

# The Relationship Dilemma

PETER GREBOT - NOVEMBER 2020



## What kind of relationships are you having? That includes the one with yourself!

Can we really relate to another, or should I say BE with another if we can't be with ourselves? Can we know another if we don't know who we really are? Do we project our hopes and dreams onto others expecting them to know and understand us even though we don't know or understand ourselves? It does seem that most of us still believe in the fantasy, like Father Christmas, despite evidence to the contrary, which by the way is the definition of the word 'belief'.

How is it that we don't know who we really are? Is it our compulsive nature, or a refusal perhaps to let go of the fantasy despite all the suffering that believing in it creates? Or is that we are so invested in our own identity and belief systems, it is difficult to see life from another perspective? Who knows how it all started but what we do know for sure is that suffering (psychological) happens when we refuse to accept reality as it is. When you apply that to our relationships it can look like control, wanting to change the person (to meet our needs) being judgmental, feeling

frustrated and disconnected puts great expectation on the other. Ultimately of course, this only leads to conflict and dissatisfaction.

We all want to be loved but how would it be if we (not as a belief but experientially) discovered unconditional love as who we really are, what if we could be unconditional love in all of our relationships? What if we allow the other just to be themselves, without judgements or any great expectation of them, to love them and ourselves regardless. The desperate need to be loved would be taken out of the equation, instead we could be true to ourselves at all times, which is a far cry from most relationships.

All of this is possible once we have had enough of suffering and are willing to surrender to *'what is'*.

If you want to approach this enquiry, the acronym 'HOW' gives us a clue. **Honesty** with oneself regardless of what it looks like is a good starting point, **Openness** to new possibilities and a different way of looking at life can break old patterns, with a **Willingness** to engage and participate in all that is arising in the moment so you may observe and experience an alternative perspective to life.

In these online meetings and retreats we take away all that we are not in order to realise and experience who we really are.

For more info please visit  
[www.knowingconsciousness.com](http://www.knowingconsciousness.com)

## To Live a Harmonious Life, First You Have to Meet Yourself in Truth.



*If you're willing to listen to your inner self, see it is trying to guide you and know there is always something to learn. If not, you will go through life expecting the external world to provide for you, ultimately you will be dissatisfied because what you seek can only be found within.*

Maria Casale

**Our next online meeting will be Saturday 14th November at 10:00 GMT/11:00 CET**

Look out for further details from Regis Pradal, Jana Joanna Milbou or Maria Casale.