



Creating Great Relationships

By Dr. Dain Heer

We spend a lot of time and energy on love and relationships. We have so many judgements, conclusions and points of view about what relationships are supposed to be. Almost all of us are searching for the perfect relationship, even if we pretend we aren't. Unfortunately, most of us are having very little success in this area without ever acknowledging it. I would like that to change.

How much of your life have you spent searching for the perfect relationship? Here is a question, please answer it very honestly: 'How well has that worked for you?' If you are like most people, it has not worked out very well; no matter how hard you have tried. What I would like to do in the course of this article is give you some different tools and different ways of looking at things that might actually allow you to begin to create a great relationship, rather than trying to create the same old relationship you have created in the past.

(If you are part of that very small percentage of the population that has a great relationship, this doesn't apply to you.) Do you know anyone that has a truly caring and great relationship? Truth? Think of it for a second. Do you? If so, you are lucky. Did you know that 90% of people

would rather have a bad relationship than no relationship? That is because people 'fit' when they have a relationship, and one of the worst things is not 'fitting'. Almost everyone is looking to fit, looking to try to benefit, looking to win and not lose.

In this reality, you fit when you have a relationship. You benefit by people not thinking you are a loser. When you have someone to have sex with, you win. You are a winner! Now, funny enough, it is irrelevant whether you are actually having sex or not . . . My point of view is: if you want to have a relationship, you should have a great and phenomenal one. Why would you settle for someone who is going to fulfil some strange need to fit with the rest of the limited world other people find so valuable? Don't settle for something that doesn't truly make your heart sing. Go for what you know should be possible, and create it. It is possible!

What if we could change the whole paradigm of relationship? What if we could change it to something that really works for all of us? What if it no longer had to be about control, jealousy and envy, rightness and wrongness, and fitting in with everyone else? What if it could be about the gift we can be to - and for - each other?

I know, this may seem weird at first, but if you try it, I think you will thank me later.
THREE TIPS TO START WITH:

1. STOP DIVORCING YOU AND BECOME A LEADER IN YOUR OWN LIFE!

Let me ask you a question: 'How much of YOU did you divorce to be in your current or most recent relationship?' More than 10%? More than 50%? More than 100%? When I ask this question in the relationship classes I deliver, most people answer more than 100%. Some people say as high as 100,000%. How does it get to more than 100%? I have no idea, but that is what people tell me.

What does divorcing you look like? It looks like not going jogging when you are in a relationship, even though it is something you love, because your partner doesn't do it. It also looks like cutting yourself off from your friends and the other sources of contribution in your life when you get into a relationship. What if you didn't have to do that anymore? What if it is not that you are wrong? What if it is just that you have not been given the right tools to create things differently?

So, would you be willing to undo everything you have done to divorce you in your current or most recent relationship, please? And reclaim all of you so that you can be more present in your relationship? Thank you.

Do you know at least one person in your life that won't divorce him or herself for anyone? Have you ever been secretly envious of that person? What is interesting is that if you look at how other people view this person, many say, 'Oh my God, she is such a

b*tch!' Of course you don't want to be the b*tch, so you make sure to divorce you from you so people don't think you are one - rather than always knowing what is true for you - regardless of whether anyone else chooses it or not.

What if the person that doesn't divorce him or herself, and is willing to know what they know and follow it, is actually a great gift to both parties in a relationship? What if what they really are is a leader? From my point of view, a true leader knows where they are going, is willing to go where they need to whether anyone else goes or not, and does not require anyone else follow - ever. When somebody truly does not divorce himself or herself, they can become a leader in the world. At the very least, they become a leader in their own life, rather than a follower and this is the place where they truly become a contribution to their relationships as well.

If you have two people who are leaders in a relationship, it works out really well. This is because they are both willing to allow the other person to be exactly as they are. They do not require their partner to change for them. They both desire the other person to grow, to be more and to expand, because they are not threatened or intimidated by it. Rather, they are inspired by it!

If you would like to be inspired again in your relationships, stop divorcing you, stop requiring your partner to change, and be willing to have gratitude for them and you for being exactly as you both are now.

2. ADMIT THAT YOU ARE WAY MORE AWARE THAN YOU THINK AND YOUR LIFE WILL GET EASIER

Let us say you were going to give your partner a call - did you know before they answered the phone when they were angry? Or when they were sad? Or when they needed you to call? Or when they needed to have a 'talk'?

