

Relationships, The Future and the Power of Love!

Marcia and Tim walked into my office with their divorce already in process. Their pain came with them like a dark cloud, weighing them down and draining the color from their faces. Their words were heavy as well, "We have been married for four years, and one year ago Marsha had an affair. We have been in therapy for almost a year, and we've talked about the affair and our issues endlessly, and we cannot get over the pain, so we've decided to go through with our divorce. We heard from a friend that you help people create the future that they want, and we're coming to you because we want you to help us create a divorce with the least amount of pain and bloodshed possible."

We talked a while about the pain of the affair and how both of them had felt abandoned and betrayed during their marriage. They had talked so much in therapy about their feelings and their behavior in the marriage, but they still felt victimized and angry. I suggested we look at the future and a more empowered metaphysical perspective. I suggested that they begin to own that they really are powerful beings and are fully responsible for their own lives, including their success or failure in relationships.

Slowly, courageously they began to see that they both had beliefs running throughout their lives that created struggle, abandonment and disappointment around love. I helped them see that they both had these patterns. These patterns were at the root of the problems in their relationship and also these patterns had severely limited their vision of their future. They saw that unless they changed the patterns in themselves, their next relationship would probably turn out just about like this one. They realized that they had to work on themselves and their own patterns, and that they must choose a different future if they wanted to have some hope of creating a happy and loving relationship with anyone.

I also pointed out to them 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 don't know what future they are creating, they don't even know what they are bringing into their relationships. It's like two people wanting to travel together while trying to go to two different destinations.

As all of these concepts came together, they realized how much they had felt separated from their power and from their future, and they understood why they had given up hope.

I encouraged them to start to talk about the future they really wanted, whether they were together or not. As they each took time to describe the happy and successful life 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. As they started to get excited about their futures, they realized that their lives and all their relationships had been terribly limited by this group of beliefs. Their marriage was basically a manifestation of their belief that "life is a struggle" and that "love hurts."

Once they described the lives they really wanted, I took them on a guided journey into their most magnificent futures. 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 through most of the exercise. When he came back from his future, he reached out and took Marcia's hand and with tears running down his cheeks, he said, "I saw us loving each other, and I realized I love you more than I thought I ever could love anyone and I want to spend the rest of my life with you." Marsha started to cry, I started to cry, and we all celebrated the re-discovery of love.

We worked on forgiveness, and they learned to forgive themselves for the patterns of struggle they had carried so long, and then forgiving each other was actually easy. They ended the divorce right there and walked out of my office glowing like god and the goddess in love.

We did three more sessions in the next month, and each week they healed deeper and loved more. They then created an exciting opportunity to move to Europe, and seven months later they wrote me from Switzerland, they were continuing to work with their beliefs, their power, their relationship and their future, and they were feeling genuinely happy and in love.

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 recently been featured in the *Psyched for Success* newsletter, a joint venture between *Psychology Today* and ediets.com, one of the world's largest web sites. He is also featured in the current issue of *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, and he will be presenting a workshop, Empowered Living for Women, in the Los Angeles area in March. You can learn more about FutureVisioning by visiting www.ticaine.com or calling (818) 995-1331.