

Making Space for a Loving Relationship in Your Life.



One Warning:

This process is powerful and has ended long term relationships and awoken the stagnant ones. Go into this lesson with the intention to be truly happy in your relationships and let the Universe open or close the proper doors.

I am not saying that your happiness depends on others. Only that the way you think and feel about the relationships you have with people, time, work, the fun has a meaningful impact on how happy you feel.

How Big is Your Rock?

Are you carrying a pebble, or are you stuck behind the Rock of Gibraltar?

How angry do you feel about your past relationships? Are you disappointed, or are you livid? Do you hate your ex-lover and wish them left the planet? Or better yet, Are you glad that it's over? Do you still miss them occasionally or cross the street to avoid any interaction with them?

Step one: Call on Your Past Lovers

Begin by writing the list of all lovers you had. You may list them all and do the work on the LAST 4-5 relationships. Unresolved relationships tend to repeat the same pattern of the dozens before. Recall them and write their names in your journal.

Step Two: Being in Peace with the Past

Select one of the past lovers. It's easier to work with the most recent ones.

Recall the happy moments of the relationship. If bad memories arrive, set them aside for now. Stick with the good memories. Use a few words to describe the happy times. Use words such as fun, sexy, musical, etc.

Step Three: Open the Wound

Recall the theme of the relationship. This is usually painful moments. What happened? Did you feel hurt? What did learn from that relationship? Did you learn to slow down, trust your intuition, or to close your heart because of pain? What did you learn?

Use a few words to describe the central issue and what did you learn about yourself in that relationship.

Our most deep relationships tend to show us an aspect of ourselves that we usually don't see or recognize. Open the pain and find the lesson.


Step Four: Be Grateful for the Lesson

When you recall the end of the relationship, where, in your body, do you feel the pain? Even if you ended, think about the end, close your eyes, and notice where do you feel the pain in your body. Stay with the pain for a few seconds.

Place your attention in the area where you feel the pain in your body. You got the lesson and you can release it now.

Imagine the pain leaving your body and flying up in the sky. See the pain like a cloud of smoke leaving your body. When the pain is gone, and there is no more smoke exiting your body, say out loud: ***I am grateful for the lesson.***

Be



“I AM GRATEFUL FOR THE LESSON. I NOW RELEASE THE PAIN TO BE TRANSFORMED AND TRANSMUTED INTO PURE LOVE BY GOD OR A HIGHER POWER FOR THE GOOD OF ALL.

grateful for the lesson that the relationship taught you. Maybe it taught you to trust your intuition, or set boundaries. You got the lesson.

Complete Steps One through Four with at least 4 or 5 lovers before going into step Five.

Step Five: Find a Pattern

Look at your notes, do you see a pattern? Perhaps you broke up with all of them. Maybe they broke up with you because you were too clingy, or not available. Was the unrequited love or there was a third person in the relationship? Look for a pattern. Did you cheat? Did you trust them? Who they remind you of? Is it one of your parents? Did you find yourself fighting about the same things from lover to lover? Stay with it and find a pattern.

Step Six: Recognize Your Doings

In this step, we recognize why we created the pattern. Relationships are never 50/50. It may be 30/70 one day and 5/95 on the other. It's a give and take. You either perceive yourself as the villain or the victim. Both you and your partner received some type of gratification in the relationship. The point here is to know why your mind felt the need to get you into that pattern.

Answer the following questions to help you find clarity.

If you created these relationships, what reason did you have to do it? Why would you create the pain? Was it to protect or hurt yourself? Was it because you don't feel you deserve better; Or because you don't trust yourself? Did you need to solve your issue with your father or mother in that relationship? Did you pick partners you couldn't trust because it was safe to be at a distance?

Once you have the answers, you are ready to release it.

Feel the pattern in your body. Where is it? Focus on the pain or discomfort in your body and release the pain to be transformed and transmuted. See it coming out of your body like a cloud of smoke and going up in the air.

When it's gone, say out loud:

"I am grateful for the lesson. I now release the pain to be transformed and transmuted into love by God or a higher power for the good of all.

Step Seven: Call your next lover

Use your imagination and creativity to list all characteristics you would love to **share with** a partner. That's because you can't attract something that is not alive in you. When creating your list, stay away from listing things such as 6 feet tall, blue eyes, etc. Stick to qualities such as family-oriented, caring, honest, responsible, sexual, etc... List about 20 qualities. You may use what you learned from your past lovers.

Step Eight: Evoke the Love Energy.

In this last step, you will visualize yourself in a pink bubble filled with a gorgeous pink healing light. This is the energy of romantic love that carries the qualities of the partner you called for. It is now surrounding you everywhere you go and has all the qualities you called forward on a lover. These qualities must also be in you.

Every day, as you leave your home and go about your day, imagine this light with you attracting the lover you called forward that matches your new energy.

Be open to having the qualities of your loving partners in an unexpected package. Go about your day knowing that the lover you called is looking for you too. Do not doubt. Know in your heart that the person you called is on the way.