

21 GUIDELINES FOR SUCCESSFUL RELATIONSHIP

MUKUNDE

1. How to be a contribution to the other person and make time for them.
2. Deep active listening and being present.
3. Letting go of attachments, expectation and the way things have been in the past.
4. If get triggered from a communication, take a step back before responding.
5. Realise a lot of communication is non verbal and be open to their non verbal cues.
6. What you may not like in someone else could be what you don't like in yourself (mirror).

GOBINDE

1. Awareness of the other person's love language and being able to give and receive relays.
2. Active listening - giving space to express.
3. Respect differences.
4. See the other person as your own / mirror.
5. Allow freedom and trust within the relationship.

APARE

1. Not to take things personally
2. No assumptions/no expectations
3. Giving the space to another person to grow and be themselves
4. Honesty
5. Proper communication (to listen and talk consciously)

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1. Forgive yourself and each other mirroring
2. Being Fully present Awareness
3. Communicate Authentically
4. Openness Evaluate each other with no expectations
5. Allowing the growth