

Love Moves Mountains

*My fiancée and his adult daughter love each other but trigger each other's anger and defensiveness. They've been walking on eggshells for years. After a recent terse exchange, she cut off communication. He feels abandoned, disrespected and certain she doesn't care about his feelings. The crazy thing is, she uses the **exact** words to describe her experience of him! Help!*
— **Frustrated Fiancée**

Dear Frustrated,

Relationships provide the clearest mirror, reflecting unhealed wounds and false beliefs within those involved. Most people tend to blame others for discord or upset rather than consider their contribution. However, no power exists in this “victim-mode” pattern to change the experience. Obviously, you care deeply for your fiancé and his daughter. This dynamic is a reflection for you as well. For the sake of your sanity and well-being, do you need to step back from being in the middle? Modeling a healthy relationship with yourself will impact those around you.

“Relationships can be extremely difficult because even with great love and caring, ego differences and conflicts arise,” states Deepak Chopra. “As tension and strain develop, there is a disconnect. When this happens, the spiritual answer is to look within. How much love, understanding and forgiveness do you give yourself? You cannot receive what you cannot give.”

One of the most restorative actions to take in any relationship is to ask, “What do you really want?” Then, provide a safe, silent space for the other person to answer authentically. Responses are usually some form of a desire to be valued. We ask this question and offer what it is they want most: respect, consideration and genuine interest in each others’ feelings. Pray for the highest good to unfold, letting go of attachment to the outcome. Sometimes releasing toxic relationships — where one or both cannot forgive or do the personal work to restore trust and connection — is the healthiest thing to do. No one can know what is best for another. Hold yourself and the entire family in your heart with love. It can and does move mountains! ❀



STEF SWINK, RScP, has been a Practitioner and Licensed Heal Your Life® Teacher since 1999. As the personal assistant to Louise Hay, she was a frequent ghost writer for the “Dear Louise” column. She is also a “Deep Currents” facilitator and a Loving Life coach, assisting individuals and teams break through into deeply fulfilled living. Connect with her online at StefSwink.com.