

## Relationships-Yogi-Bhogi-Rogi

Just as food can be approached with different levels of awareness, relationships also follow the same pattern. Whether we engage in relationships with full awareness (Yogi), balanced enjoyment (Bhogi), or unconscious dependency (Rogi) determines our experience of love, connection, and marriage.

### 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. ✨

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

To evolve in relationships, we must consciously develop qualities that expand love and awareness while releasing patterns rooted in ego, fear, and attachment.

### 1. FEELINGS: What to Develop & Release?

#### Develop:

- ✓ Unconditional Love – Loving without expectations or conditions
- ✓ Compassion – Seeing the other's pain without judgment
- ✓ Gratitude – Appreciating the presence of others without attachment
- ✓ Inner Peace – Finding stability within, rather than in others

#### Release:

- ✗ Neediness – Expecting love, validation, or security from others
- ✗ Resentment – Holding onto past hurts, leading to emotional blocks
- ✗ Fear of Rejection – Letting fear dictate how deeply you love
- ✗ Possessiveness – Trying to control or own someone out of insecurity

 Pure Awareness Insight:

Feel love as your nature, not as something you get or lose.

### 2. THOUGHTS: What to Develop & Release?

#### Develop:

- ✓ "I am whole, with or without this person."
- ✓ "This relationship is a space for growth, not ownership."
- ✓ "I honor their journey, even if it differs from mine."
- ✓ "Love flows through me, not from someone else."



⚠️ **Release:**

- ✗ "They should make me happy." – Externalizing happiness creates suffering
- ✗ "They need to change for me." – Love is acceptance, not control
- ✗ "I can't live without them." – Fear-based attachment blocks true connection
- ✗ "I was betrayed, so I must protect myself." – Holding onto pain keeps you trapped

👉 Pure Awareness Insight:

Thoughts shape your experience—align them with love, not fear.

### **3. BELIEFS: What to Develop & Release?**

🌱 **Develop:**

- ✓ "Relationships are mirrors for self-awareness."
- ✓ "Love is about giving, not demanding."
- ✓ "Every connection serves a purpose—some for a moment, some for a lifetime."
- ✓ "True love is not about possession but about liberation."

⚠️ **Release:**

- ✗ "A perfect partner will complete me." – You are already whole
- ✗ "Love is sacrifice and suffering." – Love should be expansive, not painful
- ✗ "If they leave, it means I wasn't enough." – Others' choices don't define your worth
- ✗ "Commitment means control." – True commitment is freedom within connection

👉 Pure Awareness Insight:

Beliefs create emotional patterns. Choose empowering ones that align with truth.

### **4. ACTIONS: What to Develop & Release?**

## **Develop:**

- ✓ Deep Presence – Be fully with others, without distractions or agendas
- ✓ Open Communication – Express honestly, without blame or fear
- ✓ Self-Love Practices – Care for yourself so love flows naturally to others
- ✓ Respecting Boundaries – Honoring space strengthens connections

## **Release:**

- ✗ Clinging or Chasing – Love flows, it isn't forced
- ✗ Silent Expectations – Assuming instead of communicating leads to suffering
- ✗ People-Pleasing – Authenticity builds real love, not approval-seeking
- ✗ Reactive Behaviors – Acting from old wounds instead of awareness

 Pure Awareness Insight:

Actions in relationships should be rooted in freedom, not fear or control.


## **Summary: Relationships in Pure Awareness**

1. Feelings: Love freely, let go of fear-based emotions.
2. Thoughts: Think in alignment with freedom, not dependency.
3. Beliefs: Shift from attachment-based love to awareness-based love.
4. Actions: Act with presence, honesty, and self-sufficiency.

## **Final Realization:**

Love is not about getting something—it is about being love itself. From Pure Awareness, every relationship is a reflection of your inner state. Transform within, and the external world follows. ❤️

## **Guided Meditation: Relationships from Pure Awareness**

 Objective: To shift relationships from attachment and expectation to unconditional love and freedom. This meditation will help you release fears, dissolve past wounds, and connect with love as your natural state.

### **Step 1: Centering into Stillness**


- ◆ Find a quiet space. Sit comfortably with your spine straight. Close your eyes.
- ◆ Take a deep breath in... hold for a moment... and slowly exhale.
- ◆ With each breath, let go of tension, allowing yourself to settle into the present moment.
- ◆ Breathe in peace... breathe out expectations. Breathe in love... breathe out fears.

 Repeat silently:

"I am whole. Love flows through me effortlessly."

