



# Love Bytes

Relationship coach **Olga Sheean** shows you how to create healthy, loving relationships from the inside out

**T**he Christmas season is a time when we focus on giving and receiving with our loved ones. For those who are not currently in a loving relationship or who are experiencing a lack of flow or abundance in their lives, the backdrop of festivity, gift-giving and family get-togethers can create a heightened sense of isolation and lack. Although giving and receiving are part of a natural flow that is reflected in our breath and our bodies, we often find it difficult to embrace abundance (of love or money) in our lives.

## Going against the flow

Many of us believe that we must work hard for what we have and that things do not come easily to us. Yet to struggle and worry about not having enough is as unnatural as a blackbird worrying about where the next worm is going to come from. (And how often do you see a blackbird hanging its head in depression and defeat, rather than singing its melodious song with all its heart?) We were created with a natural ability to manifest, yet we have become so disconnected from our innate powers that many of us are unaware that they exist. Although abundance is our natural state, few of us experience it that way.

The natural flow within us can become blocked for many reasons: low self-worth, pain or grief that causes our heart to shut down, poverty mentality, and a sense of defeat resulting from too much effort for too little gain. But, whatever the cause, a blockage in our natural flow of energy affects both the amount of love we have in our life and the amount of money we have in the bank.

## How we stop ourselves from having more

There is a very logical chain reaction inside us that leads to an interruption in the natural flow of things. Negative subconscious beliefs about ourselves create negative thoughts about our worthiness; this causes us to behave in a way that reflects our low self-worth and this, in turn, causes us to attract relationship dynamics that reflect and support our negative beliefs. And thus a vicious cycle is created.

The good news is that we can use external circumstances as a measure of what is going on inside us, and make adjustments

accordingly. If money is in short supply in our lives, and we find ourselves penny-pinching and worried about never having enough, we are almost certainly driven by fear. Fear stops the flow and shuts down our hearts. When this happens, love has no way in. Fear is always the result of a negative belief, such as: “I’m never going to get enough work to pay the bills”, or “I’ll never find the kind of loving partner that I want”. These beliefs are based on how worthy we subconsciously believe ourselves to be and they can become self-fulfilling prophecies.

A lack of love or money in our lives tells us that we have a lack of love or acceptance within ourselves. But it is not a matter of working harder or searching yet another personals website for that elusive soul mate. It is only by going inside and getting in touch with what you really feel about yourself that you can get to the root of the problem. The breakthrough occurs when you figure out how your fears and self-doubts affect your behaviour, which, in turn, determines the feedback (love, money, recognition, etc) that you receive from the outside world.

## Getting into the flow

There are some very simple things we can do to practise self-acceptance and open ourselves up to receiving more in life:

- **Accept compliments graciously.** We often reject or qualify compliments about ourselves if we feel unworthy, and this stops us from letting love in. Even if it feels uncomfortable or undeserved, just say “thank you” whenever anyone compliments you.
- **Always do and say what’s best for you, in healthy ways.** We often put other people’s needs before our own, simply because we want to be liked, loved or appreciated. And we often do not say what we feel or want, for fear of rejection or ridicule. We do so because we do not feel lovable or worthy and we believe we can only earn another’s love if we give enough or say/do what they want. But being driven by fear or need never works and we often end up resentful and compromised, as a result. If, instead, we take care of ourselves, we are taken care of by the universe. This is a universal law that, by definition, works for everyone.

- **Speak and act in loving ways.** When the flow of abundance has stopped in our lives, it is usually because our hearts have shut down. It can be challenging to speak or act lovingly (to ourselves as much as to others) when we do not feel particularly loving or loved. However, it is only by doing or saying loving things that we can open up our hearts again to receive the love or abundance we want.
- **Express yourself from the heart and dare to be honest about your feelings and your values.** The more authentic you can be (i.e., the less you compromise yourself), the more you will connect with who you really are. Being authentic requires self-acceptance and trust so that you feel safe and important enough to validate yourself. Practising these qualities generates greater acceptance and validation from others, as well as more love and abundance in your life.
- **Appreciate what you already have in your life,** even if it falls short of what you want. The positive energy of gratitude draws more positive energy to you, enhancing what you already have and opening you up to receiving more abundance in all areas of your life.
- **Be happy for others who have created love and wealth in their lives.** Feeling resentment or jealousy means that you do not believe you have the same capacity to create what others have created. It also generates negative energy that exacerbates your current situation. Being happy, on the other hand, means that you acknowledge your ability to create love and abundance in your life, and the positive energy that results from this is very powerful in attracting what you want.

This Christmas season, look closely at your world for a measure of your internal flow and how much you are allowing yourself to give and receive. There is a world of abundance out there waiting for you to give the green light for it to fill up your life.

E-mail [olga@olgasheean.com](mailto:olga@olgasheean.com) with your relationship dilemmas. Responses will be printed, space permitting.

**Olga Sheean** is a relationship coach and author of *Fit for Love—find your self and your perfect mate* (available via her website, [www.fitforlove.net](http://www.fitforlove.net), from Banyen Books and Duthie Books in Vancouver). Tel: 604 638 0772 or 604 999 8429.