

# The emotional magnet

- What you look for in another is what often is missing in you . Or a particular energy is turned down/up. **The other person balances the energy - two parts to create the whole but these parts will not be equal.** One will overcompensate and one will under compensate.
- Your “teachers” show up to help you balance your energy - often they will be bullies or submissive. Sometimes they will be both in different ways/strategies/behaviours. Their behaviour can motivate you to choose to have relationships in an authentic way with them.
- The dependant relationship creates **energy vampirism**. The individual seeks energy support from another.
- The missing parts are often in your **opposite sex parent** - women often replace their father with their new partner. Close examination of their personality traits will show a pattern match.
- **New relationships are rarely true** - we hide our true selves and after a period of around 18 months generally, true selves emerge. This is when disillusion often sets in as your partner isn't who you thought they were.

**Vibration mapping** - start to focus on what you find really irritating in your partner/ person you are having the relationship with:

- Write down the **button pushers** and notice times when you feel angry, sad, powerless, bullied , disrespected and unloved by this person.
- Notice where else these traits show up - who else in your life is like this?
- Check out your **family tree** - the patterns that repeat will be evident.
- **Notice without judgement** - often these teachers give us great gifts - without them in our lives we would not experience the growth of character that comes from interacting with the patterns.
- What traits are **inherent qualities** in you that you wish to keep?
- What traits are **dependant energy drains** that you wish to let go of?
- Can you let go of the need to control / take control **now?**

**Notice how this makes you feel and your resistance to the changes**

# Beliefs

Self-talk that may show up may be along the lines of:

- If I say what I want, it isn't what they want and they will get angry
- If I assert myself the relationship will break down and they will have to leave - that isn't fair on them - they have a right to what they want too
- I have no right to have things my way
- I can't survive on my own so I'll have to put up with it
- Every time I say what I think it causes a row so I'm the bad one
- It will ruin my week/month/year if I choose to do something I want
- It's not worth me trying to change because my life will be hell
- I'm too old/they are too old/ to learn new ways
- That is how it has always been in my family and always will
- I can't stand feeling rejected - it's not worth it
- It will make me ill
- What will the rest of the family think?
- What will my friends say?
- When I've been honest in the past relationships have ended
- I have to be polite
- I have to get my way or I will be weak
- I have to get control of this
- I will not let people get away with this
- Whatever it takes I'll prove them wrong
- I don't care what I have to do to make it work - even if I have to work 24 hours a day
- No one will make me do that
- I'll really get angry in a minute and they'll know who they are messing with

## Examples

**Sensitive shy people** who choose to relate to others in a quiet undemanding role will often be attracted to stronger personalities who turn out to be **bullies**. Of course in order to bully one has to have experienced being bullied and these people have chosen this behaviour as a protection mechanism.

**Competitors** who want to win no matter what and if they don't ( or their team doesn't) they are very despondent. They will ride over others on their quest and often choose quieter partners they can dominate or equally competitive people who mirror their energy.

Yin and Yang -dark and light - opposites attract

The sensitive personality seeks the strength and protective abilities of the assertive personality whilst the assertive seeks control without resistance. These traits span through a large spectrum and are interchangeable.

Finding the middle road can be a rewarding destination

Often what you cannot deal with and avoid in a dominant relationship (i.e one that takes up a lot of your time such as life-partner or work) will spill over and affect other people - they will pay the price

## How energy overspill can show up

### Childcare

- you ask others to do it rather than making private arrangements with professionals/partner sharing the role and this causes discord.
- Sometimes there will be no child care and so you cannot go out independently as an adult or you take your children to adult space.
- This can affect the ability to perform other tasks - you don't have time or energy. Or can affect the children - you focus too much on the house and work and not on them. Repeating a family pattern.
- There may be too much childcare which can impact on relatives or relationships with the children.

There is an imbalance. Our society has the belief we can have it all - is this true? Often because of this belief we go beyond what is energetically possible.

### Emotional dependence

- making others responsible for our happiness and well-being.
- We talk to others rather than deal with it.
- We use our partners as shields.
- We expect our friends to provide activities or time for us to feel good.

## Emotional fixes

- Using **food** as love.
- Going to the **gymn /run/physical** activity to dispel our feeling of anxiety rather than for health.
- **Alcohol and drugs.**
- **Media** -Pornography and violent films.
- **Debt** - we deserve it / something will happen to repay it/ buying stuff to make us feel better/ defining our self through our things - house/car/clothes.
- **Self-help and workshops** - the ever elusive magic method that will give us the formula without us having to face our demons.

## Illness:

- Your body is showing you how your energy is not flowing - a great book for this is **Louise Hay - You can heal your life** this shows you what each part of the body reflects emotionally and how illness is a way of your unconscious communicating that all is not well in your emotional world
- **Illness can keep you safe** - sounds bizarre but it is true in many cases. What does this illness allow you not to do?

