

How Not to Divorce Yourself in a Relationship by Dain Heer



Have you ever been in a relationship where things seem to be going along okay, but then one day you wake up feeling lost? Maybe even alone? You start wondering what happened. What went wrong? Where's the joy? Where's the fun? Where's the excitement?

Much of the time, in relationships, we give ourselves up. It's as if we try to become our partner and we expect them to try and become us. We stop doing the things we enjoy. We stop connecting with the people that nurture us. We try to fit ourselves into the box that we have decided will make this relationship work – truly believing that this is what it takes to have a great relationship. We divorce ourselves. We make our partner the sole source of our lives and are left with less energy, less joy and lots of resentment. I am an advocate for greater relationships and I can tell you that something else is possible! You can create a relationship that contributes to you in ways you haven't even imagined. You can have the joy and excitement of being in a relationship every single day. And the best part, it's not as hard as you might think! Here are seven simple tools for being in a relationship without giving up any of YOU:

1. Recognize Where You Are Right Now

To recognize where you are now, ask this question: How much of me have I divorced in my current or most recent relationship? When you ask this question, you will get a sense of what that is. Whatever it is, don't judge it or decide anything about it. Simply make another choice. Demand, "Today, right now, I'm going to stop divorcing me." Just by being aware of what you're doing and making the demand to stop, things start to change.

2. Start Doing the Things that Bring You Joy

What is it that you love to do that you've given up to be in your relationship? Maybe you like to jog. Maybe dancing is fun for you. Whatever it is, take steps to start doing it again. Today! When we choose to do the things that contribute to us, it benefits us and everyone around us.

3. Reconnect with People that Nurture and Care for You

Who have you stopped connecting with that you really care about? Are there people who nurture and care for you that you haven't talked to in a long time? Reach out. Reconnect. Rather than keeping people out, let them in and allow them to contribute.

4. Choose to Care for You

One of the reasons that we give ourselves up in relationships is that we believe that caring equals sacrifice. We have been taught that if you care for someone, you give yourself up in order to prove it and you stop caring for you.

Have you ever noticed that this doesn't work? And have you noticed that when you have more caring for you, you actually have more caring for other people? What if everything you did was a kindness to you? What if you made the choice to care for you every single day? What would that create for you? What would that contribute to your partner? What greater possibility would that bring to the world?

5. Start Each Day Fresh

An effective way to start fresh is to daily destroy and uncreate your relationship. You might be saying, "What?! Are you saying I should end my relationship?" No. Destroying and uncreating your relationship has nothing to do with breaking up. When you destroy and uncreate your relationship, you are letting go of the judgment, the expectations and the resentment that kill your relationship so that you can have all the joy of your relationship.

Every day say, "Everything that our relationship was yesterday, all of the judgments, all of the conclusions, all of the expectations, I let those go now." Using this tool opens up the space for your relationship to become greater today than it was yesterday.

6. Make the Conscious Choice to Be There Daily

Choose to be together – every single day. When you daily choose to be in relationship with your partner, when you daily let go of judgments and expectations, you move from existing in your relationship to actively creating it. This brings back the fun and the joy and the excitement that was there in the beginning.

7. Ask, "How Does My Relationship Get Any Better Than This?"

Whatever is occurring in your relationship right now, this question can change it dynamically. When you ask, "How does my relationship get any better than this?" new possibilities show up. The things that aren't working get better. The things that are already good become even more amazing. So ask and keep asking!

YOU are the most important ingredient in any relationship! Make the demand to stop divorcing you. Choose to care for you. Choose to bring all of you into your relationship and enjoy a joyful, ease-filled relationship that keeps getting better!

Dain Heer is an internationally renowned author, speaker and facilitator of consciousness and change. Dain hosts a regular radio show, Conversations in Consciousness and is the author of nine books on the topics of embodiment, healing, money and relationships. His book, "Being You, Changing the World," published in June 2011, has been translated into 6 languages. Follow @dr_dainheer.

THE FIVE ELEMENTS: The Personality Type System by Dondi Dahlin



In her TEDx Talk, The Power of Vulnerability, Brene Brown talks about how we are all craving connection – that we are neurobiologically wired to be connected to each other. As a "Wood" personality type who often feels like I do my best work alone and that my journey is primarily a solo one, I had to think long and hard about what Brown said. I thought about people who commit unthinkable acts of violence and I wonder if they commit these heinous acts because they don't feel connected to others. I realized that, in thinking about people who do unthinkable things, I have had a system my entire life that has allowed me to feel connected to people and to feel I belong, no matter how solo my journey has been. That knowledge has become so innate in me that I don't even have to think about it. It came from my upbringing in the Five Elements.

The Five Elements are both a personality-type system and a health system. They originated in China over 2000 years ago when physicians believed that we are all connected to elements in nature and that every living thing falls into a metaphorical element. Once you know if your strongest element is Water, Wood, Fire, Earth, or Metal, you can alleviate a lot of stress in your relationships and have a healthier and more joyful life.

A brief look at the Five Elements Personality Types:

The Water Type: The Philosopher. The Water rhythm is a slower rhythm. Water people are deeply creative and contemplative. They are not hurried, but instead look for meaning in everything they do. Procrastination can be an issue, especially when they are comfortable doing what they are already doing. Possible health challenges: Kidneys and Bladder

The Wood Type: The Pioneer. Woods do it first and do it well. They are on a mission to fix what isn't working. They see the big picture, make goals and accomplish those goals in record time. They value truth over tact and can dismiss people who don't work as hard as they do. Patience is not their strong suit. Possible health challenges: Liver and Gallbladder

The Fire Type: The Wizard. Fires bring optimism to difficult situ-

ations. They understand the importance of connection between groups of people and they flip seriousness into moments of fun and joy. Passion and pleasure are magnets for Fires and they may have a problem with committing to you or that next project if something else comes along that brings them more joy. Possible health challenges: Heart, Pericardium, Triple Warmer, Small Intestine

The Earth Type: The Caretaker. Earths are the epitome of compassion for other humans and/or animals. Nothing is as important in life as others feeling safe and comforted. The needs of an Earth will never be as relevant as the needs of someone else. Earths are the peacemakers and the shoulder for the whole world to lean on, which doesn't always bode well for self-care and self-value. Possible health challenges: Stomach and Spleen

The Metal Type: The Alchemist. Like the alchemist, Metals shave away at the layers of life to get to the gem. They are wise and reverent and seem to float slightly off the ground – striving to understand that which we cannot see – the spiritual aspect of life. Metals are even-keeled and do not outwardly express great joy or great sadness – they live in their minds and observe the world from a lofty place. Possible health challenges: Colon and Lungs

Every element has its strengths and challenges. Once you know them, you can understand why your boss or spouse are somewhat held in place by their elements. When there are relationship problems, you will no longer wonder, 'Is it me?' 'Is it them?' You realize that there are human disconnections related to the elements.

Dondi Dahlin learned the Five Elements from her mom Donna Eden - a pioneer in Energy Medicine and together they wrote, The Little Book of Energy Medicine. Dondi has taught the Five Elements for 15 years at the OMEGA Institute in New York and speaks about the Five Elements and Energy Medicine around the world. The Five Elements is Dondi Dahlin's second book and it arrives in stores September 27. It can be pre-ordered at most bookstores (\$14-\$17). Take the Five Elements Personality Type Quiz and find out YOUR element at: www.LearnTheFiveElements.com