### **Step 2: Awareness of Attachments**

- ◆ Bring to mind a person or relationship where you feel attachment, expectation, or emotional pain.
- ◆ Observe how your body reacts—any tightness, heaviness, or restlessness?
- ◆ Without judgment, simply witness these feelings as passing waves in your awareness.

 Ask yourself:

"Is this love, or is this an expectation?"

"Is this connection freeing me, or binding me?"

Let answers arise naturally. Do not force them. Just observe.

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

- ◆ Imagine this person or relationship as light energy in front of you.

- ◆ See a golden thread connecting you both—this represents attachment, expectations, and past wounds.

- ◆ Now, gently place your hands on this thread and say:

 Repeat silently:

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

"Love does not bind. Love only liberates."

- ◆ Watch as the thread dissolves into pure golden light.
- ◆ Feel a deep sense of relief, as if a burden has lifted from your heart.

#### **Step 4: Becoming Love Itself**

- ◆ Shift your focus inward—into the silent, peaceful space within you.
- ◆ Recognize that love is not something you get from others—it is what you are.
- ◆ Feel love radiating from within, expanding in all directions, filling the space around you.

 Repeat silently:

"I am love. I do not seek it, for it is my nature."

"No one can add to me, and no one can take away from me."

- ◆ Stay in this state of love for a few moments, bathing in its warmth and stillness.

#### **Step 5: Blessing All Relationships**

- ◆ Now, visualize all the people in your life—partners, family, friends, even those who challenge you.
- ◆ See them bathed in the same golden light of love and freedom.
- ◆ Silently offer them a blessing:

 Repeat silently:

"May you be free. May you be at peace. May our connection be one of pure love."

◆ Release all expectations. Let go of control. Simply allow each soul to walk its own path.


### **Step 6: Returning to Awareness**

- ◆ Bring your attention back to your body. Feel the ground beneath you.
- ◆ Take a deep breath in... hold... and exhale with a soft smile.
- ◆ When ready, slowly open your eyes, carrying this feeling of pure love into your day.

### **Final Realization:**

 Love is not about possession. It is not about expectations.

 Love is an energy that flows freely when we stop trying to control it.

 You are love itself. From this awareness, every relationship becomes effortless, joyful, and free.

✨ Now, move through your relationships with the wisdom of Pure Awareness. Love is not something you find—it is something you become. ✨

## **Affirmations for Relationships from Pure Awareness**

### **Affirmations for Unconditional Love & Freedom**

 "I love without attachment. I connect without fear."

 "My love is free, limitless, and unconditional."

 "I give love without expectation, and I receive love effortlessly."

 "I do not own anyone, and no one owns me—love is freedom."

 "I trust the flow of relationships in my life."

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

- 🔥 "I release all past pain and embrace the present with love."
- 🔥 "I am free from emotional dependence—I am whole within myself."
- 🔥 "I let go of expectations and allow love to flow naturally."
- 🔥 "Every relationship that leaves makes space for something higher."
- 🔥 "Forgiveness is my nature—I hold no burdens, only peace."

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

- ❤️ "I am already complete; love does not fill a void—it flows from within me."
- ❤️ "I do not need validation from anyone; I am my own source of love."
- ❤️ "I treat myself with the same love I seek from others."
- ❤️ "I am not lonely; I am full of my own divine presence."
- ❤️ "I radiate love, and that love naturally returns to me in many forms."

### ☀️ **Affirmations for Harmonious Relationships**

- 🌸 "All my relationships are reflections of my inner peace and awareness."
- 🌸 "I attract people who honor, respect, and uplift me."
- 🌸 "I give space in my relationships, knowing love grows in freedom."
- 🌸 "Every connection serves my highest evolution."
- 🌸 "Whether people come or go, my inner love remains unshaken."

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

- 🌟 "If love is meant for me, it will arrive effortlessly."
- 🌟 "I do not chase love; I align with love, and it finds me."
- 🌟 "My presence is enough—I am loved for who I am, not what I do."

✨ "The right relationships unfold naturally, without force or struggle."

✨ "My soul and another soul meet when it is divinely aligned."

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

🦋 "I allow love to unfold naturally, without control or force."

🦋 "I do not fear loss, for love is never lost—it transforms."

🦋 "I surrender my relationships to the divine flow of life."

🦋 "I embrace impermanence, knowing that only love itself is eternal."

🦋 "My happiness is independent of any external relationship."

### 💡 **Final Realization:**

🌀 Love is not about possession—it is about presence.

🌀 When you stop needing love, you become love.

🌀 Let relationships be like the wind—free, flowing, and effortless.

✨ Repeat these affirmations daily, and watch your relationships transform into pure, unconditional, and blissful connections! ✨