## Busy Bee

- Having no time to sit quietly and be ,avoids introspection and sitting with your feelings
- Working yourself to exhaustion avoids feelings and insomnia
- Night shifts and work away from family avoids interaction.

## Addictive Behaviour

Notice what your addiction is - maybe it is the drama?

Maybe you need friction to feel alive -

What behaviour and emotion are you addicted to? What aspect of control is yours?

- What does your partner/friend/relative/boss do for you that you are afraid of doing yourself?
- What do you project onto them - a behaviour you don't like that is actually you?
- What do you blame others/society/the universe for that you aren't taking responsibility for?
- Who or what is your comfort blanket?

Make a list of **button pusher** behaviours that feel uncomfortable

**Example:**

Injustice, judgemental, critical, arrogance, unreasonableness, disrespectfulness,

Be specific about **who** exhibits these behaviours in your circle of relationships now:

Who does this remind you of growing up?:

What are you projecting - what need does that other person fulfil that isn't present in you ?

What sort of relationship would you like to have instead?:

As you start to take responsibility for your own energy you can work to change these **addictions** and **vibrations**.

**List your caregivers personality qualities**

**Do as many as you wish if you had several people who you spent a fair amount of time with**

be as descriptive as you can about this person when you were a child ( we are not aiming to be critical or judgemental here but it's important that you be as honest as possible or you won't gain clarity about yourself and where you are today)

Example: Male - Father very quiet, never shows emotion, no body contact, very fixed rules about behaviour and respect, stern, never raises voice but you know he means business, never talks about himself, no humour, Didn't offer any information unless asked.

Female - Mother Very talkative, hated silences, never still. Lots of activities - out a lot. Perfectionist, house- proud, stressed if house/clothes on me messy, keeping up with the Joneses, gossipy, fear of dogs, nervous.

**Males:**

Females:

Are you reactive or pro-active? How do you feel in the company of people who are the opposite of you? Any button pushers?

As you notice the caregivers traits you realise how you have formed your strategies, that allowed you as a child to have a relationship with them/ keep yourself safe/keep yourself rewarded

List your traits now and opposite them how these work as a strategy for you

My traits

How this worked for me

Example:

Being very compliant

praise instead of punishment

Having no boundaries

my dad was secure he was in control

Not planning anything in the future

my parents were very unstable and overrule me

Being a smiling good girl

avoiding my fathers temper

Being a rebel

the only thing that got their attention

# Self - love

In order to live a fulfilling abundant life we need to practise self-love and ensure that we keep our **love reservoir full** and we do this for ourselves! No-one else can do this for us. If we seek to find this from another person/activity/substance it will soon become evident that this is just a sticking plaster that fades away and once again a void appears.

## Building your self - love reservoir and feeling worth it

**The world is not a definitive place** - it is different for everyone as we each see it through our **own lens and life-experience**. We simply cannot see it through another or hear another's reality and in terms of the Universal Laws

**\*how we see the world is how it is created for us in reality\***

**\* Our emotional magnet - our **heart energy** - creates our world every second of the day \***

If we do not have good self esteem and value ourselves **no-one else can or will**

**These unconscious beliefs are our vibration and we will attract and create according to them. If we aren't sending a vibration of feeling confident we simply cannot attract a confident partner in - it goes against the laws of the Universe - they may seem confident but time will show the reality.**

**Ready to change your vibes?  
Are you willing to do what it takes?**

Make a list of your perfect life-partner/parent/boss/friend

Compare the list of **your personal traits** to the one above and you have a list of **where to start in you** - in order to attract these people you have to be them. Wherever there is a difference put it on the list below - this is where you need to work on yourself. Stop being the victim of life and become a proactive creator.

**Remember the only thing stopping you in this life is you!**

If you have anywhere in your life that abundance is missing it is directly related to your self-worth.

## What next?

Once you have a list to work with of what you want to change we can use **emotional freedom technique** to **change your vibration**

### How does this work?

- We focus on working with past experiences where we have created strategies and our energy vibrations. As we release that energy, we no longer have that past experience as a button pusher ( for an in depth explanation see my emotional mind pdf)
- For example - if we had a child experience of being let down by our father our emotional mind creates a protection strategy. If someone shows up who matches that person we get a pattern match and our flight or flight will be triggered ( button pusher) we will the feel angry/ sad etc - by releasing the emotion from the past experience we re-pattern our emotional mind and we don't get that reaction anymore. We get to live from today and make different choices.

Use the document: **pattern matches for specific vibrations**  
And you have your formula.

Release these patterns from your past and watch your present world change.

You will also need to **change your behaviour** to come in line with your goals and create new strategies for yourself. This may involve more exercise, assertion courses, meditation, nutritional advice, going out more, voluntary work - you have the right answers for you so  
..... find them

**Balance your mind, body and spirit and live a life of abundance!**  
You are worth it.

# Emotional Magnet Workshop

Live the life you want  
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