

Sober Relationships

By

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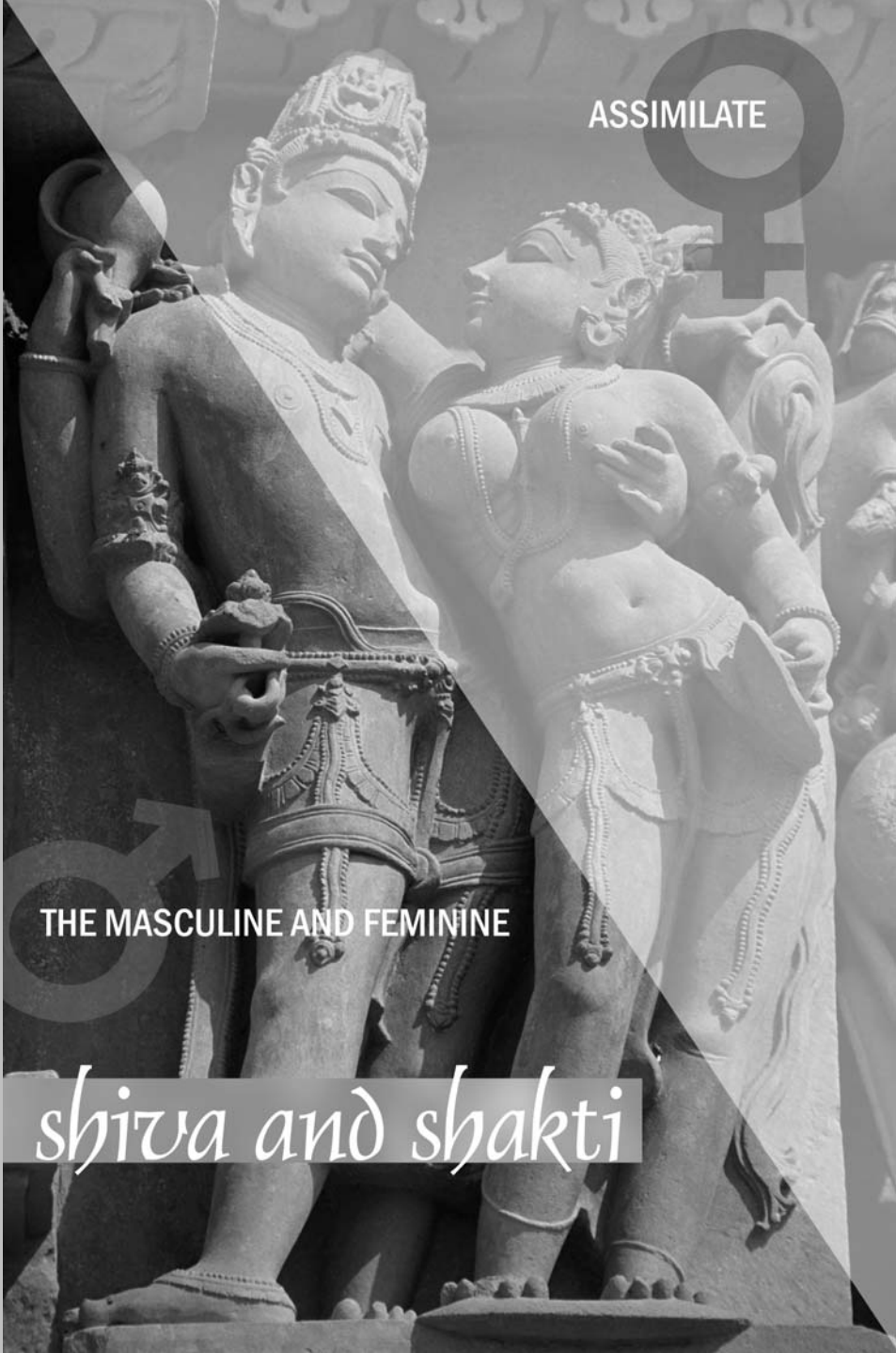


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Relationships are an important area where we can attend to the soul & sobriety. More focused than fascinations and antipathies, close relationships bring out both the best and the worst in us. Close relationships can be a crucible in which the fire of our intense emotions transforms us.

