

## Relationship and Healing

By Michael James

Relationships can be very healing. Whether it is a genuine smile from a casual acquaintance, or people at work, with family, or a significant other – all relationships are a reflection for us to learn from, and the more intimate the connection, the deeper the reflection, clear through to our bond with Universal Source, or God. And the healing always begins from within.

Just to set the scene, choosing to be on this planet is similar to going to the gym, where we work with resistance to make our bodies stronger. We choose to manifest in physical form on Earth and use the resistance of duality to evolve our souls through Free Will – Choice. Even though we may complain when we are experiencing resistance, this is the exact moment to realize our opportunity for “choice,” for positive growth.

And while it is generally understood that we are all ONE, you may have noticed that whenever there is more than one of us in a room, there is generally a problem. Heck, if we're good, all it takes is *one* of us in a room to create a problem! Why is this? One of my favorite analogies is that we come to this planet in our full magnificence and agree to have a heavy wet blanket of “personality” thrown over us, and then we stumble around in the dark bumping into other blankets, and wondering what we keep tripping over. Many of us have the awareness of trying to remove this blanket of personality/ego, but it always seems to catch on something in back of us - we keep yanking and pulling, with a few choice words, wondering what we're stuck on.

In a word, this catch is “Judgment.” The exact opposite of unconditional love, and in my mind, the “original sin.” Self-judgment is the element that caused Adam and Eve to hide their nakedness from their creator. It is the fastest and most unconscious act we do, every single day, many times a day, and we are very good at projecting our judgments onto others and out into the Universe as well. In this fashion, we all create the experience we are having. Every thought we have sends a shock wave out into the Universe that gets reflected back to us. So if we are in the midst of the fear and illusion of our head/personality/ego, this will be our “reality” – much to our chagrin.

Luckily, the Universe is truly unconditional and always with us, always giving us a clear reflection of where we are on our path - our journey of evolution. Think of this reflection as a dashboard in your car, which tells us how we're doing as we drive down the road – where we are, how fast we're going, how much fuel we have and the status of the vehicle, etc. So if we pay attention to this dashboard/reflection, and understand how to interpret the signals, we always know what to do next.

But as part of the human condition, we don't always pay attention or correctly interpret the signals. More often than not, we get triggered by a fear, create a judgment and project it on to someone else, and then we expect them to apologize to us for our projection. Who says God doesn't have a sense of humor!?

The trick is to be present and pay attention -- diligent about being in our heart. Every reflection we encounter is truly all about us – it is, after all, *our* perception. Is that person really being annoying, or are they just reflecting that part of us that is annoying? Is the reflection one of love or fear? Both are valid and beneficial. Love generally allows the heart to expand and reminds us that we *are* love; this is our true state of being. Fear usually reinforces a judgment we already have about ourselves, and reminds us that we are not currently in our heart space. If we are in our body and in the moment, then we can benefit from any reflection, versus just reacting to the stimuli in our environment.

When in a reactionary state (panic, fear, anger), it is helpful to remember that we can judge others *ONLY* after we judge ourselves *first!* There is absolutely no judgment when we are in our heart space, only love and compassion. Judgment only exists in our head space, along with all the other illusions. Hence Jesus' comment about the person without sin being the first to cast a stone – without sin/judgment, there is nothing to project onto another person, only compassion for their choices, and no reason to cast the stone.

So why am I so annoyed by that person at work who always whines about everything? This is a great reflection, so when I find myself annoyed, it reminds me that I'm in judgment, in my head, and I stop to breathe back into my heart. Once I'm centered and grounded back in my heart space, I am able to recognize that my co-worker is giving their power away to whatever they are complaining about, and I am able sit in compassion for their choice. I don't have to agree with their choice, just acknowledge that with Free Will, it is totally their choice, and honor that. Now, when I look at why their choice annoyed me, I recognize that it

reflects all the choices I make to give my power away to things outside of myself -- I have the deep realization this is what truly annoys me -- my own choice to give *my* power away! Now I have the opportunity to sit in compassion for my own choices, to forgive myself for this choice versus judging it. As a result, I grow to a whole new level of self-acceptance and the awareness to avoid giving my power away in the future. Looking back at my co-worker (or friend or spouse), I can smile and sit in loving gratitude for their being of service to me, and offer my support for them to stay in their power, versus judging them for giving it away.

So if we pay attention to our dashboard and understand when we are judging ourselves and others - allow that we are in our head space and illusion, then we can choose to go back into our hearts, have compassion for ourselves and forgive ourselves for the choice to judge. At this point, what do you suppose our external expression will be when we are loving and compassionate with ourselves? What have we learned about ourselves? How have we healed ourselves and evolved? What will our affect be on those around us?

As we move into Spring, the season of new life, pay attention to all the reflections the Universe offers you. Every reflection is being of service to you at the depth that you are willing to learn, heal and evolve. Sit in loving gratitude of every person who triggers you just as much as the person who reflects love back to you. Both are a gift from Universal Source as unconditional love, reminding all of us about the reason we are here – to heal and evolve through loving choices and actions in relationship with ourselves and others.

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