


SECTION ONE

LOVE AND RELATIONSHIPS



**“One is loved because one is
loved. No reason is needed
for loving.”**

~ Paulo Coelho, *The Alchemist*

Photo By Melisa Caprio

How do we cultivate loving and harmonious relationships?

We all want harmonious relationships. In every area of our lives we would like to have healthy relationships—with our parents, siblings, friends, co-workers, employers, employees, and of course, our romantic relationships. How does that look in your life? I can almost guarantee everyone reading this book has or either has had a difficult relationship of some sort. So, how do we cultivate harmonious relationships? Relationships are perfect mirrors for what is going on inside our own hearts. Imagine you are being triggered by your mother because she constantly is criticizing you. Yet, she believes she does it out of love for you, but every time you are together you notice your heart beating faster and your stomach churning, because you are waiting for her next judgement. When it comes, it sends you reeling. Well the reason you are having this experience and feeling this is because inside yourself you believe you are not good enough somewhere in your life and your mother is reflecting that back to you.

What it actually is doing is giving you a perfect opportunity to heal that limiting and harmful belief. Once you heal that, your relationship with your mother will automatically shift—without you even having to have a conversation with her about how much it bothers you when she makes her comments. What will happen is she will magically stop because she is now responding to your new energy, or it won't trigger you any longer being it holds no more power over you.

Can you see if you look at your life where you are in relationships that are triggering? This is very different from being in an abusive relationship. If you are being abused in any relationship, the first thing you need to do is remove yourself, get to safety, and get the help and support you need.

We are in relationships with everything and everyone around us. Desiring harmonious and loving relationships is a very common desire that all of us have. We want to enjoy being with the people we love, and we want them to enjoy being with us. If you are around someone who makes you anxious and nervous and irritates you, take a moment to look at that. Where is it affecting you? What emotion is it bringing up in you? Where are you holding it in your body? This is very important because we are being given an opportunity to see in ourselves where we are wounded; the best way to have healthy relationships is to heal our own internal wounds. What happens after we heal is our relationships shift and change. There will be those people who will fall away because you don't match energetically any longer. There will be those people who now have a respectful distance, and you wish each other well but are no longer close. Then there will be those that shift to a higher vibration with you. You will help be the catalyst for their own growth alongside of you. New people will come into your life who match you energetically. Remember everything vibrates energetically, and we are a magnet for those things that match us.

What happens as we discover more about ourselves in our journey is we all have wounds that we carry, and the best advice I can give anyone is do whatever you have to do to heal those wounds. The more you love yourself the better your relationships in general will be. The more secure you are with who you are, the less you will be triggered by what others say and do. A very common self-limiting belief a majority of

us have is, *I am not good enough* or *I am not worthy*. Everything stems from this affirmation. If you carry this story around with you, you will manifest this in your life, especially in relationships. Your relationships will keep showing you that you are not good enough. You aren't worthy of having a healthy, loving, romantic relationship. I have been there myself. Of course, I didn't know that when I was in it. Later, much later, after doing the inner work and getting help from programs and coaching, did I shift that dynamic. Learning to be with yourself and loving your own company has tremendous rewards. You get to really know yourself inside and out. You know what you will no longer tolerate in relationships. It is very empowering. Many people jump from one unhealthy relationship to another unhealthy relationship because they cannot be alone or with their own company. One of the greatest gifts you can give yourself is loving yourself and honoring and enjoying your own company.

When you are ready, the next romantic relationship that you manifest will be healthy and have those qualities that you have been desiring. The Universe wants to give you what you want. The problem is we send mix messages, we say we want a respectful loving relationship yet we allow others to disrespect us. Do you see the problem with that? We must be very clear with our thoughts, emotions and actions so the Universe knows how to give us the relationships we want.

You know you have blocks in manifesting empowering and healthy relationships. You recognize that and now you want to know what to do. Well, good news! The first step is realizing that you have these blocks and self-limiting beliefs. The second step is to start doing some research. We have a wonderful tool at our fingertips that we can use, it's called the internet. Another one of my favorites is the self-help section of bookstores. Start there and connect with people who have done the work themselves that can help you. Take classes that help you heal. Hire an expert, a therapist, or coach that can guide you. Go to a healer for help. There are so many things you can do—join support groups or start a support group. There is a ton of help out there. Let go of that belief that you cannot afford it or that it isn't available to you. That is just another limiting belief. Declare you are getting yourself support, and I promise you the Universe will bring you what you need to get that support.

