

The Five Movements in Relationship

Yin/Yang /Dark and Light
Yields 5 forms
a rainbow highlights their variations
5 colors with infinite shades

The Five Movements model can enhance our understanding of relationship dynamics.

Flowing relates to the source of all life and in relationship symbolizes a deep soul level connection between people. The intuitive “gut-feeling” recognition of this shared universal consciousness motivates people to explore a common dream.

e.g. UNIVERSAL LOVE—Water

Rising relates to the fresh sparks of people discovering their common directions, parallel paths, and similar ideas. When educational, cultural, social, ideological, or recreational life activities align, people are drawn to partnership.

e.g. FRIENDSHIP—Tree

Radiating relates to shared inspiration, enthusiasm, and excitement. The sparks of commonality (in rising energy) expand, igniting feelings of passion and intensity exploding into an airy and breathless feeling of “flying in love.”

e.g. PASSION—Passion

Grounding relates to the step-by-step daily nourishing of a relationship. When passion is supported by empathetic listening, persevering actions, and genuine caring, the heart’s intensity becomes grounded in the warm connection of human bonding.

e.g. FAMILY—Earth

Gathering relates to our unique nature reflected through the mirror of relationship. The “I” grows because of the relationship. The consistent cultivation of all the four movements harvests a deep appreciation of self. The individual soul grows and in turn dedicates time energy and devotion to the relationship.

e.g. SELF-LOVE—Metal

A healthy expression of all life’s movements leads to a feeling of centeredness/balance and wholeness. When one or more of these movements is missing, it is common to search for a person and a relationship to provide the missing element(s). A person who is easily inspired (radiating) may look to someone else to fulfill his need for completion (gathering). A person who is predictably organized (gathering) may search for someone to fulfill her need for fresh innovative ideas (rising). In these types of relationships, two half partners combine hoping to create a whole relationship with the idea that 1/2 plus 1/2 equals “Oneness.” I find however, that relationship dynamics more often resemble a

multiplication equation where a 1/2 times 1/2 equals 1/4. People who depend on a partner to fulfill themselves usually end up feeling less complete over time.

Does dependency on another consume our autonomy, leaving us more undernourished than before we entered the relationship? When love is not enough or when qualities of love are stagnating (conscious or subconscious) people move apart.

When relationships support, inspire, and catalyze each individual's personal growth, unity/oneness is established through interdependence.

Love is mutual...it never hurts and if it grows so will the participants and they will
be together.

A long lasting successful relationship is based on people supporting each other to fulfill parts of each other that require wholeness, and harmony. The word *harmony "Any pleasing combination of musical sounds or notes that are sung or played at the same time" is an appropriate word that is often used to describe an enduring relationship.

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People stay together in love when they mirror each other's autonomous growth.

***Two vines from different roots growing intertwined ...
observing, responding, reflecting, supporting and
most importantly feeling each others growth
Difficulties hold them closer together
as a base for further expanding growth
Continually contracting and expanding
expanding to eventually contract
to feel the support
the ebb and flow
The soul is here to evolve
to continually
deepen the feeling of peace and happiness
through relationship
and the result sends energy/ life force to the infinite universe
back to God
a loop
as below so above
we are creators***