

Keying into Real Relationships

If there is a key that can unlock a process of development beyond the ordinary for any relationship, it is self awareness. Too often, people confuse self awareness with the easily gained knowledge of their ego self: their own likes, dislikes and smugly affected cultural poses. But real self awareness is understanding why we behave in such ways, and recognizing those things within us that work against our preferred outward expression of ourselves; accepting them as part of our whole personality; accepting their influence in our lives.

Real self awareness enables us to understand and live with all the things we do not really wish to know, admit, or believe about ourselves. It also levels us; make us realize that we are all human, limited, and that none of us has a claim to any more or less importance than another. But it also empowers us, helps us recognize the core truth of ourselves, that part from which real, unconditional love springs. Without such self awareness, our lives remain only half within our grasp, while the rest continues to be controlled by fear, ignorance and those instinctive undercurrents we prefer to believe exist only in others and never in ourselves.

In our daily relationships, self awareness allows us to understand that it is not “you” who is making me angry, sad or afraid, but something in myself. The same can be said for positive emotions. When we believe these are caused only by others, we make a claim upon these persons, who must then always live up to “our” expectations. Self awareness brings with it the understanding that it is we alone who are responsible for our lives, our living, and our contentment. But it is only through real, self defining relationship with others that we gain self knowledge and claim back our own individual responsibilities. It is through relationship that we grow and learn, and only through relationship that we realize our true individuality.