

HOW TO CLEAR RELATIONSHIP ISSUES

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!

Step 1: *Picture the person in front of you that you find challenging. Imagine your hands on each other's hearts, and 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 the fields around either of these ideal couples ...*

Ask "If 0 = the total light & joy in the space between Romeo and Juliette and in the fields around both of them" ... pause and visualize them with their hands on each other's hearts.

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

If 0 = the total light & joy in the space between a little boy and his favorite puppy and in the fields around both of them" ... pause and visualize them playing

Then... "In sharp contrast... On a 0 – 10 scale, with hands on each other's hearts, in the space between us, and feeling the fields around both you and I, how unjoyful & how much darkness do I feel?" Then rate this number, "X".

Step 2: **Repeat... "I'm feeling a "X" unjoyful 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, with hands on hearts, until the particular feeling fully subsides. (Be sure also to keep sensing the emotional fields around both of you for any residual upset. Sometimes after we feel better the fields around you both can still appear to be unjoyful or dark).

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!"**

A Spiritual Solution

When we finally break through to feeling total joy in the relationship before us, we will see that we never had to ask the other person to make even the slightest change in who they are or how they act, yet total love and acceptance for them dawned.

Most of us are seeking a worldly solution to our relationship problems: we try changing another person; we try ignoring, numbing, or armoring ourselves to our relationship issues; or we try running away from (or avoiding) people who push our buttons and 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 a another person results in only a temporary avoidance of our pain. Clearly, if we have a blemish on our face, we know it won't help to try to alter our mirror, change the lighting, or turn away from our reflection, since it will not be healed and show up again in some other mirror we find.

By using this process to face people who push our buttons, we release our inner emotional 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-selves.

So How Can We Stay Joyful?

We know life is likely to present us with challenges every day, so how can we stay 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, and joy in our relationships if we take a few minutes time daily to do clearing practice.

