

Article on Healing Relationships

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What different types of relationships are there?

There are many different types of relationships. We have family relationships that include parents, siblings, grandparents, spouses, partners and intimate partner relationships, children, nieces and nephews, aunts and uncles, cousins and so on. We have social, community and work relationships that include friends, social companions, business partners and colleagues, school relationships, your spiritual community, and health and well-being relationships, including doctors, nurses, acupuncturists, massage therapists, and so on.

We are in relationship with the planet and Mother Nature. Our wildlife and animals, whether it's with our family companion or with the wildlife in our backyard.

The most important relationship that we have is with ourselves and with God. All other relationships are training for the ultimate relationship which is our relationship with God. God is primary in our lives because God is within us and within everything.

So with every interaction we have with another being we are in relationship in one form or another.

Why are relationships so important?

Relationships are important because it's where we learn and grow and get our lessons as a Soul in a body. It's through relating through others that mirror back to us, the unhealed aspects of ourselves which push us to grow.

Relationships are important because they provide comfort, nurturing, companionship, support, love, and union. They hold us in our lives and provide a sense of support in holding us.

So we need relationships in order to not feel isolated or alone because “no man is an island.” We learn and grow through our relationships. Some people choose to have a large network of individuals of which to be in relationship and some choose a small network. For some people being with family is sufficient, for some it’s having a companion relationship with an animal, for some people Nature is an intimate partner. The key is that some form of relationship is necessary.

Why are some relationships so painful or challenging?

As I mentioned before relationships provide a deep fertile ground of growth opportunity. Without relationships we cannot necessarily see our own patterns and programs as readily and easily. We need others to show them to us so that we can see our own limitations in human form.

Relationships are challenging because other people can push our buttons and push on the painful areas in our lives and subconscious shadow nature that we’ve not necessarily seen, acknowledged, faced or dealt with. It can bring up anything from lack of self-love and self-worthiness all the way through to cycles of abuse.

On the other hand, relationships can be incredibly nurturing, loving, supportive and give us the opportunity to feel safe, nourished and supported. We can really enjoy, feel good and happy around these people.

Sometimes relationships are very karmic, meaning that we come together to work out some heavy stuff. This includes working out issues and patterns within our family and lineage structures, patterns and issues from our childhood, from our past and other lifetimes. Whatever we are carrying around to work out these relationships give us the opportunity to do that.

Often we will incarnate with the same souls in different forms again and again as we come together with specific contracts to help each other.

Often you meet someone, a soul mate or a family member, where you have the sense that you’ve known them before or been with them forever.

Would you please speak more about karmic relationships?

A lot of soul mate relationships can be karmic and at the same time some involve a lot of triggering and drama because there are things that need to be burned and worked out. On the other hand, some are very harmonious and easy, and does not include the triggers that you might have in other relationships. It depends upon what the karma is between the individuals. Some individuals have karma that is very triggering and involves resolving a lot of past issues.

Karmic relationships are on a spectrum ranging from deeply painful and triggering old karma to be resolved versus lessons that have been learned, and new patterns that have been formed that creates easier, more harmonious and stable situations.

Does the family include karmic relationships?

Yes, definitely. The family karma includes the entire spectrum. Family members get along differently with each other and the other family members. For example, the relationship between a grandson and grandparent may be different than the relationship between the granddaughter and grandparent. It depends upon the karma between them.

Let's take an example which sometimes happens where a woman has a child with a man that she barely knows and he runs away, leaving her alone and pregnant. Let's say this mother is on drugs and alcohol and unable to care for the child. And so she leaves the child with her own mother, the baby's grandparent. As the child grows, some orphans end up having a wonderful, harmonious and loving relationship with the grandmother. Other children in this same scenario can end up in a challenging, painful struggle that triggers both people and then leaves scars from the trauma.

When we are born into a family we carry certain karma or karmic patterns that cause us to attract the people and situations that have similar and matching vibrational patterns to us so that we can do our work to burn these triggers out early on in life, if possible. We choose our family units because the members of our family are often mirrors to our own karmic

issues. We choose this so that we may work through our own patterns and issues.

However so often the relationships break down because individuals are unable to see the patterns, the pushing on the old wounds causes painful interactions which result in pain and suffering. And often growth stalls at this point because there is a breakdown in the family unit.

We often hear stories of how siblings or parents do not talk to each other, and the communications can be broken for many years and decades. This is due to the playing out of the triggers and samskaras. Often people even fear their family members, afraid for their lives. We see the breakdown where some family life can seem so destructive and where different family members have traumatized each other. This is all because of two things: their lineage patterns and individual karma from other lives. The goal is to learn what our issues and samskaras, to burn off that karma so that we do not continue the pattern.

It's ideal to burn karma off early in life with your family of origin but sometimes we don't have the ability to do so. In fact, often the patterns get deeper and we have to overcome them by stepping into other relationships that reflect our family of origin so that we can then burn the issues that we attempted to clear early on in life.

It seems that we come full circle back to family and lineage karma. This seems to be a common thread for all themes and topics.

We are the product of our lineage. Our burdens, baggage and emotional issues get passed down from our ancestors to our parents to us. To incarnate in a body, we all have the opportunity to either play it out or clean it up. We are playing out programs that are beyond our control, and it's up to us to become conscious enough to break these patterns and cycles.

Yes, it always comes back to family and lineage karma. One we realize this then we can make the effort to do the forgiveness prayers and practices every day. This will help to burn through and release the karma. It doesn't need to limit us as long as we are cleansing it on a daily basis. If we are ahead of it then it doesn't need to limit us.

This means that we need to be consciously working on it every day. Otherwise it controls our life and everything about our life. We are stuck in patterns and programs that are not even ours. We become like robots, unconsciously acting these out. And the saddest thing we don't even know it. We are just doing it without even knowing it. We've become our lineage programs.

How do you work through family and lineage karma?

Before we are spiritually awakened, we are going to react to everything that pushes our triggers and buttons. So we need tools to help to wake us up. These tools include forgiveness prayers, family lineage forgiveness prayers, meditation, breath work, mantras, spiritual healing and counseling, past life regression, soul retrieval, and working with Divine Grace and Divine Light transmissions to burn karma.

By having a loving relationship helps to clear trauma and karma. It can help to set new positive patterns.

So if one family member does the forgiveness practices it can shift the dynamics of the family?

Not only will it shift the dynamics within the family but also shift the dynamics of all relationships on all levels for all family members. The more often or frequently you do the practices over time, the bigger and larger effect and change you'll see.

If I do the family and lineage practices will this help clear issues between me and my spouse or children?

If you clear the relationship between you and your family of origin it will definitely shift the relationship with your spouse and children. Then go on to clear the lineage. If you do this you will see a tremendous difference in all of your relationships.