

Interpersonal Relationships – Key to Humanity

The way people interact occupies a great deal of time in the average human. The way we interact with others determines a great deal of our happiness or dissatisfaction. Our relationships with friends, family, lovers, workmates and others close to us, ultimately determine our successes and failures in almost everything we do. They also dramatically affect stress levels and the resultant health issues, so it is important we spend time and energy to try to get them in balance and harmony.

Our self image, values, attitudes and resultant behaviours, all derive from the program we took on during that first critical five years, including the thought-feeling reactions engendered in the uterus. We have taken on embedded memories of what relationships are about, many of which are based on invalid information. We then tend to carry those values and the resultant attitudes and behaviours forward into our own relationships, very often duplicating the relationships of our parents, good or bad.

“The problem with relationships is.....”

We have already seen how the soul memory organises itself into emotional and content gestalts. Over time the memory groupings developed whilst we are in a state of waking hypnosis during those five years evolve into a large variety of complex Neuro Dynamic reactive groups, many in conflict with each other.

For example, let's look at the development of the cause of a major portion of stress inducing behaviours, self-image conflict. It is unfortunate that the human race has evolved a relatively negative view of itself. We tend to reflect this through criticism of other people, events and circumstances. During that first five years we don't have the ability to rationalise what is going on around us, so we absorb the comments and attitudes of those around us, taking them on as fact. We rarely encourage our children and, more often than not, directly tell them they are doing the wrong thing, or “don't be stupid”, or “you should try harder”. The inference is often that they are not good enough as they are, or should endeavour to be better. The result is that the vast majority of the human race has a terrible self image. I have asked hundreds of audiences from ten to hundreds in size, “Who in this room believes that most other people in this are better than you?” Almost everyone puts their hand up!

So, we have established that self-image is of real concern to most of us. As you know this can be readily taken care of. But where it really presents us with an issue is when another memory gestalt is in conflict with our general self-image gestalt. As we evolve there are almost always times we feel good about ourselves. It may be an event, a comment or even a hug from a smiling relative,

that opens our “positive image” account at the memory bank. Over time this new memory series, complete with “warm and fuzzies” develops into a group with sufficient emotional content to present to consciousness as a thought-feeling reaction when self-image is accessed.

Now we have a conflict. Self-image is accessed, and the thought-feeling reaction produces two different scenarios to consciousness at the same time. One tells you that you are OK and the other says you aren't. Most of us do not stop to evaluate what is going on and allow the stronger of the two emotional groups to create the behaviour that follows. But there is always that ever-present conflict that you can't put your finger on, but you know is there. That unconscious battle creates serious trauma and in the hundreds of more serious cases I've dealt with almost always ends up creating health problems and self-destructive behaviour.

The same internal value conflicts can occur in almost every area of life. Conflicting beliefs and values are disturbing enough within our own mind. Where they really create havoc is in relationships, because we now not only have internal conflicts within ourselves, but we have two soul memories interacting! Each has its own beliefs values and attitudes that are always visible to the other party through language, touch and through the more subliminal communications of skin colour, eye contact, pupil dilation, behaviour and voice tone. Any awareness of differences of thought or feeling have the potential to create disharmony in a relationship, whether or not each party is consciously aware of the conflict!

My experience clinically finds that the areas that create most conflict with relationships are sex, money, religion and lack of respect for the others views.

It's no wonder the statistics on long term relationships are so dismal!

Expectations

We all expect different things from our interaction with others. What we expect is based on the belief and values system we have taken on, based on the relationships we saw those in authority engaging in when we were kids. Our unconscious memory continues to base our attitudes and consequent behaviours towards others on those embedded values.

When we meet someone our unconscious mind evaluates that person in light of their behaviour, both physical and verbal, conscious and unconscious. It watches for inconsistencies with eye contact, dilation of the pupils, movement, smell and other behaviours. If the thought-feeling reaction is comfortable we establish communication. If not we walk away. If the reaction is strongly positive we pursue the association. And all this is processed and determined in a fraction of a second.

As we spend time with that person the initial emotional reaction is overlaid with other expectations we place on the relationship with them. We are now trying to have a completely different soul memory, with a completely different program and values, fit inside our program. Where the beliefs and values are at serious odds this scenario usually doesn't work and causes conflict similar to the conflicts caused through internal values conflicts we have already discussed.

So the answer is?.....

If you are having problems or you are not completely comfortable in a relationship of any sort you first need to take a look at the expectations you are placing on the other party. Have you become involved with someone who is like one of your parents? Look at the relationship you have and find out why you are in it. Is it in balance, with both of you giving and receiving? Are you trying to put the relationship in a pigeonhole it shouldn't be in?

A relationship can be anything from an enemy to a loving marriage. Between those extremes is an infinite variety, but we tend to follow social rules of putting it into a category such as friendship, very good friendship, sexual, committed partnership, and marriage. Often, trying to work within those parameters puts stress on an otherwise wonderful association. Your relationship with the person you are with is **UNIQUE**. It involves two minds that are unique. It should be regarded as such and lived without labels, whether it fits within the social labels or not. It will only work if you both give it permission to be fluid, to enjoy its fluidity in the moment. If you like, give your relationship a new label, exclusive to you – a “gazumper”, or some other label with no meaning except to yourselves! In that way you can take out some of the expectations society places on you and allow yourselves to negotiate a set of rules that you are both comfortable with.

