

Natural Healing Express Weekly

Column 282 Empowerment, Final

This week we will conclude our series on Empowerment. For review, please check out the other articles at [www.naturalhealingexpress.com](http://www.naturalhealingexpress.com) under newsletters. Or, the flashonline . This week we will conclude with perhaps the hardest part of empowerment- controlling the emotions. CUT and PASTE ALERT

Here are some guidelines for Creating a Loving and Growth filled relationship.

1. The FIRST love relationship must be with Self . This means take the time to nurture yourself and to grow and develop as an individual. Everyone knows that a chain is only as strong as its weakest link. When every link gets stronger, the chain does as well. The more whole you are, the more you bring to the relationship.
2. Create a Higher Purpose for your Relationship – This means creating a common purpose. This is designed to get you past the daily struggles. When things get tough and believe me, they will, you have to hold on to a higher vision. It could be a spiritual path or a way to raise conscious in the world – investing in children, learning to love deeper and contribute to society, a common community purpose such as an active group is a wonderful way as well.
3. Commit to Hear Centered Communication- This is where the rubber hits the road, folks. So, lets break this down into three easy segments
  - a. Speak HONESTLY of your concerns, fears and hurt to your partner.
  - b. Quiet your internal chatter so you can listen and deeply HEAR what your partner is saying to you. This should be a two way street and not taken defensively. ALL you are doing in this segment is listening. DO NOT RESPOND defensively.
  - c. Let go GRACEFULLY of hurts and resentment. How you RELATE to the issue IS the issue.....Simple and true. (If you need further assistance with this process, again, please check our website/newsletters under EMOTION. Or call and make an appointment to let us help you. 815 990 8732
4. Integrate the Male and Female Aspects Within You. This means everyone has male and female energies. But it's this simple. Male Energy is PUTTING the energy Forward and Female Energy is RECEIVING the energy. Create ideas and nourish ideas. This will balance your energy.
5. Confront your Power Issues- Power confrontations are a normal part of any relationship. And it is also one of the most challenging and sometimes frustrating. This demands that both people be willing to express, clearly and firmly, what they want and confront the struggle head on. Once the true issue is acknowledged, work together to find solutions.
6. Create Space for Each individual in the Relationship- Every relationship needs healthy doses of joyful play to rekindle the spark that attracted you in the first place. Romance needs space and time to be cultivated and re-cultivated. The best way to do this is to create time and enjoy each other and play together.
7. Have Fun----whatever your FUN might be, HAVE IT ...
8. In times of Impasse- Get Support ---Find someone you trust and ask them to help you work out the differences. This could be a family member, friend, pastor or counselor.

9. Honor the Continuous Process of Change- Change is going to happen whether you like it or not. It's the way of the world and life itself. As soon as you learn to embrace change, you will thrive.
10. Renew Your Respect for Each other – Early on in relationships we are quite careful to treat each other with respect. As the relationship progresses, one of the partners usually learns to cut the other one off (to save time) because you already believe you know what the other will say. (sorry Ladies, statistics point the finger at us) Don't get sloppy. Keep careful watch to not say or do things that are hurtful.
11. Embrace the paradox. What we love the most can hurt us the most. You will experience intense joy and intense pain. It is what it is. This is the "can't live with them, can't live without them" paradox. All I can say on regarding this merry go round is that the STRONGER the bond between the two people, the stronger the relationship. However, the parties must agree that the relationship in order to be healthy will need to center around growth and love---unconditional. This makes the solid oak tree easier to bend when the storm winds blow.

I hope you have enjoyed this series.

Lots of wonderful things happening at Natural Healing Express! And the Silver Fox café is the place to be! Come try some healthy gourmet food – delicious and fast! We are now open Tuesday, Thursday and Friday 6:30am – 2:00pm, Wednesday 6:30am-7:00pm and Saturdays 8:00am- 1:00pm.

Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: [skscham@aol.com](mailto:skscham@aol.com) 204 W Main St, Lena, IL 61048.

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