

Relationships⇒Yogi-Bhogi-Rogi

Our relationship with others reflects our state of awareness. When we engage with full presence and consciousness, we relate as a Yogi; when we enjoy connection with balance and respect, we relate as a Bhogi; and when we depend on others unconsciously or cling with neediness, we relate as a Rogi.

1. The Yogi Approach to Relationships: Love Beyond Need

- ◆ Definition: A Yogi sees relationships as an expression of awareness, not as a source of fulfillment or identity. They engage with love but are not bound by attachment, expectation, or suffering.

- ◆ Mindset: Relationships happen effortlessly, not from desire or craving. There is no need to "get" love; love simply flows.

Why?

- ✓ A Yogi knows that love is not external—it is the natural radiance of pure awareness.

- ✓ They do not seek love for happiness; they already are happiness itself.

- ✓ They experience relationships without attachment, control, or expectations.

Example

Sages, mystics, and enlightened beings often experience deep love and connection but remain untouched by drama, attachment, or suffering. They may be in relationships or remain single, but their state remains the same—peaceful and fulfilled.

✨ How a Yogi Loves

- 👉 "I do not need you, yet I love you fully."

- 👉 "I am already complete, and this connection is a reflection of that wholeness."

- 👉 "I allow you to be free—I do not bind you, nor do I seek to be bound."

- 💡 **Key Insight:** A Yogi in love remains as pure awareness. Whether they are with someone or alone, love flows without resistance or need.

2. The Bhogi Approach to Relationships: Love as a Balanced Experience

- ◆ Definition: A Bhogi enjoys relationships while maintaining balance. Love brings joy and connection, but there is still some attachment, desire, and expectation.

- ◆ Mindset: Relationships are fulfilling, but there is a subtle fear of loss, change, or dependency.

Why?

- ✓ A Bhogi seeks companionship and intimacy, finding meaning in shared experiences.
- ✓ They enjoy emotional and physical connections but may still experience ups and downs.
- ✓ They believe love is essential for happiness, yet they strive for a balanced approach.

Example

Most people in romantic relationships or marriages fall into this category—balancing love, responsibility, and personal growth. They experience both joy and challenges, yet they do not completely transcend attachment.

✨ How a Bhogi Loves

👉 "I love you because you bring joy to my life."

👉 "I feel happy when we are together, but I also fear losing you."

👉 "Our relationship requires effort, understanding, and balance."

💡 **Key Insight:** A Bhogi enjoys relationships, but their happiness is still influenced by external factors. Love is seen as a mutual exchange rather than an effortless state of being.

3. The Rogi Approach to Relationships: Love as Dependency and Suffering

- ◆ Definition: A Rogi experiences relationships from a place of need, insecurity, and attachment. Love is not an expression of freedom but a means of emotional survival.
- ◆ Mindset: Relationships are based on control, fear, jealousy, and expectation. If love is lost, suffering is inevitable.

Why?

- ✓ A Rogi feels incomplete without a partner and believes love comes from the outside.
- ✓ They experience dependency, emotional highs and lows, and cling to relationships for self-worth.
- ✓ They see relationships as a necessity rather than a natural flow of life.

Example

People who cannot function without a partner, experience extreme heartbreak, or stay in toxic relationships due to fear of loneliness fall into this category.

✨ How a Rogi Loves

👉 "I need you to make me happy."

👉 "If you leave, I will suffer and feel empty."

👉 "Love is painful, but I cannot live without it."

💡 **Key Insight:** A Rogi is trapped in the illusion that love comes from another person. Their attachment leads to suffering because they seek fulfillment in something impermanent.

Marriage: Yogi, Bhogi, or Rogi?

🕉 Marriage as a Yogi

✓ Marriage happens as a conscious partnership, free from expectation or control.

✓ The couple sees each other as expressions of the same awareness, not as possessions.

✓ They do not depend on each other but flow together effortlessly.

👉 Example: Saints and enlightened couples who remain unattached yet deeply loving.

🕉 Marriage as a Bhogi

✓ Marriage is a balance of love, companionship, and responsibility.

