



What creates great relationships?

By Bridget Engel

As our relationships move out of the new growth phase, we may find ourselves focusing on what is wrong with the other person and then sharing this with our friends and family. Our words tend to amplify our emotions. When we focus on what we like, we feel good - and when we focus on what we don't like, we feel bad.

If we act with the behavior of patience, even though we don't feel like it, it will help us use words that are more harmonious. And will lead us to have good emotions and actions. This will help us focus on what we want and like.

I grew up in a family that was very industrious and ambitious. We often used the tool of impatience. It was kind of a family joke at how impatient we all could be at times.

I have been working intimately and very industriously with my Spiritual Coach Archangel Michael for the past 9 years. One of the big themes we have been working on was my patience; and Yes he has been very patient with me as I took two steps forward, one step back and then two steps back again.

None of this really mattered, as we have been focusing on the pathway, not on the end result. The end result is a natural outcome when we focus on the pathway. When we look at the big picture and imagine stretching our life out over 100 years, spending X amount of time on the pathway of patience is really a small amount of time when we look from the perspective of our whole life.

Some of my daily practices I use successfully is working with my beliefs, emotions and actions. I have been using success statements such as "I am patient" and "I accept people as they are". I was well rewarded when my family visited in May and my sister exclaimed, "Sister, something is different - you are patient".

Don't fall into the ease of using impatience. Act with the behavior of patience even if you don't feel it. It will keep your mind calm, your muscles relaxed and you will be more open to solutions and hearing your Divine Guidance.

It is always helpful to use role models. Mine is Merlin my Havenese dog. Every day he consistently acts with love, joy and gratitude. Which in turn lifts me up - and I'm able to give that gift to others. And the cycle continues.

Angel Hugs,

Bridget

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