

## Relationships, The Future and the Power of Love!

Tim and Marsha walked into my office and their emotional pain came with them like a dark cloud weighing them down and draining the color from their faces.

Their story was sad and hopeless... Tim told me, "We have been married for four years, and a year and a half ago Marsha had an affair. We have been in therapy ever since, and we've talked about the affair and our issues to the point where we are sick of our own story, and we cannot get over the pain, so three months ago we decided to end the pain by getting a divorce. We got the final divorce papers last week and all we have to do is sign them and our marriage is finished."

Marsha went on to say, "We obviously didn't get much help from therapy and we're not really sure why we are coming to you, but we heard from a friend that you are different, that you help people create the future, so we thought maybe you can help us end this marriage with the least amount of pain and bloodshed possible."

They had talked so much in therapy about the past, and their problems and the feelings of hopelessness, powerlessness and betrayal, and they were very sad and still obviously angry at each other, and angry at the whole situation because of all the pain they had been through.

I listened to their story and understood the seriousness of the situation, and then I briefly explained how Future Visioning really is a totally different way of understanding us and our behaviors and I suggested that we explore their relationship with their future... and then I asked them one profoundly important question! I asked,

***“What Would Your Ideal Relationship Look Like?”***

As I expected, they both hesitated, their eyes kind of glazed over, they got a kind of confused look on their faces and almost simultaneously they said, "I don't know." Neither one of them could even begin to answer the question!

Then they both started to answer by saying things like, "I don't want to be betrayed again", "I don't want to be neglected," and "I don't want to argue so much, etc. etc." And that was obviously what they had talked about for the last year and a half both in

their life and in therapy, so I interrupted them... and I said clearly, “I didn’t ask what you **DON’T WANT!...**”. I asked “What **DO YOU WANT?** So repeating the question for emphasis, I said;

***“What Would Your Relationship Look Like if it Totally Worked?”***

They both stuttered again and each one basically responded, “I’ve never really thought about that.”

They acknowledged that they had talked and argued so much about the past and the hurt and the anger and the betrayal that ***they couldn’t really imagine their relationship working!***

They paused, and I said, “If you don’t know what an incredible relationship would look like, what are the chances of creating one?” They shook their heads and really started to understand the point I was making!

I pointed out to them another very powerful realization I had discovered by introducing FutureVisioning to couples... I discovered that a partnership of any kind, especially a marriage, is in its essence, ***An Agreement To Share Your Future With Another Human Being!***

Since most people are not very clear about the future they are creating, they don’t really even know what they are bringing into their relationship.

I told them that with the many couples I have worked with, virtually none of them had a clear vision of what a wonderful working relationship would look and feel like. Even though they have been in many relationships throughout their life, most people cannot describe a truly great relationship because they have practiced creating bad relationships over and over and over... and beyond that, most people don’t really even know what love is!

Then I said, “If neither of you could clearly imagine a future where your relationship totally works, is it a surprise that you have had problems?” ... They started to realize that it was not a surprise, in fact, it was to be expected.

Just to make it a little more obvious I said. “If you went into business with a friend because you liked each other, but neither one of you had a clarity about what business you were going to create, and neither one of you had a clear vision of what a success in business looked like... What are the chances your your partnership would

succeed?”

I said, “It’s not a surprise you have had problems in your relationship! **If you didn’t have problems, then I would be surprised!**”

They started to chuckle as the “truth” about their relationship started to sink in!

Then I said, “Here is another really important truth that I want you to think about...” and I paused... “If you don’t consciously design your relationship, your parents already have!”

They looked at each other knowingly because they were well aware that their parents had not done relationships very successfully.

When you were children you saw your parents living their messed up relationships, and that was programmed into your FUTURE! And since neither one of you has created a clear image of what an ideal relationship would be like, you have just been living your way into the future that was programmed into you long ago.

I helped them see how each one of them had picked up some pretty twisted beliefs about love and relationships when they were young, and those had programmed their future... Then I pointed out how Tim’s unhealthy beliefs about relationships fit together perfectly with Marsha’s twisted beliefs, and showed them that they were totally successful at creating the painful future that they had programmed for.

We discussed the core truth of metaphysics that that they are both really powerful beings who are creating their own realities, and therefore, each one has their own reasons for creating the struggle in their relationship, and they really understood that unless they changed themselves, their beliefs about love and their future, their next relationship would probably turn out just about like this one

As they claimed this more empowered metaphysical perspective of their lives, we then talked about the pain of the affair, but we really focused on how each one of them had created the abandonment and betrayal during their marriage, and they saw that that these feelings didn’t just start in their marriage, but had both experienced these patterns before they met each other. They saw that because of their childhood programming, and particularly because they had never learned anything about ***how to reprogram or create their future***, their problems were actually not a surprise at all.