Try backing away and getting a clear view on what you are feeling. If something does not feel right then see if the feeling is legitimate **for this relationship**. Remember, you may be overlaying past relationships or parental relationships over a situation that is much better. The result of allowing such an overlay will always degrade the pleasure you could be getting with the person you are now involved with.

What gives you pleasure in this relationship? Is it the feeling of elevated self-worth, trust, mutual respect, love, sex or making love (they are vastly different!). There is nothing more wonderful in human life than being totally aware of the feeling of a gentle caring touch or the warmth of feeling truly loved. The only way to really enjoy such pleasures and honour them completely is to experience them in **NOW**. **You cannot and should not try to live a relationship for the future. Only NOW can be lived in consciousness. The past and its projected future are the realms of an unconscious program that is often based on inaccuracies and false expectations.**

By living in this moment you can enjoy the physical, mental and emotional aspects of a mutual closeness that is special, and can never be lived again. Living NOW has no thought-feeling reactions to disturb the beauty and freedom of the moment. And a wonderful side effect of the decision to live an unlabelled relationship in NOW is that there is nothing to prevent that feeling existing in every NOW forever. NOW never ends!!!!

We'll discuss the metaphysical aspects of the creativity of NOW later, because it engenders the true core of mankind's relationship to our view of a supreme intelligence. For now, let me say there is nothing in man's knowledge so enlightening and freeing as a true personal experience of NOW. Expend whatever energy you can muster to understand it, first at a mental level, then evolve it to real heart level personal experience of it. If only a small percentage of the human race were to do so, there would never be wars, hate or disharmony in the collective unconscious again on this planet – such is its power.

The first step to NOW.....

We have already discussed the need to monitor the thought-feeling reactions from the unconscious memory. A thousand times per minute your unconscious memory is accessed to determine if there are any past recorded responses to the current situation, conversation or event. In milliseconds, you are presented with a response to use that has worked before that allows the relevant part of the mind to fulfil its function, to protect you. Instead of reacting to the response your mind gives you, decide if you want the response and discard it if not. You can only do this in NOW and by being aware of the responses being presented. Once the response has been processed and a behaviour implemented it is too late – you have already added to the emotional gestalt that created the response in the first place. By watching the thought-feeling reaction and responding consciously in a different way to the expected response, the part of the mind that created it is joined to a new behaviour. When sufficient energy is placed in the new behavioural response it will become the prime thought-feeling reaction in future.

By doing this on a consistent basis the types of thought-feeling reaction you are presented with become consistent with valid input instead of a protection of an invalid past, allowing you to enjoy life by living in this moment, in NOW.

Old psychology and psychiatric techniques try to do this by evoking the thought-feeling reaction and changing the emotional energy and behaviour over a long period of time. Using the Neuro Dynamic techniques we have discussed allows you to eliminate the old thought-feeling reaction very quickly, replacing it with the desired behaviours.

A major part of the process is to eliminate the internal gestalt conflicts that cause so much stress and self doubt. Typical responses to such conflicts involve confusion, fear with no apparent cause, anger and eventually, biochemical

imbalances and psychosis. I have dealt with many, many people, both male and female, who had spent years in the offices of psychologists and psychiatrists trying to cope with this problem. Integration of the parts of the mind that create the problem is really a simple matter. In many cases it can take as little as an hour to remove a life long trauma, completely and permanently. Even horrifying phobias can be permanently removed within minutes!

The procedure is simple. By understanding the process **your** unconscious mind uses to communicate with you, you can negotiate a truce, then integration of the parts of the mind involved. Each part has its own personality, although it is not conscious of itself. It is purely reactive to the environment. When it is shown that its current behaviours are not fulfilling its highest intent for you it will drop its behaviour very quickly, *provided it is given permission to access other more suitable and protective behaviours to replace the discarded ones.*

We will take a closer look at this process during the workshop component of the course.

Be gentle with your mind. You may think it is trying to play tricks on you or hurt you, or even destroy you. It is important to understand that no matter how aggressive a part seems to be, and how much damage it creates in your life, it is actually trying to protect you. It has just taken on a group of behaviours that it believes will stop you from being physically hurt, when often the biological results are just as damaging. It is purely reacting to an event or circumstance as it has been told to do.

In a Parts Conflict, when you identify the parts of the unconscious that are creating a conflict internally, no matter what belief system or value they relate to, each is typically unaware of the others existence! Each produces a thought-feeling reaction based on the “known-by-it”. But when they are introduced to each other in their own “language” and a truce and integration is negotiated, watch the amazing, life transforming, results!

In a relationship, by first removing the inhibiting personal internal conflicts, you can then communicate with the other person in your life clearly and without ambiguity. You can listen with an open mind and stop yourself reacting to information or behaviour you would normally have found irritating. Whether you like it or not, everyone has a right to their own belief system, values and philosophy of life. We have no right to challenge that unless the resultant behaviours create harm for others.

