

# Can Mediation Improve a Relationship?

by Joan Rye



It is a natural human trait to want to improve something that's not working well, but many couples with problems and requiring relationship help, end up with low self-esteem by making the mistake of trying to change their partner, instead of learning to improve their own self-image.

Most of us, at some time in our lives, have had low self-esteem, for one reason or another. Maybe you have thought there is nothing special about you, because you feel that your partner is taking you for granted, or maybe you have felt unlovable, because your partner has stopped making romantic gestures as often as they did at the beginning of the relationship. Whatever the reason, having low self-esteem, is not only self-destructive but also extremely damaging to relationships. It can also be the root cause of many illnesses and disorders such as Depression, Anxiety disorder, Agoraphobia, Social Phobia, Anorexia and bulimia.

Many people with low self-esteem, become terribly resentful of their partners for not making them feel good, when in fact, what they actually need, is to learn to love themselves. In reality, nobody has the power to make us feel good. Only we, ourselves, can do that by learning the necessary skills to be in connection with our spiritual selves rather than just our physical being. You may now be thinking that this is wrong as your partner does have the power to make you feel good, but if you have low self-esteem and are completely honest with yourself, you will know that when your partner has complimented you or made some sort of romantic gesture the good feeling you have is short lived. You will also know that once this good feeling wears off, the low self-esteem returns and you will be waiting for your partner to make the next gesture of love, to perk you up again. The resentment sets in when that gesture does not come quick enough. However, by gaining spiritual healing and connecting with your inner self through meditation, you will still feel good when your partner does offer a gesture of love, but you will no longer need or be waiting for these gestures to make you happy.

Learning to meditate will enable you to use techniques in everyday life that will help you feel more relaxed and confident within yourself and remove the frustration and anger you sometimes feel within you. You will also learn to love and accept yourself for who you are, which will give you the ability to truly love and appreciate another person. After meditating regularly for a while, your relationship will take a dramatic turn for the better, as you will be more able to remain calm in stressful situations and your sense of inner peace will allow positive energy to flood into your life. This will create a deeper emotional bond between you and deep understanding and fulfilment will replace the resentment you once felt for your partner.

People from all walks of life have used meditation for approximately 5000 years. Meditation is the use of a number of mental exercises, purposely inducing a state of higher awareness. It places the physical body completely at rest, and empties the mind of all conscious thoughts. With enough practice, it is possible to induce a state of such heightened consciousness, to completely focus on your inner self and see through your unconscious mind, to the point where you can create a kind of suspended animation. Mystics of all religions have claimed, throughout the years that once they have achieved this state, it is possible to hear God speak. Although psychic mediums do not reach these depths, practice, makes it possible for them to tune in and out of channels, where psychic activity takes place. They refer to this, as seeing through their third eye.



Studies have shown that regular meditation increases positivity in all areas of everyday life. One of the major positive side effects is the health benefits that come with meditation. Studies have shown that the immune system efficiency and natural ability to cope with stress increase dramatically. Apart from the obvious illnesses caused by stress, by meditating regularly, you will also be lowering your risks of infection and many other stress related illnesses such as circulatory and heart problems.

To a certain extent, it is possible to learn to meditate through books, but nothing can compare to a personal mentor. One of the most successful ways of learning to meditate is to consult a psychic medium. They will provide mentoring in a non-judgemental, non-confrontational, friendly way that is second to none, and will allow you to work at your own pace, without pressure, while validating your efforts and supporting your learning, by helping you to acquire the correct tools necessary for deep meditation. They will then show you how to integrate and transfer the tools you have learnt, and the insights you gained into your everyday life.

## **SPIRITUAL BENEFITS**

The awareness of increased positive energy, creativity, and intelligence that lies deep within you.

The awareness of inner happiness, peace and fulfilment.

The ability to achieve a profound expansion of consciousness and illumination.

Increased sizes of chakras and auras, creating positive energy in the body.

The awareness of increased strength of mind.

The awareness of increased intelligence and development of intuitive abilities.



## **PHYSICAL BENEFITS**

A Noticeable Increase in the efficiency of the immune system, creating a more rapid healing rate and reducing the risk of viral and bacterial infections such as colds and flu.

Noticeable Reduction of stress levels and stress related illness such as heart and circulatory problems.

Increased physical health in recovering drug addicts.

Reduction of violent crime and injuries due to peace promotion in the environment and the reduction of drug and alcohol abuse

Increase athletic skills due to the increased strength of body, mind and character.

Increased physical health in recovering alcoholics.

## **PSHYCOLOGICAL BENEFITS**

Stress and anxiety levels are reduced dramatically, therefore increasing relaxation of the body, calming of the emotions and stillness of the mind.

A sense of contentment, inner peace and joy in life, therefore improving and enhancing relationships with spouses, family members and co-workers.

An Increased chance of the cessation of drug abuse by previous drug users

Increased academic performance

Increased behavioural functioning

Improved memory

Overall school and job performance, creating higher self-esteem

## **SOCIOLOGICAL BENEFITS**

Improved family and interpersonal relationships, reducing marriage and relationship breakdowns, therefore creating a more stable environment for children to grow up in and become more relaxed individuals.

Improved work performance, creating better employers and employees, therefore creating better public services

Positive changes in society, due to the reduction of violence and the promotion of peace in the environment.