✓ The couple supports each other but also faces challenges that require effort.

✓ There is love, but also moments of conflict, attachment, and compromise.

👉 Example: A happy couple who shares life together, experiencing both joy and struggles.

🕉 Marriage as a Rogi

✓ Marriage is based on dependency, fear, and control.

✓ There is jealousy, insecurity, and an inability to be alone.

✓ Love turns into attachment, leading to suffering when expectations are not met.

👉 Example: A relationship full of fights, emotional drama, or toxic dependency.

💡 **Key Insight:** Marriage is not the problem—the level of awareness determines whether it is a source of freedom or bondage.

Beyond Relationships: The State of Pure Awareness

- ◆ If you remain in Pure Awareness, relationships become effortless.
- ◆ You do not seek love, yet love flows naturally.
- ◆ You are neither attached nor detached—love simply happens without resistance.

✨ **Ultimate Realization**

✓ If you are in duality, you say, "I need love to feel complete."

✓ If you are in Pure Awareness, you say, "Love is already within me—I am complete with or without a partner."

💡 **Final Truth:** When you no longer seek love as a need, all relationships become effortless. Whether you marry or not, whether you have many connections or live alone, your state remains the same—whole, peaceful, and free.

Transforming from Rogi to Bhogi to Yogi

Transformation is a journey from dependence and suffering (Rogi) to indulgence and enjoyment (Bhogi) and ultimately to transcendence and mastery (Yogi). This shift happens through awareness, discipline, and conscious living.

1. Rogi (The Suffering State) – Bondage to Mind & Body

◆ **Who is a Rogi?**

A Rogi is someone trapped in suffering—physically, mentally, emotionally, or spiritually. They live in dependence on external factors (food, relationships, material security) and experience life as a struggle.

◆ Symptoms of a Rogi:

- ✓ Illness (physical diseases, stress, anxiety, depression)
- ✓ Emotional instability (anger, fear, sadness, jealousy)
- ✓ Mental confusion (lack of clarity, attachment, overthinking)
- ✓ Dependence on people, food, substances, or distractions for happiness

◆ Why Does One Become a Rogi?

- ✓ Overeating, wrong lifestyle, lack of discipline
- ✓ Emotional cravings and attachment to people and situations
- ✓ Identification with the body and mind instead of pure awareness

◆ How to Transform from Rogi to Bhogi?

- ✓ Heal the Body & Mind – Focus on natural healing through food, exercise, and rest
- ✓ Emotional Cleansing – Let go of toxic relationships, grudges, and past wounds
- ✓ Awareness of Attachments – Recognize where you seek validation and control
- ✓ Cultivate Joy – Start finding happiness in life, rather than waiting for it

👉 Key Insight: Move from survival mode to enjoying life.

2. Bhogi (The Enjoyer's State) – Indulgence & Experience

◆ Who is a Bhogi?

A Bhogi enjoys life—pleasure, relationships, success, food, experiences. They are no longer in deep suffering like a Rogi, but they still seek happiness outside themselves.

◆ Symptoms of a Bhogi:

- ✓ Seeks pleasure, entertainment, relationships, wealth, and recognition

- ✓ Feels fulfilled but still dependent on external circumstances
- ✓ Fears loss—clings to people, status, comfort
- ✓ Indulges in life but lacks deep peace

◆ **Why Does One Become a Bhogi?**

- ✓ Desire to enjoy the material world after escaping suffering
- ✓ Fear of missing out on life's pleasures
- ✓ Attachment to success, relationships, or experiences

◆ **How to Transform from Bhogi to Yogi?**

- ✓ Shift from Attachment to Awareness – Enjoy, but don't cling
- ✓ Develop Self-Inquiry – Ask: "Who am I beyond my desires?"
- ✓ Find Joy in Simplicity – Move from consuming to appreciating
- ✓ Practice Detachment – Love fully but without fear of loss

👉 Key Insight: Move from pleasure-seeking to inner fulfillment.

3. Yogi (The Master's State) – Freedom & Transcendence

◆ **Who is a Yogi?**

A Yogi is beyond suffering and pleasure. They neither seek nor avoid—they simply exist in a state of bliss, free from attachment and dependence.

