



Holistic Restoration

Creating Balance, Transforming Lives

Relationship Reflections: Seeing Yourself in Others

Regardless of how agitating our relationships with others can be, shift yourself perspective to realize others are truly angels, sent here to help us realize everything we need to learn about ourselves. How do they do this? By pushing our buttons. The catch? We can only see in others what is within ourselves. What does this mean? It means every time another triggers an emotion within you, they are doing you the gift of bringing an issue or insecurity or dark area within ourselves into the light. They are showing you, yourself.

We are all blinded by our own justifications which tell us a story of why things should be a certain way, so we often cannot immediately see the reflection. Our minds tend to try to make a literal translation, when life is truly showing us the essence of what we do. We do the same thing that we see them doing, only in our own way. Perhaps we do the same thing to other people, only in a slightly different manner, blinded by our own stories of justification. Perhaps the person we do it to is our self. Perhaps it's not the literal action we do, such as leave our shoes lying around carelessly, though, we too, lack follow through in tasks.

Start to look for how you do the same and make it your personal mission to get yourself into integrity in that area. As you master it within yourself, life's reflection will begin to shift into one less agitating to you...again a true reflection of you. It's easy to see where others are out of integrity, hypocritical, not following through; it's not so easy to see this within ourselves. Recognize the beautiful gift your relationships are giving you by allowing you to discover and heal this aspect within you, and as Ghandi said: Be the change you desire to see in the world.

Example of application:

If you feel your partner takes you for granted, ask yourself: what in my life do I take for granted? What do I take for granted with my partner? Often, we fail to have gratitude for the things we feel others "should" do. Such as my husband *should* pay for the bills he's agreed to pay in our household. Just because they "should" doesn't mean they do not deserve recognition, praise, and appreciation. If you want to stop being taking for granted and to be appreciated for the things you "should" do, especially the "should" do's through the eyes of others, then stop taking for granted and start appreciating—verbally—others.

Bonus insight:

The effectiveness of this technique is not limited to our relationship with other people. It has also proven highly effective with my relationship to money and life in general. What is the world around you telling you?