



RELATIONSHIP STRATEGIES

racquet to slam the ball back to her. This match continues and perhaps ends in "love", unfortunately, not the love they started with. In the beginning, couples fall in love, wear wonderful rose-coloured glasses and see the best in each other. Somehow, over the years, the love seems to disappear as the glasses get foggy.

There are 4 stages to relationships. Successful ones move through these four stages sequentially. Spending different amounts of time in any given stage. They are: **Attraction, Power Struggle, Cooperation and Synergy**, and it is in the synergy that couples discover understanding of a power greater than that of each individual. The

result of this is total commitment, intimacy, mutual trust, empowerment and ease.

The question is how to get through the various stages to synergy. Here are some simple rules:

- 1. Understand yourself first.** It is now known that often the issues we have with our partners are simply things from our childhood that we have not yet dealt with. If you don't deal with the past, it will continually be in your present.
- 2. Be responsible for your actions and reactions,** and realise that blame doesn't work.
- 3. Make this relationship a priority in your life.** Too many times, people spend their time attempting to get into a relationship, and once they have it, they forget about it while they concentrate on making money or having children.
- 4. Develop your communication skills.** Be honest with each other. Be willing to both say and hear the truth. Realise we are different species and we need to learn how to communicate with ease as we weren't taught how to.
- 5. Remember that all upsets are set-ups.** When it gets tough, stop talking, and be willing to connect at the heart level. If you just look into each other's eyes and breathe, it will dissipate the energy.
- 6. Discuss your values and goals.** Many people have no idea what the other person wants, and often the goals of one person are not in the game plan of the other.
- 7. Spend time together.** No matter what, have one night . . . a week . . . or a

month where the two of you spend quality time together, alone. People say they can't afford it . . . truth is, you can't afford not to.

- 8. Keep the laughter and playfulness in your relationship.** Laughter will dissolve any anger or sadness if you can remember not take yourselves so seriously.
- 9. Make the effort.** Leave love notes around the house. Dress as though it is the first date. Surprise each other constantly with words of affection, deeds of love.
- 10. Acknowledgements.** Every night before sleep, each partner tells the other 3 things they acknowledge in their partner – a very powerful process. Some days you might only be able to say, "I acknowledge you for being here!"

Like anything, if you practise enough, you get to be exceptional in your field. What better field to be exceptional in than the field of relationships? Try it . . . it really works.

Diane McCann Mathews – with her husband Robert – teaches seminars around the world, one of which is a Tantra Couples Retreat for those wishing to reawaken or enhance their love and passion.

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The woman has her racquet and she serves the ball with rage, over to her partner.

"I hate you. You never listen to me," she cries.

"I do listen; you just never let up," he says, as he uses his

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BUT DON'T KNOW WHAT IT IS?**

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