understand what the source of these expectations is, you could form a very beautiful partnership.

Expectations keep changing, they are not consistent and they cannot be. If you go about doing management with these things, there is no way you can gauge it to the fullest. If you try to mind-read the other person and constantly try to fulfil their expectations you will become a wreck. To some extent you have to do it, but that is not the basis of a beautiful relationship. You are seeking a relationship because you want to be happy, you want to be joyful. Or in other words, you are trying to use the other as a source of your happiness. If you are forming relationships trying to squeeze happiness out of somebody and that somebody is trying to squeeze happiness out of you it is going to be painful after sometime.

But if your life becomes an expression of your joy, not in pursuit of happiness, then relationships will be naturally wonderful. Shifting your life from the pursuit of happiness to an expression of joyfulness is what needs to happen if relationships have to really work on all levels.

Right now, your body, mind, emotions and on a deeper level, your very energies are made in such

way that you still need relationships. If your body goes in search of a relationship we call it sexuality. If your mind goes in search of relationships we call it companionship. If your emotion goes in search of relationships we call it love. If your energies go in search of relationships we call it yoga. All these efforts are just to become one with something else because somehow being who you are right now is not enough. You might have noticed this some time in your life. Suppose you are very joyful or loving and your life energies feel very exuberant you feel a certain sense of extension. This extension, what does it mean? First of all, what is it that you call as 'myself'? Right now, whatever is within the boundaries of your sensation, you experience is 'myself'. Now the whole system of yoga is about this. The word 'yoga' literally means 'union'. Whatever is the longing behind any relationship, you will never really know that oneness. But if you experience all this life around you as a part of yourself, then the way you exist here will be very, very different. Relationships will only become a way of looking towards the others' need, not about your own because you have no need of your own anymore. Once there are no compulsions within you and everything that you do becomes conscious, relationships will become a true blessing, no more a longing, no more a struggle.

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