

The Ultimate Relationship

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Introduction

If you were looking for the ultimate relationship would you know what to look for? Would you know if you had found it?

There are thousands of books offering suggestions to people about relationships but there are very few that show us what the pinnacle of successful relationship building might look like. There are few detailed portraits written on the beauty of the best relationship possible – the ultimate relationship.

This book presents a description of the ultimate relationship. Contained within this book is a picture of the best that a relationship can become. It is presented as a model for relationship growth and development, a path for relationship harmony, and one way to decrease suffering and increase happiness. It is offered as an ideal that can be held in the heart, soul and mind of two people who have formed a relationship. In holding this ideal portrait of the ultimate relationship the two may move their relationship toward that ideal in a way suited to their unique needs. In doing so they may experience moments of mutual well being that are remarkable in character.

Many relationship books offer recipes for how to “cook” a meal that will “feed” the relationship and supposedly make it healthy. But the food that one person needs for a healthy relationship may not be the same as what another person needs. It is very hard to write a relationship “cookbook” that will meet the relationship hunger needs of a large group of people. A better approach would be to offer a picture of what it looks like after the relationship has been fed the best possible food, when it is no longer in need of food and has (at least for a moment) reached a peak in development. With such a picture in hand the two people could agree on their own shared journey to that peak, agree on what food to cook in preparation for the journey to that peak.

The portrait of the ultimate relationship described here is based on research presented by this author in other publications. These include the “The Healing Relationship”, “Calling God Collect” and “The Healer’s Journey”. The ultimate relationship is a combination of the features of the healing relationship and the features of the mystic

relationship - being both healing and sacred. The premise offered in these books is that *the pinnacle of relationship success is shown in those relationships that clearly promote mutual well being*. Those readers seeking more information behind this premise are referred to the above readings.

Central to this book is the idea that the ultimate relationship clearly promotes mutual well being and that this greater knowing of mutual well being can be passed on. The term “mutual well being” means that for a period of time two people experience a decrease in their suffering and wisdom to maintain that decrease. “Passing it on” means that once this mutual state of well being is experienced it is possible to learn how to “pass it” (teach, share) with another person (almost any other person). Everything that is described herein about the ultimate relationship will be linked to this core concept of clearly promoting, “passing on”, mutual well being. What will be presented herein is what the ultimate relationship looks like when the process of promoting mutual well being is occurring.

Mutual well being means that both people in the relationship clearly experience a time of decreased suffering, increased peace, and the insight to move their lives in the direction away from suffering. There can be considerable misunderstanding about the nature of this mutual well being experience. It is a difficult relationship experience to come to know if you haven't experienced it, and it can be difficult to make sense out of if you are experiencing it for the first time. It is not the purpose of this book to show the reader how to have such an experience, because that is not possible. The journey to the ultimate relationship moment of clearly promoting well being is a very personal one. Instead this book describes what the view looks like when you have successfully taken the journey.

The purpose here is not to describe the view exactly as you might experience it because each person will experience it unique to their own nature. Instead what is offered are the general features of the view from the relationship peak. These general descriptive features are provided so that the reader may have some idea of what to look for, and some idea of what it might be like when this special relationship moment occurs. Knowledge of the general features of the ultimate relationship may make it easier for people to discover,

develop, and grow within a relationship in a way that minimizes suffering. Information that is applicable to any relationship that offers, tries to, decrease the suffering of others.

Imagine that two people meet for the first time. They exchange the normal social greetings and then enter into communication aimed at trying to get to know one another. This is the beginning, and it is often filled with social chit-chat. Often relationships do not progress beyond this level. But what if they could? What if there was a deeper way of sharing and getting to know one another? This is what the ultimate relationship offers.

Some relationships move beyond social chit-chat to include romance and sensuality. These forms of shared communication can be quite pleasurable and can create a sense of well being. But they can also be shallow, short lived, and sometimes addictive – particularly if one does not mature within the relationship. Could there be a deeper way of sharing and knowing another that moves beyond courtship romance rituals and beyond the “honeymoon” sensuality? This is what the ultimate relationship offers.

Some relationships do move beyond the “honeymoon” and develop a working partnership. The two agree to work together in life and voluntarily agree to share in the responsibilities. The most common example of this is when one person agrees to go to work to make money and the other agrees to stay home and raise the family. A successful working relationship is built on skilled communication and can reduce both misunderstanding and the material stresses that occur in life. This can promote growth and well being and can be quite pleasurable. But it can also be limiting. Two people can get stuck in certain patterns defined by the working relationship and not grow to deeper levels of knowing and sharing. Could it be possible to expand this working partnership to include the features of the ultimate relationship?

Similar to working relationships there are many relationships that are established by socially defined roles. Some examples of the roles are as follows: student-teacher, doctor-patient, husband-wife, parent-child, coach-player, guru-disciple, boyfriend-girlfriend and priest-church member. In most cultures these roles have “boundaries”.

The term boundaries mean that there are certain behaviors that are acceptable and behaviors that are not acceptable. A clear example of unacceptable behavior is when a priest or a doctor has an affair with the other person in the role relationship. But there are many less obvious role boundaries, some specific to a given culture (like the role of a woman in a relationship) and some linked to the individual's concept of the role (like how one may think a parent should act based on using his/her parent as a model). But do these social and self created boundaries sometimes limit our ability to experience all the features of the ultimate relationship? Boundaries are needed, but they also need to be used wisely.

These questions about the development of relationships moving toward the ultimate relationship and beyond the normal use of the concept will be explored within this book. But such questions can not be explored without having a basic understanding of the ultimate relationship. The ultimate relationship is not like most relationships, yet its general features could be included as part of the developmental process within any healthy relationship. A general description of the ultimate relationship is needed so that people can begin to explore how their individual relationship conceptions may differ from the ultimate relationship. People can only move toward something after that something becomes clearly part of their vision.

At the root of much human suffering is a misunderstanding of the term relationship. At the root of a deep and penetrating sense of mutual well being, and some relief from suffering, is the ultimate relationship.