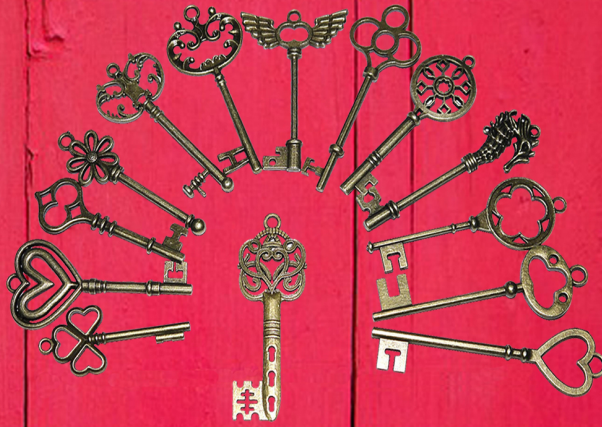


SECRETS OF LOVE FOR EVERYONE - BY JOHANNA KER
FREE FRAGMENT FROM CHAPTER 8



SECRETS OF LOVE FOR EVERYONE



EVERYTHING YOU NEED TO KNOW
TO HAVE
AN AMAZING RELATIONSHIP



JOHANNA KERN

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SECRET 8



RELATIONSHIP CRASHERS: 7 GHOSTS OF OUR PAST

The uninvited guests that growl and howl

They will get us where they want us if we don't deal with them

We all want the same things: good health, fulfillment, a loving relationship/family, and comfort in life. While the details of how we see our needs fulfilled might vary – it all comes to one thing: happiness. We all want happiness in life. There is no one on this planet who would truthfully tell you that he/she wants to be unhappy.

The quest for happiness in life is two-sided coin. On one hand, it requires you to let go of your expectations and appreciate life for what it is – a wonderful journey to becoming who you truly are. On the other side, you need to put some effort to arrive at the place where you can fully be that person you are meant to be.

A happy relationship, based on true Love, is built on the same principles. Happiness in relationship is present because of your ability to let go of what weighs you down, and at the same time – because of what you are willing to do for your relationship to thrive.

Oh, yes. We all want the best for our relationship, no questions about that. We want it to be a truly delightful feast, where the two of us can enjoy our time together, and celebrate what we have: Love.

But what if that feast we longed and planned for is interrupted by uninvited guests that appear at our beautifully set table with their own hidden, destructive agenda?

The Ghosts of Our Past. They are the relationship crashers. Just as the wedding crashers can come from either side: the bride's or the groom's – so do the relationship crashers. Often they can appear from both sides.

Every wound that we have developed becomes a weakness that we tend to hide in our subconscious, "brushing it under the rug" – so to speak. That wound, when not dealt with and not healed, becomes a base for developing a subconscious Shadow which guards our weak spots with, one might say, "its own body". Such a Shadow becomes ruthless at the same time. A dark-natured bully which begins to control our behavior and feelings. The more unresolved past trauma we have, the more Shadows reside in our subconscious.

Our Shadows take over in order to protect us from any possible harm. Whether there is a real danger, or just some imagined possible threat, our Shadows come out and act on our behalf. As if someone pressed a button, we start behaving in a defensive way, like robots on automatic pilot. We keep repeating the same patterns, getting stuck all over again in similar troublesome situations, perpetuate emotional pain, and create more similar wounds for ourselves, and others. In short: we keep sabotaging our relationships, our happiness, our right to success, abundance, and our right to love and be loved.

When we are beginning a relationship based on true Love, we are agreeing to take equal responsibility for sharing our Love. When any problems occur, we can't just point our finger and say: "It's all your fault", or "You know that I'm screwed up. I can't help it."

Actually, we can help it. We can always help it if we really want. And as for the first statement – it is never simply the other person's fault. Love is not blind, and in a relationship it takes two to tango.

