

HOW TO CLEAR COMPLEX NEGATIVE FEELINGS IN RELATIONSHIPS

It can be very hard to accept and digest complex patterns of negative projections in our relationships, such as judgment, criticism, anger, hatred, blame, distrust, fear, etc. A child may project anger toward a parent, in response to the child's feeling that the parent is being "unfair and mean". An employee may project fear toward his boss, in response to his feelings that his boss "judges him as not good enough". We all look at one another through the colored glasses of our past, and no matter what feelings we feel coming at us from another person, and how they imagine we see and feel toward them, the following process will help us become free in the midst of all negative protections arising in a relationship. If we face all projections coming at us, no matter their origin, it can heal all the buttons we feel are being triggered inside of us. Thus, we can come back to experience total joy and freedom without needing to change the complexity of feelings another person is struggling with in their relationship with us.

(It is recommended that you do this process out loud, where no one will hear you)

Step 1: Ask: "On a 0-10 scale, If 0 = the totally positive, beautiful, and loving feelings which exist between a little boy and his favorite puppy (pause and see them below), imagining finger tips on each other's temples, how negative do all the projections feel between _____ [he/she/they] and I, at our worst?"

Then rate how on a 0-10 scale how much negative feelings you feel from your subject(s) coming at you, and the negative feelings they feel from you coming at them, opening up and expanding your sensitivity to allow a full awareness of all the negative projections that everyone feels coming from one another = "X".

Step 2: Repeat over and over what you are feeling using this sentence ...

"At our worst, we're feeling a X set of negative projections between us,"
"At our worst, we're feeling a X set of negative projections between us," etc...

With fingers on each other's temples, stay connected with the projections your subject has toward you and the projections your subject feels from you; e.g., all the blame, fear, anger, judgment, guilt, etc., which you may feel from them, and which they may feel from you. Repeat the above sentences until either at least a minute to a minute and a half passes, or until the negative projections between you both subside.

Return to Step 1: Continue with these steps until you feel no more negative feelings being projected on you, and you return to feeling only total joy in front of your subject.

... It may be helpful to remember the adage ...

"The projections in our relationship which I am willing to feel will heal ..."

"The projections in our relationship I try to avoid, just keep me annoyed."

A Spiritual Solution

When we finally breakthrough to feeling total joy, we will notice that we did nothing to change the person in front of us whose projections on us and perceptions of us previously made us feel so uncomfortable. Instead something changed inside us, as we released only our own unhealed emotional buttons. Facing all the negative projections arising in a relationship brings about a level of freedom and healing which can't be acquired alone, so perhaps such challenging people are actually gifts in our lives. Most people are seeking a worldly solution to their problems: they try acquiring more things, or they try to run away from (or avoid) whoever pushes their buttons and causes them some degree of pain or upset. This process offers, instead, a “spiritual” solution. By releasing our inner emotional pain, our outer world completely changes, and we can experience joy even in very complicated relationships involving many projections.

So How Can We Stay Joyful?

We know life is likely to present us with challenges every day, so how can we stay joyful in the midst of negative projections people have toward us from their wounded pasts?

We take showers or baths every day to keep our bodies clean – even though we will surely get dirty again. We brush our teeth every day – even though they will probably be in need of a brushing after our next meal. Some of us do physical exercise regularly, despite so many forces – including ageing and even gravity itself -- which are constantly acting against us.

But what do we do for our mental peace? Regularly doing something to “clean” or clear the mind is important, in the face of so many forces in our day to day lives acting to disturb it.

This is something we have forgotten, because no one has to teach children how to regularly “clean” their minds in the face of whatever is disturbing them. They innately know how to release their daily stress by crying, throwing a tantrum, or expressing their upset feelings – after which, they quickly return to being light-hearted, free, and joyful again.

We can definitely feel that way again as adults, finding our way back to regaining our youthful light-heartedness and joy if we take a few minutes time daily to do clearing practices.

