

Rejuvenate Life by Renewing Relationships

WHEN TWO OR more people are connected, they form a relationship. You can be related to someone by blood, love, friendship, marriage, or a business association. No matter what the relationship is titled, it is the level of connection that determines the depth of the relationship.

When we get into any relationship, we have specific priorities and vision in our life. With time everyone evolves and transforms. Sometimes it is progressive, and sometimes a relationship becomes toxic and begins to fall apart. Everything in life requires maintenance; otherwise, it expires sooner than its life expectancy. Relationships are no exception to this rule. With time we start taking many aspects for granted. We communicate less and expect the other person to be a mind reader. It upsets us when they do not keep up with our pace and thinking, and we feel we do not understand them anymore, and they do not care to know what we are going through. They are just not trying enough and do not appreciate us.

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trust, understanding, and charm has begun to fade away from that relationship. You start losing interest in that person and somewhere give away your power to trigger you.

To overcome this situation, you have a choice to renew the relationship by either clearing the misunderstandings

or releasing it, if they are irreparable. Either way, you need to take time out to rethink, recharge, and realign to see what you want. It is time to pause to connect to your feelings and reflect on where life is taking you, and where you wish to go. What is the basis of this relationship, and where are the underlying issues? It is time to bridge the gap.

When you wish to understand any relationship, you have to be open to share your feelings with that person and it is equally important to listen to that person's feelings. It requires courage, commitment, and compassion to connect with each other's vulnerability.

Once you open your heart, you allow magic to flow into your relationship. You can then restore the uniqueness you both shared and release any toxicity created by disappointments and misunderstandings due to upsets in life. You now bridge the gap by restoring your values with the current mindset and circumstances and reclaim fun, love, and adventure in your life.

When you share your feelings with a loved one or someone you genuinely care for, you open yourself to a deeper and more authentic relationship. When you choose what resonates with your heart the most, then clarity emerges.

To celebrate 30 years of marriage earlier this year, my husband and I renewed our vows and reflected on our journey together. It helped me filter the unnecessary baggage collected over the years and reinforced our relationship by bringing newer insights and a deeper bond of companionship between us. **BW**

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