The secret of successful relationships

When I asked people what a successful relationship should be, I realised that the need to love and be loved is universal. I discovered that we are all much the same, and so are the insights.

Be happy
This may seem ludicrously simple but we as adults do not realise how important it is to remain joyful always. Chennai-based psychologist G. L. Sampoorna, who is known for her psycho-spiritual approach, believes you should tell yourself, “I am perfectly happy without you, and at the same time, with all my heart, I want to share the rest of my life with you.” She believes that this is the key to a good relationship, as it eliminates dependency, co-dependency, and allows for a healthy, inter-dependent relationship. According to her, the present-day culture and media overdrive influences people to confuse ownership with love. When we want to own and possess, we also make ourselves dependent on the possession. Therefore, we begin with wanting to control and own the other person, but get frustrated when we find we cannot really achieve that.

Happiness and harmony are synonymous. Swami Sukhabodhananda, founder of Prasanna Trust, Bangalore, says, “To live life is to be related, and that involves the subject, the object, and the connection between the subject and object, which is relationship. If relationships are harmonious, life is harmonious, and vice versa.”

Anandamurti Gurumaa, guru and mystic from Delhi, who runs the Rishi Chaitanya Ashram, adds, “Relationships become wondrous only when you are already happy with yourself, when you are not seeking something from anyone, but you are there to share your insight. That is why the best relationships in life are always the ones in which you do not expect anything. On the contrary, you are ready to give something to the other. That’s the time when you can be perfect in any relationship, as a husband, a wife, a child, a mother, a father, a friend.”

Sadhguru Jaggi Vasudev, founder of the Coimbatore-based Isha Yoga, also emphasises on making joy the basis of all relationships. He says, “If your life becomes an expression of your joy, and not a pursuit of happiness, relationships will be naturally wonderful. You can hold a million relationships well. Shifting your life from pursuit of happiness, to an expression of joyfulness, is needed, if relationships have to really work.”

A range of gurus, healers, therapists, counsellors and seekers offer gyan on how to make relationships work, says Jamuna Rangachari.