

Welcome to the May issue of “The Art of Creating Ideal Relationships” Newsletter!

Relationships are Avenues of Spiritual and Personal Growth

Have you noticed how relationships cause you to stretch and grow, whether you want them to or not? Have you noticed how just as you are feeling really comfortable and content with someone (lover, friend, family member), something or someone upsets the apple cart and you are picking up after a mess you did NOT intend to create?

There is a story of a Buddhist monk who spent most of his adult life isolated in a cave in the Himalayan Mountains. A Western disciple came along to spend some time with him and at the start of their time together inquired as to what he intended to accomplish by spending so many years alone like this. The monk told him he had mastered patience!

As you can imagine, in a very short amount of time the good monk lost his patience with his guest. While a sweet calm can be mastered in isolation, patience can only be mastered by testing, which requires at least one other person in our presence.

Very little in our lives tests us the way relationships do. Almost anytime an individual has to confront his or her worst demons, a relationship is the cause of it and may be hanging in the balance as a result.

In as much as relationships challenge us mentally, emotionally, and spiritually, for the whole of our lives they invite us to continue growing. A powerful tool will put you in the driver’s seat of this particular type of spiritual and personal growth! It requires strength and stamina to use, but it will empower you as well!

It is the Relationship as Mirror tool! You can do this with every single relationship in your life. However, we suggest you begin with just one relationship as you build your strength and stamina. That one relationship you begin with should be with someone you dearly love and very much want to keep in your life.

Then, the next time he or she does something that drives you crazy, something you really want to “fix” about him or her, look deeply at that person and tell yourself, “He is a perfect mirror of me,” or “She is a perfect mirror of me.” Allow how you are feeling about him or her to be your stuff, not his or hers.

This can be frustrating as it takes the ownership of your feelings off the other person and puts them squarely on your own shoulders. However, it can also open the door to greater compassion and understanding. Instead of trying to get in there through conversation or a look or a dismissal in order to fix or correct the other person, you can listen deeply and genuinely. You can create an opportunity to respond with genuineness to the places you are both coming from. You can create an opportunity to so see and hear the other person that he or she is inspired to see and hear you in return.

There may be days when you find yourself chanting all day long, “He’s a perfect mirror of me...he’s a perfect mirror of me...” because that is as far as you can go! That is all right. The ability to use the Relationship as Mirror tool to open yourself to a deeper expression of love will come in time.

There is one rule to the use of this tool: do not use it to beat yourself up! If you find yourself saying something like, “Well, if she’s a perfect mirror of me, I must be a perfect scoundrel!” Stop! Stop and say to yourself, “I love you, I love you, and I love you. It’s going to be all right!”

The Relationship as Mirror tool is a profound way to take responsibility for creating your life and relationships the way you want them. Feel proud of yourself when you use this tool and have fun with it too!

--- Announcement ---

We have a new products page at <http://idealrelationships.com/products.htm>! Check it out. There may be something new there you would like or there may be products available there that someone you know would like to know are available.

We also add a new article to the articles page, <http://idealrelationships.com/articles.htm>, almost every month. These articles are free advice and support for creating ideal relationships as well as making the dance between mama’s boys and daddy’s girls delightful and joyful again!

Wishing you many blessings as you create your world being full of joy, love, and wonder,

Joseph and Sarah Elizabeth Malinak

Authors of *Getting Back to Love*, see www.GettingBacktoLove.com, Coaching for Love at www.IdealRelationships.com, and Relationship Consultations with Joseph using the Cards of Destiny at www.josephmalinak.com.

P.S. Pass along this newsletter to anyone in your life you feel would enjoy it!