

Survive and Thrive

Overcoming the end of your relationship and healing completely for yourself.

LOOKING IN A DIFFERENT DIRECTION

This precipice you find yourself standing on in your life, stands as an invitation; an opportunity to look elsewhere for the answers. Your healing will not be found in a new dress, a new sports car or a new relationship. The answers do not lie in wishing you or your partners could or should have behaved differently. The healing will not come if the world would only be as you want it to be; or appear in the dictates of a new law of the society you live in. The answers for your healing come from one place and one place only – from within you.

Through your heart – your Soul speaks to you. Through your relationships your Soul speaks to you – in the symbols of your world – in the imagery of your life, your Soul speaks to you. But you do not know how to listen – you do not know how to see.

The answers are all around you; evident in the nature that surrounds you, hidden in plain sight within the events of your lives; and revealed to you through every relationship you have ever experienced.

You are assisted in every moment, by instinct, by intuition and by your own inner wisdom and connection to Divine guidance. As your Soul evolves and you let go of your old patterns of fear, you will recognize the guidance and what it is and always has been trying to tell you. You will change your way of seeing the world, your way of experiencing the world; your way of being in the world. You are being called to learn the language of the Soul – the language that connects us all and all things on our planet.

The world as it used to be – served its purpose for the time – and the

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people of those times viewed it as they needed to in order to achieve the purpose of their Souls in that moment. It is the same with you and your relationships of the past. They served their purpose while they existed – they were what you needed at the time, and what you were capable of in those moments.

As in the days when humanity believed the world was flat and to sail beyond the horizon was to journey into a certain death filled with fire breathing dragons; or that anything smaller or larger than the human eye could see, did not exist; we stand ready to step into a new reality beyond that which we can currently, see, recognize or measure; a world beyond our known ideas – of what is possible for our selves and our relationships.

It takes great courage to venture beyond what you know or what you have experienced in the past. It takes an uncommon bravery to choose a different path – to decide to live a different way and to see the world in a perspective beyond the norm. It requires great faith and trust in yourself and what you believe you are capable of.

This evolutionary time is calling many people to step into that courage – to brave the dragons of our own inner horizons.

Relationships to this point have served a purpose that we have only recognized with our mind eye – for that is all we knew. As we venture beyond the horizon of what we believed was possible for ourselves, we must leave behind the old ways of seeing our partners and our relationships; for we cannot sail into the new world if we are afraid to take our eyes off the shore.

There is nothing that you, as a Soul, do not already know – there are only things that you have forgotten. You are exactly where you are supposed to be in

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this moment – your Soul and the Souls of your partners have chosen this journey for you. When this is understood and accepted, your innate wisdom will guide you beyond your current feelings of pain and disappointment and into a ‘remembering’ of who and what you truly are. Then and only then will you recognize your truest power.

We have looked to our relationships to return us to that power – they cannot. We have looked to our ego and the things we fill our lives with to rekindle that power; they will not. You are being called to recognize that you have everything you need within you, at this moment, to create the life of happiness that you desire.

The loss of your relationship has pushed you to a point of wanting and needing to understand; and to ask “Why?”

It has broken your heart so wide open that the only option you have to stop the pain is to decide to make a different choice. Heartbreak is an amazing catalyst for healing; when the pain becomes so intense that you feel it might never end – you are forced to decide to look beyond your circumstances and into yourself for greater meaning.

Your relationship was exactly as it was supposed to be to bring you to this point and your partner in all of their confusing disguises has given you everything they needed to. Your job now, is to find the purpose in it all and to understand the new opportunities presented in its ending.

I invite you now – to do just that. Your relationship has ended; so now what do you have?

You have that which has been with you for all of eternity; the power that is

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endless and unconditional loving within you; your Soul; your own piece of Divinity that is with you always. Your Soul will guide you, direct you and help you heal; if you let it. If you learn how to hear it; and if you pay attention to what it is trying to show you.

When you can look at the world and all the beings and situations in it, through the eyes of your Soul; you will see the beauty and purpose in all of it. When you can see yourself, your partners and your relationships in the same way, then you will recognize each and every circumstance as a part of your evolution.

Your life will become one of true peace, understanding and unconditional love. When you live from this understanding, it is reflected in all you say and do and how you share your life with others. Then all relationships can become true loving relationships.

I invite you to welcome the pain, to meet the challenge and to accept it willingly as the opportunity it truly is; A Divine opportunity to heal. That is your blessing in this situation; your pain is calling you to grow. Your 'physical failure'; the end of your relationship, is NOT a failure if seen from the perspective of your Soul. If seen properly it can be a springboard into a true understanding of who you really are. If you are brave enough, your 'failure' can become the most powerful spiritual success of your life; and the experience; that if allowed to reveal its blessings to you, can bring you your life's greatest joy; your reunion with your own Divine power.

It is my intention that you can find the purpose your Soul has for you in this circumstance, as you and only you can discover it. It is my hope that through my own journey and the journey of others, that you will discover that the love

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affair you have so longed for, is the one you have had access to the entire time. It is who you are and it is all you reflect into the world. You **can** be truly happy in the relationship with the only person you ever really have – yourself.

It won't always be easy and it might not always make sense to your 'thinking' mind. But your heart and Soul will recognize your truth and will guide you to accept what feels correct for you, revealing to you along the way the answers that are yours and yours alone.

*“You need chaos in your soul to give birth to a dancing star.”
~Fredrich Nietzsche*

You will survive this challenging time in your life and you will live to love another day. How you choose to survive is up to you. No matter how impossible it might feel to you right now; you **can** choose to use this circumstance to truly heal your life and to find acceptance, love and forgiveness in all of it. So that not only will you survive – but you will thrive!! In love and in all things.

It will be an adventure that you may have never planned for, but your Soul was ready and that is why you are here. You WILL find peace and happiness through your efforts and some day, it is my belief that you will be able to reflect on all of the relationships in your life and view them with a true understanding of their purpose. One cannot know love without knowing fear – one cannot recognize the light, without first having walked through the darkness.

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As you move forward into this work, relationships of all kinds will be available to you – and you will have many choices to make as they appear suited to you or they do not. What will become different for you moving ahead is that no matter whom or what appears down the road in your life –you will recognize that you are complete and always were. For it is never about who we are with, it is always about who we are. When we own that; when we recognize that; when we claim that; we become a source of true light and power that brings only goodness and peace to the world. And isn't that what we all desire?