

# HOW TO CLEAR RESISTANCE IN RELATIONSHIP ISSUES

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Relationship issues can be complicated, but often the path to finding peace and love again is actually quite direct. It's important to remember the 'golden rule' of spiritual healing: *"Whatever I can feel is always, 100% of the time, 'mine' – even when it appears to come from someone else"*. If we take responsibility for whatever we feel is arising in our relationships, we can use the following steps to clear away our upset and return to a place of lightheartedness & joy!

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**Step 1:** *Picture the person in front of you that you find challenging. Notice the feeling in the space between you and the emotional fields around both you and them. Now compare this to imagining the space between and fields around either of these ideal couples ...*

**Ask** "If 0 = not the slightest resistance for Romeo and Juliette to feeling total light & joy in the space between them and in the fields around both of them" ... pause and visualize this

... or for non-romantic relationship issues ...

**If 0 = not the slightest resistance to feeling total light & joy in the space between a little boy and his favorite puppy and in the fields around them"...** *pause and visualize this*

**Then...** "In sharp contrast... On a 0 – 10 scale, in the space between us, and feeling the fields around both you and I, how much resistance do I have to feeling total light & joy in the relationship between us?" *Then rate this number.*

**Step 2:** Repeat... "I'm feeling a \_\_\_\_ resistance to feeling total light & joy in the relationship between us"

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. Thus, periodically refresh the visualization of the person in front of you, facing him/her until the particular feeling fully subsides. (Be sure also to keep sensing the emotional field around them for any residual upset. Sometimes after we feel better they can still appear unjoyful.)*

**Step 3:** *Return to Step 1 and re-rate ... Continue with these steps until you're happy with how much your emotional upset has subsided, or until you clear your way to a feeling of total joy in your relationship, and a feeling of total joy in the field and mood of the other person.*

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

**"What I am willing to face in our relationship will erase ...  
What I try to avoid in our relationship will keep me annoyed!"**