◆ **Symptoms of a Yogi:**

- ✓ Inner peace and effortless joy
- ✓ No attachment to food, relationships, or material gains
- ✓ Love without fear, action without ego, presence without judgment
- ✓ Lives in deep awareness and spontaneity

♦ Why Does One Become a Yogi?

- ✓ Awareness that pleasure is temporary, and true happiness is within
- ✓ Understanding that attachment creates suffering
- ✓ Mastery over mind and senses, leading to deep stillness

♦ How to Live as a Yogi?

- ✓ Live in the Present – Neither past nor future affects your peace
- ✓ See Everything as Awareness – Food, people, experiences—nothing is separate from you
- ✓ Drop Judgment – There is no "good" or "bad"; everything is a play of consciousness
- ✓ Love & Serve, But Without Attachment – Engage in life fully, but without dependence

👉 Key Insight: Move from personal happiness to universal bliss.

The Journey: Rogi → Bhogi → Yogi

1. First, heal suffering (Rogi) by taking care of your body and emotions.
2. Then, enjoy life fully (Bhogi) but without becoming dependent on it.
3. Finally, transcend attachment (Yogi) and experience limitless freedom.

💡 Final Realization:

The Yogi does not reject the Bhogi or Rogi. A true Yogi embraces all states, knowing that everything—pleasure, suffering, food, relationships—is just an appearance in Pure Awareness.

✨ Whether you are suffering, enjoying, or transcending—YOU are already whole. The journey is simply remembering this truth. ✨

God is my permanent partner and I treat all family members, friends, and others as temporary partners. Explain

That's a beautiful and profound realization. ☀️ Here's an explanation that flows from a deep spiritual understanding:

“God is My Permanent Partner” — What It Truly Means

1. Eternal Connection vs. Temporary Bonds

- Our connection with God (or Source, Pure Consciousness) is eternal. It was there before this body was born, remains throughout life, and continues beyond death.
- All other relationships—family, friends, spouse, even the body—are temporary companions for this journey.
- They change, come and go, but God is the only constant, the unchanging presence within you.
- "Before I was born, You were with me. When all leave, You remain."

2. God as the True Beloved, Guide & Support

When you see God as your permanent partner, you are saying:

- "You are my source of love, joy, wisdom, and peace."
- "I trust You more than the changing people or situations."
- "With You, I am never alone, never unloved, never unsafe."
- Others may misunderstand, judge, or leave—but God always understands, accepts, and stays.

3. Treating Others as Temporary Partners

This doesn't mean we love others less. It means:

- We love and care for them without attachment.
- We don't expect them to fill our void—because God already completes us.
- We see them as fellow souls on their own journey, not as possessions.

- "I respect and love all, but I rely on One."

The Power of This Realization:

- You become emotionally free—not hurt by others' actions.
- You become stable and peaceful, because your foundation is unshakable.
- You radiate unconditional love, because you're anchored in divine love.

Affirmations:

- "God is my eternal companion; all else is passing."
- "I share love freely, but I attach to nothing."
- "In God's presence, I am always full, always enough."
- "All my relationships are divine reflections—but only One is forever."

FTBA (Feelings, Thoughts, Beliefs, and Actions) for Relationships from Pure Awareness

(Rooted in the understanding: God is my Permanent Partner)

1. FEELINGS: What to Develop & Release?

 Develop:

- ✓ Unconditional Love – Love others without expectations, knowing God is your eternal source of love.
- ✓ Compassion – Understand others are also temporary travelers on the same journey.
- ✓ Gratitude – Appreciate everyone's role in your evolution, without attachment.
- ✓ Inner Peace – Anchor your emotional security in the unchanging presence of God.

 **Release:**

- ✗ Neediness – Seeking emotional security from people instead of God.
- ✗ Resentment – Holding on to past hurt when others leave or change.

- ✗ Fear of Rejection – Trusting people more than the divine.
- ✗ Possessiveness – Wanting to hold on to temporary partners as if they were forever.