The Ghosts of Our Past let us know of their presence, sooner or later. Actually, each of us knows their Shadows well. We know how we may react; we know what we have done, and what we might do. So let us not pretend that we are surprised by our Shadows' existence, when they crash our relationship. And let us be equally aware that the person we love will have his or her own Shadows as well.

Now, it doesn't mean that we need to run away from Love, or a chance to have a loving relationship when we are not yet healed. And let us not dismiss the possibility of loving and being with someone whose wounds might go very deep. Yes, it is best to take care of our own mess, before it becomes a deal breaker. But – the mere presence of the mess (the other person's or ours) is not a problem that cannot be overcome. Unless it really is.

When we decide to love each other and grow together, we naturally take the risk of facing and dealing with our human nature. Which is, again, both beautiful and complex.

Whether it's us, our partner, or both of us who need to do some healing – we need to be equally patient, supportive and wise enough to know that the healing process takes some time.

The very beautiful aspect of Love that follows Acceptance is Equality. When we recognize Equality in our relationship, we recognize our equal rights and privileges to create the most amazing relationship we want.

This is the most important thing to remember when the Ghosts of Our Past appear to divide us, and “put us in our place” – so that we won't dwell in the darkness of our misery, so that we don't lose sight of the loving light of our Love.

What usually happens is that our own Shadows begin to wrestle and battle with the other person's Shadows, since each of us subconsciously tries to protect our wounds. If we don't pay enough attention, if we don't talk about our concerns and don't try to look for solutions – we might easily sabotage our relationship and chase our passion away, to the point of no return.

Having said that, I need to add that anything is possible. We are all unique. We are all different. And we do know best what's beneficial for us, and our relationship – the moment we truly tune into the vibration of Love.

Patrick and I practice loving communication. We are not afraid to talk about what ails us,

and we are not afraid to face our Shadows since we are not easily scared by them. It would be truly naïve to think that anybody is free of them – it doesn't work that way. As humans, we are very sensitive to our environment. We are a species whose survival depends hugely on working together, rather than alone. We don't have particularly good vision, hearing, powerful fangs and claws, or thick enough fur to keep us warm. As the human race, we have survived this far due to our ability to work together as a community. That is our true strength. And so other people's "programs" affect us not only in our early childhood and youth, but also throughout our life. That's why it is very important to keep our Shadows-Hygiene. To keep our subconscious in check, and to take responsibility for our inner mess.

In this chapter I am addressing the most common, top 7 Relationship Crashers – the Ghosts of Our Past that we need to be aware of, and know how we can deal with them. It is the longest chapter in this book – take your time reading it. These uninvited guests took theirs to grow into their power and cannot be taken lightly.

Whether they are our own Ghosts of the Past or they are haunting our beloved – when we are well prepared, everything can be resolved.

It is good to know that.

GHOST 1



THE FEAR OF CHANGE

It can stop you when you are about to move

It says it's for your own good

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This uninvited guest feeds on our uncertainty about how things will work out in a new situation. It will whisper in our ear, it will gossip about other peoples' misery and warn us about all possible negative outcomes of our decision, and it will try to "save us".

Whether we move to a new home, start a new job, begin or end a relationship – the Fear of Change is there, thriving and happy to stop us in our tracks. Oh yes, it will do it, if we only let it. It will give us 100 reasons why we should stay put where we are: no matter whether it's peaceful or disruptive, or an abusive environment. The Fear of Change will try to convince us that the "old devil" is better than the "new devil" – since we already know how to deal with it. As long as we let it persist, we won't be able to find the courage, take the risk and open ourselves up to the opportunities that are coming our way. We might never be able to fully declare our Love to someone, or – in some other scenario – not be able to end an abusive relationship.

Indeed, it is easy to get used to any situation we are in, even if it's no longer beneficial for us. It is more difficult to welcome change and step into uncertain ground. And it doesn't matter whether the change is good or bad for us. The Fear of Change knows what it knows, and it wants us to avoid change at any cost.

How to make this uninvited guest leave:

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