The old saying, "opposites attract," is often true. Frequently we are attracted to somebody who seems to us to be our "other, missing half." When this is indeed the case, the half we are missing is usually difficult to develop, and often at odds with a more developed facet of our personality, so that after the initial phase (the "honeymoon" of the relationship), we experience disappointment and "disillusionment." We discover that the other is not all we had at first experienced: "You're not the person I thought you were." This realization tells us that we were seeing only part of the other person, the part that was our own, unknown face reflected to us, and that made us feel complete when we were with the other.

An overwhelming attraction is pretty good evidence that we are experiencing the other person as an opposite to ourselves. Although we don't recognize it at the time, the "overwhelming attraction" is a measure of the gulf between us and the other, but also between our conscious view of ourselves and our unlived soul, as well as the amount of energy needed to bridge that gulf. If we can learn how to deal with the difficult and attractive aspects of relationship, we have the opportunity to access and make our own a facet of our soul that has always been carried by some other person.



ASSIMILATE

THE MASCULINE AND FEMININE

shiva and shakti

How to Work with Relationships and Projections

1. Take careful note of the thoughts, fantasies, and emotions you have about the other.
2. Identify both the qualities, characteristics, and habits in the other that: a) you desire, like, or love; b) you dislike or hate.
3. Who in your earlier life have you desired, liked, or loved with feelings similar to those you have for the other in your present relationship? a) How did that person (those people in the past) respond to your desire, liking, or love? b) How did that person (those people in the past) respond to your dislike or hate?
4. What developed qualities in you does the other person in your present relationship enhance?
5. Which of your underdeveloped (inferior) qualities or skills does the other person alert you to or criticize you for?
6. Work out a plan of action to develop your inferior skills and abilities hitherto carried by your partner.
7. Monitor your progress as to how much of what was carried by the other is now managed by you, using your own skills and potentials.

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Dr Bedi is a Diplomat Jungian psychoanalyst and a board certified psychiatrist. He is a member of the Royal College of psychiatrists of Great Britain, a diplomat in Psychological Medicine at the Royal College of Physicians and Surgeons of England, a Distinguished Fellow of the American Psychiatric Association. He is a Clinical Professor in Psychiatry at the Medical College of Wisconsin in Milwaukee and a Training Analyst and a faculty member at the Analyst Training Program at the Carl G. Jung Institute of Chicago. He is Honorary Psychiatrist at the Aurora Psychiatric Hospital and the Aurora Health Care Network. He has been a psychiatric consultant to several agencies in Metro Milwaukee. Presently he is the consultant for the Sexual Assault treatment center at the Aurora Sinai Samaritan Hospital, Dewey Center at the Aurora Psychiatric Hospital for treatment of Addictions and the Pastoral Counseling Service of Greater Milwaukee.

Trained in India, Great Britain and the US, he is interested in the emerging frontiers of Spirituality and Healing and the synapses of the Mind, Body, Soul and Spirit. He is author of the book, Path to the Soul, Weiser Books, 2000, Awaken the Slumbering Goddess: The Latent Code of the Hindu Goddess Archetypes, Booksurge Publishers, 2007 and the coauthor of Retire Your Family Karma, Nicholas-Hays, Inc. 2003, These and his other upcoming presentations can be previewed at his website www.pathtothesoul.com

Ashok Bedi has been in practice in Milwaukee for over twenty-five years and specializes in Adult Psychotherapy and Jungian Psychoanalysis. He regularly presents lectures and seminars in India, Great Britain, Ireland and USA on the topic of the Spiritual and analytic dimensions of treatment, healing and personal growth. Over the last several years, he has been the International Association of Analytical Psychologists liaison person for developing Jungian training programs in India and travels annually to India to teach, train the consult with the Jungian Developing groups at several centers in India including Ahmedabad & Bangalore. He leads the annual "In the Footsteps of Carl Jung in India" study group to several centers in India under the auspices of the New York Jung Foundation.

