



## ***Mindful Empowered Relationship***

*It's a sense from the depths of your soul,  
from your inner voice that speaks to you and says:*

*You are home, you are accepted, you are loved, you are safe.  
You are with the one who shows up for you and,  
is there for you, the way you need them,  
when you need them the most.*

*You are with the one who holds space for you,  
while they listen, understand, validate, empathize, and  
accept nonjudgmentally your unique, special brand of weirdness.*

*You feel a joy that radiates with aliveness, as you  
see, hear, feel, and sense that you are with the one  
who makes you smile, warms your heart and soothes your soul.*

*They are present and nonjudgmental, open and flexible,  
loving and accepting, curious and inquisitive,  
offering empathy and compassion for your inner world.*

*A divine inner peace arises from an intense desire,  
that motivates you to become comfortable with the uncomfortable,  
as you learn, stretch, heal and grow  
into the highest version of "I", "U" and "WE".*

*When you or they get triggered and "shift happens,"  
you mindfully hold space with patience and perseverance,  
showing up as a receiver to connect with and explore their inner world.*

*You show up as your MEL, owning your imperfections,  
intentionally being honest, authentic, vulnerable, open, and real  
with yourself, your partner and your children  
to create or reestablish safety, certainty and trust.*

*You flow with what is, with gratitude and appreciation,  
realizing and recognizing that this is your amazing opportunity  
to acquire your life learning lessons in the living laboratory of love.*

*You are energized and inspired, focusing on growth and contribution,  
looking forward to each day to continue your journey together  
to create and conserve a mindfully empowered relationship  
as each other's,  
"Best Friend during the Day,  
Lover at Night and Partner for Life."*

- Glenn S. Cohen