Communication

If your relationships are important to you (I believe they should be), you need to learn to communicate openly and honestly if you want them to survive. Each of you must give and receive in a relationship for it to work. It's not as easy for as it sounds for most of us because our unconscious program tries to protect us

from conflict and trauma. We often view verbal communication as being a creator of conflict.

Just as you need to be willing to communicate your needs, fears, anxieties and desires to your partner, you must also LISTEN and respond to them. Too often now we get so involved in our day-to-day lives we substitute “busy” behaviour so we can avoid getting into uncomfortable space with our partners. I know I have been guilty of that in the past, at great pain and cost to both. We think that avoiding discussing our emotional issues will make the problems go away – it doesn’t. Usually the issues turn from something easily fixed into a major hurdle. One negative behaviour leads to another, until the differences between you outweigh the love or affection you used to have and you destroy something that is so precious and so rare.

Be careful of what you convey through your behaviour and tone of voice. Our unconscious mind has a vast store of information relating to even the most minor hand movement, eye movement, change in skin colour and pupil dilation. A tiny change in voice tone or speech rate communicates a great deal to another mind. If your language and behaviour don’t match at a subliminal level, that is, below the level of conscious awareness, disharmony with result. This ultimately affects trust and deteriorates intensity of positive feelings. If the conflict between what you say and do is consistent over a long period you can almost guarantee the relationship won’t last. The moral of the story? Be honest with your partner.

The Foundations of Humanity

If you gain nothing else from this course I implore you to learn three important principals things, on the back of which is carried the future of humanity:

1. Treat yourself and everyone in your life as an individual. Respect where they have come from and that some behaviours you may find distasteful come from programs they have little control over. Be gentle in your judgements, for they also will judge you. Try to avoid placing people in boxes. I know many people judge their friends and acquaintances by their star signs, religion, nationality, shape of their body of face, the way they dress, education or other more esoteric rituals. Whilst most people fit into sort group or other, within those loose groupings is an infinite variety. Treat everyone as an individual, worthy of being valued and honoured. If you can’t respect someone for who they are don’t become involved in their lives.
2. Learn the skills of communication so that you can work through the issues and differences between you. If you don’t you will destroy a precious friendship or become disillusioned with love. The pain from a broken relationship is intense. Often it causes so much distress it results in the death of the individual, through disease or suicide. The discomfort

of learning to expose your vulnerability through communication will give you a wonderful sense of freedom and joy. By being honest in your communications you create solidity. By allowing yourself to use touch and voice tone to convey warmth you also get the rewards and pleasures of intimacy. Convey affection through an appropriate hug or respect through a warm handshake.

3. Learn the principle of **Edification** and practice it every moment of your life. It is one of the most important keys to the development of the human race, and to its future survival. Put simply, it means to “build up, to enhance”. In the context of relationships with other human beings it simple means to look for the good in others and let them know you appreciate them for who they are and their choices in life. In reality there is no good or bad and we tend to judge people on our own failings and dislikes. Such judgement is arrogant and unnecessary. By Edifying everyone that comes into your life, by finding the good and praising it, you let that person feel good about themselves, and in turn, they will feel good about you. If you have trouble finding anything good about their personality, skills or accomplishments, praise the way they clean their shoes! Just avoid pulling people down. In a close relationship Edification becomes the cornerstone for respect, love and longevity. Its practice can make you rich in every way.

Why are relationships so important?

The human race has been misled. Generation after generation has gone down the path of self-gratification, physical reality and accumulation of assets. We have gone away from caring for and looking after others as carefully as ourselves. Relationships between people, between groups and between nations are degrading at an alarming rate. Lack of mutual communication and edification is isolating individuals, creating anger and frustration. The individual is becoming an island.

Unless we take responsibility for others as well as ourselves, we stand to lose everything. There are many exponents of Metaphysics and alternate views of personal development that will tell you that you are only responsible for yourself – that others create their own environment and should therefore wear the results of what you do to them. We are all part of one energy, one mind. We as individuals and as a soul memory are simply a part of that mind, just as reactive as a separate memory group within our own unconscious. To say we can operate in isolation is stupidity and exhibits no personal experience of the reality of NOW. Every individual that comes into our lives is part of us just as we are part of them.

We are connected in energy no matter what the distance between us. We are all contributors to the collective unconscious and responsible for what we feed

back to it. Every memory and emotional gestalt we claim as our own soul also belongs to the collective unconscious. Our fears, angers, loves and passions are also recognised and reacted on by everyone around us, near or far. As we lose the ability to love, as we allow anger and disharmony to increase in ourselves, we add to the millions of other doing the same to the group, national and global memory. When the masses of negative emotions stored there have greater energy than the emotions of love and acceptance, the human race has always gone to war to try to create balance.

We are all responsible for each other. Our relationships with those around us will determine our survival in this plane.

This article is written by Gary Johnston as an extract of the NeuroCom program. See full details at www.gmfint.com.