



## **Empowered Loving Relationship**

*It's a knowing from the depths of your soul,  
an inner voice that speaks softly and says:*

*You are home.  
You are accepted.  
You are loved.  
You are safe.*

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

*You are with the one who holds space for you,  
who listens, understands, validates, empathizes,  
and accepts, without judgment,  
your unique, special brand of weirdness.*

*A joy 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 quiet, divine peace arises  
from a deep inner desire,  
one that invites you  
to become comfortable with the uncomfortable  
as you learn, stretch, heal, and grow  
into the highest expression 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,  
willing to connect with  
and explore the other's inner world.*

*You show up as your Soulful Leader,  
owning your imperfections,  
intentionally choosing honesty, authenticity,  
vulnerability, openness, and realness  
with yourself, your partner,  
and your children,  
creating or reestablishing  
safety, certainty, and trust.*

*You flow with what is,  
with gratitude and appreciation,  
recognizing this moment  
as your sacred opportunity  
to acquire life-learning lessons  
in the living laboratory of love.*

*You feel energized and inspired,  
focused on growth and contribution,  
looking forward to each day  
to continue your journey together,  
creating and sustaining  
an empowered loving relationship  
as each other's:*

*Best Friend during the Day,  
Lover at Night,  
and Partner for Life.*

- Glenn S. Cohen