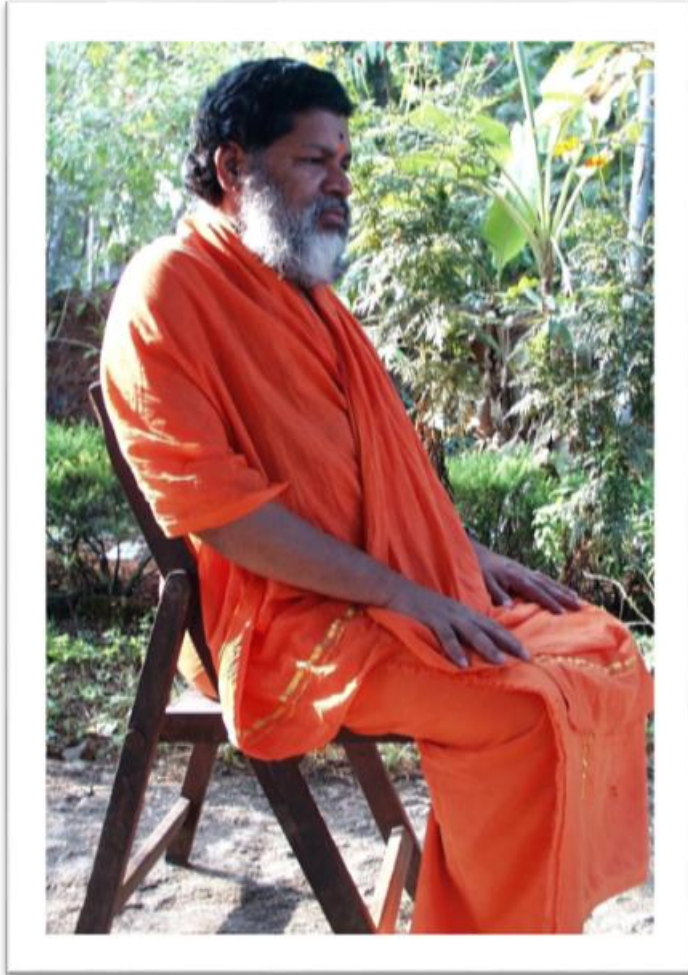


RELATIONSHIP

SWAMI BODHANANDA
2012



The single most important cornerstone of a successful relationship is transparency - which means expressing one's needs, feelings and expectations sincerely to the partner. Transparency in relationship enables partners to understand each other better and adjust mutual responses with empathy and care. No lasting and successful relationship can be built without respect and sensitivity to each other's needs. Experience teaches us that a strong sense of self-worth and self-sufficiency constitute a necessary condition for mutually nourishing relationship. Too much expectation from a relationship leads to inevitable frustration and dejection. Two happy people make a happier and fulfilling partnership. Happiness as an experience has to be independent of the ups and downs of relationships. Happiness is the quality of a detached and caring mind. Two happy people enjoy being together and bring out their best in a partnership of give and take and find space for each other's follies and foibles. Accommodation, acceptance and trusting love are the sweet fruits of transparency.

Swami Bodhananda

24 January 2012

Swami Bodhananda is Chairman, Sambodh Foundation, India; The Sambodh Society Inc. USA; and Bodhananda Research Foundation for Management & Leadership Studies. He is the Inspiration and Guiding Force for all Sambodh institutions.