

John Friend Quotes

*Heart, Spiritual, Couple, Communication, Intimate Relationships, Long, People,
Way, Powerful, Joy, Essence, Sensitive, Teacher, Creative, World, Water,
Sensual, Creative Juices, Share, Love Life*

Grace will hold you every step of the way.

~John Friend

May all of our relationships be gateways to sharing in the highest love and sweetest joys, and to awakening to our full potential.

~John Friend

Yoga is about awakening. Yoga is about creating a life that brings more beauty and more love into the world.

~John Friend

Be trustworthy. Steadiness and integrity lead to energetic opening in the other as the blocks in relating dissolve away with deepening trust over time.

~John Friend

A Drop of the Ocean is still the Ocean.

~John Friend

Align with nature... Magic happens

~John Friend

Good sexual chemistry is fundamental to a vibrant intimate relationship.

~John Friend

Be spacious. Open to listen and feel the other without prejudice.

~John Friend

Flow. Be adaptable. Be sensitive like water, feel the other so you can attune and harmonize with your partner.

~John Friend

Be fresh and new when perceiving the other. Always look for the

highest first, look for the intrinsic beauty and goodness, for the essence of spirit in your partner.

~John Friend

We seek fulfillment in our lives through heart connection with others. This is our soul's essence of joy, which spontaneously pulses through us, longing to share itself with another.

~John Friend

Without good communication both verbally and non-verbally, then the love relationship is not sustainable and cannot grow.

~John Friend

The more knowledge one person has of the other, the greater the intimacy within the relationship.

~John Friend

Creatively express your love through your life. Love is expressed through our hearts, minds, and bodies.

~John Friend

The spark of eros provides color and flavor to delight in our sensuality. Without generating this creative juice, many people feel uninspired and dry in their lives.

~John Friend

Over time the energy generated in romance and lovemaking provides the vitality that inspires each partner for enthusiastic creative expression in life.

~John Friend

It is through our deepest intimate relationships that we can gain some of our soul's most powerful spiritual advancements.

~John Friend

What does everybody want deep in their hearts? Love.

~John Friend

One beloved friend reflects the other in an open, trusting relationship.

~John Friend

The greater the trust within the couple, the greater the opening to share in love.

~John Friend

Be passionate. Generate the magnetic power of eros through sensual, mental, and spiritual delight.

~John Friend

Having a similar outlook on life is the central key for long-term sustainability in any love relationship.

~John Friend

The two partners in a relationship also need to have some similar interests in addition to a similar life view.

~John Friend

Give the benefit of the doubt; assume that your beloved's intentions are life-enhancing and positive.

~John Friend

Skillfully engaging in intimate relationships can be one of the most potent spiritual practices.

~John Friend

Friends range from acquaintances all the way to our best friends and beloveds. A tremendously powerful energetic love can be created from close friends who are highly aligned.

~John Friend

There might be a lot of physical chemistry within a couple, but without the compatibility of life philosophy and interests then the relationship will likely not be long-lasting.

~John Friend

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