



## Fiery Relationships

Real growth comes from a place deep within us. It is a transmutation, whether from rage into peace, from obsessive controlling to acceptance, from fear into security.

These intense feelings must be activated *first* before they can be changed. For us to change, we *must* get activated. We can't avoid it. Luckily, if we listen to the heart and follow its desires, we'll be led to our soul mates. And they'll lead us to growth.

So the next question is once we're in these relationships, how do we deal with the emotionality of it all? One-way: We set the intention to transform feelings of fear into feelings of love. Sounds easy, right? It's not.

When rage, fright, anger, and disappointment arise, it means we've fallen into a position of fear. Quite simply, we're scared of losing love. When this happens the only thing we can do is to try, with all we can muster, to return to a sense of love within ourselves.

The person you want so badly can knock you off your center. Not because they are malicious, but because you care! It's easy to get consumed by them, which leads you to lose contact with yourself. Being knocked off your center is the ultimate test. Can you continue to come back to your sense of self, even in a relationship with someone you're madly in love with? It's not easy to do. But it's growth-inducing.

Please don't run away from someone because they make you crazy inside; show up to the challenge and change.

Do you need to feel a greater sense of inner security? Then pursue it.

Do you need to learn the process of forgiveness? Then make it happen.

Do you need to know, on every level, in every way, that you are love? Then contact your source within and don't let go.

You can do it. You can change. You can grow into the truth of who you are.

When you realize that your partner is not the bane of your existence but is how you can transform, a new sense of gratitude will emerge.

Make sure you let them in on your appreciation. Next time you get a chance, tell your person (the one who pushes you to your limits and beyond), "Thank you, my love, for making me feel alive."

Adapted from: Shelly Bullard