

5D Relationship Tips - from Daniel Posney (928-421-2404)

If you are “triggered” (having a reaction - instead of a response) to someone, it is yours to look at. What has been your “theme” in your life? *Your negative experiences that you’ve been having in your life are representative of the theme(s) you chose to experience.* Your triggers are related to your theme. **How is this making you feel?**

Take away your past and ask yourself “Would I have the same reaction?” **What you are upset about is not about what is happening right now.** It always points to previous trauma, created before you both met each other. This is an opportunity to enhance your intimacy and know each other better and with more love than anyone ever has had.

If you are judging someone, **you are judging yourself**-a part of you that you can’t love. Not only are they reflecting back to you yourself, but we are of One Being. Have you been pushing your own standards on others?

In your ideas, thoughts and beliefs about who you and others are, these are not You but your egoic mind. Your egoic mind has been the source of your suffering. You have been its slave instead of its master. **99% Thoughts = Untruth/Belief**

What would happen if you recognized your insidious, ever-active mind, let go of the story it has been telling and lost yourself in love. Why not? **What part of you is resisting love?**

You as Divine Love or Soul loves you as The Perfect One. The perfect partner for the experience to be had here. **Do you love yourself more than anything or anyone?** If not, why not? How would your life change if you did? Is there now resistance in the form of a spiritual idea of loving everyone equally? Or martyr-like parental love?

Do you know your and your partner’s emotional pain and trauma? **What do they need?**

What you need him/her to be for you is what they have longed to become, but just haven’t known how. What they need you to be for them is what you have longed to become, but just haven’t known how. You are both helping each other activate a greater, more enlightened version of yourself that you didn’t realize was possible.

Breathe. Listen deeply and understand this person as your Beloved and the child within that still has not known self-love and love from others in the highest way. If this person is not able to reflect pure, unconditional love, then something happened to change them. They are also reflecting You to You. **How can you give them what you both need?**