



# Interview Transcripts

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## Secret to a romantic relationship - Anita Moorjani, Hong Kong

**Guest:** Anita Moorjani

**Date:** September 15, 2012

**Length:** 3:19

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**ANITA:** I had a caller in one of my radio interviews, radio show's [??], who asked me, who said to me that she found out her husband wanted to leave her but she didn't want to leave him and she was trying to force him to stay and I did respond to her something that I had no way to get in touch with her but I think this would apply to a lot of people so I just feel compelled to say that after that call, much after that call, it kind of hit me what I really should have said to her and what I really should have is when we learn to love ourselves unconditionally, we are able to love other people unconditionally and if you are in an issue, if you're having an issue in your relationship, the conversation that I would really like to see you have is something along the lines of saying to your partner that I love you unconditionally enough for you to have what you want in life. But if what you want goes against my values for myself, I love myself unconditionally enough not to have to put up with it. So, in other words, the difference between regular love as we tend to practice it in physical life, we tend to place conditions, we tend to have actual contracts, like marital contracts, and we expect people to stand by the contracts whether they feel love for us or not. Unconditional love is when you love somebody enough that what you want for them is for them to have what they want for themselves. And if what they want for themselves is not quite what you want in the relationship, unconditional love for yourself allows you to leave the relationship and if that person doesn't want to lose you, if they love you and want to give you what you want, they will stay in the relationship but it will be a much more real relationship than a conditional one where 2 people are doing it out of obligation.

**LILOU:** Wow. That was a big piece. I'm sure for a lot of people. Oh my goodness. This is direct factors right there we can all get some of that for sure. Thank you.

**ANITA:** My pleasure. I just felt the need to say that. Yes.

**LILOU:** Very, very good. I'm glad you did and this is part of the spontaneity and living in the moment and expressing what you feel and kind of we're all being channeled, kind of the hands and the mouth of the universe, aren't we?



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**ANITA:** Yeah, exactly, we all are and that's the truth of it. The thing is that I personally, I don't believe in treating anybody like a guru because what I want people to know is that you have a guru in here so listen to that.

**LILOU:** Very, very important. Thank you Anita.

**ANITA:** It's my pleasure. It's such a pleasure talking to you Lilou.

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