

HOW TO CLEAR RESISTANCE IN RELATIONSHIP ISSUES

Relationship issues can be complicated, and there can be a lot of anger, upset, and fear blocking our desire to let go of our pain. If you find you have too much resistance to doing the "How to Clear Relationship Issues" process, the following process can help you to clear your resistance to forgiving and letting go of the upsets which are troubling you, and preventing you from feeling peace and joy and harmony again within.

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 = 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, with their hands on each other's hearts ...

Or for non-romantic relationship issues ...

Ask: "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, with hands on each other's hearts, in the space between us, and 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, 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 fields around you and the other person – which means the "resistance" is fully gone.

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

"If I am willing to feel my resistance ...

It will melt my insistence"