

## Reflections on relationship

What do I intend to find within the intimacy of a close relationship?

There seems to exist a deeply rooted wish to arrive within a presence and consciousness, which reaches far beyond the concerns and limitations of the small ego. Perhaps, to overcome the experience of separateness or of incompleteness as a man or woman, designed to unite with a woman or a man to become whole.

This wish is associated with concepts of deep connectedness, liveliness, love, absence of fear, deep sense of peace, part of the 9fold path, as Christopher suggested in his book „the Buddha of Love“. So, what makes relationships so challenging in most cases? Why not simply unify and thus being happy and enlightened?

The well-known iceberg model might illustrate the impacts of conditioning, biographically sprouted vulnerabilities, such as fear of commitment or other unconscious hindering beliefs or inner rules on either side, which makes up the biggest part of the iceberg under the water surface.

Our very first love was given to our mother and thus our early experiences with intimacy implied being little and dependent, and sometimes also threatened of being abandoned or flooded. There was an enormous adjustment pressure due to this experience of intimacy during the early bonding period and during later development steps in childhood as well.

In a relationship, two iceberg-peaks, which claim for themselves to be adult and independent now tend towards each other driven by mutual attraction, while the underwater collisions often happen, long before intimacy reaches the range of vision.

We mindfully might recognize this phenomenon as an invitation to liquify our iceberg. And what happens then, is: we find ourselves all being water. This is why we face ourselves when arriving within the intimacy with the beloved one.

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