

DIANE GOLDNER

energy healer & medical intuitive

ask diane

February 2015: HOW DO WE HEAL A RELATIONSHIP? AND HOW DO WE HEAL THRU RELATIONSHIPS?

Love is the most powerful catalyst for transformation we have. For love, we will do things we never thought possible--or necessary. We may develop patience, fortitude, courage, surrender, generosity, commitment and many other soul qualities. We may resolve anger, insecurity, anxiety or even a lack of boundaries.

Almost every healing I have done involves relationships. Even many physical illnesses have relationship issues as an underlying condition. Our love relationships--be they romantic or familial--often provide us with many opportunities for self reflection and transformation. We have so much at stake, we will go the distance to heal and bring harmony and a higher order.

In order to heal something in a relationship, think about what challenges you. Perhaps your loved one has a habit that annoys you very much. Perhaps, for instance, he gets angry. The point of power is always in you. Take a look at yourself: Do you ever get angry? Work on healing the tendency in yourself--even if it is subtle compared to the tendency manifested by your partner.

As you heal you may be surprised to find that your partner heals a little, as well. Or perhaps, that tendency is a call for you to develop more compassion, acceptance or unconditional love or even a stronger backbone. Go within and ask yourself how you can meet the challenge. (Take a look at the guided meditation to the right. You can also look at the guided meditation from March 2010.) As you work on improving your relationship, you may go through a deep process of self examination and heal many things.

If you are lucky you will begin to see the imprints from childhood that distort your perception, the places you lack emotional flow or have limiting beliefs or behaviors. These are simply places where you are being asked to grow, to expand your horizons and your soul qualities. It takes relationship to see yourself. Once you see, you can change.

Every situation presents us with an opportunity, a gift for us, an invitation to grow spiritually. And at the top of the list, always remember to love yourself. For we can only love others as much as we love ourselves. It is very hard to give someone something we don't have within.

Celebrate love. Become the love that you celebrate.