👉 **Pure Awareness Insight:**

Feel love as your eternal nature. God never leaves. Everyone else is just visiting.

2. THOUGHTS: What to Develop & Release?

🧠 **Develop:**

- ✓ "I am already loved and whole in God's presence."
- ✓ "Others are divine reflections—not my source of happiness."
- ✓ "Every soul I meet is a temporary teacher, friend, or companion."
- ✓ "My real relationship is with the One that never changes."

⚠️ **Release:**

- ✗ "They must make me feel whole." – You are already whole in God.
- ✗ "If they leave, I am abandoned." – God never leaves.
- ✗ "They need to be who I want them to be." – Allow all to be free, as God allows you.
- ✗ "I need someone to complete me." – You are complete through divine union.

👉 **Pure Awareness Insight:**

Let your thoughts reflect your eternal bond, not your temporary expectations.

3. BELIEFS: What to Develop & Release?

🌱 **Develop:**

- ✓ "God is my one true, eternal partner—unchanging, unconditional, always with me."
- ✓ "Others are divine messengers or mirrors, but not my source."
- ✓ "My true stability and love come from my inner connection to Source."

✅ "I respect all relationships, but I attach only to God."

⚠️ **Release:**

❌ "If I'm not loved by others, I'm unworthy." – You're already loved by the Divine.

❌ "Only romantic/family love can fulfill me." – Divine love is eternal, unlimited.

❌ "I need people to stay for me to be okay." – Trust the divine flow.

❌ "Losing people means losing love." – God's love is always present.

👉 **Pure Awareness Insight:**

Beliefs rooted in divine companionship create emotional liberation.

4. ACTIONS: What to Develop & Release?

🔥 **Develop:**

✅ Deep Presence – Be fully present with others, knowing their time in your life is sacred but temporary.

✅ Self-Love & Devotion – Prioritize your relationship with God through meditation, reflection, prayer.

✅ Compassionate Detachment – Love fully, but without clinging.

✅ Boundaries with Love – Set boundaries rooted in respect and truth, not fear.

⚠️ **Release:**

❌ People-Pleasing – You don't need approval when you're connected to God.

❌ Overdependence – Don't lean so hard on the temporary that you forget the eternal.

❌ Blame – Let go of the illusion that others "owe" you something.

❌ Reactive Behaviors – Center yourself in divine stillness before responding.


👉 **Pure Awareness Insight:**

Act from your eternal partnership with the Divine—let every interaction be a reflection of your inner fullness.

Final Realization:

- “I walk with God always. Others walk beside me for a while.”
- Love, give, share—but remember who never leaves.
- You are complete. You are whole. You are always held. 🙏

Guided Meditation: Relationships from Pure Awareness

 Objective: To evolve in relationships by releasing fear, attachment, and emotional dependency, and anchoring in your eternal connection with God—your permanent partner.

Step 1: Centering into Stillness

- ◆ Sit comfortably with your spine relaxed and upright. Close your eyes.
- ◆ Take a deep breath in... hold... and exhale slowly.
- ◆ Let go of all distractions, and arrive fully into this present moment.

With each breath:

 Inhale peace...

 Exhale expectations.

 Inhale love...

 Exhale fear.

 Repeat silently:

- “I am whole. I am held by my eternal partner—God.”
- “Love flows through me effortlessly.”

☀ **Step 2: Awareness of Attachments**

- ◆ Bring to mind a person or relationship where you feel emotional dependence, attachment, or pain.
- ◆ Notice any sensations in your body—tightness, restlessness, or heaviness.
- ◆ Do not judge—simply witness.

🌀 Ask yourself:

- "Am I expecting love from them—or am I resting in the love of God?"
- "Is this connection freeing me, or binding me through need?"
- Let any answers arise naturally, like clouds passing through the sky.

☀ **Step 3: Dissolving Fear-Based Attachments**

- ◆ Visualize this person or relationship as a form of light in front of you.
- ◆ See a golden thread connecting you both. This thread symbolizes expectations, dependency, and emotional baggage.

Now, gently place your hands on the thread and say silently:

🌀 "I free you, and in freeing you, I free myself."

