

Relationships 2009

by Rebecca Singer

All right, so you know about vision boards, and intentions, and the laws of attraction. So where is he/she? Just exactly what is happening in the world of connecting with that significant other?

From a shamanic point of view, life on this plane is one big interesting school. What lessons have you learned, so that you do not need to learn them again in relationships? Have you learned to love and honour yourself? Because if you have not, the universe will send you someone who does not know how to do that either. Have you learned that you are whole and belong here all by yourself? If not, you will connect with another incomplete looking for someone else to complete him/her.

The universe will send you a mirror of

where you are and what you need to work on.

There are no mistakes in relationships. It's all a matter of learning or not. So, instead of making a list of those qualities he/she needs to have, try another tactic.

Try asking yourself:

1. Do I really want to be in relationship in a way that requires me to make time and energy in my life for someone else?
2. Am I really able to love someone and accept them as they are?
3. Do I know what unconditional love is? Because if I don't, I need to find out. Maybe it's better to start with a puppy.
4. What do I need to learn in regards to



relationship and who could best teach me?

After you have put some real time and thought into those answers, then you are ready to start praying. I mean asking the universe,

with all due humility, to send you your partner. Whether you tell your friends you are looking, join eHarmony or sit downtown and watch for him or her, do your homework.


Look inside first. Answer those questions. And then wait for the fun to begin.

We are being asked to wake up and grow up and this is true in our relationships. We do not have time to waste on soap operas in our daily lives, and drama. The world is asking us

to step up and act like adults. So, what does that look like with our significant other, our partner, our lover?

It looks like accepting who they are. Being supportive and insisting he/she does her/his own inner work. Walking our talk. Working together to build something good in the world. Something bigger than two. Being respectful and silly and passionate, but above all respectful and wanting the best for that person and yourself. We are being asked to learn what love is all about, not perfection, not outer beauty, but love. Being in the moment. Not the future, but being present with our partner here in this moment. That is what is being asked of us. Slow down. Put on the brakes. Look them in the eye and breathe in gratitude that this person is in your life. And if you can't do these things, then let them go.

Rebecca Singer is a shamanic healer who lives and practices in Oregon City, Ore. You can visit her website at www.shamanicenergy.com.



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Empower Your Life: Dr. Judith Orloff

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I don't see being an intuitive or a psychiatrist as my primary path in life. I see my primary path as developing my soul. Learning how to transform emotions is part of that development. I want people to really appreciate the importance of the small changes I'm talking about. Being able to make small changes at every step we take is a chance to grow larger and freer. Even the tiniest move in the direction of emotional freedom is impressive.

I look at the path to emotional freedom as the hero's journey because every choice you make to triumph over negativity, large or small, is about transforming energy. Then the chosen nature of such ongoing transformation makes you stronger, brighter and more resilient, which in turn acts to illuminate the world. That's pretty important.

To find out more about Dr. Judith Orloff and her book *Emotional Freedom* go to www.drjudithorloff.com. On March 20, 2009 at the Unity Church in Seattle, Women of Wisdom is sponsoring a book tour event where Dr. Orloff will be speaking about emotional freedom and the path to transformation.



Dr. Judith Orloff says that rather than just letting your mind rule you, go deep inside and listen to what is most true.

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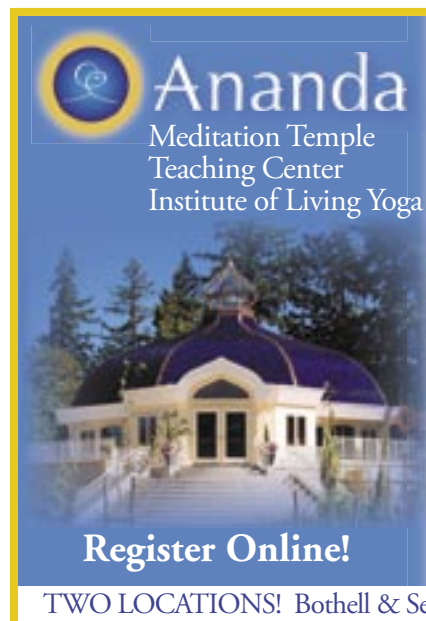
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