



Focus: Fulfilling Relationship

How Do You Nourish Your Relationships?

Today I would like to ask you a straight forward question: How do you nourish your relationship to your partner or the relationship to your close friends or family? Have you ever thought about this consciously? Asking this question might be somewhat dangerous, but at the same time it is worth investigating into it, because if you are not clear about how you can consciously nourish your relationship, it might well happen that your relationships get stuck on the ordinary level with low dramas instead of reaching extraordinary dimensions.

The way of nourishing relationship is manifold, but it is useful to take 3 essential distinctions into consideration:

1. Your relationship is not supposed to provide you with soul food, but with heart food.
2. Relationships do not die from lack of love, but from lack of intimacy.
3. Relationship is an ongoing conscious act of nonlinear creation.

What do these 3 distinctions contain in detail?

1. Your relationship is not supposed to provide you with soul food, but with heart food.

Many people are not aware of the difference between soul food and heart food, which oftentimes results in the fact that they try to get both from their partners, their best friends or the family. The desperate – mostly unconscious – attempt to also get soul food from these people finally leaves them with a certain emptiness and the impression that something is missing. However, what exactly is the difference between soul food and heart food?

Soul food is connected to inspiration, to vision and includes – as the term already says – what feeds your soul. Soul food is independent of specific people. It is rather about you pursuing things, activities, projects, etc. that inspire you. Some people are lucky having found their vocation and doing a job that fulfills them and thus nourishes their soul. That means their soul can unfold. Most of the people do however a job day in and out that does not fulfill them, but which they only do in order to earn money. Their focus is thus on survival instead of living, so that their soul is not fed at all, but instead starves. Yet, soul food is not only limited to the vocation and your job. It can be manifold and you can also find soul food outside of your job. For some it might be soul food to be creative and tailor something, do gardening or do handicrafts, while for others soul food includes mountaineering and looking at the world from a mountain top, again for others it is pure inspiration to spend time in lonely, wild nature or with animals. However, soul food has nothing to do with your ego. Soul food does not include preferences of your ego (your box) or of your Gremlin (the king of your own underworld). For example if love eating cereals for breakfast, enjoy riding with your bike to work, love to celebrate at parties or love to go to the cinema, all this has nothing to do with soul food. When you get true soul food, you are noticeably and persistently



inspired, your inner fire and your vision get fed and your soul starts blossoming, expands and in joyful clarity spreads its wings.

Experiment: Make a list of 2 to 5 things what truly inspire you and represent soul food for you.

Heart food is in contrast something you get on the interpersonal level. This kind of food has to do with connection, community, and love for other people. Already while reading this sentence you might feel that the energy of heart food is completely different. Heart food is bound to deep, authentic contact with other people, to closeness, intimacy (this can also be just a hug) and familiarity. You get heart food when you spend time with your partner, friends or family full of respect and love. Yet, even true heart food is rare to find these days, since it is often drowning in daily logistics or is falling prey to social media or superficiality in our fast moving time.

When you now try to get both heart food and soul food in your relationship, then this attempt will backfire sooner or later. Your partner/your friends/your family cannot give you soul food. So you can stop searching or waiting for it in your relationships. When you try to get soul food in your relationships, it is like an insuperable wall standing between you and your partner resp. your friends or family. It is like a permanent, unconscious expectation the others cannot fulfill. So, start taking responsibility for getting your soul food by pursuing what inspires you and in reverse give your partner also the freedom to unfold and follow their inspiration. When it is about your relationships, focus on getting heart food.

2. Relationships do not die from lack of love, but from lack of intimacy

In order to nourish your relationship steadily, it is important to live intimacy. In this context intimacy does not only include sexuality. There are rather four kinds of intimacy, which are important in a relationship. These different kinds of intimacy are connected to the distinction about the so called four bodies. Take into consideration that we do not only have one body – the physical one – but instead four bodies:

- The physical body (with bones, muscles, senses)
- The intellectual body (the mind with its thoughts and ideas)
- The emotional body (the emotional heart with its feelings)
- The energetic body (the being with its presence)

You can ideally nourish your relationship by experiencing intimacy in all four bodies. What does this specifically mean? Well, here are some examples for the different kinds of intimacy:

Physical Intimacy: jointly cooking, eating, cleaning the dishes, singing, hiking, swimming, skiing, going into the sauna, holding hands, dancing, travelling, massaging each other, hugging each other, playing with the kids, clear out the basement, combing each other's hair, brushing each other's teeth, cuddling on the couch, kissing, sex, etc.



