

# HOW TO HEAL RELATIONSHIPS THAT DRAIN US

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There may be times when we find ourselves in a relationship which feels like it drains us. There may be no fight, disagreement, upset, or clear issues which are clearly at cause; however, we may feel drained by a conscious or unconscious need to please a person, give them what they want, or have them see us in a certain way. We can use the following steps to clear away the energy drain which we feel, even in their presence, and return back to a state of wholeness, joy, and vibrant energy, without trying to change anything at all in ourselves, or in the other person.

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(Note: Always be sure to do this process out-loud, where no one will hear you.)

**Step 1:** *Picture the person in front of you who you feel is draining your energy in some way, even if they are not intentionally doing so, whether or not it is a conscious or an unconscious occurrence, and even if doesn't make clear rational sense as to why.*

**Ask, on a 0-10 scale, “If 0 = the joyful and supportive energy which feels only uplifting to a boy and his favorite puppy (Pause and visualize them), at our worst, how much energy drain, and pulled down do I feel in the relationship between me and \_\_\_\_\_?”**

*Now, open yourself up, completely unarmored, and with full sensitivity and not trying to make sense of it, rate how draining, unjoyful, and pulled down you feel in this relationship, at your worst, on a 0-10 scale = “X”.*

**Step 2:** Repeat the following sentence using this rating...

**“At our worst, I’m feeling a “X” energy drain in the relationship between us,”**

**“At our worst, I’m feeling an “X energy drain in the relationship between us,”**

**“At our worst, I’m feeling an “X” energy drain in the relationship between us,” ... etc.**

Repeat over and over what you are feeling using this sentence ... *Our tendency is to try to avoid facing all that is challenging in our relationships and to try to avoid whomever is triggering our upset. We also sometimes try to discount what we can't figure out. Thus, periodically refresh the visualization of the person in front of you, and fully validate your feelings in this process, without trying to figure them out. Continue repeating this sentence this until at least 60 to 90 seconds passes, or the level of energy drain clearly subsides.*

**Step 3:** *Return to Step 1 and re-rate ... Continue with these steps until you're happy with how much the energy drain has subsided, or until you clear your way to feeling the energy is totally joyful and supportive in the relationship between you and your subject. After clearing to a 'trace' level of energy drain, you may finish the clearing process repeating, “I'm still not feeling joyful and supportive energy between us -- like the puppy and the little boy...”, over and over, until you feel fully free and energized facing your subject.*

*... It may be helpful to remember this adage ...*

**“The energy drain I am willing to face will erase ...  
The energy drain I try to avoid will keep me annoyed!”**

## **A Spiritual Solution**

When we finally break through to feeling no further energy drain in our relationship, we will see that we never had to ask the other person to make even the slightest change in who they were or how they acted, yet there now is a feeling of joy and supportive energy in place of how we previously felt.

Most of us are seeking a worldly solution to our relationship problems: we try changing another person; we try ignoring, numbing, or armoring ourselves in our relationships; or we try running away from (or avoiding) people who drain us, push our buttons, or cause us some degree of pain or upset. If we realize, instead, that relationships are a mirror for our own past wounds (our emotional buttons), we see that running away from, ignoring, or trying to make changes to another person results in only a temporary avoidance of our discomfort. Clearly, if we have a person who is a ‘mirror,’ reflecting and showing us our own past unhealed wounds in front of us, we know it won’t help to try to alter our ‘mirror’, change the lighting, or turn away from our reflection, since our wounds will still not be healed. Instead, someone else will mirror them again for us when they push our buttons.

By using this process to face people who drain us, we release our inner emotional wounds and pain, and our outer relationships completely change to reflect this -- breaking what otherwise might be long standing and recurring patterns in our lives with others. We thus realize a “spiritual” solution to the difficulties in our relationships: instead of trying to change or avoid others, we focus our work on our own inner-healing.

## **So How Can We Stay Energized & Joyful?**

We know life is likely to present us with challenges every day, so how can we stay energized and joyful in our relationships in the midst of the challenges which keep coming our way?

We take showers or baths every day to keep our bodies clean – even though we will surely get dirty again. We brush our teeth every day – even though they will probably be in need of a brushing after our next meal. Some of us do physical exercise regularly, despite so many forces – including ageing and even gravity itself -- which are constantly acting against us.

But what do we do for our daily mental peace? Regularly doing something to “clean” or clear the mind is important, in the face of so many forces in our day to day lives acting to disturb it.

This is something we have forgotten, because no one has to teach children how to regularly “clean” their minds in the face of whatever is disturbing them in life and their relationships. They innately know how to release their daily stress by crying, throwing a tantrum, or expressing their upset feelings – after which, they quickly return to being light-hearted, free, loving, and joyful again.

We can definitely feel that way again as adults, finding our way back to regaining our youthful light-heartedness, love, joy, and glowing energy in our relationships if we take a few minutes time daily to do clearing practice.

