

A background image of white flowers, possibly cherry blossoms, with soft yellow centers, set against a light, slightly blurred background.

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## ask diane

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I am having a challenging time in a relationship. What can I do?

You can heal the relationship--by healing yourself. Indeed, the point of power is not in changing the other person. It is always within you. This single fact is truly a master key to transformation. When I use, it always works.

Relationships are at the root of so many of our challenges, both physical and emotional. I've seen people who couldn't speak up or stop negative words from coming their way develop problems with their thyroid. Likewise, sometimes people who carry a lot of anger develop blockages in their heart. Other people get so upset about relationships that they develop digestive problems.

Sometimes we suffer for years--or even a lifetime--unable to fix a pattern that causes us misery. The good news is relationships are also the key to our transformation.

Many times we can find that someone we love, or someone we work with, is creating challenges for us. They have a habit or a pattern we find difficult to tolerate. One of the most powerful aspects of my journey has been learning to work with these difficulties as divine gifts.

All we have to do is ask: Where is the Mirror? Is this person's habits a reflection of something in me? For instance, if someone isn't neat enough--is there any way that you could be neater? If a loved one is procrastinating, is there any area where you've been procrastinating? (I worked with this one just recently--and had extraordinary results.)

We can even look at our relationships to things such as work, time or money, or relationships in general. Then we would ask: How does that theme reflect my emotions or thought forms? What do I need to transform within myself to create a different reality outside? We can think the issue is due to some outside force, but actually it is always something within.