

RELATIONSHIPS

By Nansea Lee

Our lives revolve around relationships: parents, siblings, children, friends, co-workers, and romantic partners. Relationship classes were never offered at our schools and most of us just jumped into our romantic relationships when we were teenagers. Then we kept repeating old patterns some that worked and others that did not. If you are having challenges in your relationships this is an indication that your relationship skills need updating.

With our break-ups, heartaches, and disappointments from prior relationships our minds and bodies often times still hold many of those unresolved emotions and patterns. With our next relationship we unconsciously bring in past heartaches, frustrations, and suppressed emotional patterns. We continue to play out these patterns, that ultimately do not help us to create equal, conscious, respectful loving relationships, until we learn another way.

When I met my Beloved Brian, I initially was so thrilled to meet him. But, within a second my body instantly contracted energetically, because it had an old relationship memory of being hurt by the last man I was with. On a very deep level I didn't feel safe. Brian noticed when I met him that I initially had a big smile on my face and he had felt my open heart. But, then that quickly changed as my heart shutdown and my energy field contracted due to an unconscious body relationship memory. I was unconsciously holding heartache from my last boyfriend who had broken up with me. So when I met Brian, it was as if every cell in my body was saying, "warning sign, warning sign, proceed with caution," my heart chakra closed. My body remembered the heartache that I had felt the year before.

We are here in life to learn about relationships and statistics show that 40% of first marriages and 60% of second marriages end in divorce. Why, because no one works on how to change their relationship patterns that are stopping them from creating fulfilling relationships. We

are all creatures of habit and have patterns of unconscious behavior that we carry out daily. Many of our life lessons revolve around our romantic relationships and new relationship education is needed to break old habits.

All relationships mirror back to us something about ourselves. They offer us numerous opportunities for spiritual growth and self-development. As an example, I have had a number of female friendships that went sour. I have learned a lot about myself through my female relationships.

But, after being emotionally hurt from some of my female friends, I started looking inside of myself. I kept asking, "Why was I attracting these hurtful women into my life?" I began to see the similarities with these female friends. After reviewing our interactions more deeply, I realized that their patterns were also quite similar to my mother's patterns; they were all narcissistic.

This confirmed a realization, that children after spending so much time with their parents absorb some of their parents' behavior patterns, and carry this within their energy field, or aura. Our parent's patterns, good or bad, are familiar to us and from the continuous interactions with them throughout our childhood, their patterns become enmeshed within our energy field or aura.

Our aura's act like magnets and we attract the people into our world from the energy that is being held in our energy field or aura. If we are used to abusive, highly critical, controlling, narcissistic, and angry people, similar to what we experienced in our childhoods, then it is quite easy to unconsciously attract the same type of friends, boyfriends, or girlfriends into our lives. I have observed this unconscious aura-attracting pattern with clients, friends, family relatives, and myself. This pattern will continue to play out until we bring awareness to it and decide to change it. If we no longer want abusive people around us we first have to identify this in our lives. Then I suggest speaking out loud, to universal energies, that you are done attracting "abusive people into my life." I would then suggest affirming what type of people you desire in your life, "***I now only attract kind, loving, and honoring people into my life.***"

When we shift the old outdated energy patterns in our energy field we are then able to attract better quality people into our lives. I believe throughout our lives we are here to work on our minds; eliminating what no longer works for us, identifying what is important, what we value, and want.

Our energy fields act like magnets and hold so much about our life experiences. If you do not like the quality of people that you are attracting into your life, this is an indication that some self-evaluation and inner shifting would be advantageous for you. When we identify old behavior patterns, eliminate outdated beliefs, or heal emotions, we then become more available to attract better quality people into our lives. If you don't like the types of partners you are attracting, it is about looking within yourself, and some deeper inner work would benefit you to shift this. If you desire love in your life it all starts with you.

The most important relationship that we have in this life is with ourselves and then from this we are able to create what is in alignment with ourselves; the type of people we are in harmony with. Knowing ourselves is a fundamental principle of the spiritual path. On the ancient Greek Temple of Delphi the inscription reads, "Know Thy Self." When we are in touch with our emotions, heal the past, know our beliefs, and even fears we are able to design our lives and attract into our lives what is in alignment with ourselves. Romantic, loving relationships offer us many growth opportunities and their purpose is to heal and open our hearts. The energy of *LOVE* is the most powerful energy on the planet.

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