They both courageously saw that they had beliefs running throughout their lives that

created struggle, abandonment and disappointment around love.

In fact, as they understood the futures that they had created when they were young, they realized they were worse than lost, they both saw that virtually every relationship they had been through and then their marriage had been a manifestation of their beliefs that “life is a struggle” and “love hurts.”

They both felt very sad when they realized that they had never trusted Love! I understood what they meant, but I corrected them on this point by pointing out that in actuality they did trust Love... they both trusted that love would ultimately cause “hurt”! This helped them completely understand why they really did have a great connection with each other when they met, but then had created such terrible pain and struggle in their marriage.

It was so clear now and they had seen in their years of therapy that they had indeed acted out many of their parents patterns, but they had tried and tried and yet they had never discovered how to really change. So I said, “The way you change it most powerfully and elegantly is to change your future!”

They realized that they must choose a different future if they ever wanted to have some hope of creating a happy and loving relationship with anyone!

In the next few minutes as they started to enthusiastically design of future with a wonderful loving relationship in it, their life changed more than in all their years of therapy. I encouraged them to start talking about the future they really wanted, whether they went through with the divorce or not, whether they ultimately were together or not, I explained how each one of them must create a brighter, healthier, and more loving future, or they would just create similar problems in their next relationship.

As they started talking about the happy, loving and successful futures they really wanted, including a wonderful loving relationship, a truly beautiful transformation began to take place. An energy of hope and enthusiasm began to reawaken in each of them... the color came back to their faces, and the life returned to their voices.

Once they described the wonderful lives they really wanted, I took them on a guided journey into that most magnificent future they had described. As Tim imagined stepping into his future, he was so deeply touched by the love he felt there that he softly began to cry, and he continued to cry through most of the journey.

When he came back from his future, he opened his eyes and immediately reached

out and took Marcia's hand and with tears running down his cheeks, he said some of the most beautiful words I have ever heard... he spoke to her about the future he had seen and said, **"You were there! I saw us loving each other so completely, and I realized that I love you more than I thought I could ever love anyone, and I want to spend the rest of my life with you!"**

Marsha started to cry... I started to cry... and Tim had been crying all along, so we all warmly and beautifully celebrated the re-discovery of love!

To complete that day we started working on forgiveness. They both understood that they had gotten bad programming from their parents and their childhood, but they also were both willing to feel deeply into their power and their childhood angers and they very courageously owned that they had knowingly held on to their struggles and their victimhood way to long, and by being honest and being loving they were able to forgive themselves for all pain they now could see they had chosen in this life!

They saw that they had acted out their struggle and victimhood in many different ways with career problems, health issues, and their relationship pain, and, as they really forgave themselves for all the pain that was self created, it was actually easy to forgive each other!

They walked out of my office radiant, hopeful and loving, and they went home to ceremoniously tear up and then burn the divorce papers!

We did three more sessions in the next month, and each week they loved themselves more, loved each other more, healed other beliefs and added to their vision of their beautiful future together.

They had struggled with their careers for several years, but with the new love and the new future helping them, in the next month Tim got an exciting new job offer in Switzerland. Travel was always a part of their dream life so they were both thrilled by this opportunity, and a few months later they wrote me from a small town in the Alps sharing that they were absolutely loving their life!

They said they were continuing to work with their beliefs, their power, their relationship and their future, and they were feeling gloriously happy and more in love than they had ever thought possible!

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Ti Caine is a metaphysical hypnotherapist, healer and life coach based in Sherman Oaks, California. His FutureVisioning work has been introduced to millions of people around the world through Dr. Christiane Northrup's best selling book, *Women's Bodies, Women's Wisdom*, and he has been featured in the *Psyched for Success* newsletter, a joint venture between *Psychology Today* and [ediets.com](http://ediets.com), one of the world's largest web sites. He has also been featured in *Psychology Today's* newsletter, *Blues Buster*.

Ti helps individuals, couples and organizations around the world, both in person and on the phone, to design and create the wonderful futures that they really want and deserve.

You can learn more about FutureVisioning by visiting [www.futurevisioning.com](http://www.futurevisioning.com) or calling (818) 995-1331.