

How To Change Other People

Without my conscious intent, this February issue has turned into one that focuses on relationships. Every month I send out a reminder

about the article deadline to my e-mail list. This month I happened to mention that since it is February a lot of people will be thinking about relationships. I suggested that although New Spirit Journal is not thematic, this might be a good month to write about some aspect of relationships. You will notice quite a few very thoughtful relationship articles sprinkled throughout this issue.

Naturally, this had me thinking on the same topic. I have never really considered myself any sort of expert on relationships and still don't. But I realized that I have had a lot of experience in this area and it is one I have something to say about.

One of my favorite things to say to people when some sort of issue arises is, "Life would be easy if it weren't for the people!" You might have said this yourself.

Also true is "Life would be difficult if it weren't for the people!"

From where I sit, our lives are all about relationships. Unless you live alone on an island somewhere and never see another person, you are in relationships of one kind or another. When most people use the word relationship they are usually referring to their primary intimate relationship. Whereas that is very important, we do ourselves a disservice if that is the only relationship to which we give our attention.

From day one we are in relationship with others: our parents, midwife or physician or nurses, and the other people who are in relationship with each of them. And from day one we are interdependent with other people.

Living The Good Life

by Krysta Gibson



Every relationship we have in our lives is there for a reason. It is up to us to figure out what the reason is and then act – or not – accordingly. There are some that we are meant to have for our entire lives, start to finish. This would be family-of-origin, of course. Others are very fleeting such as a clerk who waits on us at an airport coffee stand. One of the things I have learned is that how we approach each relationship, no matter how long or how brief, can make a huge difference in the quality of our lives.

Usually the briefer the relationship, the easier it is because there isn't time for it to hook into anyone's agenda or hot spots. However, this is no reason not to let each relationship be meaningful.

Besides understanding that every relationship is in our lives for a reason, the key to successful relationships is remembering that every person is a part of us, some aspect of ourselves. Instead of viewing troublesome people as something to be avoided, if we embrace them with a curious attitude everything shifts.

By asking what it is about the person that we find so annoying, we gain insight into ourselves. Many times people are placed in our lives to highlight our issues so we can deal with them.

The first time this idea was presented to me was many years ago when I was dealing with a particularly troublesome person who was causing havoc in my life on many different levels. I found myself pushing against the person and the situation because I did not want it to continue.

A good friend of mine pointed out that when we have troublesome relationships it is usually because the qualities we most dislike in them are qualities which we ourselves have. I squealed, "How can this be? I hate this and that about the person. You are saying I have those qualities and the reason she is in my life

is so I can recognize that and heal my own issues? That's just plain crazy talk!"

"Well," my friend explained, "sometimes in order to get our attention, the Universe puts someone in our lives who magnifies or distorts our qualities in order to make us pay attention." She told me to spend some time thinking about what I most disliked in the other person and then to see if I had those qualities somewhere within myself, even if not in the same degree or not exactly in the same way.

She said that once I could accept and/or change those qualities within myself then either the relationship with the other person would improve or she would move out of my life. I did this, identified the qualities that needed changing in myself, made the changes, and within a few weeks the person was gone from my life easily and effortlessly; forever.

This is the same, of course, when we have people in our

lives who are supportive and loving to us. They are mirroring back to us those same qualities that we have. This was a great lesson for me and one which I have shared with others: if you want to change the people in your life, change yourself first and they will miraculously change; or leave.

During this month of Valentine's why not make it a goal to accept everyone exactly as he or she is, quit trying to change them and instead give them unconditional love? That doesn't mean everyone has to be your pal. If just means you let them be who they are while being true to yourself and who you are.

If you have any challenging people in your life, take

this opportunity to see what they are mirroring to you, however distorted it might be, and decide if you are willing to make some changes in yourself. If you really want to change that pesky boss, neighbor, friend or spouse, change yourself and see what happens.

Krysta Gibson is publisher of *New Spirit Journal* and the author of two books and a CD. She is currently offering a free podcast based on her book "The 22 Steps to Success." Information on this and her blog can be found at www.krystagibson.com.



LIBBY KRESKY, PH.D.

ASTROLOGER/COUNSELOR

BAINBRIDGE ISLAND, WA. 98110

206-201-3125

Your body knows what it needs.
Finally, formulations for beauty, health, and well-being designed for you, based on confidential, genetic testing.

We offer you a 90-day guarantee. Marketing opportunities available

For more info visit:

Or contact
Teresa Rasmussen
425-367-3785

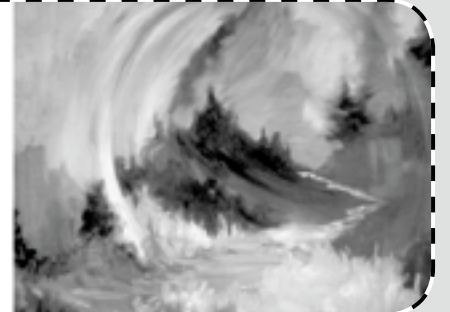
www.healthwithdna.com

February Coupon Savings

Bio-Cleanse Detox Footbaths
Buy one, get one **FREE**
with this coupon
Spirit Journey
485 Front St. Issaquah
(425) 391-3127
No cash value
Expires 12-15-08

Visionary Art

11x14 \$75 • 16x20 \$125
Local award-winning artist and teacher Judith Campanaro will create a work of art to inspire you, move you, and help you set your intention!
Call Judith Campanaro 425-208-9574
www.judithcampanaro.com Offer expires Mar. 31, 2008



Everyone loves coupons!

Everyone loves coupons and now you can enjoy coupons in New Spirit Journal from people who are dedicated to helping you live a better life!

Advertisers who would like to offer a coupon, please visit www.newspirijournal.com for information or call 425-356-7237.

NEW *Spirit* JOURNAL

New Spirit Journal
14911 Chain Lake Road #431, Monroe, WA 98272
www.newspiritjournal.com
(206) 799-7753 • (425) 356-7237
Publisher and Co-editor: Krysta Gibson
Krysta@newspiritjournal.com
Designer and Co-editor: Rhonda Dickson
Rhonda@newspiritjournal.com

All content © 2008 by New Spirit Journal
ISSN: 1930-370X

Columnists:
Colleen Bollen, Krysta Gibson, Jean Haner, Moira Fitzpatrick, Ph.D., N.D., Martha Norwalk

New Spirit Journal is a monthly publication dedicated to self-empowerment, joyful co-creation, and thoughtful Earth stewardship so that everyone can reach his or her maximum potential.

Readers are responsible for their own decisions when reading the publication, contacting advertisers, or otherwise pursuing their path through life.

Advertisers are responsible for the claims they make and are expected to operate in good faith, tell the truth about their work or products, and treat their clients and customers fairly.

Articles are due by the first Friday of the month.

Ads are due by the second Saturday of the month.

New Spirit Journal is distributed the last week of each month for the following month. Advertising rates and writer's guidelines are available upon request or can be viewed at www.newspiritjournal.com. Sample copies will be sent for \$2. Visa and Mastercard are accepted. Subscriptions are available for \$21.70/one-year bulk rate. Washington State sales tax is included.