

**RELATIONSHIPS.** One requisite for happiness is good relationships - with one's partner, family, friends and the wider community. Where relationships come unstuck is that we have unrealistic expectations - created by our selfish ego - that cannot be met. **U**nder the influence of ego one is convinced of one's rightness to the exclusion of alternatives or compromises - faults are found only with the partner, with the result that one wants to change them. The best tool in that case is the Accept, Detach & Let Go formula. **A**ccept the partner the way they are - nobody has the right to try and change anybody else. Detach from the partner's perceived shortcomings - we all have shortcomings and we all expect they are accepted by others. Let go - life's too short to hold grudges.

*Above all, let go of the past,  
since the past can't be changed.  
The past does one of two things:*

*It gives us lessons we may learn;  
or poison, which contaminates  
both the present and the future.*

*Nevertheless, it is important to  
recognise when a relationship  
finally has run its course.*

*Relationships will come and go;  
new realities manifest and may  
call for us to let go and move on.*

*This is especially important for  
those who find themselves in an  
abusive relationship ... move on.*

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**RELIGIOUS.** C. G. Jung talks of a true religious experience \*. What is a true religious experience? It is to be filled with love. To feel love for all humans, irrespective of colour, race or religion; without regard even to social standing, caste, rank or wealth. **T** rue religious awareness disregards scripture, dogma and authority.

*\*see also RELIGION 1, THE TRUTH*

*True religious encounters are akin to Satori incidents:  
The individual is one with the All (the Universal  
Consciousness), but one loses one's individuality as well  
as awareness of one's circumstances. True religious  
experience is one's inner insight into a concept of God.*

*see also SATORI*