

# Treat Yourself to a Relationship

By Zeljka Roksandic

"Man's mind, once stretched by new idea, never regains its original dimension."

— Oliver Wendell Holmes

Let's stretch our minds with some ideas about relationships. I'll use a series of questions to stimulate your thoughts and provide some guidance as well.

Do you know that your outer relationships begin with your relationship with yourself? What kind of relationship do you have with yourself?

If you do not love yourself, how would others love you?

If you do not respect your body, how would others respect you?

If you do not perceive your inner beauty and uniqueness, how would others?

Think now!

Listen to your body!

Feel your Heart!

How do you treat yourself?

What kind of behaviors do you develop, what kind of life do you create, and what kind of life do you have?

Are you aware that you created the Life you are living, because every relationship you have begins with yourself?

Feel now, how much do you love your body? Does your body have enough hugs, love, good food, massage, bubble baths, nice clothes, exercise, and beautiful environment for you to enjoy in it?

Your body serves you so much so that you can walk the ground and experience many good things. I ask you: How do you serve your body?

Begin now to treat your body in the way it deserves to be treated. Go for a walk, choose to eat great food, express love and passion, exercise, rest, and make love.

Now, become aware and perceive your mind. What kind of relationship do you have with your mind? Do you have good mental scripts that create a great life for yourself, or, do you have lots of mental chatter, old programs, and memories that you cannot rid yourself of?

To help your mind, treat it as you would treat computer overwhelmed with a dangerous virus. Detect burdening old scripts in your mind and delete them as you would do with a virus in your computer.

It is all about you, making decisions, mastering what goes out of your mind, replacing old poisoned scripts with new loving programs. In this way, having a great relationship with your mind will result in delight, with new loving scripts that will create a better life for you.

Now you probably think that this is easier to say than to do. Remember that in a good relationship, all is easier to resolve and filled with love. So, create a great relationship with your mind. Be conscious what is on your mind all the time and this will resolve many burdening mental issues as well as release old thought forms.

Let's move to your heart now. How does it feel? We often forget our hearts, bury it and overwhelm it with lots of poisoned feelings, emotions, and fears. Feelings and emotions hold you in poisoned vibrations thus creating similar experiences and relationships.

We often hear clients talking about their relationships and issues being repeated over and over again, with new partners. "Why?" they ask. Because your inner scripts create the same environment for your learning, if you do not change them.

Compare this with computer again. If you have computer with 20 year old programs and software, whatever you create on it will depend on your old programs. Your computer will be too slow and unable to serve you properly unless you update your programs and your computer.

Your body has better possibilities than that computer. It can be renewed if you decide it. Now, you probably think it is impossible to hold the idea of having new body with new software in it, and new life itself. We disagree with you, because medicine proved that our physical body creates new cells throughout your body every 24 months. It means that you can rejuvenate yourself, but only if you change old programs that hold you in old scripts, old disease and environment, relationships and poverty. Got it?

What kind of relationships do you have with your Soul, Angels, and God? Are you pissed at God because you think that you deserve better life, more abundance in love, money, wisdom, and recognition? Do you know your Goals?; Purpose in Life?; Mission? Do you ask your Angels for guidance and help?

Angels are real, God's helping hands of light are real, spiritual help is real. But remember, that you have free will and must ask for this help. Complaining about your issues, overwhelms others with the heaviness of complaining. Remember: what you send out with your mind, heart, and actions, comes back to you multiplied. Send Love instead!

Now, perceive your social environment. It is exactly as you created it to be.

Your environment is composed of relationships. Relationships shape-shift you, moment by moment, evolving you towards higher states of your human expression which creates your environment.

How do you adjust to your relationships? Creating and sustaining relationships dictates your mastery to communicate and understand your emotional composition.

To have great relationships through the year, you first need to have great relationship, love and respect for yourself. Then, you need to explore, learn, and experiment the fundamental precepts of enhancing yourself. This will give you a better understanding of how your relationships affect your livelihood and well-being.

Hopefully your mind is now stretched with lots of good ideas. How you will evolve and foster life serving relationships depends on your choice and decision.

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