You knew every single time (whether you are willing to admit it or not yet). In fact, I would wager that the reason you called them in the first place is because you knew they were in a funk or needed something from you. Don't take my word for it, just check it out in your own life and see.

How do you know these things? Because you are psychic, which is a simple and fun way of saying you are aware of those kinds of energies. You have been aware of the energies around you your whole life - for example, the thoughts, feelings and emotions of those you care about.

In fact 98% of the thoughts, feelings, emotions, judgements, traumas and dramas that you think are yours, actually don't belong

to you. I know it feels like they do, your heartaches and you have a big black hole in your stomach, and yet, 98% of the time, it isn't yours! You are just aware of it. So, because you are that aware, in order to get more clarity in your life and in your relationships, start asking this question: 'Who does this belong to?' for every thought, feeling, emotion, judgement, trauma, drama and intrigue you perceive. You may just find out that all that stuff in your head isn't yours.

When you ask 'Who does this belong to?' and the emotion lightens up at all, it is not yours! Just return it to sender (even when you don't know who that is) and ask: 'What is true for ME here?' and start finding out what is true for you. How much easier would that make your relationships? How many times have the points of view in your head actually belonged to your partner? Or someone else?

Also, are you aware that most people break up because of that constant self-talk going on in their heads? If that weren't there, how much easier would your relationship get? And the rest of your life? So if I were you, I would definitely not do this!

3. BE INTIMATE WITH YOU

There is this little thing called INTIMACY - where you are in oneness. Where everything exists and nothing is judged. In oneness, I can be you, you can be me. Oneness is very similar to that space you get when you go into the deep woods, where nothing is ever wrong, where you are willing to receive and gift everything, openly, with nothing to hide. Imagine if you could have that in your relationships. Intimacy is the key, which unlocks the door.

True intimacy has five elements: honouring, trust, allowance, vulnerability and gratitude. Notice that you don't see sex in there? Surprised? Intimacy is something that you can have with everybody, if you are willing to. It does not require the sex part at all. It is a way of being where nothing is excluded, everything is included, and nothing is judged. What would it be like if your whole life could be like that? Would it change your relationships? Would it change your relationship with you?

Strangely enough, there is one person who makes the whole difference here. If you were willing to be intimate with this one person, it would give you the choice to have it with anyone else in your life, as it worked for you and as you desired it...by being intimate with you.

Please know, just because you are intimate with you, it does not mean you wouldn't choose to have someone else in your life. It does not mean that you have to go off and be alone...On the contrary, what it does mean is that you can have truly caring people in your life that honour and trust you, that are willing to be vulnerable (no barriers), and have gratitude and allowance for you. When you are intimate with you, instead of choosing some person who wants to diminish and limit you, you will actually choose someone who is a contribution to your life.

SOME QUESTIONS TO GET YOU STARTED ON THIS ROAD TOWARD INTIMACY WITH YOU:

- If I were totally honouring of me and my partner, what would I choose differently today?
- If I had total trust in me and my partner how would I be different today?
 - If I were in total allowance, where everything is just an interesting point of view, what choices would I have available today in my relationship?
- How much more vulnerable can I be with myself and my partner today, and what would it take for that to show up now?
- What would total gratitude, for myself and my partner, every moment of every day, look like, feel like, taste like, and be like in my life and in my relationship? And what would it take for that to start today?

So there you have it, three tips for creating a greater relationship. If you embrace these concepts, you may find that you are more able to create the relationship of your dreams, rather than the one of your nightmares you have been creating over and over again with the same person just in a different body. Thank you for being willing to consider something completely different. **!**

Dr. Dain Heer travels all over the world facilitating advanced classes on Access Consciousness. Dr. Heer has a completely different approach to healing - he teaches people to tap into and recognise their own abilities and knowing. The energetic transformation possible is fast and truly dynamic. www.drdainheer.com

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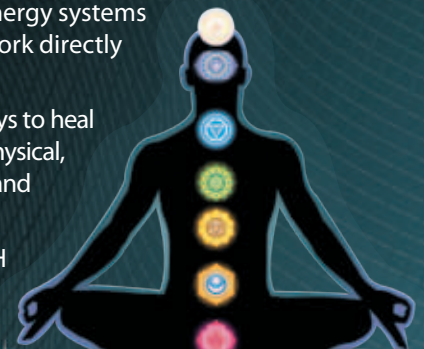
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