

How to use the present moment to create radical transformation in your relationship

I am sure you are well-versed with the idea of being mindful & present & the positive consequences it can have on our mental & physical health & well-being.

We also need to consider how **we can use the present moment & what is going on in any given moment to help us create transformation & thus a deeper connection with our partner.**

In terms of our communication as women, the present moment provides us with an **opportunity to be more radically honest.**

Rather than hiding behind our mental stories of why we think things are the way they are or how we think they should be, using the present moment gives us a chance to express what is really going on.

For example, you may notice that you are wanting to attack your partner verbally. You may also notice that your mind is telling you all sorts of stories about why your partner is not good enough or you are not enough.

What else could be happening?

We might be trying not to cry. We might be feeling stressed because we still have all these things on our to-do list that our mind is telling us we need to get done.

It could be that we feel exhausted or anxious about our health and these concerns are creating an 'edge' to our demeanour, which is unspoken.

It could also be that a part of us is trying to get our partner's attention & heavily focusing on his inattention.

Or we could be wanting to speak up but frightened that we are going to get it 'wrong' & upset our partner.

There are so many examples.

Should I speak all of these?

I think the answer to this is 'no' not all of them. That would be quite exhausting for the relationship.

Most of all, noticing what is happening to us, in our mind & in our body is a great way to start taking more responsibility for your own well-being, instead of always holding your partner responsible.

Saying what is going on for you however, is also a great way of expressing the fact that you are taking responsibility. You do not even have to share all of the specific details or 'story'.

For example, you might say to your partner: "I am noticing I feel quite stressed right now & feel like I am taking it out on you / OR / feel like I want to take it out on you right now".

Another example of just saying it as it is might be: “I am holding a lot of tension in me right now. I think I need to speak up but I feel a lot of fear.” Hopefully here your partner would encourage you to speak up, if he is aware of the communication structure, so I recommend waiting to see his response. If he doesn’t say anything you can have a go at saying “I am concerned that xyz means or xyz will happen”.

It might feel a little strange to start talking in this way & you cannot guarantee your partner won’t get triggered. However, if you tell him what is going on with full responsibility i.e. without blame or criticism then the chances are he will be more open to hearing what you have to say.

At the end of the day you will have to get it ‘wrong’ to get it ‘right’ & it also pays to be discerning about whether you think your feelings & emotions are more to do with your own baggage coming up than anything he has really done. If this is the case, I would allow your shadows to play out (as I have described in the guide). Although, this equally doesn’t mean you should keep a lid on everything you are feeling.

Like I often say, you have to be prepared to get a bit messy in all of this. If conflict happens, it happens, we can learn from it & take the gift that is hidden within it.

In fact after an argument you can come back & once again use the present moment as your guide. You can say what is happening to you. For example: “I am feeling really resentful right now. I notice I want to blame & attack you because I feel I wasn’t being heard / what I was saying was misinterpreted”.

The present moment allows you to get some separation from your emotions

When you say what you are noticing is happening to you i.e. you notice you are thinking, feeling, wanting to behave in a certain way towards your partner, this helps you to create some distance from the feelings & emotions that are so heavily invested in the story of woe, blame or despair.

It allows you to validate your experience without indulging in the story & creating conflict.

Speak from your values & desire

It also helps to speak from your desire, which will be based on your values. This way you are not always focusing on the negative or what is missing.

It is always a good idea to reiterate why you want to experience a certain quality of connection & intimacy in your relationship. Again, say it from a place of responsibility.

Here’s some examples of a few things you might say from that personal responsibility point of view:

- “I want to make sure I show up in the best way I can for me, for you & for our relationship/children. I value having a deeper emotional connection in my love life. I

also want to experience more passion between us. I know I have to take responsibility for this too & I definitely don't always get it right. To be honest I don't even really know how to make this happen right now, but what I do know is that taking care of myself, my energy & my body are all things I need to focus on more regularly. I know you cannot be there for me 100% of the time."

- "I would love to enjoy more spontaneity and I know that I need to trust that I can create this & that you can too, without putting a load of pressure on either of us. I want to be more trusting & the truth is sometimes I don't feel safe in our relationship. I know you don't mean it intentionally & some of it is all a story in my head. Sometimes I witness xyz happening between us / in our relationship. Whilst it might not be the full truth of the matter as I am putting my slant on it, I end up feeling xyz".

Some of these are slightly long-winded but hopefully get the gist!

It really doesn't matter how it comes out to start with, but using a lot of first person "I" rather than "you" will help keep the conversation more balanced, because sometimes you will be implicating him & his behaviour (as per the structure).

It doesn't mean that your partner has to speak to you in the same way

Just because you might be expressing what is happening to you or what you are noticing in the present moment doesn't mean your partner should also do the same. Just remember, you being more open & honest will help him access his emotions more effectively & he will speak up if & when he is ready.

We don't get to control this & so resorting to "tell me what's happening to you right now" is something I don't recommend.

To conclude....

Hopefully you can see how there are a lot of cues that exist in the present moment, that we can use to help us navigate the trickier waters in our love lives. Noticing what is happening to you & if the same feelings keep coming up, is a great way of helping you self reflect & take the responsibility required. It helps you to notice deeper emotions that you may not have been aware of otherwise & when you speak from this place you are showing up as an authentic human being.

When your partner hears or feels (he will pick up on this) you doing this he will be more inclined to move towards you rather than stay in his own self preservation mode.

Don't forget a woman expressing her emotions with honesty & vulnerability is a very attractive thing to a good, decent man.

It is always important to remember that being honest & real needs to be an ongoing thing in your love life. Too many people think they only need to have one conversation & then they are done. That is simply not true & it is really rather lazy. It is a sign of the child shadow archetype in play, who is always carried away by the fantasy, expecting everything to come to him/her without realising that he/she is responsible for the vision & his/her own innate power to create that vision.

