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Help for Healing Relationships

By Nancy Freier and Sreper, Angel of the Great White Light

A reader asked, "I cannot work in my office any longer. There is just so much negativity and competition among my co-workers. Short of finding another job, what can I do to heal this situation and restore harmony in my workplace?"

First of all, we ask what have you contributed to this? We see you are ready to take responsibility for your actions and you want to change, so we say to you, open your heart, quiet your mind of all the ego chatter of what has gone on before now, and send your peace to the situation. In doing this, in truly doing this, the vibrational field will recalibrate, produce a higher frequency, and restore peace. You are not the only person in your office who feels the negativity spinning around them, but you are the one with the key to fix it. You can heal this by stepping up your vibration to that of love and radiate that love to those around you. You see, whatever you send out will come back to you. If you send out a judgment that everyone is negative, negativity is what you will experience.

Try this. On your way into the office, send the brilliant White Light Rays of Love to the building in which you work. Imagine the office engulfed in this Light. See this Light penetrating into the hearts and minds of all who work there. In time, those who can manage their own shift will stay and not be troublesome any longer, and those who cannot tolerate this new vibration of love being sent to them will either leave and seek a job elsewhere, or perhaps you will be moved to a new position that supports your new vibration. Release your hold on how this will unfold. Release your judgment that this is a competitive workplace and release your so-called struggle with your co-workers.

Ask to see the blessing in this situation. Ask what it is you need to learn from being there, then allow yourself to change your mind to see the 'face of love' on everyone. We dare say you will see nothing but love on their faces! With learning this lesson before you, it will bring you the peace you seek.

Why are relationships so difficult? There is a universal lesson across the planet to learn love and to experience the deepest levels of true love: that is, to love one another and to know what it feels like to be loved.

The reason for the emotional tugs you are experiencing now is that you are being lifted up into the higher levels of love. Open the doors in your heart and free yourself to experience this new and expanded love. Bury the past and bury the hatchet. The old ways of relating to one another, and the old patterns of loveless behavior no longer serve you. They need to be discarded before you can enter the gate to a beautiful and peaceful world – at the office and at home.

Cleanse yourself of all psychic debris from the emotional tug-of-war you have been through with anyone. Create in yourself a clean heart. Be ready for these higher levels of love to be expressed in and through you. Remember, your Light is what attracts others. See yourself as a shining star that blazes a trail wherever you go and in whomever you meet. Be that which you want in order to attract what you want. –*Sreper, Angel of the Great White Light*

A Prayer To Heal Relationships

Dear God, Help me to see as You see. Let me look at my relationship with (name of person) in a new way knowing that stepping up to this higher plane blesses me and also blesses them. Let me be comforted knowing this is Love's way of working things out and that everyone will benefit in the highest way possible. Let me remember all things work together for good as Your sparkling Rays of Love cleanse and heal my heart and mind. Amen