"Love does not bind. Love liberates."

- ◆ See the golden thread dissolve into radiant light.
- ◆ Feel your heart lighten. You are no longer clinging—you are choosing love without fear.

☀ **Step 4: Anchoring in Your Permanent Partner – God**

- ◆ Imagine the eternal, all-pervading presence of God both within and all around you—silently holding you in love and stillness."
- ◆ Feel that Presence—stable, vast, warm, and all-embracing.

 Repeat silently:

- "God is my eternal partner—always here, always loving."
- "All others are passing companions. Only One stays."
- ◆ Feel the comfort, safety, and completeness of this divine connection.
- ◆ You no longer need anyone to complete you—you are already whole in God's love.

Step 5: Becoming Love Itself

- ◆ Let your awareness dissolve into the love radiating within you.
- ◆ No longer needing to get love—you are love.
- ◆ Expand that inner love to every part of your being... to the space around you... and to all.

 Repeat silently:

- "I am love. I do not seek it—I embody it."
- "Nothing can be taken from me, for I am always full."
- Bask in this state. Let love be your natural, effortless presence.

Step 6: Blessing All Relationships with Freedom

- ◆ Visualize all your relationships—family, friends, lovers, mentors, even those who've hurt you.
- ◆ See them each surrounded in golden light.
- ◆ From your heart, offer this blessing:

 Repeat silently:

- “I love you. I bless you. I release you into freedom.”
- “May our connection be rooted in truth, not need.”
- “You are free. I am free. God is my source.”

- Let go of clinging. Let love flow freely, without control.

Step 7: Returning to Present Awareness

- ◆ Gently bring your awareness back to your body.
- ◆ Feel your feet on the ground... your hands... your breath.
- ◆ Inhale deeply... exhale slowly.
- ◆ When ready, slowly open your eyes.

Carry this energy of love, clarity, and divine connection into your day.

Final Realization

- “God is my eternal partner. All others are travelers along the way.”
- “I love without fear. I give without needing. I walk in fullness.”
- “Relationships are no longer where I seek love—they are where I share it.”

✨ You are now free. Free to love. Free to be. Anchored in the One who never leaves.
✨

Affirmations for Relationships from Pure Awareness

Affirmations for Unconditional Love & Freedom

 “God is my eternal partner; I share love freely with all others.”

- 🌿 "I love without attachment. I connect without fear or control."
- 🌿 "My love is rooted in the Divine—it flows through me, not from others."
- 🌿 "I give love without expectation, knowing my completeness comes from God."
- 🌿 "No one belongs to me. Love is freedom, not possession."

☀️ **Affirmations for Releasing Past Wounds & Attachments**

- 🔥 "I release all pain from past relationships—my peace is with the One who never leaves."
- 🔥 "I let go of emotional dependency—God already completes me."
- 🔥 "I no longer chase love. I rest in divine presence and allow love to come and go naturally."
- 🔥 "Every relationship that ends is God's way of creating space for a higher connection."
- 🔥 "Forgiveness flows easily when I see others as temporary souls on their journey."

☀️ **Affirmations for Self-Love & Inner Completion**

- 💖 "I am already whole—God's love fills every space within me."
- 💖 "I do not seek love to complete me; I am love, and I radiate it."
- 💖 "I treat myself as God treats me—with unconditional love, honor, and care."
- 💖 "In the silence of divine companionship, I am never lonely."
- 💖 "God is my source, and from that fullness, love flows effortlessly to others."

☀️ **Affirmations for Harmonious Relationships**

- 🌸 "All my relationships reflect the peace I hold with my eternal Partner."
- 🌸 "I attract souls who honor, reflect, and respect the divine within me."
- 🌸 "I give space in love, knowing that connection thrives in freedom."
- 🌸 "Each connection—pleasant or painful—is a divine appointment for my evolution."
- 🌸 "Whether people stay or go, my love remains steady in God."

