

case studies

February 2015 Healing 101: THE CRUCIBLE OF LOVE

We all have romantic ideals of what a relationship will be like. But what almost never gets discussed is that our relationships are a call for self transformation. So many healings I have done involve relationship issues.

My healings with Kendell are a perfect example. When Kendell first came to me for healings, she was quite timid in her relationships. Each time she dated a new man, she always wanted to know: Was this the "one?" She was concerned about whether he was going to want to choose her for a life partner. But each time, I noticed the man wasn't really a good choice for Kendell. If she wanted someone stable, the man in question wasn't be very good at earning a living. If she wanted someone ready to commit, the man would be eight or ten years younger, just out of college.

As I did the healings, I saw that Kendell needed to know that she counted. She needed more self esteem and more self awareness. And she needed to be able to speak up about what she wanted. After each healing I would redirect her question: "What does Kendell want?" She began to ask herself basic questions: "Is this relationship working for me?" Is this man kind to me? Is he interested in a serious relationship?. Does he have the emphasis on hard work that I admire?

I could tell the healings were working because with each man Kendell dated, she got closer to what was in her own heart. Finally, she called me to tell me that she had met "The One," a man who had declared his love for her, and was willing to make choices, even sacrifices to build a life with her.

Each relationship was part of Kendell's journey to find her husband--but more important, they were part of Kendell's search for herself. When she called to tell me she had found, "The One" I congratulated her. But I also warned her: Getting married is just the beginning of the journey.

As we go forward in a relationship, even, or especially in a marriage, to make it work we must still search and refine our own Self. A relationship is a magic mirror for us to see our own self.