

## **How to create better relationships**

A simple shift in attention: Rather than paying attention to what energy is flowing from the other, pay attention to what energy is flowing from you.

That is: Instead of looking at what your spouse is saying, doing, thinking, feeling...look at what you are saying, doing, thinking, feeling.

You get back what you put out. A mirror does not smile before you smile. The cause of every relationship problem is rooted in the attempt to change “the other” instead of yourself. But you cannot permanently “change” the other. When feelings are low or there has been a fight or strong disagreement, retreat for a while and get your own energy (emotions/thoughts) in shape before returning to your spouse or lover. When you yourself are in an elated state, it is impossible for your spouse to stay angry or disheartened. Your very presence evokes smiles. Disagreement is then not a cause of blame and shame but a cause of fascination and humour.