

This information is intended to assist you in your spiritual development and to enhance, but not be substituted for, any care you should receive from your licensed healthcare or mental health professional.

ASK A PSYCHIC – Weeks of June 7 & 14, 2009

Question:

I have been in a relationship for the past 8 years, and that relationship is coming to an end. Did we learn what we came together to learn in this lifetime? How can I use meditation and healing techniques to make this separation less painful and intense?

I repeatedly draw the same kind of situation into my life with people who are invalidating and psychically aggressive. Not just in love relationships, but in groups I join and on the job, I am a magnet for people who are controlling and invalidating. I'm obviously creating this for a reason. How can I get to the lesson I need to learn from this and be done with it?!

Answer:

You and your partner both learned from your relationship. Some of the patterns you wanted to clear are still with you because they are deep and painful. Your meditation and healing techniques can help you turn within to focus on yourself instead of on the other person. By turning within and releasing your pain, you are not so easily controlled by others. By focusing on yourself, you release the energy of others and their control over you.

Your pattern of creating abusive relationships is based on your past experience. You learned as a child that your survival depended on taking abuse from someone you believed had control over you. You continue to create these relationships because this is the information stored in your body. These present experiences help you stimulate the old pain. You can clear the pain by using meditation.

You attract people who are like you, but act out their abuse in the opposite manner. You allow abuse and your partners are your abusers. They have been abused, are afraid and want to control their environment to feel safe. You can learn to release your similar experiences or “matching pictures” with the aggressors and be free of your need for them. [Meditation](#) helps you turn within, clear your pain and create your way in the present.

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