



# THE TANTRIC RELATIONSHIP

*This exercise can be completed with Lesson 7, Video 2: What is Your Current Relationship Status? Use an additional piece of paper if you need more space for your notes.*

Take time to look at your relationships and friendships, and try to identify what is working and what is not. It is important to look at how the current state of your relationships fits in with what you are longing for.



Make a list of the key relationships in your life, observing the issues and benefits, and what each relationship is costing and bringing you. If the costs in a relationship outweigh the gifts and benefits, you can look at how you can begin to communicate and heal this relationship, and identify what you should change.

With whom?	Issues in this relationship?	What works in this relationship?	Cost of this relationship?	Gifts of this relationship?	How do I feel in relation to what I am longing for?





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*This exercise can be completed with Lesson 7, Video 7: A Prayer for Healing Relationships.*

### *A Prayer for Healing Relationships*

You can make prayers on your own through sitting in meditation, and you can also pray with your partner or friend. You can listen to a recording of a prayer, you can both speak out a piece, or one of you can speak.

There are many different ways to make prayers together. In Tantra, you can practice “consecration”, which means to offer your relationship to something higher than yourselves, e.g. offering it to the highest love or the Universe. If you are co-creating something together, you can pray for blessings for it, or if you are going through conflict or difficulties, you can offer that up to the Universe and pray for new vision or insight.

*Great Spirit, we wish to offer our relationship to the  
highest love, to the highest truth.*

*We also wish offer up any conflict that we've been feeling.*

*Please take from us our small-minded judgments, the places where we  
contract and project, or accuse each other, please take this from us.*

*We're willing to see things differently.*

*Please change our vision so that we can see the truth in one  
another, that we can see the love in one another.*

*May this relationship be blessed.*

*May we be blessed with love.*

*May all our creative endeavors together receive divine blessing.*

*We pray for peace, harmony, and for love.*

*Aho/Amen/Om Shanti*

If you like, you can end your prayer with a third-eye kiss. This is where you lean forwards to your partner with your eyes closed, and gently rest your third eyes together for a few breaths.





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*This exercise can be completed with Lesson 7, Video 8: Relating for Love.*

## Creating a Relationship Agreement Field

1. Share each of your intentions, desires, fears, and needs in the relationship.
2. Share what makes each of you feel shut down or triggered in relationships.
3. Work out what creates triggering and/or shutting down in this relationship. Where are your “landmines”? How can you avoid them or resolve them when they are set off?
4. Share what has broken your heart in the past or hurt you very much. You can share the list that you made for opening your heart previously. Explore what hurt your heart, how it felt at the time, and what the wall looked and felt like.
5. Now build an agreement field with a shared intention for the relationship, including agreements that protect each of your vulnerabilities. You can use the example below as a template.

*Our intention for this relationship is to grow together  
to become the best versions of ourselves.*

*We agree not to storm out in an argument saying, “It’s over,” but rather to  
take time to cool off and then get together to resolve the issue.*

*We agree to ask permission before sharing something that is charged.*

*We agree to avoid [insert situation or action] as it is highly triggering.*

*We agree to take time to break up gently and over several weeks if it  
comes to that, so that we do not create abandonment pain.*

It might seem unromantic, but think of it like a contract! In work issues we make contracts to protect each other’s time, energy, and money. But in love we do not protect our hearts! It is not a contract to control or limit one another, but rather an agreement field to help you both to feel safe and to fully open your heart in this relationship.