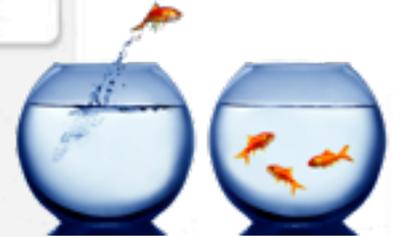




INSPIRATIONAL LIVING SERIES



Ebb and Flow

The Natural Cycle of Relationship

In the exploding personal growth world, many models are offered to understand relationship dynamics and what naturally occurs in relationship... what happens to make them deeply loving and connected, entrenched in conflict or distance, or something in between. I find the following model to be quite helpful.

While relationship dynamics are very similar in any relationship (with parents, siblings, co-workers, business partners, friends, etc.), this article focuses on primary relationship.

Part One: Being Single

In *Diagram A*, you see two people each contained within their own golden ring. The ring represents the consciousness of the person, which is created from the sum total of their life experience, and includes both conscious and unconscious beliefs. Thoughts, feelings, and behaviors are generated from these beliefs and experiences.

The dynamic of living life as a single person is quite different from being in primary relationship. For instance, you do not have to consider the needs and desires of another person and can focus much of your energy on yourself.

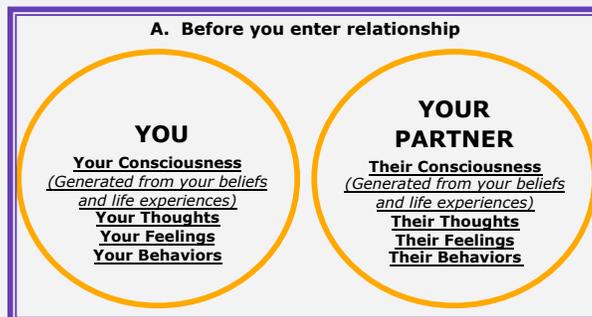
Being single offers the great opportunity to focus on your own evolution. You can spend time deciding what kind of person you would like to attract for your primary relationship, and who you would like to be in that relationship. Whether or not you do this can make a significant difference in partnering with another person.

Part Two: Experiencing the Flow of Relationship

When you enter relationship, you and your partner bring together your two golden rings to interlock, unite, and form a new entity called "the relationship". A healthy relationship is about two whole people coming together to share their life. It is not

"Often we have little faith in the ebb and flow of life, of love, and of relationships. We leap toward the flow of the tide and resist in terror at its ebb, for we are afraid flow will never return. We insist on permanence, on duration, on continuity. But, the only continuity possible in life, and in love, and in growth, is in acceptance of the ebb and flow."

~Chris Lucerne



about two incomplete people looking for completion in each other.

In *Diagram B* you will see the overlapping of the rings and notice



that the new space created in the center represents the relationship.

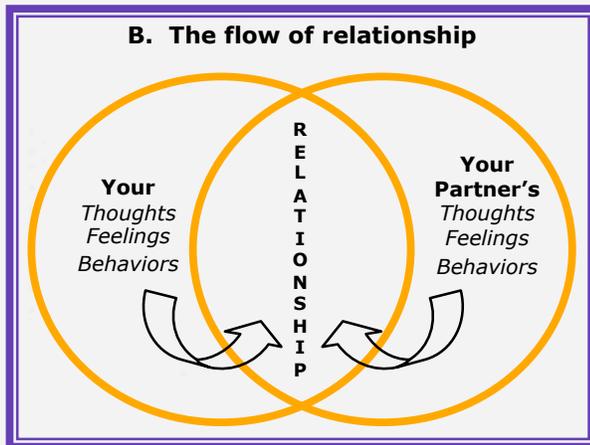
You can think of this new relationship as a newborn baby that needs to be nourished and supported. And, just like any baby needs love and attention to become a healthy child... as it is with your relationship.

Your relationship does not have a life of its own... only the life that you give it. So, the energy you put into it, is what you will get out of it. The quality of the words you speak, the things (behaviors) you do, and even the thoughts you think are what makes this relationship a beautiful experience, or one that is not.

If you are not proactive in giving attention to your relationship, it is likely to become an entanglement, or it will completely cease to exist. You have a choice. (Note: To view a more expansive model of "Healthy Relationship vs. Entanglement" go to the Products Page of my website and download a free tool - www.chrislucerne.com.)

Sometimes the space where relationship exists is smaller and sometimes larger depending on what is going on. Sometimes the rings almost over-lap and other times there is barely any space at all. This is the ebb and flow of relationship and occurs for many reasons.

