

---article...20th august 2013-----raksha bandhan day.. day to recall protection of love from all sisters towards brothers----



### Relationship Truths We Often Forget

It's easy to make your relationships more complicated than they are. Here are some simple reminders to help you keep them on course.

1. **All successful relationships require some work.** – They don't just happen, or maintain themselves. They exist and thrive when the parties involved take the risk of sharing what it is that's going on in their minds and hearts. Open communication and honesty is the key.
2. **Most of the time you get what you put in.** – If you want love, give love. If you want friends, be friendly. If you'd like to feel understood, try being more understanding. It's a simple practice that works.
3. **You shouldn't have to fight for a spot in someone's life.** – Never force someone to make a space in their life for you, because if they know your worth, they will create one for you.
4. **There is a purpose for everyone you meet.** – Some people will test you, some will use you, and some will teach you; but most importantly some will bring out the best in you. Learn to see and accept the differences between these people, and carry on accordingly.
5. **We all change, and that's okay.** – Our needs change with time. When someone says, "You've changed," it's not always a bad thing. Sometimes it just means you stopped living your life their way. Don't apologize for it. Instead, be open and sincere, explain how you feel, and keep doing what you know in your heart is right.
6. **You are in full control of your own happiness.** – If your relationship with yourself isn't working, don't expect your other relationships to be any different. Nobody else in this world can make you happy. It's something you have to do on your own. And you have to create your own happiness first before you can share it with someone else. If you feel that it's your partner's fault, think again, and look within yourself to find out what piece is missing. Your partner can never 'complete' you because you are already whole. The longing for completion that you feel inside comes from being out of touch with who you are.
7. **Forgiving others helps YOU.** – Forgiveness is not saying, "What you did to me is okay." It is saying, "I'm not going to let what you did to me ruin my happiness forever." Forgiveness is the answer. It doesn't mean you're erasing the past, or forgetting what happened. It means you're letting go of the resentment and pain, and instead choosing to learn from the incident and move on with your life.

*With Divine Guidance*

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