

HOW TO... RE-ENERGISE RELATIONSHIPS

Energy healer and psychotherapist **Abby Wynne** shows you how to maintain the wellbeing of all the relationships in your life



We've all been in relationships from the day we were born – starting off within our nurturing family, then branching out to forge bonds with school friends, colleagues, lovers and husbands. These connections are the bedrock of our world – they support, enrich and comfort us. But when communication goes awry and relationships start to lose their way, or even break down, we can quickly feel off kilter, both spiritually and emotionally.

Yet these breakdowns aren't always caused by the normal misunderstandings, family fallings-out and arguments between friends. Healer and psychotherapist Abby Wynne says there is an energy that surges through the bonds we have with others, consisting of our thoughts, emotions and spirit on a subconscious level.

But sometimes this energy can become depleted or career off course, leaving our relationships to flounder. 'We communicate not only through body language and speech but through our energy, too,' explains Abby. 'For example, you think of someone, and they phone you a moment later, or you sense something is wrong when someone says they're fine, and find out later you were right. That's your energy connecting you with the other person's.'

Follow Abby's guidance on how to re-energise your treasured relationships using some simple visualisation techniques to summon up positive energy and repair broken bonds.

CLEAR NEGATIVE EMOTIONS

We want to be there to support our friends, but sometimes they can sap our energy with their emotional demands, like wanting to tell you *again* about everything that isn't going right between them and their partner. You may feel as if you've brought a demanding friend home with you, even though you said goodbye to her more than three hours ago! While she's not with you physically, you're still carrying her needy energy. It's important to always disconnect from this negativity, and you can do it in a way that helps your friend as well as yourself.

Exercise: To clear your energy and ground yourself, find a calm space where you can be alone, either inside or outside. Stand upright and imagine white light flooding from the ground into your feet. Take some deep breaths in and visualise breathing out your friend's emotional pain and negativity (feel the heaviness dissolving away from your energy field). Now imagine your friend is in front of you and say out loud: 'I'm sorry you are having a tough time, let's clear your emotional pain'. Let any thoughts of your friend go from your mind. Once your pal has received your energetic healing, she'll probably let you know she's OK.

Ground yourself in a calming environment



TAKE YOUR POWER BACK

Sometimes partners, family or people at work take your power from you without you realising it. For example, maybe someone's made a decision on your behalf – when you would have preferred to have made it yourself – and it's left you feeling insecure, undermined or vulnerable. If you have a tendency to let this happen in one type of relationship, the chances are you do it in all of them. When someone takes your power, they are taking a piece of you away with them. Now it's time to learn how to reclaim that part of you.

Exercise: Find a quiet, safe space. Take a few deep breaths and picture the person you believe has taken your power. Visualise your power as a particular colour and see the person in your mind's eye holding a ball of this colour. Then say out loud: 'Thank you for this learning experience, but now I'd like to take my power back.' Take a few more deep breaths and imagine the ball coming closer to you. Now visualise it in your hands. With each breath the ball becomes brighter and you'll feel yourself getting stronger. Repeat when you feel deprived of power.



Imagine your power as a coloured ball

RESPECT OTHER PEOPLE'S VALUES

We're all individuals, so we're bound to have opinions or values that don't match with every other person in our lives. Perhaps you're a staunch vegetarian who clashes with your meat-eating sister. Maybe you support different political parties from your friends. It can affect the way we feel about an individual, sully our interactions with them and creating a negative atmosphere. Differences do not have to make or break a relationship. It is vital to let go of trying to control someone else's beliefs – you are both entitled to your opinions – and find a way to compromise.

Exercise: Visualise a flaming yellow ball, to represent the fiery energy of the sun, just above your head. Then imagine the negativity you have regarding an opinion held by the

person in question as a boulder in your stomach area (where we tend to hold emotions). Visualise the fiery energy ball travelling down inside your body from your head to your toes, pushing the boulder out of your body as it goes. See the ball and the boulder exiting at your feet and disappearing into the ground below, taking the negative feeling with them. Now imagine the other person with the same ball of light above their head, then travelling down through their body and into the ground as they release the

tension. Picture them smiling at you, and remember what it is you like about them. Make an intention, out loud or in your head, to work out your differences. Ask the universe out loud to show you the best way forward and give thanks in anticipation of its help.

Negativity sits in your stomach



SMASH FIXED IDEAS

Sometimes you develop a preconception about someone, without any real evidence, and it colours the interactions between you. For example, you may have a colleague who you believe is jealous of you and trying to sabotage you. Every time you interact with them, this is at the back of your mind so the energy between you becomes tainted. Your colleague will pick up on this, too, and they will engage with you in a negative manner. Ask yourself what fixed ideas

you have about people you are in relationships with. Do you feel your partner isn't as committed as you, or your boss looks down on you? These ideas solidify as heavy energy, blocking clear communication and sabotaging the joy in our relationships.

Exercise: Visualise a person that you're harbouring a negative belief about. Then imagine that you've met them for the first time – you know nothing about them. Allow your body to luxuriate in

the new feeling, releasing any tension. Take some deep breaths and imagine your relationship healed. Visualise the two of you interacting with a good, happy energy passing between you. Enjoy a feeling of relaxation in your body, and accept this person is doing their best and that you are, too. Repeat every few days until the bond is healthy and happy again. ■



Imagine this is the first time you've met

WANT TO FIND OUT MORE?

Abby's new book, *How To Be Well*, is published by Hay House, priced £10.99. For further information about Abby, visit abby-wynne.com

