

The Power of Personal Responsibility

Two years ago, I married a man 20 years older than me. We are so in love and enjoy our active life together. He is well off and since we married not long after we met, he asked me to sign a prenuptial agreement, saying it was to calm his adult kids' fears that I was only marrying him for his money. I agreed, believing things would change after I proved otherwise. Recently I brought up my future should he pass away, and we got into a huge fight. He refuses to make changes to ensure I have enough money for my old age, arguing he gives me the best life now and I should enjoy that. So I went back to my old job and now save every penny. I feel hurt and betrayed, but I love him and don't want to leave. How can I heal this?

Unmet and unspoken expectations trip us every time. It is always risky to place responsibility for our well-being outside ourselves. As painful and disappointing as your situation feels, it could be a blessing in disguise. Feeling at the mercy of another human being, no matter how much love is there, can undermine your sense of self and dim your light. As seductive as “being rescued” might seem, the cost can be your self-esteem and genuine empowerment.

Congratulations on taking your power back and doing what you must to ensure a secure future for yourself. You can count on this decision reaping rewards on many levels if you let go of resentment and blame.

Great intelligence exists withing the dynamics of significant relationships. We are attracted to our mates by divine design, even when those dynamics are painful or difficult. For some, personal healing comes through completing or leaving the relationship. For others, the call is to go deeper into love and build trust, which requires letting down our defenses.

If you choose to stay, keep your heart open, allowing the love between you to heal old wounds and false beliefs in both of you. And remember, you have an eternal Divine partner — your true source. So, no matter what, you are always OK. Namasté. ❀



STEF SWINK, RScP, has been a practitioner since 1999. As protégé and assistant to Louise Hay, she was a frequent ghostwriter for the “Dear Louise” column. Through speaking, spiritual counseling and workshops, she inspires others to create fulfilling lives they love. Connect with her online at StefSwink.com/Ask-Stef-Submission.