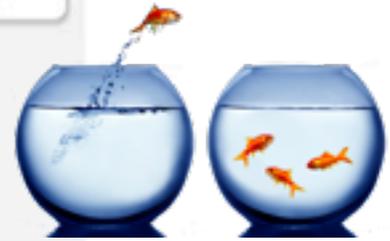
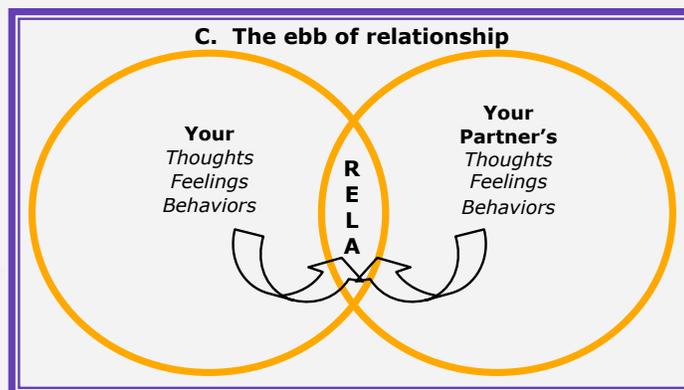
In Diagram B you will note quite a bit of space occurring. Spaciousness exists during times when you feel close and connected, during times of fun and play, and



during times of harmonious relating. These times are the "flow" of relationship; your relationship exists in a state of ease and flow, and love and harmony. In the initial stages of relationship, flow is usually present. Both partners tend to be firmly anchored in their Essential Self, the part of them that comes from a loving and open place. During this period of time, the relationship is easy and few barriers, if any, exist between the couple.

Part 3: Experiencing the Ebb of Relationship

Diagram C represents the ebb of relationship, where there is very little space. Partners retreat to their own world and the connection that was present in the flow stage diminishes or even seems to go away. This happens for many reasons and is a very natural part of relationship.



Ebb and Flow (Page Two)

In acceptance lies the freedom and the space for love to be fluid... and we become dancers, sometimes barely touching as we pass, sometimes holding each other in a long delicious embrace, yet partners all along in the creation of our own beautiful dance.

~Chris Lucerne



When you love someone, you do not love him or her all the time, in exactly the same way, from moment-to-moment. That is impossible. It is even a disservice to pretend it is possible. Yet, that is what most of us demand.

As time goes on, the unconscious programming of each partner enters the relationship often resulting in conflict or distance. This behavior emanates from our Personas (our false self), which comes from fear.

Personas are the masks we wear to get love and approval. In reality, the thoughts, feelings, and behaviors of this programming offer an excellent opportunity for growth and transformation, both individually and as a couple. Yet, we don't always see it as such, and instead use the circumstances to begin withholding, withdrawing, and projecting... blaming our partner or ourselves for the situation.

A phenomenon called the *Upper Limits Problem* also comes into play. Based on the research of my mentors, Drs. Gay and Kathlyn Hendricks (www.hendricks.com), relationship experts and leaders in the emerging field of mind-body integration, the *Upper Limits Problem* can be described like this: *As a species, we human beings have spent the majority of our evolution focused on a survival level, and not on achieving happiness or self-actualization. So we are encoded to favor stress, conflict, and stagnation instead of ease, flow, and genius. Basically, we cannot tolerate happiness for very long without messing it up in some way. Also, our childhood conditioning contributes to the Upper Limits Problem.*

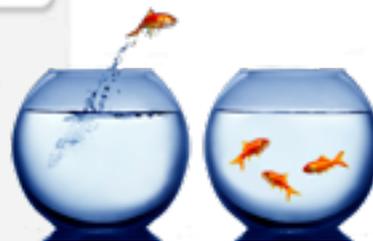
There many other reasons for the ebb of relationship. Situations and circumstances occur that divert attention away from relationship. We get busy with work, babies are born, friends and family require more attention, people we care about die, we retire, we relocate, and so on. Life happens! And, when it does, the space for relationship can become much smaller. Yet, if we are committed to

conscious loving relationship, we will eventually put our attention back on the relationship.

Some people get very panicky about losing the relationship when ebb is present. We often have little faith in the ebb and flow of life, of love, and of relationships. We leap toward the flow of the tide and resist in terror at its ebb, for we are afraid flow will never return. We insist on permanence, on duration, on continuity. But, the only continuity possible in life, and in love, and in growth, is in acceptance of the ebb and flow. And in that acceptance lies the freedom and the space for love to be fluid... and we become dancers, sometimes barely touching as we pass, sometimes holding each other in a long delicious embrace, yet partners all along in the creation of our own beautiful dance.

I wish you the very best in the ebb and flow of your relationships and in expanding your capacity to give and receive love. I wish this for you, and I wish this for the people you care about

Please visit my website for more information and tools about conscious loving and inspirational living.
www.chrislucerne.com



Ebb and Flow (Page Three)

Genuine Love is made possible when each person has learned to love herself/himself and chooses to be fully transparent in giving and receiving love... through thoughts, feelings, and actions.

~Chris Lucerne