☀️ **Affirmations for Divine Union & Soulful Partnerships**

- ✨ "If any soul connection is meant for me, God will send it with grace and ease."
- ✨ "I don't chase relationships—I align with divine timing, and love flows in naturally."
- ✨ "My worth is not measured by others—it is confirmed by the One who created me."
- ✨ "The right souls align not through effort, but through vibration."
- ✨ "My heart belongs to God first. All other loves are temporary blessings on the path."

☀️ **Affirmations for Releasing Fear & Control in Relationships**

- 🦋 "I release the illusion of control—God guides all relationships perfectly."
- 🦋 "I no longer fear loss. God is the one relationship I can never lose."
- 🦋 "I surrender every relationship into the hands of the Divine."
- 🦋 "I embrace impermanence with grace, knowing the Eternal is with me always."
- 🦋 "My joy is not tied to people—it is rooted in divine presence."

🧘 **Final Realization:**

- 🌀 "God is my permanent partner. All other souls are fellow travelers, here for a season."
- 🌀 "I love deeply, but I rely only on the One who never changes."
- 🌀 "From divine fullness, I give. From inner wholeness, I connect."
- 🌀 "I am love, and I walk in relationships with freedom, clarity, and grace."
- 🌀 "When I stop needing love, I become love—and that love blesses all."

Relationship Affirmations

- "I am love, and I radiate love to all beings. "

- "I love myself unconditionally, no matter what my circumstances may be. I embrace who I am, knowing that my worth is not defined by my situation. I accept myself fully and love myself without judgment or condition. "
- "I am worthy of love and receive love unconditionally."
- "God is my permanent partner, and I am always connected to the divine presence, which guides, supports, and loves me unconditionally, filling my life with divine love and eternal peace."
- "I do not need to move to find God, because He is everywhere, and His unconditional love is with me, no matter my situation."
- "I live in constant alignment with divine wisdom, trusting that God is my true and eternal companion in every moment."
- "With God as my permanent partner, I am never alone, always experiencing divine love, grace, and guidance in every situation."
- "I treat all family members, friends, and others as temporary partners in this journey, understanding that our paths intersect for a divine purpose."
- "Even when I disagree or fight with others, I quickly return to peace, knowing that each interaction is an opportunity for growth and understanding."
- "I accept the characters of others as they are, knowing that everyone's unique qualities contribute to the beautiful diversity of life."
- "I stay balanced and centered, treating all with equal respect, whether their nature is tamasic, rajasic, or satvic."
- "I respond to all situations with love, wisdom, and understanding, allowing me to move from conflict to friendship, and from friendship to oneness."
- "I easily shift from moments of conflict to friendship, recognizing the divine within everyone and seeing beyond any differences."
- "I have mastered the art of maintaining balanced relationships, effortlessly moving from conflict to resolution, from fighting to harmony. "

- "My heart is open to everyone, and I effortlessly move from fighting to deep connection, from friendship to complete oneness."
 - "Every interaction is an opportunity for me to move closer to oneness, understanding that we are all expressions of the same divine energy."
 - "I forgive quickly, and with love in my heart, I move towards unity, knowing that all conflicts are temporary and serve my growth."
 - " I am deeply connected to everyone and everything, and this realization dissolves all anger, hate, and negativity within me, bringing peace and love."
 - "At the energy level, I recognize that we are all connected, and my love for others grows effortlessly as I see them as part of me."
 - "I experience peace and harmony in all my relationships, knowing that everything is interconnected, and my actions affect the world around me."
 - "The awareness of oneness fills me with unconditional love, and I experience deep compassion for all beings, knowing we are all part of the divine whole."
 - "I am part of others, and others are part of me—our interconnectedness creates a harmonious and peaceful reality."
 - "When negative emotions arise, I remember our shared energy and instantly release hate, replacing it with love and understanding."
 - "Every moment is an opportunity for transformation, as I choose love over hate, peace over conflict, and unity over division."
 - "By remembering our oneness, all feelings of separation vanish, leaving only divine love and connection."
 - "I am always one with my eternal partner. Everyone visible here is an expression of that eternal consciousness."
- ✨ Repeat these affirmations daily and observe your relationships transform into pure, selfless, and joyful connections! ✨