

***“If you allow someone to be who they are and they allow you to be who you are, then that's Love . Anything else is torture.” ~ Ra Uru Hu***

When Gabriella suggested that I might want to contribute some writing on the topic of Relationships, I have to admit, I was stumped. Given my view on relationships what could I possibly have to say on the subject?

The opening quote pretty much says it all. Who is Ra Uru Hu? Ra is the founder of the Human Design System. I can't talk about relationships without bringing in Human Design, because this is the information I use to navigate everything in my life, relationships included.

Before I met this information I approached relationships as something I needed in order to feel okay about myself. I felt needy, like I was incomplete in some way without having the other in my life. I never honestly believed that I would ever be totally okay without the 'significant other' in my life. I thought I would be DOOMED! What I learned was - Newsflash: I am perfectly okay - exactly the way I am. Yup. There is nothing or no one that needs to be 'added' to me, to make me *more* me! In fact, the opposite happens. Put me in a room with another person and I become conditioned or *colored* by their life force as it mixes with my own. Now, there is nothing wrong with this kind of conditioning as long as I have a real sense of who *I am*, otherwise, I begin making decisions based on the conditioning, rather than my true self. We are conditioned by people (and planetary transits) in every moment, so it would seem, to me anyway, to have a really good handle on who *YOU* are - would be the best place to start. In Human Design we call this: **Having your own authority**. How do you make decisions in your own life? Who or what influences you to do the things you do? This system reveals that you have a way to make decisions that is correct for you. This is what Loving Yourself means: Taking care of yourself by being correct with **your** energy. By getting in touch with that unshakeable sense of truth that lives in the cells of your own body, you have something solid that you can rely on to navigate everything you do! Including how to proceed with or enter into a relationship with another person! You benefit. They benefit. Everyone gets exactly what they are intended to get including an increased sense of love, respect , and tolerance for themselves and the other person.

The most vital relationship remains, the one with myself. I have learned over time, it's not about what I think I want, but what I already am, in each moment. Everything else just takes care of itself and my life continues to unfold with the perfect cast of supporting characters.