So, you have decided you want to manifest healthier relationships but you're a total people pleaser. You completely put yourself last to take care of everyone else. People cross boundaries with you all the time. You feel stressed out, exhausted, and are growing more and more resentful as time goes on. There is the part of you that wants to say no when asked for one more thing, but the other part of you is screaming louder that you cannot say no. You want everyone to like you so you must say yes. The more you say yes to others when you don't really want to do something, the more aggravated you get. The angrier you become, the more anxious you grow. What starts to show up in your reality is more and more needy people coming to your door. You think, *I cannot take this one more second!* You are at your wits end, you are exhausted, and you start to break down. You may even get sick. Being a people pleaser is not a high vibrating energy. What it is, is a desperate needy feeling inside to be liked and feel valued. But you are not honoring yourself when you are a people pleaser. What you do is bring more needy people in your life that need to

be pleased. These are not healthy relationships, and when neither of you have boundaries in place, resentment and toxicity occur. The message we are sending to the Universe is not send me healthier relationships, but send me some more needy people I can try to get my validation from. Do you see that? Good.

So, let us do a releasing exercise to help us. It is a very simple exercise that we can do, but it does require giving yourself the permission to do it. Set aside some time for yourself to do this exercise, you will need a journal and a quiet place. Sit down, take a few deep breaths, and set your intention that you are going to release your attachments to relationships that no longer serve you and are causing you any kind of anxiety. On paper, you are going to write down everything you no longer want to show up in your reality in terms of relationships. List everything you can think of. It could be bickering with your partner, feeling disrespected at work, being taken advantage of by your friends or family. Be specific in what you write down—even little things that may seem insignificant. Write it down. When you are finished, take that sheet of paper and put a big X across it. You are crossing it out. Say to yourself out loud, “I am no longer a match for these kinds of relationship issues to show up in my life.”

On another sheet of paper, I have a list of questions you can use to help you get very clear about what you want your relationships to look like.

1. What do you believe you deserve in your life and relationships?
2. Do you trust yourself to take care of your needs? How would you do that?
3. What do you need to let go of in your life? How do you think you will feel once you let it go?
4. When was the last time you didn't get something you wanted in a relationship, but it worked out for the best?
5. What do your relationships look like to you, if nothing stood in the way?
6. What does love mean to you? How do you show love to yourself and others?
7. What would your daily life look like in your ideal relationships?
8. Have you ever valued someone else's opinion over your own? Why? What would that situation have looked like if you put yourself first?
9. What do you bring to relationships? Are you happy with what you bring to the table?
10. What does forgiveness mean? What do you need to forgive yourself for? How can you love yourself through the forgiveness process?
11. Do you need to forgive others? What does your life look like if you forgave those people who hurt you?

12. What do you think about yourself when you look in the mirror?
13. What do you love about your life right now? Why do you love it?
14. What do you love about your relationships right now? Why do you love them?
15. Is being selfish a negative thing or a positive thing? What if you believed that being focused on your feelings could be beneficial to your well-being? How would your life change?

Take some time with this exercise. Really think about it, and look over what you wrote down. This is a great way to see where you are at and where you stand in your relationships. It's a clarity exercise. Sometimes we think we know what we want and don't want, but it isn't until we see it written down that we realize where we are emotionally. After you get very clear on what you will no longer accept in your relationships and you see where you are emotionally, write a love letter. The love letter can go in your love box, which I share later in the book that you can create to help enhance your relationships or manifest new ones. The love letter could be to a partner whether in an existing relationship or to bring in a new one. It could be to someone in your family that you want to shift the relationship to something harmonious. It could be to a friend or co-worker where the relationship is struggling and you want to heal that relationship. It works for anyone you want. Keep the love letter in the box until you manifest that relationship. Then, take the letter from your box, thank it for helping bring in your manifestation, and release it and let it go. It is done. You could do a letting go ritual. For example, you could burn the letter, or you could save it and put it away somewhere in your journal. This is totally up to you; it's a personal choice. There is no wrong way to do this. I also like to do this on a new or full moon. I believe I am working with the power of the moon to help enhance my manifestation. The reason I say there is no wrong way to do this is because the Universe is responding to you and your energy. If your energy is strong and you clear these blocks to receiving and believe that you deserve to have what you are asking for, have faith, it is on its way to you!

This is why I ask people to create a postcard when they want to manifest a new relationship or shift the energy of an existing one. When you make a postcard, you are placing your energy into it. When you sit down and get into your creative space, all sorts of magic begins to happen. Imagine you are a casting a spell, and you are placing all your ingredients in that potion for it to do your bidding. Well, that is what creating a manifesting postcard is like. The more you get and put into it, the more you are infusing it with your own kind of magic elixir. When you send it out and release it, you just made a declaration of your affirmation, and so it is! Now get out of the way, allow the Universe to bring it to you, and know that it is coming. The how, why, when, and what it looks like is none of your business. I know that sounds counter intuitive, but trust me, the Universe knows way better than you what you need. The Universe loves you and wants you to be happy, so trust that it is on its way!

In this next section we create a Love Box to manifest love.