



# Live by heart!

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## Love at every sight!



Talking about soul mates is difficult. It can be made easier by knowing how the universe functions, starting point is understanding ourselves.

Falling in love sounds strange for most; yet common thing which can happen in one's life; may be as often as daily!

## Doll!



*Dark brown designer nails,*

*Photo pictured spectacle,*

*Spying eyes, Glossy lips,*

*Unrelenting spirit,*

*Reveals me a lot...*

*That I am struggling to take  
my eyes off you!*

However exciting falling in love may be; it does not serve much overtime. What is needed is raising in love; be it for couple or for high performance team.

People try to control the external, the partner. A *sense of control*, may give illusionary happiness. A portion of the mind always seeks to be in control, being right, find faults, make others shut, having an edge are some of its traits.

Love, with give and take kind, will always have stress associated with it. It does not refresh, inspire people involved and leads to average performance. A *management* based approach, not *leadership* linked!

If you are loving then you are loving as whole, else you are not there at all; love it or leave it, American way of saying; can be better

understood by example of entrepreneurship.

If a personnel character or behavior not suitable, then let the other person know, it is not acceptable. If continued it does hurt stakeholders and turmoil surfaces in other areas too. And then follow it by saying, '*How can we help each to solve it amicably?*'

Couple don't take time to understand, but react. When I say understand it's about him or herself, not about the other person. Understanding the other is easier, it can come late or even not at all in life; it should not matter as much as the first one.

Getting clear on, who we are, what we can tolerate, what can let go and what can exchange for sense of peace are essential. Satisfaction, fulfilment, inner peace when prevails day to day, movement by moment, we energize the others in our life.



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Staying calm, being focused, minding own business, having big picture and ignoring the trivial.

When basics are in place, advance approaches are useful, like communicating through eyes! It is instantaneous, unfailing and individualistic as well with the group. It requires people involved are in tune with each other.

Result, blissful existence throughout the day. A single glance one can make others day and for him or herself; here effect of charismatic leadership comes evident.

A good relation, great team happens when people are connected at heart; they can understand what the other person stands for and how to complement what is missing.

By pretending what we are not we end up being mediocre and that leads to *'in control thinking'*.

One cannot love by reasons, it's not mathematics. True love cannot happen by mind. We cannot win life by mind, we can make great progresses at it, but it finds its base on hallow thinking, that we are here permanently.

When person is ready to forget self, dignity, learnings or even existence, then there is only one. If there is a feeling of two, then improvement can still be strived for. Mostly it is an art, comes with diligent practice.

Once above stage in place, we are in position to talk about soul mates. I think, below pointers may help to find out, Are we in such a relationship or not?

- One feels at home with the other person on the very first instance
- They complete each other's thoughts, ideas and sentences unknowingly.
- Non-judgmental, don't control the others opinion, behavior

Or try to impress nor hides true feelings

- They don't worry about losing their self or the other person; yet feel being in control of self
- They knows all are on the path of progress
- Complement and support each other's short comings and grows
- Believes unconditional love, and keep their conscious clear and purpose pure
- Over time with each other, they comes to know it at heart, it does not matter they accept or express
- They may have other karmic bonds to experience, independent of their own together karma.

In any relationship, personal or team, if such a state of mind does not exists naturally, we can ardently strive for it by conscious efforts.

*Love at every sight is a blissful state mind.*