

Partners should share the same aspirations and seek to communicate lovingly with each other.

Maintaining a loving relationship is hard. That's a good reason not to make the whole business even trickier by settling down with a mate who doesn't share your values and life goals.

A sense of shared aspirations is vital to cementing a healthy relationship.

That's because it establishes unity. When both of you have the same ideas about where you want to go in life, you can act in unison. That, in turn, is more likely when you've already spent time talking about what's important to both of you.

Take a couple who have embarked on a path of spiritual learning. Because they share the same ideas about what they value most, they can also share their experiences by meditating together or making the world around them a more loving place.

And there's no telling where that could take you. What starts out with just two people can soon blossom into a whole community! That's how lots of spiritual centers start. In the end, hundreds of like-minded people join forces and share their aspirations and lives.

Loving communication is vital for keeping you and your partner on the same page.

So how do you go about that?

A good rule of thumb is that you shouldn't assume that you know what your partner is thinking or what they need. That emphasizes listening. Ask them what it is that they want or what would make them happy and check that you've understood them correctly.

Putting this approach into action will stand you in good stead when it comes to conflict. So when the inevitable argument

does arise, pause and take a deep breath instead of jumping into the blame game. Wait until you’ve found something truly constructive and loving to say.

Deep listening has its role to play here too. Learning to listen to your partner’s views without interruption is a respectful way of solving a disagreement. Remember, even if you think that you’re in the right, you can always make your point after taking your partner’s views on board!
