

## Fixing Troubled Romantic Relationships with the Help of Universe

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When I listen to counselors on the radio or television, one of the things I am struck with is that there is a fairly large percentage of females seeking help with their personal relationships. This is a rather common problem that most counselors or therapists have to address. Normally, I do not like to get into specifics with them because they just lead to resentments with feelings of guilt and betrayal, but this subject is a popular issue so I will try to address it here.

Over the years, I have met many counselors, therapists, doctors, soothsayers, and mystics who have given various solutions to these problems. I would characterize their advice as some being pretty good to some being pretty bad. I have seen counselors tell their patients to boot out their spouse. I have seen counselors tell their patients to show love and compassion. I've known a few gynecologists who insist that the spouse of every one of their patients is the cause of their disease. I have known psychiatrists who overmedicate their patients into zombies. I have seen therapists tell their patients to shoot their abusive spouses. I know others who do a thriving business selling love potions or incantations to people with personal problems. The gamut of solutions is endless.

While some of the above solutions definitely have their value and I have probably used a few myself, what I have seen is that to get

consistent results, some aspect of self-love has to be incorporated in the therapy. Now again, there is a whole slew of books out there that discuss self-love or self-help, and while some are excellent, it must be kept in mind that the people who need the help the most are often mental and emotional wrecks who lack the discipline, patience, or nerves to follow the prescribed protocol. What I would suggest is that a person with relationship problems should go to the bookstore and look over some of the self-help books, paying attention to those that seem to resonate with them. In addition, I will offer a few simple tips incorporating a few ideas of self-love and assistance from the universe.

One thought would be to dowse for a good relationship or to ask the love angels for some help, but I have found that if the person has some self-love issues, this is seldom a long-lasting solution. Manifesting is probably the best bet in most circumstances, so I will outline manifesting a good relationship along with some self-love. Manifesting consists of using your imagination to generate thoughts that can create the reality that you choose. Manifesting can be a bit tricky, so I will lay out a script in order to eliminate most of the guesswork.

Before we get into specifics, I need to lay some of the groundwork so we can have a framework to work with. The first thing is to accept that we are more than just our physical body and that we have an all-encompassing soul. This soul can interact with the entire universe as well as all other souls. If these ideas conflict with your personal or spiritual beliefs, that is OK too. See if you can use

your imagination and play along with me. I am going to use a lady as an example, but you can just as easily swap out the appropriate gender.

1. Start by sitting in a quiet room and getting into a comfortable position. Take a few deep breaths and try to feel the totality of the universe filling your body with every breath.
2. If you are a lady and your man is not doing you right, then you can start by imagining a fine gentleman, one who meets all your expectations. Be bold, don't imagine some decrepit grouch, pick a real prince, this is your imagination after all. Do all the things that you would like to do with a fine suitor.
3. Notice how you start to feel worthy of the love and appreciation that this suitor showers upon you. Note the feelings of relaxation, warmth, and joy.
4. Feel your feelings of rejection and unworthiness transform to love and self-esteem.
5. Don't take this too seriously – have fun with it. If you do this exercise correctly, you will feel the universe sending all the love your way. This whole exercise need not take more than 10 minutes and can be repeated whenever the subject feels down.

Now, this little imagination trick is more than it seems. By feeling love and positive emotions, you have told your body to reduce the stress hormones that were being released and to increase the feel-good hormones that have a positive effect on your health and well-being. You have also created positive thoughts that will attract other positive thoughts. The universe will kick in and love will be drawn toward you. Coincidences and signs will start to appear everywhere. Strangers will unconsciously acknowledge you with warmth and smiles. Your favorite songs will appear on the radio and old friends and family will call. You will see attractive men or couples on the street and accept this as a sign from the universe that love is headed your way.

You will start to notice little changes in yourself and others as, for example, some of the little aches and pains in your body will start to disappear as your sense of self-love starts to blossom. The people you interact with will notice you radiate more and will be attracted to you. Babies will smile, pets will be attracted to you. Your energy level will increase and you may feel inspired to diet and exercise.

You may have a bad day when you feel unloved, but that is OK. Get a good night's sleep and then do the imagination exercise again the next day. Don't get caught into the old trap of "Love is not for me." Above all, realize that love sometimes takes time, but that the little clues are a sign that you are headed in the right direction.

Your man will notice your more pleasant nature and may change to become the man of your dreams. On the other hand, you may find a new man, who may better fulfill your sense of self-love. In either case, loving yourself will allow you to open up to the universe and receive the love you deserve.