

## **Bonus**

### **Dr. Rajan Sankaran - Healing Relationships**

#### **INTRODUCTION**

Dr. Rajan Sankaran, internationally renowned homeopath and physician, delivers an inspiring speech on the depth of relationships and the quest for self-knowledge. In his moving address, he emphasizes that true harmony in our relationships can only be achieved when we find inner peace and self-understanding.

Dr. Rajan Sankaran emphasizes the importance of self-discovery for deeper connection in relationships.

#### **THE CHALLENGE IN RELATIONSHIPS: NON-ACCEPTANCE**

Sankaran begins by highlighting the main problems in relationships, emphasizing non-acceptance as one of the central aspects. Non-acceptance means that we do not accept certain aspects or parts of our partner. We place expectations on them and wonder why they behave the way they do. This non-acceptance is often the starting point for conflict in relationships.

The speaker asks the audience to recall past conflicts and reflect on whether non-acceptance was not the trigger for those conflicts. When we ask ourselves why our partner did or did not do a certain thing, we often come up against our own expectations.

#### **THE ROOTS OF NON-ACCEPTANCE: EXPECTATIONS**

Sankaran goes deeper and explains that non-acceptance results from our expectations. We expect our partner to behave in a certain way to meet our own needs. When these expectations are not met, we feel anger, disappointment, or sadness.

It prompts us to think about where these expectations actually come from. It turns out that they come from our own perceptions or perceived needs. For example, we may think, "I'm very sensitive, so he shouldn't hurt me." Or "I'm dependent on him, so he shouldn't leave me alone."

#### **THE LINK BETWEEN EXPECTATIONS AND PERCEPTION**

Sankaran goes on to say that our expectations are based on our perception of ourselves. Our own self-image, our self-perception, influences what we expect from others. We project our own needs and patterns onto our partners.

This perception is based on a pattern within ourselves. It may be a pattern of sensitivity, dependence, or other characteristics. We expect others to behave according to our own pattern.

#### **COMMUNICATION IN RELATIONSHIPS**

Our communication is also often influenced by our own perception. When we talk to our partner, we see the situation only from our own perspective.

We say things like "Why did you do that?" or "Why are you acting that way?" from our own perspective, from our own needs and patterns. We don't communicate from the other person's perspective.

To illustrate this, Sankaran does a simple exercise. He asks the audience to name three words that describe Trump. The answers are varied and show how different our perceptions can be, even in relation to a single person.

### **THE REALITY OF OUR PERCEPTION**

Sankaran draws an important conclusion from this exercise: our perception is subjective. We always see other people through our own lens. We project our own needs, patterns and sensitivities onto them.

The speaker points out that we often only see our own perception of the other person, not the person themselves. So basically, we are only communicating with ourselves instead of really seeing the other person.

### **EMPATHY AND ACCEPTANCE**

When we begin to understand the other person's perspective, we can develop empathy. We recognize that our partner's actions are shaped by their own patterns and perceptions.

Through this empathy, we can develop a deeper acceptance. We recognize that our partner is not necessarily acting in this way to hurt or disappoint us, but because of their own inner processes.

Sankaran encourages us to think about how such empathy and acceptance might change their relationship. When we give up our non-acceptance and expectations and instead develop compassion and understanding, relationships can flourish.

### **THE PATH TO SELF DISCOVERY**

True harmony in relationships can only be achieved when we find inner peace and self-understanding.

The speaker relates a personal experience in which he realized that the pain he felt was not caused by the action of another person, but was an inner pain that occurred in various situations. This pain was his own, independent of external circumstances.

Sankaran tells how he decided to turn the mirror inward and become aware of this pain. He realized that this was his own pain, triggered only by external circumstances. This realization opened up for him the possibility of self-discovery and growth.

### **THE SIGNS OF EVOLUTION: HONESTY AND SELFLESSNESS**

Sankaran names two signs of personal evolution: honesty and selflessness. He explains that these two qualities are inseparable from inner growth.

Honesty means being truthful both to oneself and to others. It means knowing and expressing the truth without masks or deceptions. Honesty is a sign of maturity and inner strength.

Selflessness means putting the good of others above one's own good. It is a form of love that is not selfish, but unconditional. Selflessness leads us to think less about our own needs and instead prioritize the happiness and well-being of others.

### **THE TRANSFORMATION THROUGH CONSCIOUSNESS**

Sankaran encourages us to look at ourselves and recognize our own inner patterns and expectations. This awareness is the first step towards change and personal development.

He sees the ultimate way to reduce our expectations as examining our own inner patterns. When we recognize and understand our patterns, our dependence on external circumstances and other people becomes less important. We realize that deep down we are perfect and content.

He further encourages us to dwell in the moment and recognize the fullness of the present moment.

He explains that we often think we need certain things to be happy, but in truth we are already complete and content. This awareness can free us from unnecessary suffering.

### **THE IMPORTANCE OF SELF-LOVE**

The importance of self-love cannot be overemphasized. Sankaran encourages us to accept ourselves and be proud of ourselves. He explains that we are ultimately expressions of truth and love, and we should treat ourselves with love and appreciation.

Sankaran emphasizes that we are ultimately part of universal consciousness and that there is no separation. This realization can inspire us to be more selfless and feel unconditional love for all beings.

### **LIFE AS A JOURNEY OF SELF-DISCOVERY**

What if we change our perspective on life? Instead of seeing our goal as being constantly happy and avoiding suffering, we should see our life journey as a quest for self-discovery and inner healing.

He encourages the audience to accept pain and joy alike as opportunities for self-discovery. These experiences can lead us to look deeper into ourselves and recognize ourselves on different levels.

### **THE PRESENT MOMENT AS THE KEY TO HAPPINESS**

The past and the future are each only memories and imaginings. The only thing that really matters is the present moment.

Sankaran calls us to live the present moment fully, whether it brings joy or pain. When we live the present moment with truth and awareness, we experience true life and freedom.

### **THE CONNECTION BETWEEN TRUTH AND LOVE**

Sankaran has a strong message for us about the connection between truth and love: truth and love are ultimately the same universal quality of consciousness. Truth is synonymous with awareness, clarity and acceptance, while love is associated with empathy and unconditional love.

The speaker encourages the audience to move forward on the path of personal development and healing. True harmony in relationships begins with an inner transformation where we recognize ourselves and cultivate the qualities of truth and love.

### **THE MESSAGE**

Feel the present moment!

Recognize your own completeness!

Experience love and peace!

Dr. Rajan Sankaran impressively shows how important it is to recognize one's own inner patterns, to develop empathy and acceptance, and to live the present moment as the key to happiness. The connection of truth and love is presented as the path to inner healing and harmonious relationships.