

Question: The following response is from a personal session with a woman who's relationship seemed to be on the verge of ending and she was in the midst of her fear about being alone and feeling great pain about the loss of a close relationship (again). (The advice applies for man or woman.)

Reply: You are focusing on loss and missing and alone and fear. Your efforts have seemed to be trying to hang on and keep what you have BUT your strongest focus that has the most energy is on pushing away, leaving, loosing. Make some plans for you - you are making "a man" your god and source for any happiness. Remember the story about the rose and the butterfly? You are the rose uprooted and you are initiating your own death. It is only in your mind! It is not real. Dwell on it and you will create it or you can change your mind. It is your choice - get reconnected!

I know you have already done this but go further back than your current partner, maybe as far back as your childhood with Dad. When did you first "want to be loved and felt rejected"? When did you first feel all alone? Or that no one cared? What is it that makes you need love from outside yourself? Why do you not feel worthy of having an eternal sacred partnership with someone? You are love! It is not something someone else must give to you. There is a part of you that says "every man must leave me" or "I am not worthy of staying with" etc and this is the part that is sending out a signal to any man to leave you. Once you clear that message - you will open the space for a man to move in...right now you are pushing them out before they ever get there. Does that make sense? With your mouth you are saying one thing but on the psychic megaphone you are telling him to remain uncertain and non-committal because you can't do that kind of relationship or you don't think you deserve it.

Sometimes my questions are not looking for direct answers but to stir the brain cells and to get the file folders firing open so the unconscious stuff can come forward to be faced and healed. We do not need to DIG for all the answers but if questions or comments bring something forward then you do worksheets on what comes forward. Cancel - forgive - what is in your face at the moment. There may come a day when we get so cleared up that we have to go digging into the deep dark past to find something to work on but for now I think I have enough daily to handle without doing that. I am trying to put out ideas that might trigger something that is at the base of this issue for you. Men (or not having a committed one) is your current trigger but they are not the cause. We are searching for cause in asking questions.

Forgive - cancel - what the church and family told you. A woman is not validated by or made complete by a man (and vice-versa). Yes life can be

more fun with the other but we are complete and whole and wonderful as we are ALONE with God in us. You are beautiful and smart and fun to be with and are so spiritually wise - a treasure for complimenting any man's life. But if you are resonating worry and fear and sinking and loss - that does not compliment anyone including yourself. Change your mind and be who you are and you will open the door where a man will want to walk through and stay! You may ask how did it happen that you created the frequency of "not being worthy" and "for men to leave you" - you developed the brain cells as a child that men will leave you and your church told you that you were not worthy - it is imprinted on your soul that this is truth but it is a lie and you must remove that imprint off of the true being that you are. Return to BEING instead of DOING.

You might do all this processing and your partner may still leave but if you have truly done the "healing" it won't hurt when he leaves. You can stand in the space to embrace him in your love and HOLD ON AS TIGHT AS YOU CAN WITH AN OPEN HAND! Be willing to let him go even while you want him to stay. Your happiness is not tied up or dependant on what any man does - likewise your sadness is not caused by them either. You are sad or lost because that is in your being not because of someone outside of you. They are only triggering it. You might start turning your guilt on yourself that "you did this to yourself" - let that go too. You have been "off the mark" but that means take another shot - do it differently - it is not a terrible, awful, unforgivable event. Be gentle with yourself. Y'shua said the first law was to "Love God, neighbor and Self" - you, my friend, have been a long time Loving yourself!

You may have to cancel this need 77x70 times to clear it all out - you did not get this way overnight you know. The joy kicks in when you see life as the wonderful gift it is instead of focusing on the "missing" pieces.

Remember that focusing is a creative act! Your focus seems to be on either leaving or being rejected or being left. So that is what you create - create men leaving and rejecting you. Do some worksheets and forgive the fear and the focus on being alone! Focus on serving God and turn it over!