



The Yoga of Relationships

Relationships

What are they for?

To deepen love even more

Yoga means union

A coming together

Sometimes for a season, sometimes forever

Two are as one in a dance and a flow

Learning from each other as a path to grow

If we don't

It is jagged, stressful and more

Feeling such pain... deep in our core

Creating drama, not really knowing what for

Living in "story" that doesn't open your heart

Getting stuck in a way of life that tears you apart

Maybe living in numbness and lack of desire

Having lost the connection and passionate fire

Building walls and ways of thinking that start the relationship demise

Not knowing there is another way... all you have to do is open your eyes

Instead we blame our lover

Saying, I'll just find another

Only to realize that's an illusional cover

How can we change this and stop wounding each other?

Instead, become each other's healers and deeply precious for one another

So much beauty, grace and pleasure is right there in front of you

Just open your eyes as so few do

Yoga is union and seeing all as one

Learning to dance with each other in a way that is fun

*We didn't learn that from our parents, most likely... that is for sure
Stepping outside what we learned.... is the cure*

*Your beloved is your gift to show you many things
First and foremost a different perspective is exactly what he or she brings*

*Your union was divinely inspired
Think of how you met
The angels worked hard to make it a sure bet*

*You attract that which creates an opportunity for your personal expansion
Your beloved has the key to our inner mansion*

*They know exactly how to push your buttons and get you going
Now all you have to do is step into the powerful knowing*

*When you begin to dance in owning your part
The relationship will flower from deep within the heart*

*Exquisitely designed those buttons are real
Getting each other to authentically feel*

*Feel the parts of you that are disconnected or shut down
And through a softening and support from your beloved can be re-found*

*The way to bliss is within us all
Simply by choosing to release the wall*

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