Intellectual Intimacy: Jointly talk, discuss, tell stories, make plans, visit workshops or seminars, visit cultural events (e. g. concerts, cinema, theater, opera, etc.), reading a book together, reading articles to each other, telling jokes, sharing memories, creating possibilities for each other, finding solutions, etc.

Emotional Intimacy: Openness, vulnerability, sharing your feelings authentically and vulnerably by saying „I feel angry/sad/scared/glad, because...“, acceptance, sensitivity, grieving, generosity, compassion, benevolence, sharing your own weaknesses, reveal traumas or wounds, deep listening without discussion, warmth, etc.

Energetic Intimacy: being present (being centered and putting your full attention on the other person), ***being*** with the other person, meditating together, celebrating rituals, respect, dignity, being in the space of love, moving in the speed of love, appreciation of experiences, appreciation of the being of the other person, serving bright principles as a couple, etc.

Ideally, you get all kinds of intimacy in your relationship so that it is nourished in an optimum way. However, it may also be the case that you cannot pursue one or the other aspect of intimacy with your partner or your closest friends, such as a certain kind of sports (physical intimacy) or a regular mediation practice (energetic intimacy). It is not about doing everything only with your partner or giving up things that nourish you, but your partner doesn't share. This would not be constructive, because it leads to adaptive behavior and finally to dissatisfaction. It is essential that you are aware that these different kinds of intimacy exist and that you can now pay attention to create each kind consciously. This brings us to the third and last distinction.

3. Relationship is an ongoing conscious act of nonlinear creation

Some people think it is a matter of luck whether a relationship works or not. However, with this attitude you give your authority and your power away to the circumstances and hope that your relationships will work out. What if you would be radically responsible for your relationships?

The thing is this: Extraordinary relationship is an ongoing conscious act of nonlinear creation. *Nonlinear creation* does not only mean that you add humor to your relationship or that you create extraordinary moments (when e. g. did you last dance an improvised tango with your partner in the kitchen or fed him/her without cutlery, or did a picnic on the floor in the living room?). Nonlinear creation especially means that you consciously put your attention on creating extraordinary relationship and recognize and circumnavigate the traps of ordinary relationship, such as:

- Low drama (the classical persecutor-rescuer-victim game), including being right, complaining, whining, making others wrong, justification, ongoing excuses and explanations, expectations, etc.
- Emotional triggers (i. e. when your partner pushes one of your red buttons and thus triggers old wounds from the past)



- Staying in the comfort zone (i. e. doing your ordinary thing that you have been knowing your whole life. You stay in the comfort zone where it is nicely warm, secure and comfortable so that you don't have to feel your fear, which would arise, if you left your comfort zone and tried something new)
- Holding on to beliefs
- Behaving adaptive and making it „right“ for the partner
- etc. (book recommendation: In „Radiant Joy Brilliant Love“ from Clinton Callahan you find a great list of 122 points, how you might unconsciously keep up ordinary relationship).

As soon as you become painfully aware of the traps, you have the possibility to create a new kind of relationship; an extraordinary relationship that is based on the so called *High Drama* (compared to Low Drama), that serves *Bright Principles* such as love, benevolence, generosity, clarity, connectivity, being with and growth (instead serving unconsciously so called shadow principles such as destruction, revenge, being right, ignorance, arrogance, judgment, manipulation, etc.) and that focuses on abundance and *Winning Happening* (instead of focusing on scarcity of love, attention, appreciation, etc. and the game “I win – you lose”). Are you ready to enter a new game world and nourish your relationships consciously in order to make them extraordinary?

Have fun experimenting.

Best wishes,
Nicola Neumann-Mangoldt

P. S. You can learn and experience the skills for creating fulfilling relationship and being present in your full power in my trainings. You find details on www.viva-essenza.com

• www.viva-essenza.com •

EMPOWERING PEOPLE – FACILITATING CHANGE!