

How To Mend Fast From A Broken Past Relationship - Part Three

This is the third phase of your worthwhile series on "mending fast from a broken emotional past." The quickest and most effective way to move from one stage to the next in life and love is through a personal spiritual awakening or practical enlightenment, which you can incorporate and use in your everyday life.

There is nothing more refreshing than an internal spiritual renewal. In this state, old memories and emotionally-unhealthy experiences will be tossed away and your total being shall be transformed. With this kind of personal revival you will definitely have an enjoyable survival in your life and love relationship. You will no longer be held captive by any emotional disturbances and circumstances which once had you drifting along in life, taking whatever was dished out to you. This is so powerful that you will become the writer, the director, and the producer of your own life's script. You shall pick and choose (or refuse), whom you will allow (or block from entering) into your heart and into your personal environment.

Isn't this amazing? Spiritual renewal is personal power! Personal power allows us to choose without being confused. No longer will you have to wait around for the telephone to ring, wondering, When is he going to call? Nor will you have to feel stuck in a miserable, drawn-out, tug-of-war relationship, pondering, "Will he ever stop cheating?"

You won't fall for any of the lies and false pledges of players who make promises such as "Honey, you light up my life; I want to buy you the Sun, the Moon, and the stars," when actually they can't afford to even buy you a light bulb.

No; not anymore. You'll tell the unworthy lover boys, "The Lord is my light and my salvation. I am a new creation, and I have no time to join you in careless recreation. I am now ready for my very own healthy love relationship with my exclusive soul mate-a real and decent man-and since you are not ready to make a sincere and honest commitment, you're not the one, and I will no longer let you occupy time in my personal space because your presence is blocking my blessings."

Whew! What a mouthful. To keep it simple: It's time to drop the dead weight date, and get yourself a heavyweight mate. You go girl! Let's get you spiritually recharged through a delightful four-fold process of Dedication, Meditation, Visualization, and Affirmation:

1. Dedication is perpetual prayer, praise and worship. It's thanking God for everything (and even in advance); for your life, family, abundant blessings, joy, and your specially selected husband. And above all, for making you such a beautiful, brilliant, delightful, and dynamic treasure.
2. Meditation is deep relaxed thinking. In this state you are at peace with yourself and can think clearly about exactly what you want in your life. When you meditate, set aside some personal time to find a private space where you won't be disturbed by daily chaos. Get comfortable, either sitting or lying down, and enjoy the peaceful calmness in your spirit. Think about the people, places, and things that bring you joy, and the new experiences you'd like to explore. Be at ease in your body temple, and enjoy your pleasant thoughts.
3. Visualization is using your imagination to form a picture of what you want to achieve. It can be described as "organized daydreaming." We create random images in our minds when we daydream, but in visualization, we tailor these images in our specific desires. For example, if you want a new car, picture yourself sitting in it and driving it. If you want a healthy relationship, picture yourself being happily in love. I must warn you here that you cannot use this as a kind of mind control to get a certain man to fall in love with you. It won't work. All human beings have the gift of free will (or free moral faculty) from God. So no one can spiritually control another person's mind against their will (nor should he or she want to). What will work, however, is if you visualize yourself in a loving, fun, and peaceful relationship (and environment), with a terrific feeling of healthy love flowing all through your entire being.
4. Affirmation is creating reality through the spoken word. You can use it to program new behavior, relationships, friendships, and just about everything into your life. This technique is so powerful that ancient wisdom urges, "Be careful what you ask for [affirm]; you might just get it [you will if you believe]." Here's a tip that will help you affirm healthy love into your life quickly: Don't affirm in the future tense, "I will be happy" or "I will be loved." Instead, boldly declare in the present tense, "I am now happy," and "I am now loved."

Always affirm with deep conviction, absolute intensity, and feeling. Be careful not to just reel your declarations off your tongue, or merely recite them. Believe what you're stating with all your heart. This is not just a hope, want, or wish, it is real. If you truly believe, you will certainly receive.

If you've completed all three phases of this relationship series, you now have the "insider's secret" and formula for turning around your life and love relationship for the better. First, take the time to restore and pamper the true essence of who you are, and when you're ready, be sure to embrace the

sacred healthy love relationship you deserve. Why settle for less when you deserve the best?

About the Author

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