

How to heal a relationship

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I have often seen couples getting painfully stuck in relationships because they are looking for answers where they cannot be found. Furthermore, the very way in which they are trying to get resolution is what created the problem in the first place. It is as if they keep asking "what is the square root of 5,789" and the actual answer is "blue". The mind can simply not understand what healing really means...it is only grasped by the heart.

For healing to happen, the heart needs to open and be allowed to extend love. That's it. It really is that simple. And that cannot be done by thinking, figuring out, judging, analyzing, getting the other person to change/see/understand and other variations of trying control. The wounded self (ego) wants to make it a difficult math problem to be understood, solved and fixed "out there". But that is not where the problem is and it is not complicated! The problem is in here: the unloving thoughts I am holding deep in my own mind (consciously or not) are causing my heart to contract in fear and causing me to withhold my natural and inherent lovingness.

It will not be the other person finally hearing our pain/anger and feeling remorseful that will heal us. It will not be the other person changing how they treat us or how they take care of themselves that will bring us peace. It will not be the other person doing Inner Bonding or becoming spiritual that will bring us joy. It will not even necessarily be me "taking better care of myself" in the face of my partner's dysfunction that will bring back that loving feeling.

What alone can heal us is acknowledging the barbs in our *own* hearts, taking responsibility for how *we* have been withholding love and realizing that we no longer wish to do that because we would rather be truly happy than experience the suffering caused by trying to have control. And, ironically it is not so much that we want to *get* love, it is more about allowing ourselves *to* love. Trying to get love is a control strategy of the wounded self which comes from a belief in lack--that there is some emptiness in me that needs to be filled by someone or something else. The heart is naturally full when we yield to our innate desire to extend love.

It is in letting go and allowing the heart to freely love again that miracles happen in all of our relationships. We choose to allow our hearts to express love not because we are supposed to or because we think that will fix the problem, but rather because it feels so good to do so--in those moments we are expressing our true nature. And when we allow ourselves to yield to this core impulse instead of defending and protecting, we find that that very act also opens us to the internal

wellspring of true safety, joy and peace.

Sometimes it is in having our partner really hear us that we finally give ourselves permission to let go and to love again. Sometimes it is when we are on the other end, deeply listening to our partner's pain, that we allow ourselves to yield to our loving. Or it might be through doing an Inner Bonding process that we relax the contracted heart and allow love to flow.

But make no mistake, it is the very act of opening our own heart and extending love that invites divine healing, clears out the cobwebs of judgment and negative beliefs and brings with it ever new aliveness and vibrant peace. In truth, the other person is not really needed for this opening, but how wonderful to have a partner to extend love to and what a gift relationship is when we view it from this perspective.

The thinking mind does not understand any of this! How did this happen? How did my partner suddenly become so adorable? Why do I feel so connected? Why does my spouse no longer feel like the enemy? How can I make this happen again? How can I get my partner to be this nice all the time? What did I eat? Better yet, what did my partner eat?

The head can't make sense of this. The miracle occurred because, for a moment, we allowed ourselves to relax and love. At some level we invited Spirit to remove the unloving thoughts that prevented us from opening our hearts.

The thinking mind asks, "how did I do that"?! The heart replies, "let me show you".

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