

## Wednesday Night Study Series – “You Can Heal Your Life”

**Prayer of Surrender:** Spirit of Truth, CARRY ME where you will; BRING TO ME what You will; TAKE FROM ME what You will; AWAKEN IN ME what You will. The Christ MAN is around me. The Christ MIND is in me. The Christ POWER flows through me. And, the Christ MYSTERY exists as me. I believe it. I perceive it. And, now I receive it! I am surrendered. Amen. And, so it is!

### Relationships

It seems all of life is relationships. We have relationships with everything. You are even having a relationship now with this book and with me and my concepts. The relationships you have with objects, foods, weather, transportation and with people all reflect the relationship you have with yourself. The relationship you have with yourself is highly influenced by the relationships you had with the adults around you as a child. The way the adults reacted to us is often the way we react toward ourselves now, both positively and negatively.

Think for a moment of the word you use when you are scolding or praising yourself. Aren't they the same words your parents used? Perhaps they never praised you so now you have no idea how to praise yourself and probably think there is nothing about yourself to praise. I am not blaming our parents, because we are all victims of victims. They could not possibly teach you anything they did not know.

Sondra Ray, who has done so much work with relationships, claims that every major relationship we have is a reflection of the relationship we had with one of our parents. She also claims that until we clean up that first one, we will never be free to create exactly what we want in relationships. Relationships are mirrors of ourselves. What we attract always mirrors either qualities we have or beliefs we have about relationships. This is true whether it is a boss, a co-worker, an employee, a friend, a spouse or a child. The things you don't like about these people are either what you yourself do or would not do, or what you believe. You could not attract them or have them in your life if the way they are didn't somehow complement your own life.

Exercise: Us vs. Them

Look for a moment at someone in your life who bothers you. Describe three things about this person that you don't like; things you want him or her to change.

Now look deeply inside of you and ask yourself, “Where am I like that, and when do I do the same things?”

Close your eyes and give yourself the time to do this. Then ask yourself if you are willing to change. When you remove these patterns, habits, and beliefs from your thinking and behavior, either the other person will change or will leave your life.

If you have a boss who is critical and impossible to please, look within. Either you do that on some level or you have a belief that “bosses are always critical and impossible to please.”

If you have a co-worker who won't cooperate and be part of the team, look to see how you could have attracted this. Where are you non-cooperative?

If you have a friend who is undependable and lets you down, turn within. Where in your life are you undependable, and when do you let others down? Is that your belief?

If you have a child who has habits that irritate you, I will guarantee that they are your habits. Children learn only by imitating the adults around them. Clear it within you, and you'll find that they change automatically.

Blame is useless. Blaming only gives away our power. Keep your power. Without power, we cannot make changes. The helpless victim sees no way out. The only way to change others is to change ourselves first. Change your patterns, and you will soon find “they” are different too.

### **Closing Affirmation**

In the infinity of life where I am, all is perfect, whole, and complete.

I live in harmony and balance with everyone I know.

Deep at the center of my being, there is an infinite well of love.

I now allow this love to flow to the surface.

It fills my heart, my body, my mind, my consciousness, and my very being.

It radiates out from me in all directions and returns to me multiplied.

The more love I give, the more I have to give. The supply is endless.

I only attract loving people in my world, for they are a mirror of what I am.

I am a beloved child of the Universe,

and the Universe lovingly takes care of me now and forevermore.

All is well in my world.