

# The True Art of RELATING

**T**hese days, it is considered smart to declare, "I'm in a new relationship!" What the person means is that he/she has found a new companion without the chains of marriage. Too often, the relationship is abandoned like the newest fashion fad. Then it is another relationship and it goes on and on. So where is the problem? The noun 'relationship' is something concrete and lifeless. Actually, it should be a verb - 'relating' as in a living interacting organism that evolves gracefully.

Osho says, "No relationship is really a relationship, it is only a relating, a process. As long as it goes, good, and when paths divert, change their course, that too is perfectly good because that's how, perhaps, your being is going to grow. One never knows. We may walk together for a few feet, a few miles, and then depart in gratitude -- that it was a joy to be together. Now let us celebrate separation. You helped me, I helped you. Now let us help each other to move in the directions that our beings want us to take."

If you cannot relate to yourself, you cannot relate to any one else - be it your parents, relatives, friends or lovers. Before two persons can relate to each other, they should relate to themselves. Find your own centre first. They you can reach the centre of some one else. First, you have to relate to yourself -- only then can you relate to anybody. Otherwise it is just a game that one goes on playing -- and a meaningless game. The first contact has to be with your inner self, and then you will be able to relate with people.

So what is the secret of relating to yourself? If you can be alone and be happy and something positive starts flowing inside you - some bounce, a song, some dance or a lightness, then you are relating to yourself in this sense. When you are alone and in silence, at ease with your thoughts, memories and emotions, watching your breathing, your heartbeat, watching yourself totally, you are really relating with yourself. You can go inwards only with meditation - the true art of relating with others.

- Swami Kul Bhushan.