

What's the big thing that is killing relationships?

A primer on the energy of relationships.

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Welcome to this week's episode of Super Secret Power-ups and I'm Lindsay, your Super Secret Life coach, the gal who is going to guide you toward building a super powered life around your dreams, your power, and your passion!

This week at supersecretpowers.com we are talking all about relationships! I'm going let you in what the number one killer of relationships is today, so get comfortable! First we have to talk a little about energy!

In the world of Super Secret powers, where energy is fundamental, everything also comes down go relationships. This is one of those huge topics, monstrous in size and impact because relationships are so innate to our lives. This is going to be primer on the energy of relationships, we're going to take a top down look at how relationships effect us. And I am also going to tell you what the number one relationship destroying thing is. We all do this or believe on some level.

Because everything is constructed from energy, a relationship is when one person's energy interacts with another person's energy, our aura's mesh and feel each other out. Having a relationship with someone doesn't mean we agree with them, it doesn't mean we love the way their energy feels to us, it doesn't even mean we like the person. A relationship is about interaction and co-mingling.

From an energetic perspective the ultimate goal of a relationship would be the quality of the interaction between our energies, ourselves and others and the world around us. A quality interaction has nothing to do with "liking" or "agreeing". Quality interaction happens when one person puts out energy, and the second person accepts this energy, figures out what it means to them, and is able to put out their own energy with their response. It should be balanced, it should be active and focused in the present. One person's energy should not be trying to dominate or control the other person's energy. One person's energy should not be trying pry into another person's field without their express permission. It should be a reciprocal give and take, and give and take.

Energy does not have to come in the form of words, but admittedly it is much easier to communicate our intentions and feelings clearly through words than energy or body language. An emotional reaction to another's communication is the focus of what we are talking about. This is the relationship killer. Not everyone out there knows how to have an quality emotional and energetic exchange. Not everyone knows what it feels like. An emotional reaction doesn't have to be gushing feeling words, it can be a glow about you that was caused by their words to you. It could be a look of confusion or even a giggle. But let's break this problem down a little more.

But when our reaction to another person's words or communication doesn't meet their expectations, after they just gave you some of their energy, miss-communication and mistrust begins to build in the moment of the relationship. It is not because someone was necessarily trying to deceive or hurt you, they might not even be rejecting you (even though most people feel that must be why so and so didn't respond well to them), but rather something about your communication, your energy exchange with

them failed. As people, we tend to deny that relationships exist between ourselves and people or things we don't like. But from an energetic perspective, that is impossible. We cannot stop the ebb and flow of our aura or souls from going out into the greater ebb and flows of the world around us. We are all a part of a greater whole, so not having a relationship with someone or something we don't like isn't a reality.

We do not live in a perfect world where our energy exchanges are always met with quality energy. And the pattern we learn for energy exchange and communication begins the moment we are born. And, because of this illusion that we are our bodies, minds, and emotions that this physical world imparts on us, a failed energy exchange means we feel we have been rejected because of that failure. We come to believe that a failure in energy exchange and communication is all about us or something we did. From parents to extended family to school friends, early on we learn a lot about what energies others welcome from us and which exchanges will fail leaving you feeling empty and denied. Sometimes we pick up patterns that try to steal or manipulate the energy or emotions out of others because we learned that feeling empty in our exchanges and communication feels bad. Sometimes we learn patterns and techniques to try and avoid taking the energy that someone is trying to give us when they are angry, upset, or sad, so that we can retain our energy.

These techniques are for our survival, our emotional survival. But as humans, not only do we survive, we adapt and we evolve. Our ability to have quality energy exchanges, communication, and relationships needs to adapt and evolve as we go through life, as well. Because we have survived thus far in life, most of us don't stop to think about how we are using our energy in exchange with others and the world until there is a problem we cannot seem to resolve with the energy exchange and communication skills we have learned. So many couples don't work on their communication or energy exchanges on a regular basis because most people feel if it's not broke don't mess with it. Many friends take their words or lack thereof for granted.

The main take away I would love people to come away with from this explanation of the energy behind relationships is to be aware that there is always some kind of energy exchange going on when we are living our lives and talking with our loved ones, new friends, and even strangers. There is always some kind of exchange going on.

So here's some powerful questions to ask yourself, and base these on real life relationships.

Where you are ...

equal giver?

an over-giver?

a taker?

A rejector of another person's energy or essence?

A blocker of energy and communication?

Until today were you even aware that in communications and relationships that people were actually looking for a little energy, some kind of response from you. Even saying "I got your message." or "I understand you are feeling...." will give them something in return without draining you.

Remember where attention goes, energy follows, even if you don't agree with someone, maintaining eye contact and letting them know you heard them and maybe even understood where they are coming from, can go a long way to giving energy back without giving all your energy away.

Now here's something that will nip a lot of communication and relationship problems right in the butt. I have to make the distinction here between dysfunctional relationships and dysfunctional communication though. A dysfunctional relationship by definition is one that is not working toward the

health and welfare of both people. While the big secret I'm going to reveal here might help some dysfunctional communication, it is not going to simply solve a dysfunctional relationship. Most people doesn't even really hear what you said, nor do you really hear them. We hear what we think we heard through the filters of our past communication. We anticipate what we will hear next and a lot of the time we begin reacting to the situation based on our past experience before the present conversation is even finished. To stop this from happening and to make sure you are communicating clearly and in the present, repeat back what you think you heard to the person who just said it.

Now you don't want the other person to start taking a trip to their past communication bad lands, so approach it fairly. Start with something like "I think you said, you were feeling this.....! Did I hear you right?". This should alert the other person that you are trying to understand them, causing them to slow down their thought process and think about what they are saying. It could help stop some of the emotional reaction a person might be putting out there that makes you feel uncomfortable. Just trying this tip, which is part of "active listening", can push a re-set button on an exchange and turn it on it's head. You might find that you were taking a persons talk way too seriously, or too personally, or perhaps there was a miscommunication!

If you have a question for me, put it in the comments on my website, www.supersecretpowers.com. While you're there, sign up to the site, get some awesome free gifts for simply doing that, and check out all the articles and tools on my website, I do a lot more than just podcasts folks, so if you are only listening to the podcasts, you're only getting a little super-powered, you should be going forward with all your power and passion! So get on the site, and stay tuned for the installment of Super Secret Power-ups by me, Lindsay, your super secret life coach!

Go and have a super powered day!