

The Three Principles Relationship

About the Three Principles

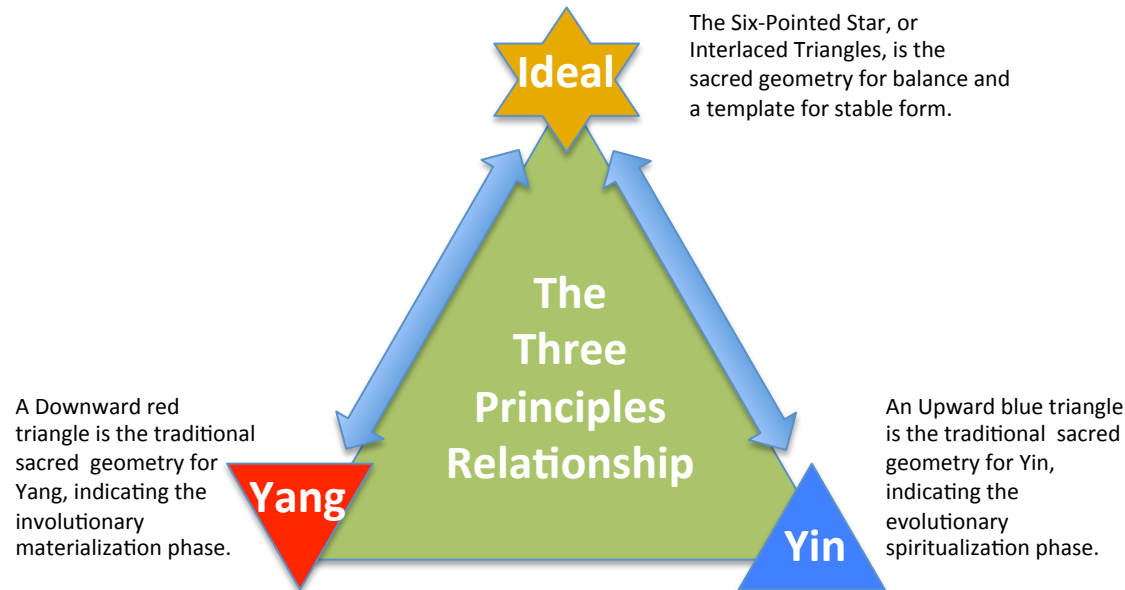
- The “Three Principles” concept is the basis of ancient medicine and philosophy.
- All phenomena are considered to have expansive, contractive and neutral phases, comparable to the proton- electron-neutron structure of the atom.
- The Three Principles are called Yang, Yin and Tao in China, and Rajas, Tamas and Satva in India.
- The Three Principles concept has enormous value in all aspects of life, including health care, relationships, parenting and vocational interests.

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In the Hollywood relationship, the couple seeks happiness and fulfillment through the performance of the other person; they are susceptible to inevitable disappointment. The pressure is on the other person directly.



In the Three Principles relationship, the individuals each seek self-realization through performance in relation to the Ideal of Relationship, not just the other person. The pressure is on Self more than Other. Happiness and fulfillment are much-desired by-products, not the primary objective. A marriage becomes a lifelong study in the Art of Relationship, a form of *Sadhana* (from Sanskrit, meaning spiritual practice).

Relationship Archetypes

- Archetypes are symbolic models of attributes. Archetypes can be mythic or historical. Popular celebrities often become archetypal representatives of particular traits.
- Three Principles archetypes can simplify understanding of positioning in a relationship and serve as a guide for performance.
- In a relationship, the Yang archetype calls for Responsibility, and avoiding extremes of Wimp (too little Yang) or Tyrant (too much Yang).
- The Yin archetype calls for Flexibility and avoiding the extremes of Doormat (too much Yin) and Critic (too little Yin).
- In a relationship, the Neutral is a pure ideal, negotiated by the participants prior to full commitment.